



CONDOM GAMES

CONDOM GAMES DEMONSTRATE THE STRENGTH AND FLEXIBILITY OF CONDOMS AND HELP TO NORMALISE CONDOM USE AND REDUCE STIGMA ASSOCIATED WITH THEM.

AIMS	<p>TO ENCOURAGE YOUNG PEOPLE TO TALK ABOUT CONDOMS</p> <p>TO ENCOURAGE YOUNG PEOPLE TO GET FAMILIAR WITH TOUCHING, OPENING AND UNROLLING CONDOMS OUTSIDE OF SEXUAL ENCOUNTERS</p> <p>TO LEARN HOW STRONG AND FLEXIBLE CONDOMS ARE</p>
TIME REQUIRED	<p>20 minutes +</p>
STAFF REQUIRED	<p>1 or 2</p>
PARTICIPANTS	<p>Variable</p>
MATERIALS	<p>Condoms</p> <p>Lubricant</p> <p>Other materials – see activity descriptions below</p> <p>Optional rewards – many of these activities could be run as a competition for individuals or teams</p>
PREPARATION	<p>Contact your local HARP Unit, sexual health clinic or a condom supplier to obtain condoms.</p> <p>Arrange additional materials for the chosen activity.</p> <p>Know the local services where young people can access condoms and contraception, in addition to sexual health information and support.</p> <p>Review the Play Safe website for more information about condoms including how to have fun with them and how to put one on: www.playsafe.health.nsw.gov.au/condoms/the-low-down</p>
ACTIVITY DESCRIPTIONS	<p>BANANA DRAMA</p> <p>Instruct participants to put a condom on a banana.</p> <p>Tell them it is about practising technique – and a little bit about speed!</p> <p>As a race – see who can put the condom on it the fastest, without breaking it and applying the correct technique.</p> <p>For extra fun, try this activity using blindfolds.</p> <p><i>Materials: Bananas (you can use real bananas or plastic bananas may be borrowed from some local health districts / HARP Units or can be purchased from the Family Planning NSW shop)</i></p> <p>THE ORANGE TEST</p> <p>Take condoms out of the package and unroll them.</p> <p>Ask them to see how many oranges they can fit inside a condom before it breaks.</p> <p>Tell them the rumour is more than 20 will fit. (It's also true!)</p> <p>Participants can play in small groups, pairs or by themselves.</p> <p><i>Materials: 20 to 30 oranges</i></p> <p>FULL OF HOT AIR</p> <p>Tell young people to blow the condoms up like balloons.</p> <p>The biggest one wins.</p> <p>WATER BOMBS</p> <p>Have them fill a condom up with water and tie a knot in it.</p> <p>Tell them to see how long they can throw it back and forward without breaking it.</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 ■ CONDOMS OFFER THE BEST PROTECTION AGAINST STIs AND AT THE SAME TIME PREVENT UNPLANNED PREGNANCIES ■ CONDOMS ARE STRONG AND FLEXIBLE
REFERENCES	<p>PATH Games</p>