



# Sex Safe and Fun

## HOW TO USE A CONDOM - ACTIVITY CARD INSTRUCTIONS

Using these picture cards, demonstration and practice participants will learn about safe sex and the steps involved in correctly using a male condom.

In *Sex, Safe and Fun* 'safe sex' is defined as using a condom and lubricant (lube). Using a condom is the best way for people to protect themselves from getting a sexually transmissible infection (STI). Safe sex is also used to help stop a woman getting pregnant by mistake.

Both men and women need to learn how to use a condom. They should practice using a condom so that they know how to use them properly.

Refer to the *Sex, Safe and Fun* support person's guide and demonstration video for more information and tips for preparing to use this resource.

### Activity timeframe

Allow approximately 45 – 60 minutes depending on group size and participant learning needs

### Group size

Suitable for use in individual or small group learning (remember to consider the group size in accordance with participants learning needs)

### Resources required for this activity

- How to use a condom activity cards (print A4 and laminate)
- *Sex, Safe and Fun* support person's guide (units 7 and 8)
- *Sex, Safe and Fun* condom pack (1 per participant)
- Banana or wooden penis demonstration models
- Tissues
- Rubbish bin

### Consider participant's learning needs

This activity can be adapted to meet a wide range of learning needs. For some, learning will best be achieved through facilitated group discussion and peer led conversations. For others specific questions, gestures such as pointing and moving the picture cards will facilitate communication and learning. Additional resources may be used to reinforce key messages. Other resources for teaching about safe sex and how to use a condom are recommended at the end of units 7 and 8 in the *Sex, Safe and Fun* support person's guide.

To download or order  
*Sex, Safe and Fun* go to  
[www.fpnsw.org.au/sexsafeandfun](http://www.fpnsw.org.au/sexsafeandfun)

Other resources required for this  
activity are available from the  
Family Planning NSW Library and  
Bookshop

[www.fpnsw.org.au/library](http://www.fpnsw.org.au/library)  
[www.fpnsw.org.au/bookshop](http://www.fpnsw.org.au/bookshop)

## Activity

### 1. Group agreement.

Before talking about sexuality topics it is important to create a safe learning environment. Gather participants together and take time to discuss what will make it a safe and comfortable place for them to talk about safe sex and how to use a condom. Write the agreement on butcher's paper and display in the room. For example:

- It's ok to feel embarrassed
- Listen to others
- It's ok to ask questions
- Personal stories stay in the room
- Be nice to each other

### 2. Good sex is safe sex.

As a group discuss safe sex. Example questions to ask include:

- What is safe sex?
- When should you use a condom?
- Where can you get condoms?
- What is lubricant (lube)?

Refer to Units 7 and 8 in the *Sex, Safe and Fun Support Person's Guide* for key messages and discussion points.

### 3. How to use a condom.

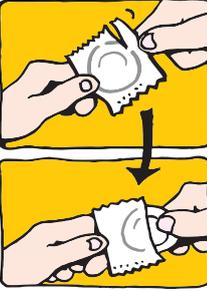
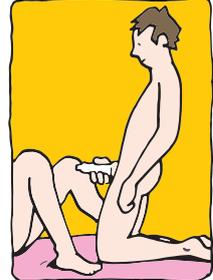
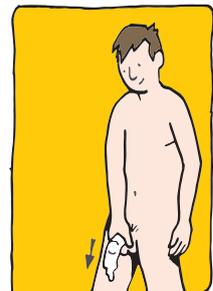
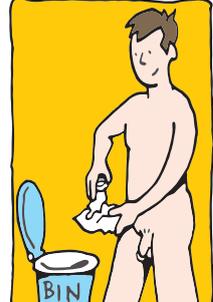
- a. Hand out the ten 'How to use a condom' activity cards
- b. On a clear open space (such as a table, on the floor, or using a smartboard) ask participants to put the cards in the correct order for putting a condom on a penis.
- c. When the cards are in the correct order discuss what is happening in each picture. Refer to the 'Quick reference guide' on the following page for example questions to ask.

