

Internal (female) Condom Demonstration

Goal:

- To demonstrate how to use an internal or female condom.

Have Ready:

- Internal condom, often sold under the name FC2 Female Condom, or Reality
- Demonstrator penis or woody

Things to Know:

- The internal condom protects against pregnancy, STIs and HIV. It can be used internally either in the vagina or anus and can be inserted well before sex happens.
- Internal condoms are available at some nursing stations, health centres and most drug stores. Most are made from plastic (non-latex) and come lubricated.
- Some people say they like this type of condom better because it fits looser on a penis.

Using the internal condom:

- Check the expiry date on the package and to make sure there are no rips, tears, or holes.
- Take out the condom, it will already be lubricated.
- If inserting into the vagina, make sure the inner ring is at the closed end, squeeze the inner ring and gently guide it up into the vagina. If inserting into the anus just remove the inner ring.
- Insert a finger inside the condom and push the inner ring up as far as it will go (this also makes sure the condom is not twisted).
- The outer ring should remain on the outside of the body. (At Teen Talk we show how the condom is inserted by “inserting” one into a closed hand.)

- Insert a woody into the condom to show that it's important to make sure the penis (or sex toy) goes into the condom.

Taking Out the Condom:

- When sex is done or if there is ejaculate in the condom, remove it by twisting the ring on the outside and gently pulling it out. The twisting prevents sex fluids from leaking out when the condom is removed.
- All condoms should be disposed of in the garbage.
- All condoms are made to be used once only. Using two condoms at the same time causes friction and can reduce effectiveness.
- At Teen Talk we usually joke about how even though the condom looks more durable; you can't wash it and hang it out to dry.

Additional Info:

- If youth might be having penis-vagina sex let them know about the emergency contraception pill or Plan B. ECP works best when taken as soon as possible after unprotected sex. If used within the first 72 hours ECP is 89% effective. It can be taken for up to 5 days after unprotected sex, but is less effective as time passes.¹
- For more information on ECP see the Birth Control chapter in this binder or the Teen Talk Service Provider Manual.

How to Use the Internal Condom for Vaginal Sex

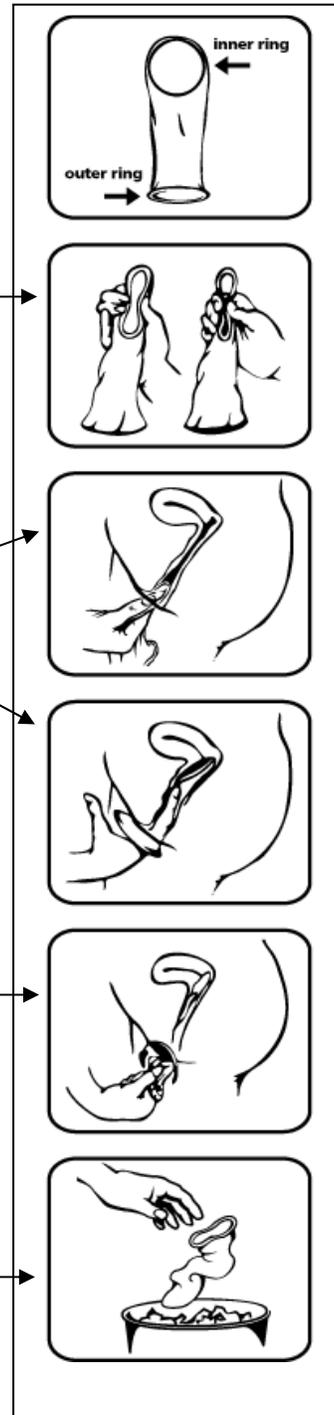
(Remove the inner ring for anal sex)

Squeeze the flexible inner ring at the closed end of the condom.

Push the inner ring into the vagina as far as it will go.

To remove the condom, twist the outer ring and gently pull the condom out to avoid spilling the semen.

Dispose of the condom in the garbage (not in the toilet).



Endnotes

¹www.plannedparenthood.org/health-topics/emergency-contraception-morning-after-pill-4363.asp.