



Title: Condoms (V3)

Level: THIRD

Code: 3.13

Links to Curriculum for Excellence

Experiences and outcomes	Benchmarks
Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing. HWB 3-47b I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what appropriate sexual behaviour is. HWB 3-49a	<ul style="list-style-type: none"> Identifies negotiation skills required to have safe and enjoyable sex, for example, knowing when the time is right, mutual responsibility to prevent unintended pregnancy, use of contraceptives, confidence to refuse unwanted sexual contact. Knows how to access confidential information, guidance and help.

Learning Intentions

- Young people understand the reasons why condoms may be used.

Success Criteria

- I can explain what a condom is used for.
- I know how to use condoms.

Resources to support this activity

- PowerPoint slides
- Male condom: Condom demonstration* (duration 1 minute 43) <https://youtu.be/Rr2bahvJuOo>
- Female condoms: How do they work?* (duration 1 minute 5) <https://youtu.be/EfwstN51Zlw>
- Condoms: How to use them effectively animation from amaze.org* (duration 2 minutes 54) <https://youtu.be/oaLdNErJ-Fk>

Whenever you use content on a platform like YouTube please cue the film you intend to play in advance, check it is the film you want to view, and skip adverts.

NOTE: There are a series of learning activities at Third Level that might usefully be delivered as a package of learning. Delivered as a group there is more flexibility in terms of how long to give each activity, depending on the conversation generated this learning activity and the others may not each need a 50-minute slot – or you might return to review learning after working through several. The other activities alongside this activity on **Condoms** are:

- 3.11 Getting pregnant/truths and myths**
- 3.12 Choices about contraception**
- 3.14 Sexual health: Getting advice and support**

Re the male condom this activity uses film of a condom demonstration. It would support learning if young people could use a demonstrator. Young people would benefit from access to condoms (male and female) in the class. If not, the short films demonstrate how to use condoms. **Teachers/educators should find out in advance what local schemes or provision there is for the provision of condoms so that this can be shared with young people.**

Activity

- 1. Introduce the learning activity** along these lines: This session is about condoms - what they are, what they do and how to use them. Acknowledge that young people may not be in a relationship, there is no assumption they are having sex, that most people wait until after their 16th birthday before they do so, the point of the activity is to give young people information they may need in the future.
- 2. What is a condom and how does it work?** The slides explain the key facts about condoms. Most young people will have basic knowledge about male condoms but may not know anything about the female (internal) condom. Use the slides, discuss as you go, then share the short films.

What is a condom and how does it work?

- There are 2 kinds of condoms – one for a man and one for a woman.
- A man fits the condom over his erect penis. When he has sex, he ejaculates semen and sperm from the end of his penis. The semen and sperm collect in the condom and so it cannot enter the vagina, mouth or anus (bottom) of his partner.
- A woman's condom fits inside her vagina. When the man puts his penis inside her vagina during sex and ejaculates, the semen and sperm collects in the condom.
- Condoms prevent pregnancy by stopping the man's semen and sperm from reaching and fertilising the woman's egg. Condoms are 98% reliable at preventing a pregnancy if they are used correctly. Some people use condoms alongside other forms of contraception to increase their confidence in preventing pregnancy.
- Condoms can also stop a person passing on or catching a sexually transmitted infection (STI). Using a condom during sex is the best protection from STI's.
- If a condom comes off during sex do not put it back on. Use a new one. After using a condom carefully take it off the penis, making sure you don't spill any of the collected semen and sperm. Then, wrap it in a tissue and put it in a bin.
- **Male condom:** Condom demonstration (duration 1 minute 43)
<https://youtu.be/Rr2bahvJuOo>
- **Female condoms: How do they work?** (duration 1 minute 5)
<https://youtu.be/EfwstN51Zlw>

- 3.** Share condoms and let young people open them. If you have a (male) condom demonstrator let young people practice.
- 4. Are all condoms the same?** If you have been able to show/share condoms make sure they are varied. Ask young people what differs between them, share the slides to discuss.

Are all condoms the same?

- No, they come in different sizes. They can be different length or different width.
- Male condoms also come in different colours, some have flavours or different thickness or shape to give a different feel.
- When a condom fits properly it is more effective – so fit is really important. Also, the better fit, the better it will feel. It helps for boys to practice with different types and sizes of condom on their own to make sure they use one that's comfortable and fits well.

- 5. What is lubricant?** Explain to the young people that if they are learning about condoms they should also know about lubricant – they might have heard it called lube. Use the next 2 slides to inform and discuss.

What is lubricant/lube?

- Lube is a liquid or gel that people apply during sex to make the vulva, vagina, penis or anal area wetter or slippery. Lube should only be used for vaginal sex if there is a lot of dryness. Otherwise, it might cause the condom to come off. If you have anal sex – penis in anus (bottom) sex – then both condoms and lube should be used together.
- Lube should always be *water based* or *silicone based*. Never use anything that is an oil or oil-based lubricant (like massage oil or baby oil) with male condoms as this can cause the condom to break.

- 6. What should you do if your condom bursts, rips or slips off?** Share the slide to emphasise the need to act within hours/days of this happening.

What should you do if your condom bursts, rips or slips off when you are having sex?

Do one of these things:

- Go to your local Sexual Health clinic as soon as you can. Time really matters if you need Emergency Contraception or you have been exposed to HIV.
- Local chemists also provide emergency contraception. You can ask to speak to the Pharmacist when you go in.
- Speak to an adult you trust and get information and help as soon as you can.

- 7. Where can you get condoms?** Ask the young people if anyone already knows where to get condoms. Share the slide ensure knowledge is accurate. It is worth emphasising to young people that the free condoms provided by a local service are the best quality (*insert information about local provision in this slide*).

Where can you get condoms and lube?

- You can get them for free from sexual health services.
- In some places you can get them in youth clubs or community centres or young people's drop-ins.
- There is a 'condoms for free' service. You can use this if you are under 16: **INSERT LOCAL DETAILS**
- You can buy condoms and lube in a lot of shops and supermarkets.

- 8.** End with a viewing of the animation *Condoms: How to use them effectively* animation (duration 2 minutes 54) <https://youtu.be/oaLdNErJ-Fk> (only about the male condom) and have any conversation to clarify any points and provide a reminder about the service offered local to encourage condom use.

Connecting with home

The text below could be used to communicate with home about this activity.

We are continuing our learning about relationships, sexual health and parenthood. We will be giving information to young people about what condoms are and how they are used. As with all our learning we are providing this information so that young people have it and understand the importance of preventing pregnancy or infections when they need to be so informed. If you are able to support this learning at home this short film explains how condoms are used and what they do:

- **Male condom:** Condom demonstration (duration 1 minute 43) <https://youtu.be/Rr2bahvJuOo>
- **Female condoms:** How do they work? (duration 1 minute 5) <https://youtu.be/EfwstN51Zlw>

ChildLine provides good information about condoms (and other things to do with contraception):

<https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/contraception-safe-sex/>

Additional information

- ChildLine provides good information about condoms (and other things to do with contraception): <https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/contraception-safe-sex/>
- More information about female condoms: <https://www.brook.org.uk/your-life/Internal-or-Female-condoms>
- More information about male condoms: <https://centralsexualhealth.org/contraception/male-condom/#item14>
- NHS Lanarkshire have information for use with young people with learning disabilities: <http://www.healthlanarkshire.co.uk/sexual-health-information/putting-on-a-condom/putting-on-a-condom>

Practitioner Notes