



CONDOM DEMONSTRATION

Demonstrate the correct use of condoms and invite participants to practise the technical skills of condom use.

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| AIMS | To increase confidence and skills in correctly using condoms |
| TIME REQUIRED | 15 minutes + |
| STAFF REQUIRED | 1 or 2 |
| PARTICIPANTS | Variable |
| MATERIALS | <p>Condoms</p> <p>Lubricant</p> <p>Banana or other suitable object (plastic bananas may be borrowed from some local health districts/HARP Units or can be purchased from the Family Planning NSW shop)</p> <p>Tissues or wet wipes</p> <p>Dust bin or plastic bag</p> |
| PREPARATION | <p>Refer to the condom card game in the resource kit for the correct steps to putting on a condom.</p> <p>Review the Play Safe website for more information about condoms including how to put one on: www.playsafe.health.nsw.gov.au/condoms/how-to-use-them</p> <p>Identify services where young people can access condoms and sexual health services and information.</p> |
| ACTIVITY DESCRIPTION | <p>Demonstrate the correct steps involved in using a condom using the above materials.</p> <p>Give participants the opportunity to practice putting on a condom correctly by following the demonstration steps.</p> <p>Allow plenty of opportunities for participants to share what they know about condoms, and ask any questions.</p> <p>Discuss local services where young people can access condoms and contraception, in addition to sexual health information and support.</p> <p>Condom demonstrations and practice can work well when a competitive element is introduced.</p> <p>To make the activity fun, consider inviting participants to:</p> <ul style="list-style-type: none"> ■ Compete one at a time using a stopwatch ■ Race against each other all at once ■ Split into teams and have a condom relay race. |

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| FACILITATOR NOTES | <p>Try pairing this activity with the condom card game in the resource kit.</p> <p>The condom card game discussion guide also contains information you may find useful in discussions arising from the demonstration.</p> <p>To be inclusive of diverse sexualities, discuss condoms for use on both penises and sex toys. Also mention dams and female condoms as protective barriers.</p> |
| KEY MESSAGES | <ul style="list-style-type: none"> ■ CONDOMS ARE MOST EFFECTIVE WHEN USED PROPERLY ■ FAMILIARISE YOURSELF WITH CONDOMS, HOW TO USE THEM AND WHERE TO GET THEM SO YOU ARE PREPARED |
| REFERENCES | <p>PATH Games</p> <p>DOIN 'IT' RIGHT! Aboriginal Sexual Reproductive Health Resource Kit, Aboriginal Health and Medical Research Council of NSW</p> |