

## Accompanying teacher notes for male condom demonstration

For this demonstration you will need an unopened male condom. You will be using your fingers to roll the condom on to. The educator in the video uses a flavoured condom. If you are unable to access flavoured condoms use a non-flavoured one. Be sure to explain to the group that flavoured condoms are available, good to use for oral sex to prevent the transmission of sexually transmitted infections (STI) and as effective for pregnancy prevention.

1. Explain that there are 3 important things to consider when choosing a condom
  - i. Check the expiration date on the package. Condoms are made of materials that can break down over time. 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
  - iii. Check that the condom is made of either latex or polyurethane as both protect against the transmission of STI and HIV. Do not use condoms made of sheepskin or marked as novelty.
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. 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. The condom you are using will probably look something like the one in the video. The condom has a reservoir at the tip which is where semen will collect. This reservoir is important as it prevents the condom from breaking during intercourse.
4. Hold the condom between your thumb and finger for the group to see. There is a correct and an incorrect way to put on a condom. As you look at the rolled up condom you will see that it can roll easily one way but not the other. The correct way, as

you look down on the condom you will see a crease between the condom and the roll. An easy, fun way to remember is that the rolled up condom should go onto the penis looking like a sombrero hat, not a toque!

5. As you place the condom on to your fingers explain that the tip of the condom should be squeezed to make room for the semen after ejaculation and to help prevent breakage.
6. Roll the condom down your fingers and explain that on the penis you would use two hands – pinch the tip and roll down. Now the partners are ready for sexual activity.
7. Explain that after ejaculation the penis will lose its erection and get softer. This means the condom can slip off more easily. So before the erection goes away try to remove the penis from the body holding on to the condom to make sure it does not slip off.
8. Carefully remove the condom, tie it in a knot so that the semen does not leak out. Explain that male condoms are **one time use only** and should be disposed of in the garbage, not down the toilet as this can cause a blockage.