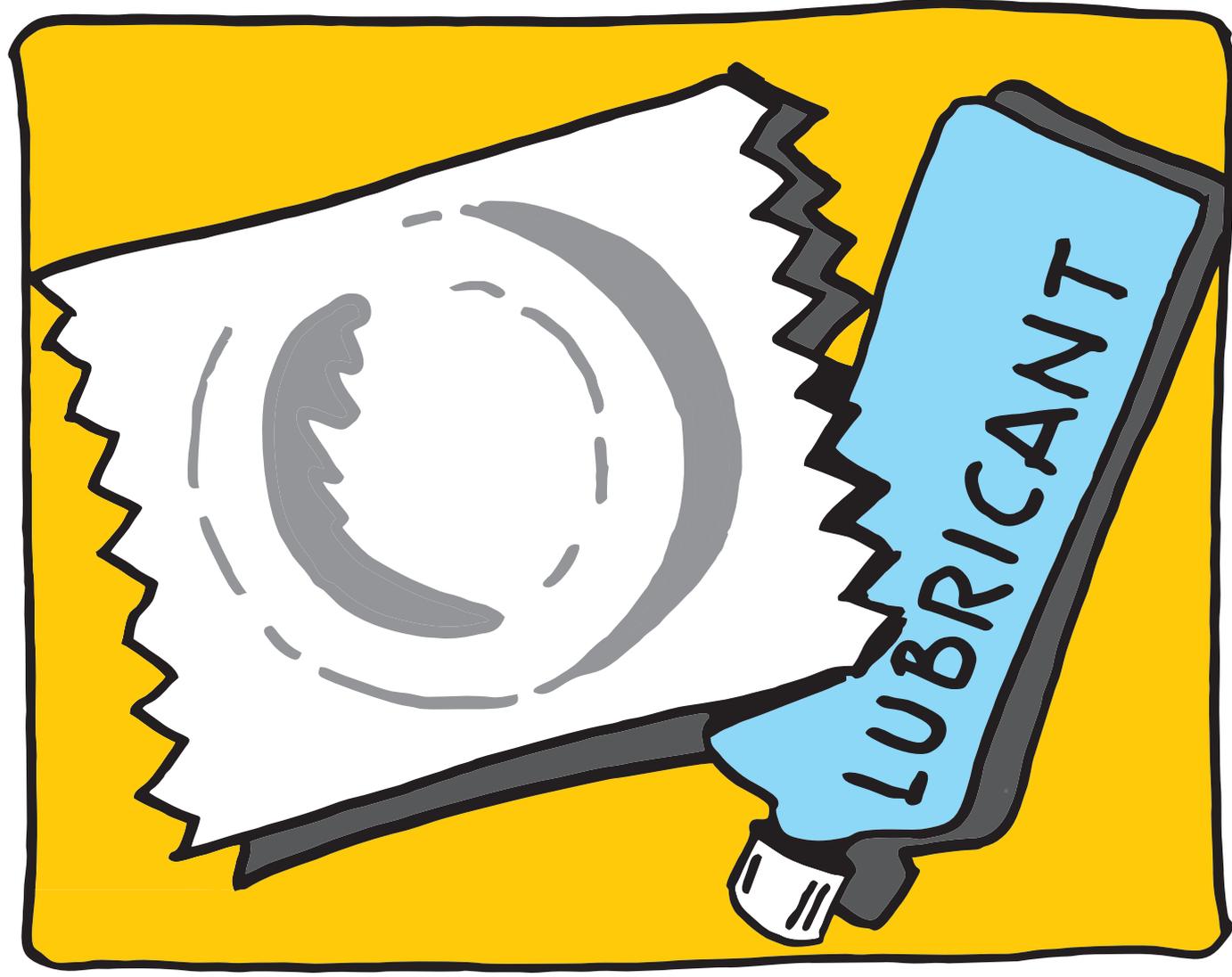
### 4. Practice putting a condom on a banana penis demonstration model.

- a. Using the *Sex, Safe and Fun* Condom Pack follow the steps to demonstrate how to put a condom on a penis demonstration model.
- b. Divide participants into pairs or small groups.
- c. Hand out one *Sex, Safe and Fun* Condom Pack containing a condom and sachet of lubricant (lube) to each participant.
- d. Hand out one penis demonstration model per group.
- e. Encourage each person to have a turn putting the condom on the penis demonstration model. Ensure tissues and a bin is available for rubbish at the end of the activity.
- f. As a group discuss what was easy and what was hard about that activity.

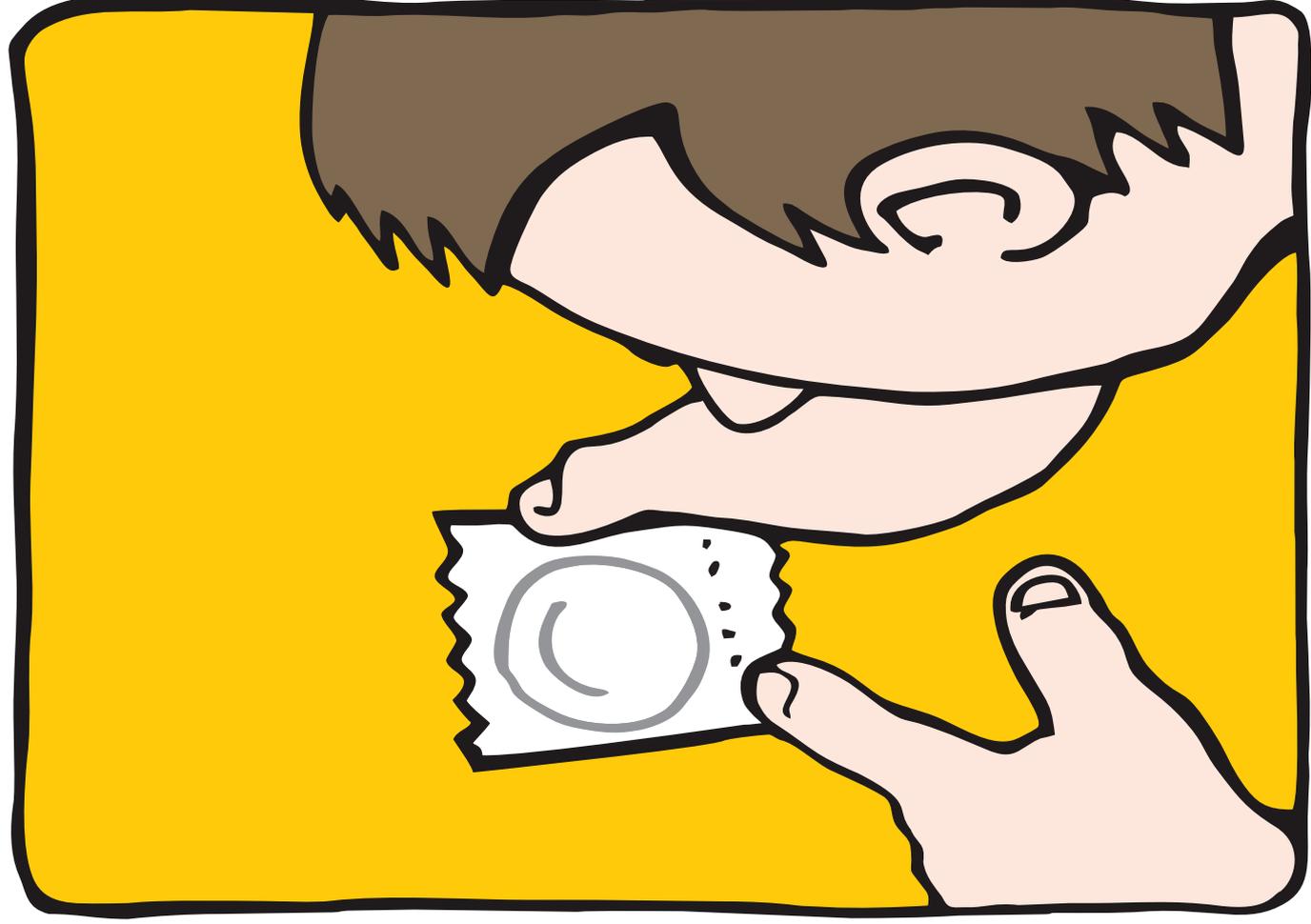
**Tip:** Learning about sexuality is a process. You may need to repeat and revisit information. Use positive reinforcement and praise to encourage the learners.

