



CONDOM DEMONSTRATION

DEMONSTRATE THE CORRECT USE OF CONDOMS AND INVITE PARTICIPANTS TO PRACTISE THE TECHNICAL SKILLS OF CONDOM USE.

AIMS	TO INCREASE CONFIDENCE AND SKILLS IN CORRECTLY USING CONDOMS
TIME REQUIRED	15 minutes +
STAFF REQUIRED	1 or 2
PARTICIPANTS	Variable
MATERIALS	Condoms Lubricant 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) Tissues or wet wipes Dust bin or plastic bag
PREPARATION	Refer to the condom card game in the resource kit for the correct steps to putting on a condom. 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 Identify services where young people can access condoms and sexual health services and information.
ACTIVITY DESCRIPTION	Demonstrate the correct steps involved in using a condom using the above materials. Give participants the opportunity to practice putting on a condom correctly by following the demonstration steps. Allow plenty of opportunities for participants to share what they know about condoms, and ask any questions. Discuss local services where young people can access condoms and contraception, in addition to sexual health information and support. Condom demonstrations and practice can work well when a competitive element is introduced. To make the activity fun, consider inviting participants to: <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.
FACILITATOR NOTES	Try pairing this activity with the condom card game in the resource kit. The condom card game discussion guide also contains information you may find useful in discussions arising from the demonstration. 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.
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	PATH Games DOIN 'IT' RIGHT! Aboriginal Sexual Reproductive Health Resource Kit, Aboriginal Health and Medical Research Council of NSW