

# Condom & Sex Dam Play Stations Activity

## Goals

- To get youth comfortable with condoms and sex dams.
- To challenge myths about condoms and sex dams.

## Senior 1-4 Education Curriculum Connections

**This activity contributes to the following Student Specific Learning Outcomes:**

### **Family Studies**

- *S1, S4 4.1.1 Identify, analyze, and demonstrate effective communication skills to create healthy relationships (e.g., sending a clear message, effective listening, barriers to communication, negotiation, decision making).*
- *S1 5.1.3 Identify behaviours that promote health and wellness.*

**Guidance Education** GLOs under Personal/Social Component.

### **Physical Education**

- *K.4.S1.B.2b Identify appropriate social behaviours for developing meaningful interpersonal relationships.*
- *K.5.S2.E.4b Describe ways to prevent STIs to promote the health of society.*
- *K.5.S1.E.3b Examine the influences on making decisions for responsible sexual behaviour.*
- *K.5.S1.E.3c & K.5.S2.E.3c Review personal responsibilities and sources of support with regard to sex-related health issues.*
- *K.5.S2.A.2 Demonstrate knowledge of healthy lifestyle practices that contribute to disease/illness prevention, including mental illness/disorders.*

## Have Ready

- Flipchart paper, markers, instructions for each station, lots of condoms including internal condoms, a ruler, a wooden penis/banana/bingo dabber, non-lubed condoms
- Print out condom stations (the sheets following the instructions)
- Have extra condoms for this activity. If participants make a mistake, they may need to use more than one condom and some people like to try the activity a few times.

## Instructions

- Tell the group that you have set up stations to challenge some myths about condoms (and to have fun). (See below for how to set up the stations.)
- Break them into small groups and have one group per station. Then rotate them through all the stations.
- Explain the instructions at each station and work together and complete the task.

## Stations Set Up

- Set up station 1 with plenty of condoms/sex dams.
- Set up station 2 with plenty of condoms and a ruler.
- Set up stations 3 with plenty of condoms and a woody (or banana, bingo dabber, etc.).
- Set up station 4 with plenty of non-lubed condoms.
- Set up station 5 with condoms including internal condoms and sex dams and a woody.
- Set up station 6 with “excuses” flipcharts and markers. Have two or three excuses written on each flipchart and have enough flipcharts for each group to work on or use the printed cards from the Condom & Sex Dam Communications Activity.

## Sample Excuses (to write on flipcharts)

1. It doesn't feel as good.
2. We already use the pill.
3. Don't you trust/Don't you love me?
4. I'm allergic to latex.
5. I'll pull-out.

FYI: You might need to explain the pull-out method: the penis removed from partner before ejaculation. It doesn't protect against STIs. It's not a reliable method of birth control.

6. I don't have anything (STIs).
7. The condom won't fit.
8. It's our first time.
9. I don't have any.

## **Station #1: How much can you feel through a condom/sex dam?**

1. With the help of another person, place a condom/sex dam on your fist. Beware of sharp fingernails!
2. Close your eyes and ask the person to touch the back of your hand with their finger. Can you feel the person's finger touching you?
3. Have your teammate blow air on your hand. Can you feel it?

## **Station #2: How big can a condom get?**

1. Stretch the condom as big as you can without breaking it.
2. Measure the condom when it is fully stretched.
3. How big around did the condom get?
4. How long did the condom get?

## **Station #3: Practice putting a condom on a woody**

1. Before you open a condom, what three things should you look for on the package?
2. Steps to putting on a condom:
  - Open the condom package
  - Pinch the tip with three fingers
  - Roll the condom to the base

## **Station #4 How to make a sex dam**

1. Open the condom package after checking the expiry date.
2. Unroll the condom.
3. Pull the ring off the base of the condom.
4. Look for a tear at the base of the condom or rip one with your teeth- then tear down the rip to the 'reservoir tip' – but not past the tip.
5. Hold the dam on both sides and have your partner raise their hand, palm facing towards you.

## **Station #5: Teach a friend how to use condoms/sex dams**

1. Demonstrate how to use condom/sex dams correctly to your friend.
2. Next, get them to do it, explaining the steps to them as you go.

## **Station #6: Communicating condom/sex dam use with a partner**

1. Read and respond to the excuses on the flipcharts.

Note: This conversation is between people who really like each other and keep in mind, you are trying to convince someone to use a protection.

## Debrief

- Ask youth, **“Was that fun?”**
- **“What did you learn about condoms/sex dams today?”**
- **“Is it hard to demonstrate how to use condoms, or make a sex dam?”**
- **“How would being high or drunk affect someone’s ability to use a condom or sex dam correctly?”**

## Debrief for Station #6: Communicating condom/sex dam use

- Ask the group, **“Was it easy to think up responses?”**
- Conversations with a partner about safer sex can be difficult. We don’t always see examples of safer sex communication in real life, TV/videos/movies. In fact, we usually see kissing and making-out that turns into sex without talking about safer sex (or consent).
- Even if we have protection and know how to use it, we need to get comfortable talking about safer sex. This exercise allows us to practice communicating our need to use condoms/sex dams.
- Remind youth that if a partner is respectful, they will respect your need to use protection.

## Potential Corresponding Responses

1. We can relax and enjoy more with condoms/sex dams because we won’t be so worried; Adding lube can make it more fun; Sex with a condom/sex dam will feel better than no sex; No sex without one.
2. The pill doesn’t protect us from STI/HIV.
3. I trust you and want to be safer; Can’t tell by looking if there is an STI.
4. There are condoms/sex dams that are non-latex.
5. Pulling-out doesn’t always work because of pre-cum, I want to be extra sure. FYI: You might need to explain the pull-out method: the penis removed from partner before ejaculation. It doesn’t protect against STIs. It’s not a reliable method of birth control.
6. Let’s get tested together, but until then we’ll use condoms/sex dams.
7. Let’s try or get another size or brand; Internal condoms fit everyone.
8. We’ve never been tested; I want to be safe.
9. I have or we can go get some from... (local resource).