## Quick reference guide

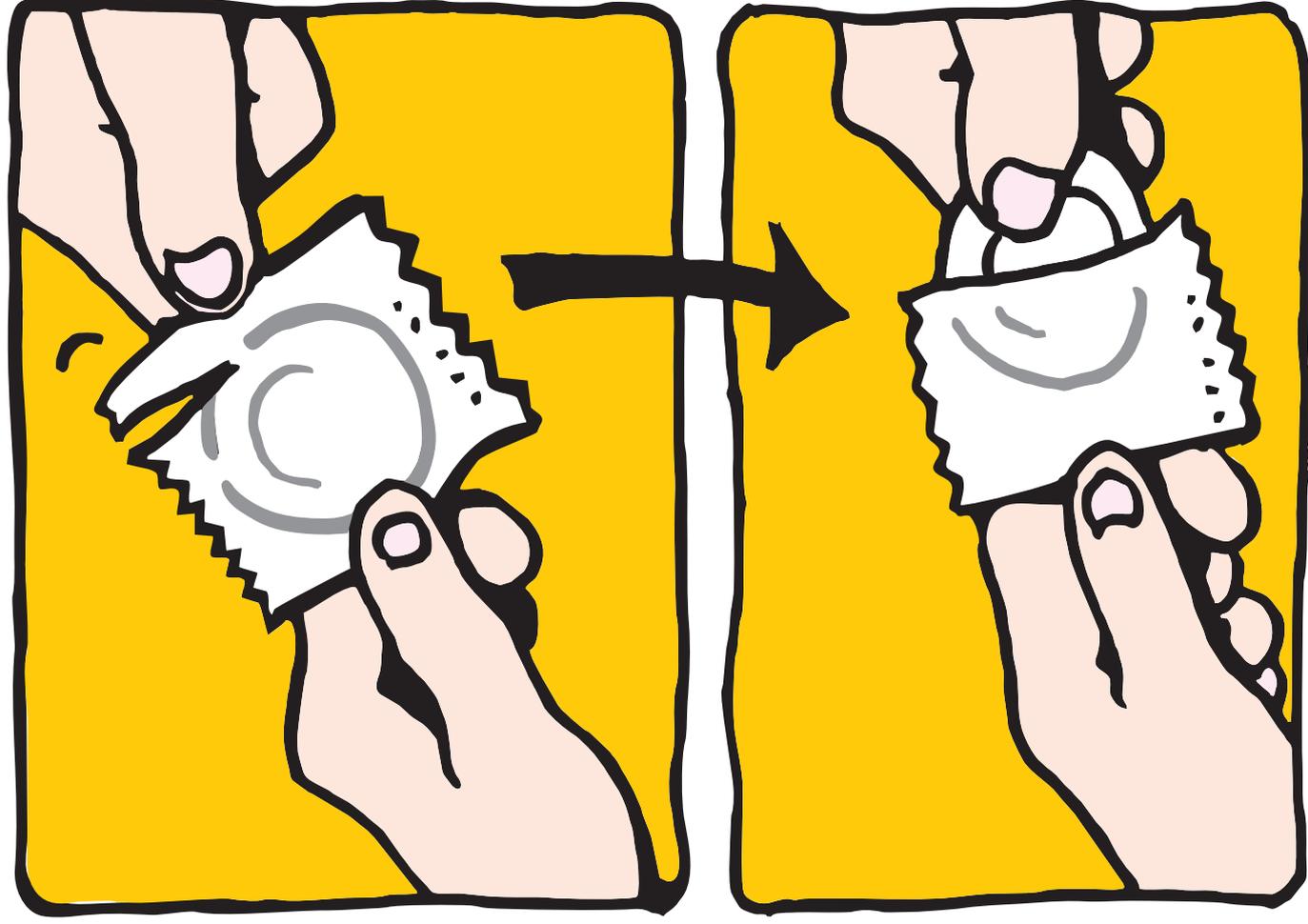
	<p>What is shown in this picture? Where can you get condoms and lubricant (lube)? When should you buy them? Who can buy condoms and lubricant (lube)?</p>		<p>What is the man doing? What is water-based lubricant (lube)? Where can you get water-based lubricant (lube)? Why doesn't he put water-based lubricant (lube) on the inside of the condom?</p>
	<p>What is the man looking at? Why is he checking the use by date? What should he do if the condom is out of date?</p>		<p>What is happening in the pictures? Why does he keep the condom on while he is having sex?</p>
	<p>What is happening in the pictures? Why does he tear open the condom packet from the zig zag edge? Why shouldn't he use his teeth or scissors to open the condom packet?</p>		<p>What is happening in the picture? Why does he hold onto the condom while taking his penis out of the other person?</p>
	<p>What is happening in the picture? Why does he check that the rolled edge is on the outside? Why does he hold the tip of the condom?</p>		<p>What is the man doing? What is inside the condom?</p>
	<p>What is the man doing? Why does he get rid of the air in the tip of the condom? What does this leave space for? What should he do if the condom is on the wrong way and doesn't roll down easily? Why should he get a new condom?</p>		<p>What is the man doing? Why does he put the condom in a tissue in the bin? Why should he get a new condom if he wants to have more sex?</p>



