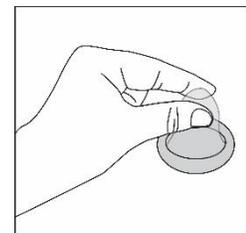
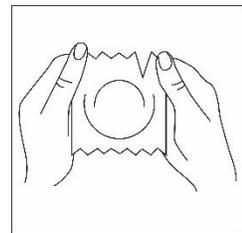
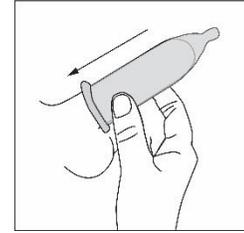
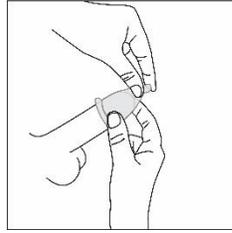


Teacher Notes for Condom Demonstration

1. For this demonstration you will need an unopened male condom. Consider using a flavoured condom if available, as these help emphasize the importance of using condoms to prevent STI transmission during oral sex.
2. You will be using your fingers to roll the condom on to. To see a video demonstration of the correct procedure, go to <https://teachingsexualhealth.ca/teachers/resource/male-condom-demonstration/>
3. Explain that there are 2 important things to consider when choosing a condom
 - Check the expiration date on the package. Condoms break down over time. If the expiration date has passed do not use the condom as it could break.
 - Check that the package does not have any holes and that it looks like it's in good condition. To do this, squeeze the package and feel for a pocket of air, like a bag of chips. That shows there are no holes in the package.
 - Now is also a good time to remind students that condoms need careful storage. They are sensitive to heat, cold, folding, sunlight, and rubbing.
4. 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.
5. Point out whether the condom is already lubricated or not. More water-based or silicone-based lubricant can be added if desired. Oil-based lubricants should not be used as they can break the condom.
6. Hold the condom between your thumb and finger for the group to see. Demonstrate that when you look at a condom you can see that the tip can be pushed through either way but there is a right way and a wrong way to put on a condom. When you look carefully at a rolled up condom you can see a crease where the condom is rolled up on itself. If the condom is on the penis correctly, you will see the crease folding in around the tip. An easy way to remember which way the condom should go on the penis is that it looks something like a sombrero.

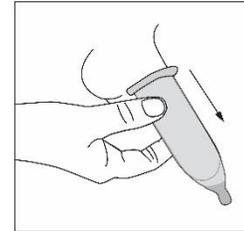


7. As you place the condom on to your fingers explain that the tip of the condom should be pinched shut while putting on the condom, to leave space for the semen after ejaculation and to help prevent breakage.



8. Roll the condom down your fingers and explain that on the penis you would use two hands to pinch the tip and roll down.

9. Explain that after ejaculation the penis will lose its erection and get softer. This means the condom can slip off more easily. Demonstrate holding onto the base of the condom to remove the penis from the body while making sure it does not slip off.



10. Carefully remove the condom from your fingers, and tie it in a knot. Explain that condoms are one time use only and should be disposed of in the garbage, not down the toilet as this can block the toilet or wreck a septic system.
11. Now is a good time to remind students to use condoms one at a time, (no double bagging) and use a new condom each time they have sex. If they switch sexual activities, like going from anal sex to vaginal sex, they need to use a new condom.
12. Finish by reminding students that safer sex is all about protection, consent and communication.