

Condoms	
Aim	
<ul style="list-style-type: none"> • To raise awareness of how condoms can prevent pregnancy and sexually transmitted infections • To broaden knowledge around the range of condoms that are available • To increase confidence around the correct use of condoms 	
Resources Needed:	
<ul style="list-style-type: none"> • Board or flip chart for facilitator to write on • Sexual Health Sheffield Know About Condoms Factsheet • Condom demonstrator and out of date condoms (for demonstration) 	
Length of Session: 1 hour	
Setting The Scene	
<p>Condoms are a safe and effective method of both Preventing Sexually transmitted infections AND preventing unwanted pregnancies – they are a barrier method meaning that they stop the exchange of bodily fluids.</p> <p>You can get free condoms from lots of places including Sexual Health Sheffield (just ask at reception), or you can also buy them from shops, pharmacies and sometimes in vending machines in toilets.</p> <p>Condoms come in different sizes, some smaller & some bigger. Condoms can also come in different flavours for oral sex and sometimes different textures for pleasure.</p> <p>Condoms are most effective when used properly... but sometimes people make mistakes because they aren't sure how to use them. In this session we will be looking at how to use condoms effectively.</p>	

Ice Breaker (Whole Group Activity)	5 mins
Ask the group to call out any thoughts/things they have heard about condoms (comments may include things like “sex doesn’t feel good when you use them” “I’m too big for them” “Better to use two than one” “They always break” etc.	
Main Activity (Small Group Activity)	10 mins
Talking About Condoms	
Facilitator to draw line down a piece of flipchart, on one side write ‘what can help us’ and on the other write ‘what can stop us’ and ask the group to think about things that might stop us from talking about using condoms with partners. At the same time, ask participants to think about what can help us talk about using condoms with partners – write down all responses under each column.	

<p>Practice</p> <p>Ask participants when they think it's a good time to discuss using condoms with partners?</p> <p>Explain that the group will now be asked to think about how discussing condom use might go in real life.</p> <p>Facilitator to divide group into pairs and explain that they are going to practice talking about using a condom. One person to take on the role of someone who does not want to use them, the other person taking on the role of someone who is wanting to use them. Allow a few minutes before bringing the group back together.</p> <p>Feedback from group on how the conversations felt – did they feel comfortable, was there an agreement, what did one partner say to convince the other etc.</p>	<p>15 mins</p>
<p>Golden Rules of Condom Use Demonstration</p> <p>Explain to the group that most times when a condom breaks or fails, it is down to human error.</p> <p>Ask group how they think a condom should be used correctly – allow a short time for comments before moving on.</p> <p>Facilitator to explain that they will provide a basic condom demonstration using the 'golden rules of condom use' – see factsheet.</p> <p>Use/adapt the following script:</p> <ol style="list-style-type: none"> 1. CHECK the expiry date and that there is a BSI kite mark or CE mark which mean it is good quality and safe to use. If there are any rips or holes in the packet, do not use and get a new one. 2. CAREFULLY tear the packet open - it's safest to feel for the rim of the condom and push it to one side as you do this. Check the condom is the right way round with the rim on the outside. 3. PINCH the tip of the condom and place it on the head of the penis, allowing a little space at the top - this will stop any air bubble forming and must be done before any sexual contact. It can only be done when the penis is hard 4. ROLL the condom to the base of the penis with your other hand (keep pinching the tip). You can remove any other air bubbles with your fingers. 5. Some people find applying some water based lube on the outside of the condom can make sex more pleasurable. 6. DURING SEX from time to time you might want to check that the condom hasn't slipped off or torn. If it has, stop having sex and consider what you might want to do next to prevent a pregnancy or to look after your sexual health. 7. WITHDRAW the penis carefully after ejaculation and before it gets soft, holding the condom at the base to make sure it doesn't slip off. Wrap the condom in tissue and then put it in the bin. 	<p>20 mins</p>

REMEMBER - Never use the same condom more than once, always get a new one every time you have sex. Never use two condoms together as this can increase the chances of them splitting.
If you are sharing sex toys, make sure you use a condom and change it between use.

It's also important at this stage to talk briefly about what to do if a condom breaks or comes off:

- Advise that if this happens – stop having sex and consider next action:
- Emergency Contraception can prevent a pregnancy if taken within 120 hours (5 days)
- PEP can prevent HIV infection (where there is a risk) if started within 72 hours (but much better to start as soon as possible)
- Consider having an STI screen (even if you don't have any symptoms) – contact a sexual health service to discuss when the best time would be to have a test

Signposting To Local Services

10 mins

Where possible, facilitator to have a range of condoms available for participants to see different sizes/textures

Facilitator to ask participants: Do you know where to get condoms in Sheffield

Where can you buy them? (list responses)

Where can you get them for free? (list responses)

Condoms are available free of charge (even if you are under 16) from:

- Sexual Health Sheffield clinic and outreach services
- GP practices
- Some pharmacies (need to check)
- Some schools and colleges

Condoms can be bought:

- From supermarkets
- From vending machines
- From pharmacies
- From online retailers