**Get a condom  
and water based  
lubricant (lube)**

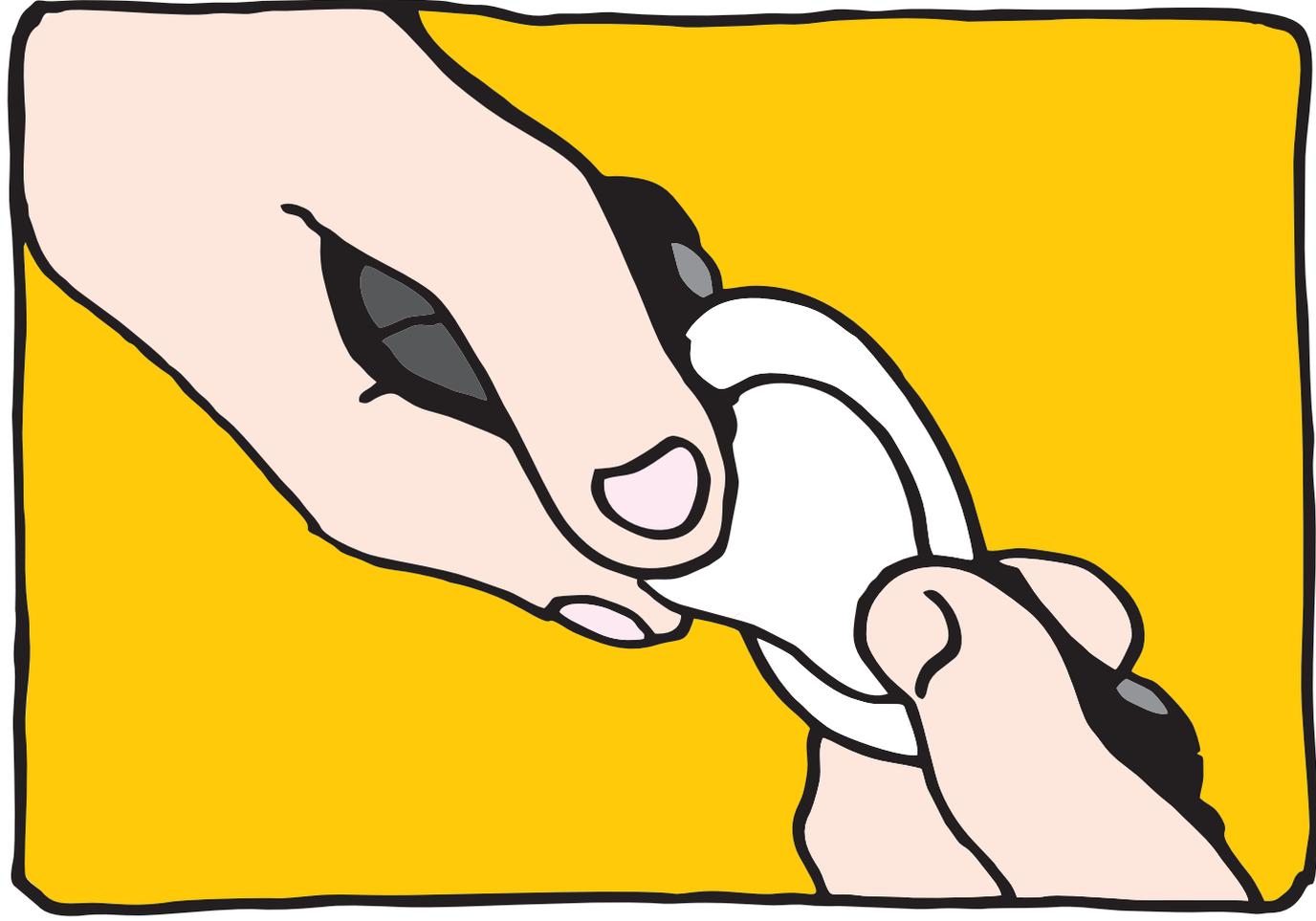


**Check the use  
by date on the  
condom packet**

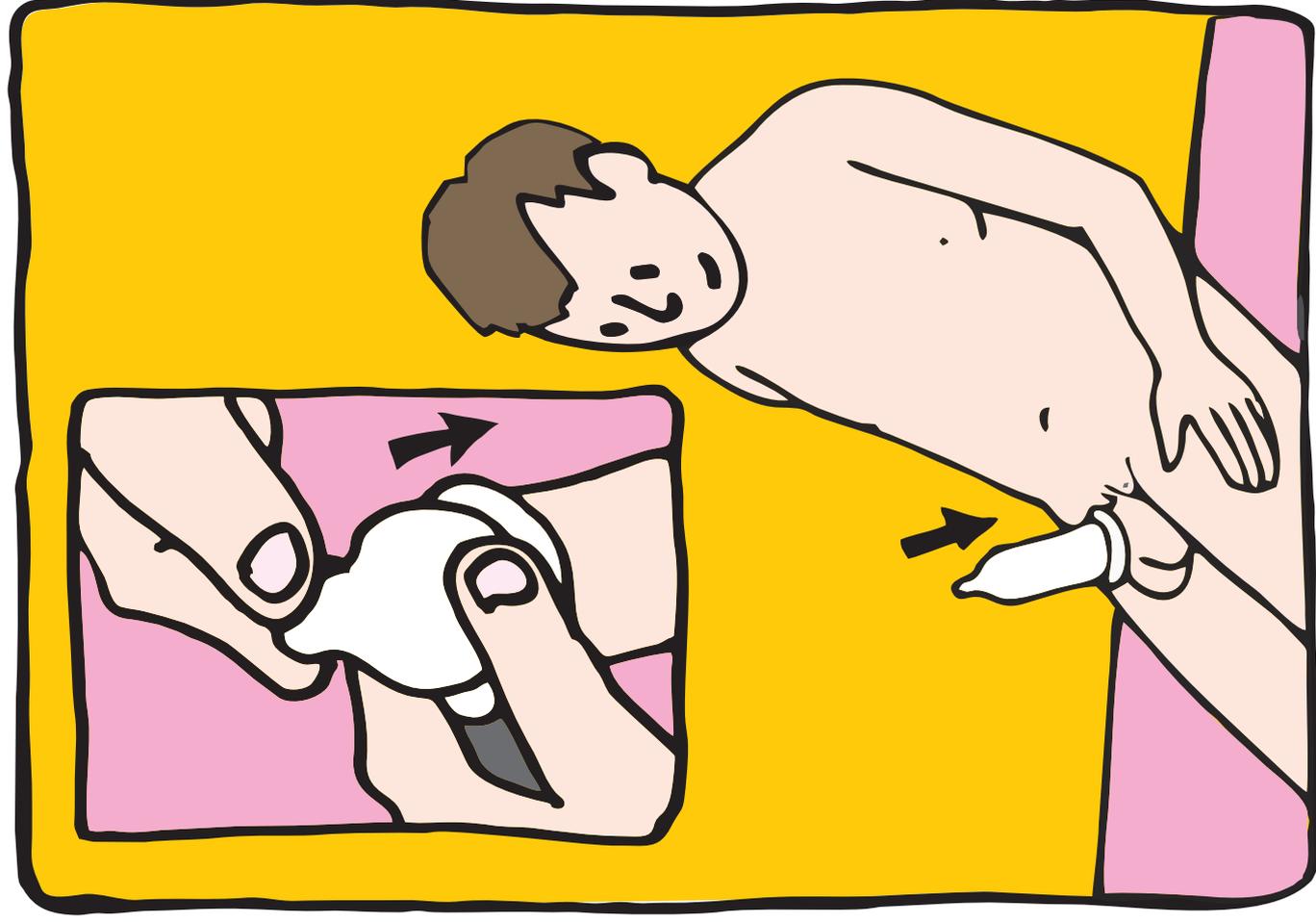


