

Internal Condom Demonstration

Goal

- To demonstrate how to use an internal condom.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Family Studies

- *S1 5.1.3 Identify behaviours that promote health and wellness.*
- *S1 5.1.5 Examine how decisions affect one's wellbeing.*
- *S1, S2, S4 2.4.1 Differentiate between various contraceptive options (e.g., abstinence, male condom, male condom plus spermicide, female condom, birth control pill, no vaginal intercourse, diaphragm and jelly, cervical cap, spermicides, IUCD, sponge, Depo-Provera, Norplant, vasectomy, tubal ligation, rhythm method).*

Guidance Education *GLOs under Personal/Social Component.*

Physical Education

- *K.5.S1.E.1b Describe the potential consequences and risks associated with sexual behaviour and different types of contraceptive methods.*
- *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.S1.E.4a Examine behaviours that may decrease the risk of contracting HIV, and behaviours that increase the risk of contracting HIV.*
- *K.5.S2.A.2 Demonstrate knowledge of healthy lifestyle practices that contribute to disease/illness prevention.*
- *K.5.S2.E.4b Describe ways to prevent STIs to promote the health of society.*

Have Ready

- Internal condom
- Demonstrator penis or woody

Introduction

- The internal condom protects against STI, HIV and pregnancy. 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.

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.

Additional Information

- There is the emergency contraception pill or Plan B that can help prevent a pregnancy. It most effective in the first 72 hours but can be taken for up to 5 days after penis-vagina sex.⁵
- For more information on ECP see the Birth Control chapter in this Binder or the Teen Talk Service Provider Manual.

⁵www.cfsh.ca/your_sexual_health/stis-and-hiv/, 2011.

How to Use the Internal Condom in the Vagina

(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).

