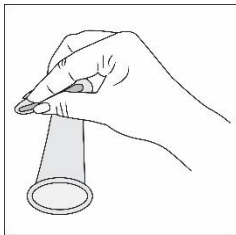
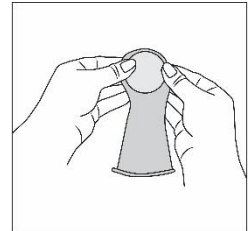


Teacher Notes for Vaginal Condom Demonstration

1. For this demonstration you will need an unopened vaginal condom.
2. You will be using your hand to demonstrate a vulva and vagina to insert the vaginal condom. To see a video demonstration of the correct procedure, go to <https://teachingsexualhealth.ca/teachers/resource/female-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. Usually with vaginal condoms the expiry date is printed on the fold of the package. 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.
 - Now is also a good time to remind students that vaginal condoms should be stored at room temperature.
4. To open the package, push the condom inside the package over to one side and rip down the other 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. Take the condom out of the package and unfold it. The condom has two soft flexible rings, an inner ring and an outer ring. The inner ring is used to help insert the condom into the vagina, and keep it in place. The outer ring stays outside the body, covering part of the vulva.
6. Show your students that vaginal condoms come with lubricant already on them. More water-based or silicone-based lubricant can be added to the inside or outside of the condom, if desired. Oil-based lubricants should not be used as they can break the condom.



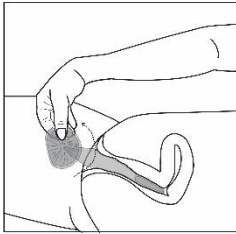
7. Use one hand to simulate a vulva and vagina, while using the other hand to squeeze the inner ring between your fingers into a bow shape.

8. With your finger push the inner ring and condom into the 'vagina' as far as it will go. The walls of the vagina hold the ring in place.



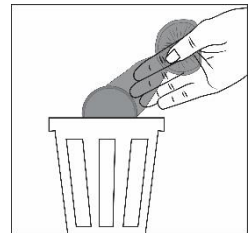
9. The outer ring stays outside the body and covers part of the vulva. This gives extra STI protection because it provides a barrier for less skin to skin contact.

10. Once the condom is inserted in the vagina, use your free hand to demonstrate the important of holding the condom in place when the penis enters the vagina, to ensure the penis is inside, not beside, the condom.



11. Twist the outer ring of the condom before you remove it to make sure that nothing spills. Gently pull to remove the condom. You can insert your finger to remove the inner ring.

12. 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.
13. Now is a good time to remind students to use condoms one at a time, not with any other condom as this increases the likelihood of each condom breaking. You can also remind them to 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.



14. Finish by reminding students that safer sex is all about protection, consent and communication.