**Tear open the  
condom packet**

**Take the condom  
out of the packet**

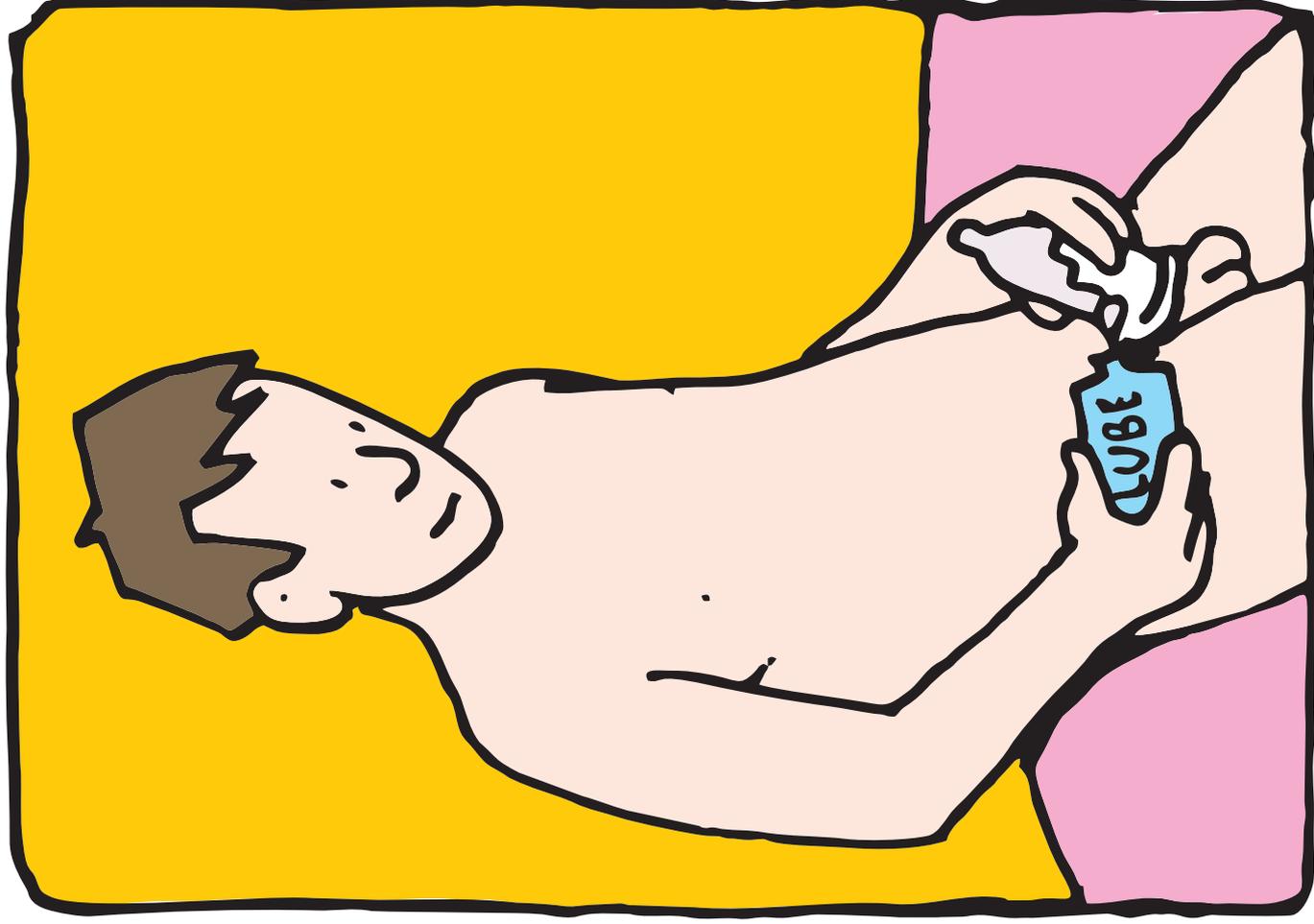


# Hold the tip of the condom

