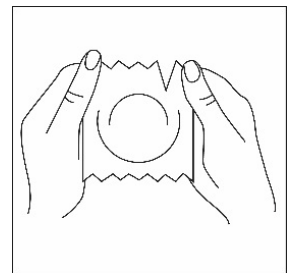


# Teacher Notes for External Condom Demonstration

1. For this demonstration you will need an unopened external condom. Consider using a flavoured condom if available to help emphasize the importance of using condoms to prevent STI transmission during oral sex.
2. You will be rolling the condom onto your fingers to simulate a penis. To see a video demonstration of the correct procedure, go to <https://teachingsexualhealth.ca/teachers/resource/using-a-condom-video/>
3. Explain that there are 2 important things to look for when opening 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.

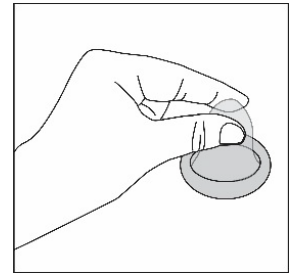
Remind students that condoms need careful storage. They are sensitive to heat, cold, folding, sunlight, and rubbing.

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 fingernails as these can damage the condom and cause breakage. Using teeth or scissors could tear or cut the condom inside the package.

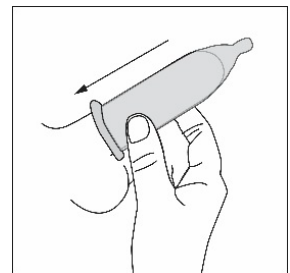
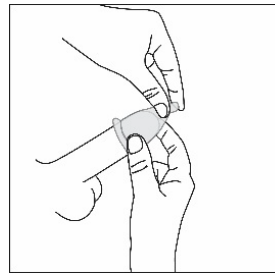


5. Point out whether the condom is already lubricated or not. More water-based or silicone-based lubricant can be added to help sex feel more comfortable and to prevent tissues irritation. Oil-based lubricants, like lotion or coconut oil, should not be used as they can break the condom.

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 that it will only unroll in one direction.

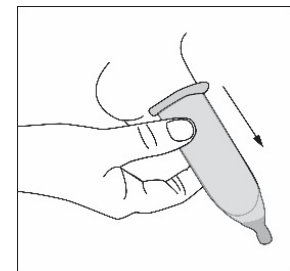


- a. The correct way is to have the crease folding in around the tip. A way to remember which way the condom should go on is that it looks like a rolled-up toque.
- b. Explain that if the condom is accidentally put on a penis the wrong way, that it needs to be thrown out. This is because there could be pre-cum already on the penis, which can contain sperm, which we don't want to end up on the outside of the condom.
7. As you place the condom on to your fingers explain that the tip of the condom should be pinched shut to get the air out, while putting on the condom. This leaves space for the semen after ejaculation and helps prevent breakage.



8. Roll the condom down your fingers and explain that on a 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 condom while removing the penis from a vagina or anus to make sure the condom does not slip off.



10. 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 about protection, consent and communication.