


3B. Condom Card Activity

 **Objective:** Group members will learn accurate information about condom use.

 **Time:** 15 minutes

 **Materials:** **Condom Cards**

Procedure

- 1 Emphasize that not all young people are having sex, and affirm the choice to be abstinent. Tell group members that if and when they do decide to be sexually active, it will be important for them to protect themselves from HIV/STD and unplanned pregnancy. Condoms are not 100% effective, but they significantly lower the risk for HIV/STD and pregnancy.

Explain that there are 2 important skills for people to learn concerning condom use:

- How to use a condom—how to put it on and discard it afterwards.
- How to bring up the topic with a partner. Remind the group that using a condom shows that you truly care for yourself and the other person because you want to stay safe.

Tell them that they'll be learning about the first step—the mechanics of condom use. They're going to start by finding out how much they already know about condoms.

- 2 Explain that you'll be handing out cards that describe the steps to proper condom use. The group's task will be to arrange themselves so that their cards show these steps in the correct order. Emphasize that when condoms are used properly, they rarely break or fall off. Condoms can help prevent HIV, other STD and unwanted pregnancy, although abstinence is always the safest choice.
- 3 Hand out the **Condom Cards**. (Be sure the cards are shuffled before handing them out.) There are 13 cards. If you have more than 13 group members, ask those who don't receive cards to help you check the group's work after they've arranged themselves in order. If you have fewer than 13 group members, give 1 card to each, and help them out as they arrange

themselves by supplying the missing cards. Some group members will end up holding 2 cards.

- 4 Ask group members with cards to arrange themselves in the correct order. When they have settled on their arrangement, go over the steps one at a time and explain each one carefully. You might stand by each participant and have him or her hold up the card while you describe the step. If group members have arranged the steps in correct order, praise them for how much they already know. If there are errors, affirm that people often get confused about these steps, which is why it's important to review this information carefully.

The condom card steps, in order:

1. Talk with your partner about using condoms. (Tell the group that they will do some activities coming up shortly that will help them communicate their wishes to their partner.)
2. Buy or get latex condoms.
3. Check the expiration date and package.
 - Do not use past expiration date.
 - Do not use if package is torn or damaged.
4. Open package carefully. Handle the condom with care.
5. Determine which way the condom unrolls. (Do not unroll the condom before putting it on.)
6. Pinch the top of the condom to squeeze air out.
7. Leave about 1/2 inch of room at the top to catch the semen.
8. Continuing to hold the tip of the condom, place it against the head of the erect penis.
9. Use your other hand to carefully unroll the condom over the penis, all the way down to the base.
10. After ejaculation, hold the rim of the condom around the base of the penis.
11. Take the penis out while it is still erect (hard).
12. Make sure the penis is away from the partner's body. Remove the condom.
13. Throw the used condom away. Never use a condom more than once.

- 5** Provide important additional information.
 - Use latex condoms. These can be found in drug stores, many grocery and convenience stores, and are often free at health clinics. Don't use lambskin condoms, because these don't protect against HIV. Polyurethane condoms, sometimes called "plastic" condoms, are a good choice for people who are allergic to latex.
 - Use only water-based lubricants, such as KY Jelly™, with latex condoms. Oil-based lubricants, such as petroleum jelly, massage oils or lotions will cause the condom to break.
- 6** Review important learning.
 - Know how to use condoms. Use latex condoms.
 - Condoms, when properly used, are very effective in preventing pregnancy and HIV. However, abstinence is always the safest choice.
 - Never use oil-based lubricants with a latex condom.
- 7** Explain that the next activity will allow group members to practice condom use.

Notes for Group Leaders: Go over the steps for condom use in some detail. The cards provide basic information, but this can be expanded on. Be sure group members understand the anatomy of condom use (for example, which end of the penis is the head, which end is the base).

Group Leader

Condom Cards

Directions: Copy and cut apart the cards. Or print each step on a piece of 8-1/2" x 11" paper. Be sure to shuffle the cards well before using them in the activity.

Talk with your partner
about using condoms.

Buy or get latex condoms.

Check the expiration date and package.

- Do not use past expiration date.
- Do not use if package is torn or damaged.

Open package carefully.
Handle the condom with care.

Condom Cards *(continued)*

Determine which way the condom unrolls.
(Do not unroll the condom before putting it on.)

Pinch the top of the condom
to squeeze air out.

Leave about 1/2 inch of room
at the top to catch the semen.

Continuing to hold the tip of the condom,
place it against the head of the erect penis.

Use your other hand to carefully unroll the condom
over the penis, all the way down to the base.

Condom Cards *(continued)*

After ejaculation, hold the rim of the condom around the base of the penis.

Take the penis out while it is still erect (hard).

Make sure the penis is away from the partner's body. Remove the condom.

Throw the used condom away. Never use a condom more than once.