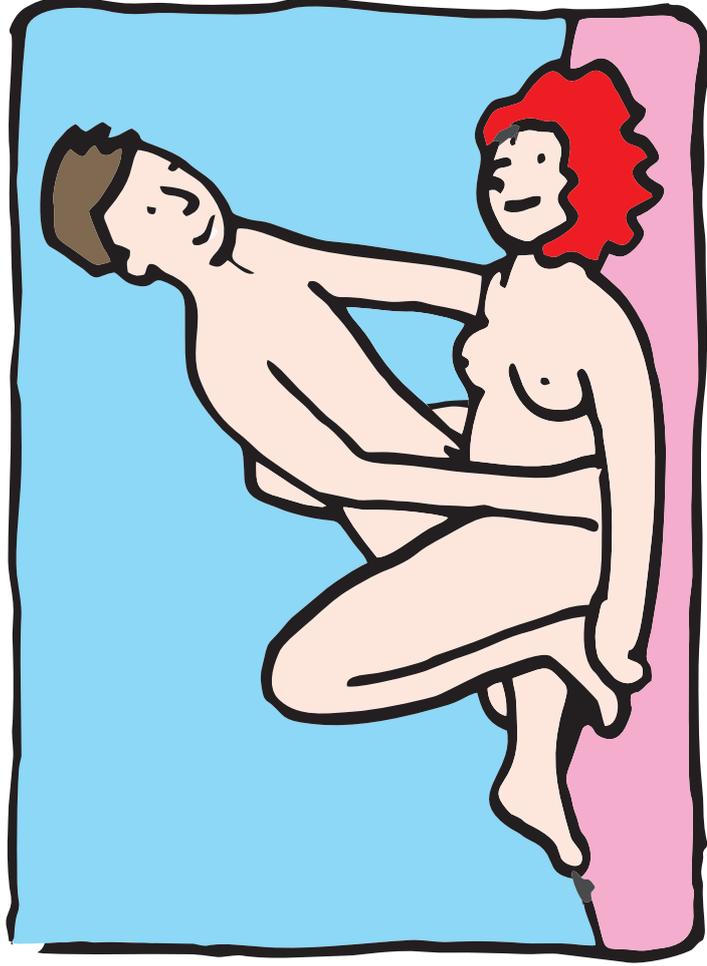


**Place the condom  
on the penis**

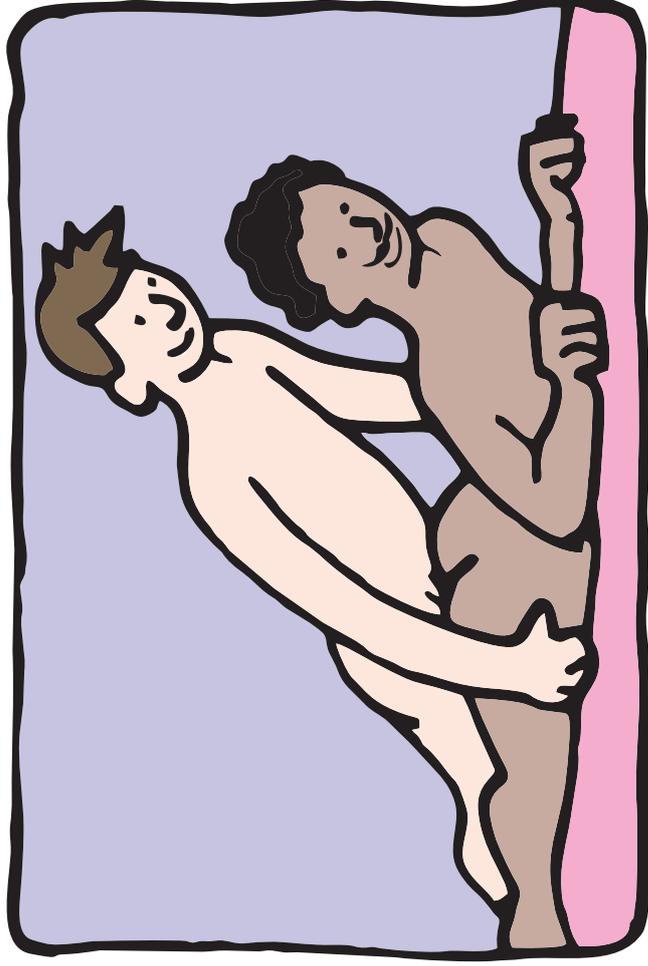
**Roll the condom  
all the way down  
the penis**

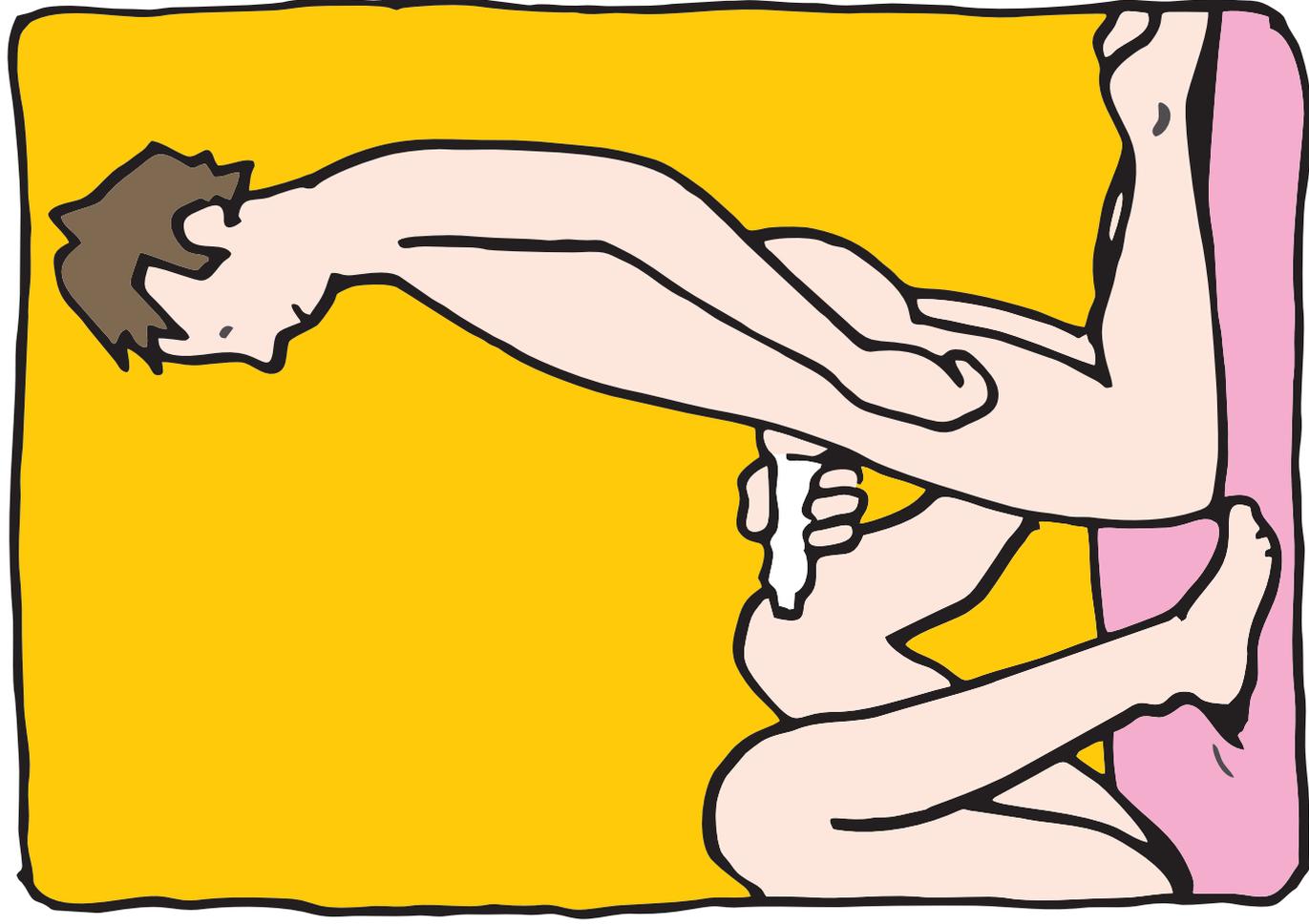


**Put water based  
lubricant (lube) on  
the outside of the  
condom**

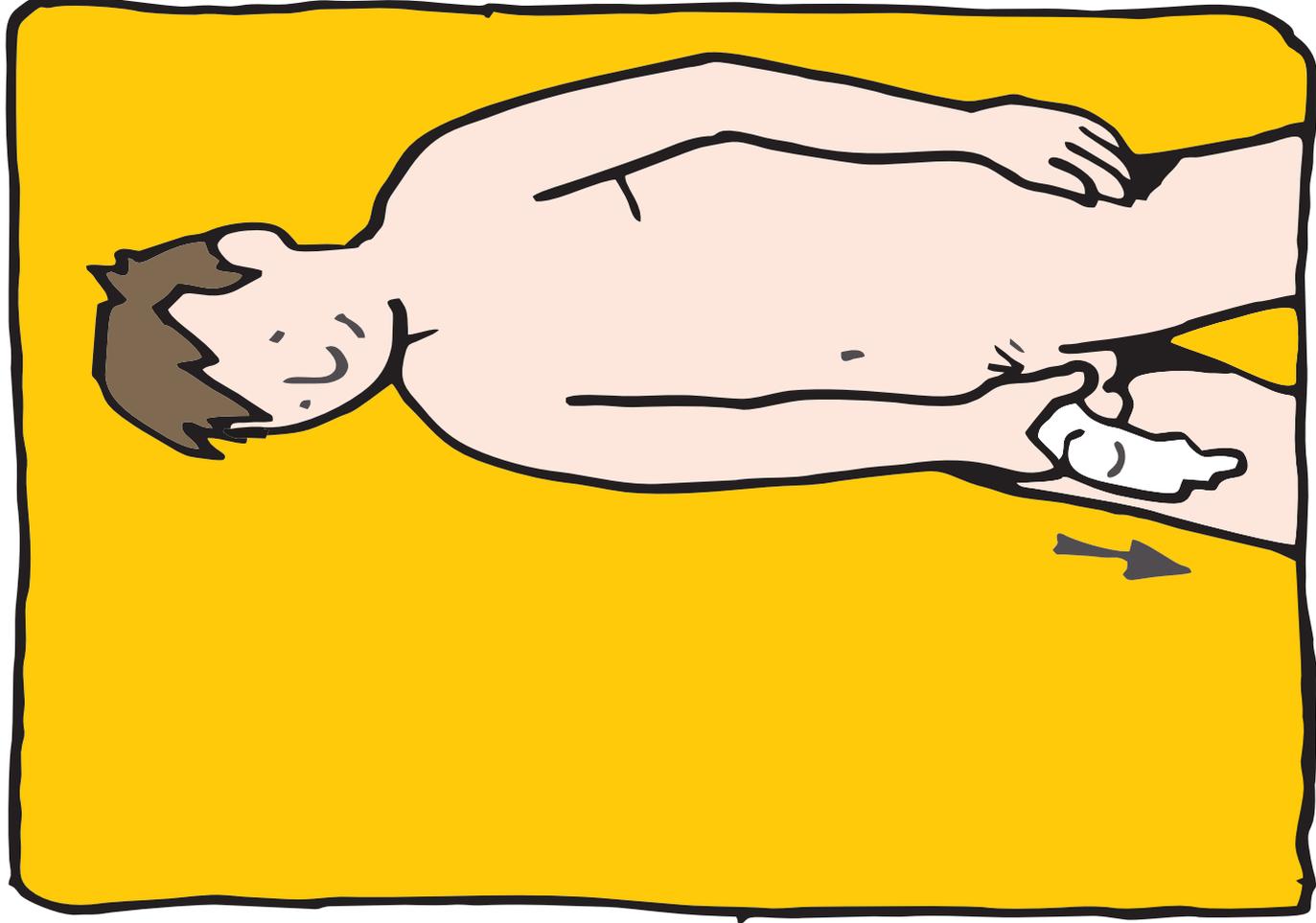


# Leave the condom on when having sex

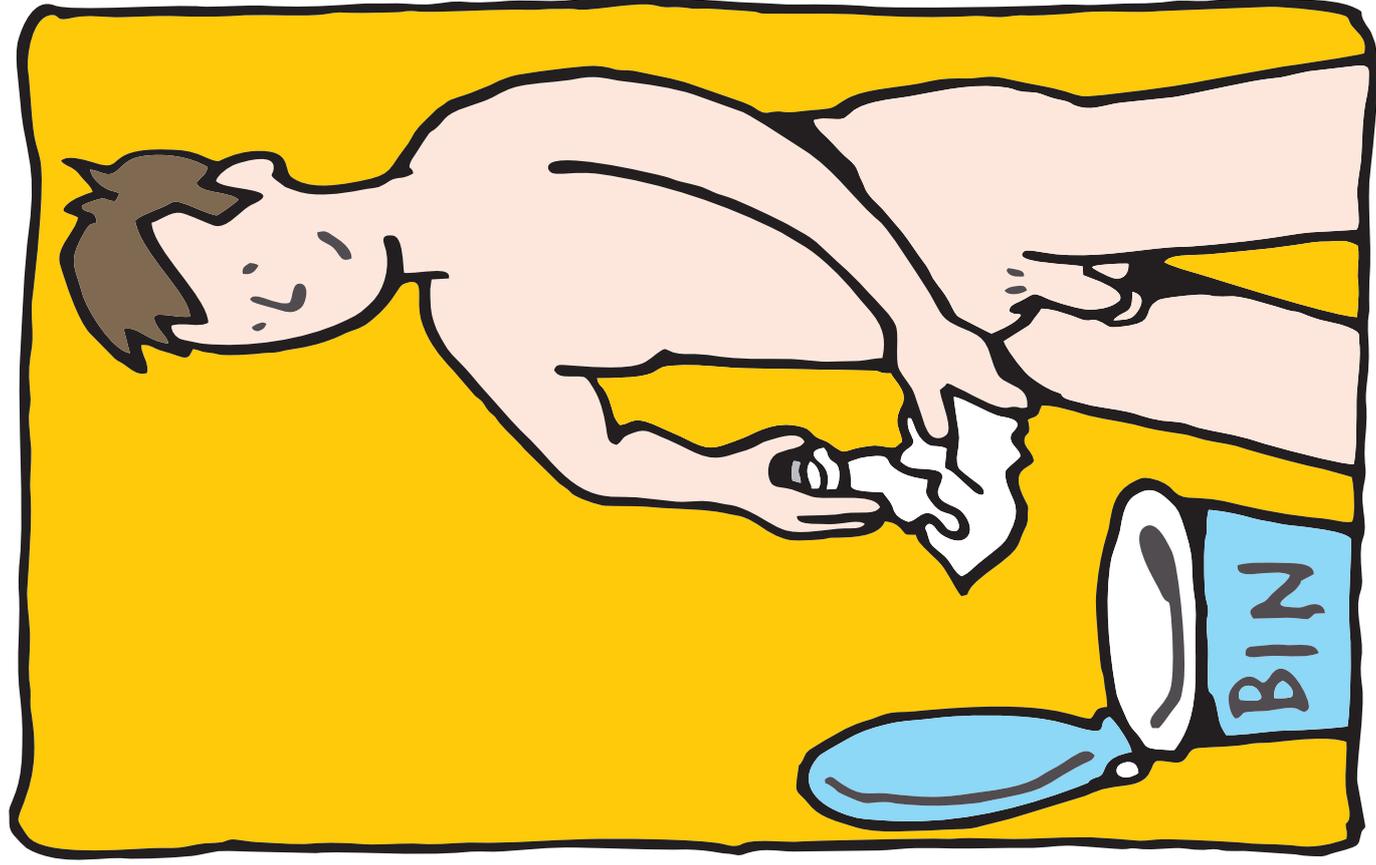




**After sex hold  
onto the condom  
while taking the  
penis out**



# Slip the condom off the penis



**Put the condom in  
a tissue**

**Put it in the bin**