

Condom Races

Goal:

- To give youth practice putting on a condom.

Have Ready:

- Condoms (a lot)
- 2 or more demonstrator penis

Things to Know:

Many youth request to practice putting on a condom. The purpose of this exercise is to give youth an opportunity to get comfortable touching and putting on a condom. Having youth practice putting on a condom shows how simple and quick it can be. Condom races reinforce practicing as important, since putting on a condom correctly when nervous/under pressure isn't always easy. Use the condom races as an opportunity to correct common mistakes when putting on a condom (not pinching the tip, not being able to roll it down, etc.), and to have a lot of fun with youth.

This is a great activity for smaller groups, where everyone in the group has a turn to practice putting on a condom, if they feel comfortable doing so. Remember, this activity is for youth to practice their skills and become more comfortable with condoms. Staff are there to assist them if they need help, not to “race” against youth.

Instructions:

- Normalize all penis sizes, shapes, with or without foreskin, by explaining that the demonstration tool (usually a wooden penis) is not what an actual penis should look like.
- Tip: You might say, “Real penises come in all shapes, sizes, and colours. Some are circumcised, some are not, and *none* are supposed to be this hard.”
- Get comfortable putting on a condom, and be able to show others this skill.
- Ask for two volunteers. Explain that the volunteers will “race” to see who can put a condom on properly. Whoever does it correctly in the least amount of time “wins”.
- Hand out woodies and condoms to the youth. They can put the condoms on, two at a time, while the facilitator(s) talk them through it, if necessary.
- If possible, just before the race starts, turn down the lights to make the situation (*possibly*) more realistic.
- Congratulate all the youth for participating. We know how hard it can be to practice putting on a condom (alone or in front of others!). Debrief with youth by asking how it felt to put a condom on while under pressure. Discuss different strategies to make using condoms easier like: practising, either on themselves (if they have a penis), or a banana (for example); becoming comfortable with their body; making sure they are ready; having extra condoms with them (in case they make a mistake); and if they are with a partner, making sure that consent has been given.