

Condom Demonstration

Recommended Age: 12+

Goal

- To demonstrate how to put on a condom correctly.

Have Ready

- Condoms.
- One or two woodies or other demonstrator tool.

Introduction

- Putting on a condom is a learned and important skill for making sex safer. Anyone can practice putting on a condom, whether or not they have a penis; a banana, bingo dabber, sex toy, or carrot could work.
- Practicing can make using condoms seem more natural, which makes people more likely to use them in real life.
- Tell youth, **“Condoms are a type of barrier method that physically stops sex fluids from mixing. Condoms reduce the risk of STIs/HIV and can help prevent pregnancy.”**
- Condoms can be used on a penis or on a sex toy (depending on its shape). Using condoms on sex toys is recommended if people want to share their sex toys. Change the condom between bodies.
- Condoms can break as a result of not leaving room at the tip of the penis and inadequate storing. Normalize all penis sizes, shapes, colours, circumcised or not by explaining that the demonstration tool (often a woody) is not what an actual penis should look like. You might say, **“Real penises come in different sizes and colours. Some have foreskin and some don’t (are circumcised). Whatever someone has is totally fine.”**
- Note: There are a lot of little details we teach youth when we do a condom demo, but the most important things to remember are pinching the tip, rolling it all the way down, and knowing where youth can get them for free.

Checking the Condom

- Check the condom for rips, holes, tears, or other damage, the expiry date, and writing that says, “Helps reduce the risk of STIs.”
- Ask youth, **“Where are safe places to store condoms?”** Answers could be anywhere it won’t get too hot or squished; drawer, shirt or hoodie pocket, bag, or in lockers at school.
- Check the type of condom. Lubricated condoms are already slippery. Additional water-based lube can also be added to lubricated condoms. Non-lubricated condoms are dry and mainly used for oral sex. Add water-based lube for insertive sex (penis or sex toy in vagina or anus).
- Most condoms are made of latex, which some people are allergic to. Non-latex condoms are made from a type of plastic and can be more expensive. Community clinics and nursing stations often have condoms available for free.

Opening the Condom

- Along the top of the condom package are usually ridges. Using your fingers, open the condom package, take out the condom and check to see that the ‘ring’ is visible on the outside. If not, flip it so that the ring is on the outside.
- You might show how a condom that is ‘inside out’ won’t roll down. **“If I put the condom on the wrong way on a penis, is it okay to flip the condom around?”** No. The condom won’t roll down on the penis or sex toy, and if it’s a penis, the pre-cum is now on the outside of the condom, so it’s best to use a new condom.ⁱ
- Encourage carrying more than one condom, just in case a condom needs to be thrown out.

Putting the Condom On

- If using on a penis, pinch the tip of the condom to leave room for the ejaculate (cum). Demonstrate a three-finger pinch. Ask youth, **“Why do you need to pinch the tip?”** To get the air out, so there is room for the semen. One of the main reasons why condoms break is from not pinching the tip.
- Pinch a full inch of the tip of the condom. Hold the pinch to keep the air out and roll the condom down to the base. (If it’s going on

an uncircumcised penis, the foreskin would be pulled back a little before rolling the condom down.)

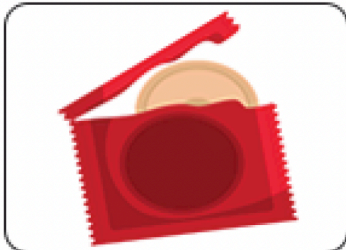
- If a condom is put on a penis correctly, the tip should look like a baggy toque or hat. (On a sex toy, pinching at the tip is not required.)
- Only use one condom at a time.
- Once sex is done for whatever reason, remove the penis or sex toy while holding the condom by the elastic ring. This helps to stop the condom from rolling off. Remember, the penis will begin to soften and the condom will be looser after ejaculation, so it is important to remove soon after ejaculation.
- Throw used condoms in the garbage and use a new condom every time.

Debrief

- If you have two woodies, have youth practice putting a condom on a woody. Make it into a friendly competition to see who can follow all the steps.
- Remind students where they can get free condoms and safer sex supplies.
- Let youth know about the emergency contraception pill or Emergency Contraceptive (ECP). At Teen Talk, we would say, **“If a condom broke, there was no protection, or there was a sexual assault, the emergency contraceptive pill, ECP, or Plan B, is a form of birth control that can be taken after unprotected penis-vagina sex. ECP is very effective birth control if used within the first 72 hours. It can be taken up to 5 days after unprotected penis-vagina sex, but becomes less effective as time passes.”**ⁱⁱ
- For more information on ECP, see the Birth Control chapter.

How to Put a Condom on a Penis

How to Use Condoms



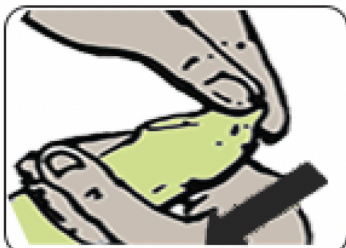
Open condom wrapper and remove condom



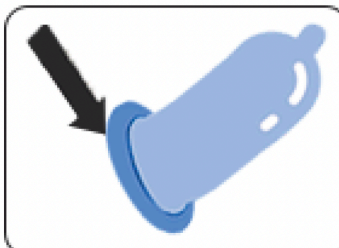
Make sure the ring is on the outside and roll the condom down a little



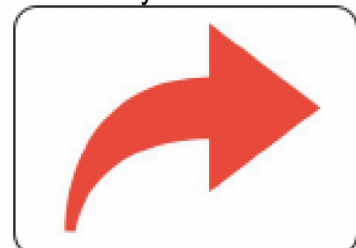
Pinch the tip of the condom with 2 fingers and your thumb



Pinching an inch, use your other hand to roll the condom on



When sex is done, hold the condom at the base while removing penis or sex toy



Turn away from partner before removing to avoid splash STIs or pregnancy

ⁱKillick, S. R., Leary, C., Trussell, J., & Guthrie, K. A. (2010). Sperm content of pre-ejaculatory fluid. *Human Fertility*, 14(1), 48–52.

ⁱⁱPlanned Parenthood. (2016). *Emergency contraception*. Planned Parenthood.
<https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception>