

# 13: Condoms



## Purpose:

To empower students to protect themselves from STDs, HIV, and unwanted pregnancy by using condoms correctly and consistently every time they have sex.

## Stages of Change Process:

Getting info, building self-confidence

## Learning Objectives:

By the end of this session, Native STAND members will be able to:

1. Identify at least two advantages of using condoms when having sex.
2. Identify the three main types of condoms on the market.
3. Describe the advantages and disadvantages of different types of condoms.
4. Identify the basics steps in using a male condom correctly.
5. Describe the availability and cost of condoms in several local stores.



## Supplies/Materials:

- Blank sheets of paper – 1 per peer educator
- Pens or pencils
- Different kinds of condoms (including male, female, latex, polyurethane)
- Lubricant
- Handi-wipes
- Anatomical model (“woody”), fruit, or vegetable (optional)

## Resources/Handouts:

	RM	PM	HO
Words of Wisdom	●		
How to Use a Male Condom	●	●	
Condom Line-Up Cards	●		
Shopping Information Form	●	●	
Condom Dos and Don'ts	●	●	

## Preparation:

- Set up a computer with an internet connection to a projector for viewing videos in activity #4 (Optional)
- Display Words of Wisdom

## THINKING AHEAD:

Arrange transportation for field trip to local clinic (Session 18)  
 Identify a teen in recovery as a guest speaker (Session 21)

## 1. Welcome/Overview

*5-8 minutes, large group lecture, adult facilitator*

- Review Session 12: Preventing Pregnancy.
- Answer any questions in the Question Box.
- Introduce today's session.
  - ◇ Condoms can greatly reduce the risk of transmitting STDs, HIV, and preventing pregnancy but do not provide 100% protection.
  - ◇ To be effective, condoms must be used consistently and correctly each and every time a person has vaginal, anal, or oral sex.
  - ◇ Condoms may not protect against STDs that are spread through skin-to-skin contact (such as herpes, syphilis, and HPV).
  - ◇ Condoms are the best protection against pregnancy and STDs. (Remind them about "dual methods" from the Preventing Pregnancy session.)
- Read today's WOW.



**Wishing cannot bring autumn glory nor cause  
winter to cease.**

*Kiowa*

## 2. Perceptions of Using Condoms

*10-15 minutes, individual work, large group discussion, adult or teen co-facilitator*

- Give each student a sheet of paper and a pen or pencil.
- Ask students to write the main two or three reasons they don't (or wouldn't) use condoms or reasons they think that their peers don't use condoms all the time.
- Instruct students to wad up their papers and throw them across the room. Have them do this several times to thoroughly mix up the papers. Tell each person to pick up a paper. Go around the room and have each person share what is on the paper they are holding.
- Ask the group to evaluate each reason. Reinforce accurate information. Note that some reasons may be "good" or true (e.g., allergic to latex, reduces sensation). Talk about ways to address all concerns.
- Ask students to generate good things about using condoms (e.g., protect against pregnancy and STD, no/fewer worries the next day, feel good about myself for sticking with my decision, feel good about the relationship).



### 3. Getting to Know Condoms

25-30 minutes, large group, adult facilitator

- Pass around different samples of condoms and encourage the students to take a couple of different kinds.
- Tell the students to open a package and to check it out. They can touch them, smell them, and manipulate them in their hands so they will be more comfortable and familiar with them. (Put out some Handi-Wipes so students can clean the lubricant from their hands when they're done.)
- If students are not allowed to practice with the condoms at school, encourage them to take several condoms with them and to practice on their own.
- As you talk about the different kinds of condoms, take one and stretch it out as far as it will go. Fit it over your arm, if you can! This helps to dispel the excuse that a man is "too big" for a condom.
- Types of Condoms—While students are exploring the condoms, describe the different kinds of condoms.
  - ◇ Latex Male Condoms
    - Come in many shapes, sizes, colors, flavors
    - Lubricated vs. non-lubricated
    - Spermicide (Nonoxynol-9 or "N9") (*Use with caution—see box.*)
  - ◇ Polyurethane Male and Female Condoms
    - Compared to latex condoms, polyurethane condoms are made from a type of plastic that:
      - \* is thinner
      - \* is stronger
      - \* offers a less constricting fit
      - \* is more resistant to deterioration
      - \* transmits heat better, which helps increase pleasure
      - \* may enhance sensitivity
    - Unlike other condoms, polyurethane ones are available in male and female versions.
    - The female condom is a sheath that's inserted into a vagina up to 8 hours before sex. Adding extra water-based lubricant helps increase comfort and decrease noise. Female condoms should not be used together with male condoms.
    - Some people use the female condom—also called the Reality Condom—for anal sex.
  - ◇ Lambskin Male Condoms
    - Lambskin condoms are made from the intestinal membrane of a lamb. Viruses that cause STDs and HIV are able to pass through this material. But they do protect against pregnancy, since the pores are too small for sperm to pass through. Lambskin supposedly has a more "natural" feel than latex and polyurethane. They are significantly more expensive than a male latex condom.



#### Nix the Nonoxynol (N9)

The U.S. Food & Drug Administration (FDA) states that N9 does not provide protection against infection from HIV or other STDs. Further, it can irritate the vagina and rectum, which may increase the risk of contracting HIV/AIDS from an infected partner.

N9 can be used to help reduce chances of getting pregnant (with or without a diaphragm or condom) if you have sex with only one partner who is not infected with HIV and who has no other sexual partners or HIV risk factors.

◇ **Dental Dams**

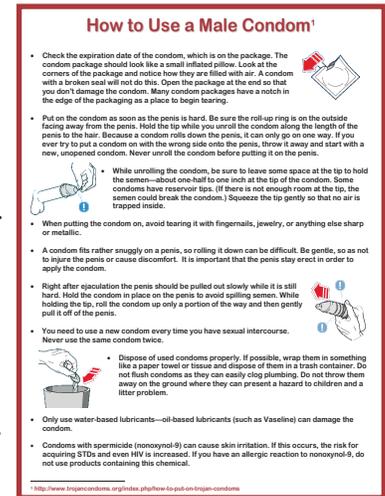
- Dental dams are small, thin, square pieces of latex used for oral-vaginal or oral-anal sex. They get their name from their use in dental procedures. Dental dams help to reduce the transmission of STDs during oral sex by acting as a barrier to vaginal and anal fluids that contain bacteria and viruses. Like condoms, dental dams must be used correctly and consistently in order to be effective.

#### 4. How to Use a Male Condom

*10-15 minutes, large group activity, adult facilitator*

- There are several options for this activity. The best option is for the students themselves to practice putting a condom on an anatomical model. If this is not possible, you can either show a video (such as the one available through Longhouse Media/Native Lens<sup>1</sup> or Teen Wire<sup>2</sup>), or do the condom demonstration yourself with an anatomical model (or appropriate fruit or vegetable). (If the community health provider who discussed birth control methods did a condom demonstration, you may only need to do a refresher—or even ask the students to tell you what the steps are and have them correct each other as necessary.)
- Refer students to How to Use a Male Condom in the PM. Ask them to follow along as you go through the steps.

- ◇ Check the expiration date of the condom and make sure the seal hasn't broken.
- ◇ Put on the condom as soon as the penis is hard.
- ◇ While unrolling the condom, be sure to leave some space at the tip to hold the semen.
- ◇ Roll completely down to the base of the penis.
- ◇ Only use water-based lubricants—oil-based lubricants (such as Vaseline) can damage the condom
- ◇ Right after ejaculation the penis should be pulled out slowly while it is still hard. Hold the condom in place on the penis to avoid spilling semen.
- ◇ You need to use a new condom every time you have sexual intercourse. Never use the same condom twice.
- ◇ Dispose of used condoms properly in the trash.



<sup>1</sup> Longhouse Media/Native Lens Condom Demonstration on You Tube at: <http://www.youtube.com/user/Nativestand7#p/u>

<sup>2</sup> <http://www.teenwire.com/interactive/movies/do-040217-condom.php>

## 5. Condom Line-Up

*10-15 minutes, large group activity, adult or teen co-facilitator*

- Remove Condom Line-Up cards from the RM.
- Tell students to close their PM so they can't see "How to Use a Male Condom"
- Shuffle the sheets and give one to each student.
- Tell the students to hold up their signs in front of them and put themselves into the proper order. (If there are more sheets than students, give some students more than one sheet. If there are more students than sheets, have the remaining students help place the sign holders in order.)
  - ◇ Have students self-correct the order.
  - ◇ The correct order is:
    - Talk about using a condom
    - Buy condoms
    - Check expiration date
    - Check condom package to make sure it's airtight with no holes in it
    - Carefully open condom package
    - Penis gets hard
    - Flip condom so ready to roll down
    - Pinch tip of condom and roll onto penis
    - Have sex
    - Orgasm, ejaculation
    - Hold on to rim of condom and base of penis and pull out
    - Tie knot in end of condom and throw it away
  - ◇ Lead a discussion:
    - Was this easy or hard to do?
    - Were there points of disagreement about the order?
    - What were they and how were they resolved?



## 6. Shopping for Condoms

*5-8 minutes, large group, adult facilitator*

- Tell students that they have an assignment for the next session! They are to visit a local store (supermarket, drug store, convenience store, etc.) to see what kinds of condoms are available there. They can go in pairs, if they prefer.
- Refer students to the "Shopping Information Form" in the PM. They will fill out this form based on their experience and bring it with them to the next session.

**Shopping Information Form**

1. Name of store: \_\_\_\_\_

2. What kinds of condoms are sold here? (List at least 3 kinds of condoms, indicate the details about the condoms you saw.)

Brand	# per box	Price per box	Latex (L) or Polyisoprene (P)	Lubricant?	Spermicide?	Reservoir?
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N

3. Are condoms behind the counter or in a locked glass case? Or are they in an open and easily accessible aisle?

4. How comfortable would you be buying contraception here?

1 very comfortable	2 fairly comfortable	3 somewhat uncomfortable	4 very uncomfortable
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5. What are the store's hours of business?

6. Would you recommend that a friend buy contraception here? Why or why not?

## 7. Condoms Dos & Don'ts

*8-12 minutes, large group, adult facilitator*

- Refer students to Condoms Dos & Don'ts in the PM and ask them to review the information on their own.
- Ask students if they have any questions regarding the Condoms Dos & Don'ts.
- The Condoms Dos & Don'ts include:

### DO:

- ◇ Talk with your partner about using condoms to prevent pregnancy and STDs before you get into it, not after you're already turned on.
- ◇ Practice stating your reason for using a condom so you'll feel comfortable stating it when the time comes. (For example: "It's not that I think you might have a disease. It's just that I think it's smart to ALWAYS use a condom, and I promised myself in Native STAND that I would always use one, regardless.")
- ◇ Practice opening and putting a condom on at home alone first (maybe in the dark).
- ◇ Use only latex or polyurethane (plastic) condoms.
- ◇ Keep condoms in a cool, dry place.
- ◇ Put the condom on an erect (hard) penis before there is any contact with a partner's genitals.
- ◇ Use water-based lubricant (like KY Jelly® or Astroglide®) with latex condoms. This reduces friction and helps prevent the condom from tearing.
- ◇ Squeeze the air out of the tip of the condom when rolling it over the erect penis. This allows room for the semen (cum).
- ◇ Hold the condom in place at the base of the penis before withdrawing (pulling out) after sex.
- ◇ Throw the condom away after it's been used.
- ◇ Be prepared: have a condom with you any time sex is a possibility.

### DON'T:

- ◇ Use out of date condoms. Check the expiration date carefully. Old condoms can be dry, brittle or weakened and can break more easily.
- ◇ Unroll the condom before putting it on the erect penis.
- ◇ Leave condoms in hot places like your wallet or in your car.
- ◇ Use oil-based products, like baby or cooking oils, hand lotion or petroleum jelly (like Vaseline®) as lubricants with latex condoms. The oil quickly weakens latex and can cause condoms to break.
- ◇ Use your fingernails or teeth when opening a condom wrapper. It's very easy to tear the condom inside. If you do tear a condom while opening the wrapper, throw that condom away and get a new one.
- ◇ Reuse a condom. Always use a new condom for each kind of sex you have.
- ◇ Use lubricants with spermicide called nonoxynol-9 ("N-9") as they may cause skin irritation or tiny abrasions that make the genital skin more susceptible to STDs.

**Condoms Dos & Don'ts<sup>2</sup>**

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<sup>2</sup> [http://www.seahigh.org/condom/condom\\_essayview.cfm](http://www.seahigh.org/condom/condom_essayview.cfm)

## 8. Closing

*3-5 minutes, large group adult facilitator*

- Preview new session: Sexually Transmitted Diseases - Part 1.
- Direct the students' attention to the Words of Wisdom on the wall. Ask a volunteer to read the words and to share with the group what those words mean to him or her and how they relate to today's session and activities.
- Adjourn.

# NOTES



