

## Accompanying teacher notes for female condom demonstration

For this demonstration you will need an unopened female condom available at drugstores. You will be using your hands to demonstrate the condom. Female condoms are an excellent way to protect females from pregnancy and both partners from sexually transmitted infections (STI) and HIV.

1. Explain that there are 2 important things to consider when choosing a female condom
  - i. Check the expiration date on the package. Condoms are made of a material that can expire over time. The expiration date can be found along the fold of the package. If the expiration date has passed do not use the condom as it could break during sexual activity
  - ii. Check that there is air in the package – feel for a pocket of air to ensure that the package has not been opened.
2. We are now ready to open the package. Push the condom inside the package over to one side and rip down that side of the package following the arrow. Be careful of rings and finger nails as these can damage the condom and cause breakage. Never use teeth or scissors to open the package.
3. Take the condom out of the package and unfold it. Note that the condom is well lubricated both inside and outside to help with insertion and to cut down on friction which could lead to breakage. Your group may be surprised at how big it is so you may want to remind them that this is a condom made to be worn inside the vagina, not on the penis. Explain that the condom is made out of polyurethane and that it has two soft, flexible rings – an inner ring and an outer ring.
4. Tell the group that the inner ring is designed to help insert the condom into the vagina and to hold it in place during intercourse. The outer ring will remain outside the vagina.
5. Next with one hand form an “O” to represent the entrance to the vagina. Squeeze the inner ring between your fingers of your

- other hand and slowly insert the condom into your hand. The inner ring should be pushed back so that the walls of the vagina will help it stay in place and the outer ring will hang outside. Explain that the section of the condom remaining outside of the vagina helps to further protect the partners from STI by covering the vulva.
6. With the condom in place explain to the group that it is important that the penis is guided in to the condom carefully. It is possible that the condom could move to one side and the penis enter the vagina outside of the condom and you do not want this to happen.
  7. After ejaculation twist the outer ring of the condom with your fingers and explain that this is to prevent semen from spilling out as the condom is removed. Gently remove the condom, using your finger inserted in the inner ring to guide it out. Explain that female condoms are **one time use only** and should be disposed of in the garbage, not down the toilet as this can cause a blockage.