

Internal Condom Demonstration

Recommended Age: 12+

Goal

- To demonstrate how to use an internal condom.

Have Ready

- Internal condom.
- Demonstrator penis or woody.

Introduction

- Internal condoms protect against STIs, HIV, and pregnancy. They can be used internally, either in the vagina or anus.
- If using with a vagina, an internal condom can be inserted up to 8 hours before sex happens.
- Internal condoms are available at some nursing stations, health centres, and most drugstores.
- Most are made from plastic (non-latex) and come lubricated.

Using an Internal Condom

- Check the expiry date on the package and make sure there are no rips, tears, or holes in the condom.
- 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 ensures 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 an emergency contraception pill that can help prevent a pregnancy. It's most effective in the first 72 hours, but can be taken up to 5 days after penis-vagina sex.ⁱ
- For more information on ECP, see the Birth Control chapter.

How to Use an Internal Condom in the Vagina

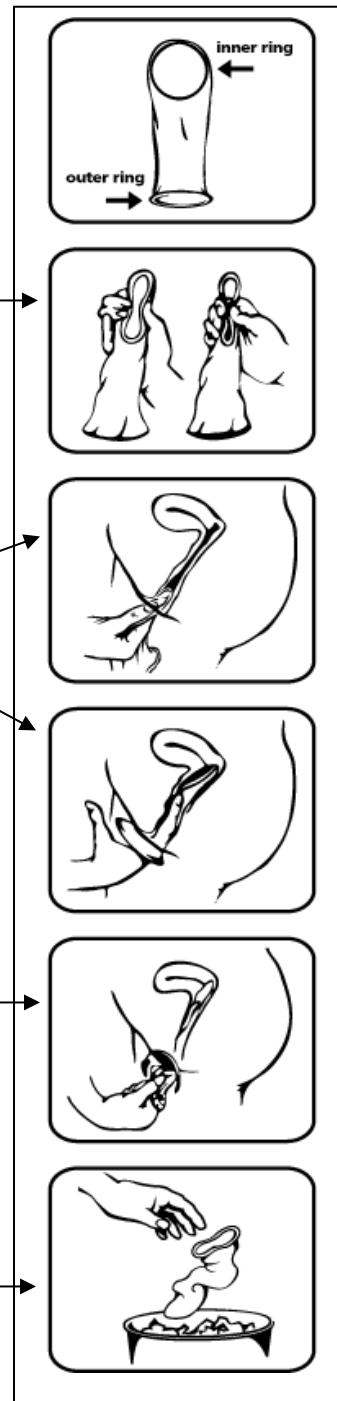
(Remove the Inner Ring for Anal Sex)

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).



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