

Curriculum-Linked Activity: Condom Demonstration

Grade:

7 to 9 – content should be adapted by facilitator/teacher to meet the needs and developmental stage of the group

Curriculum Links

This activity meets the Ontario Health and Physical Education Curriculum expectations for Human Development and Sexual Health of the Healthy Living Strand (Grade 7 – D1.5, D2.4, Grade 8 – D1.4, D2.3, Grade 9 – C1.4)

Purpose/Outcome

To develop the skills and confidence students need to support making healthy decisions about sexual activity

Time commitment: 20-30 min

Materials Provided

- Wooden penis demonstrators and condoms (one for each student)

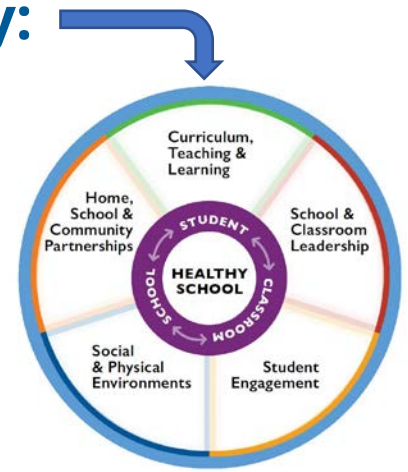
Space and Materials Required

- Classroom

Instructions

Action:

- Divide class into 5 groups
- Provide each group with wooden penis model and a condom for each student
- Demonstrate to class how to properly put on a condom
- Have groups practise putting condom on wooden penis model



Ontario Ministry of Health
Healthy Schools Effectiveness Framework

Minds-on:

Let students know that barrier methods are necessary to prevent transmission of STIs including HIV/AIDS.

Lubricated condoms should be used for anal and vaginal sex and must be put on before any genital contact.

Non-lubricated condoms are generally used for oral sex, as the lubricated ones have a medicinal taste. Condoms must be stored where they won't be damaged by heat (e.g. a drawer, coat pocket, wallet).

- Always ask for consent first!
- The expiration date should be checked
- Condom package must be torn open carefully, so as not to damage the condom. Fingernails and jewellery can also damage condoms
- Unroll the male condom a little (about ½ inch) and then hold it by pinching the receptacle tip with the fingers of one hand. This is an easy way to hold a slippery condom and doing this squeezes the air out of the tip at the same time (air trapped at the end of a condom can cause pressure to build up and the condom can break)
- Hold the condom onto the tip of the erect penis (still pinching the end), and with the other hand, roll the condom all the way down the shaft of the penis to the base. Either partner can do this
- Pull the penis out immediately after ejaculation by holding onto the base of the condom first. If the penis begins to return to its normally flaccid (limp) state, the condom may slide off and semen may leak out
- The condom should be removed away from one's partner, and the used condom thrown away (preferably into a garbage can lined with a plastic bag)
- Condoms should never be used more than once. (Do not flush condoms down the toilet)

Inform the students that while lubricated condoms are usually sufficient on their own, extra lubrication can be used to prevent excess friction and to enhance sensation. Lubrication can be put on the inside and outside of the condom. The only lubrication that is safe to use with condoms is water-based lubricant, as oil or petroleum-based products (e.g. Vaseline, hand lotion, etc.) can damage latex. Water-based lubricants are often found in drugstores.

Other Supporting Resources

Can be used with the [Contraceptive \(Birth Control\) Presentation](#) on our website