**Module 5 (Building Condom Use Skills) Script**

**Overview**

**Goals**

The goals of this module are to:

* Increase participants’ understanding of barriers to condom use and increase their strategies for reducing those barriers.
* Increase participants’ skills and knowledge on how to use condoms effectively and correctly and how to make their use safe and pleasurable.

**Module Preview**

The fifth module: (1) reinforces pride and responsibility in avoiding HIV-risk associated behaviors; (2) assess barriers to condom use while providing strategies to reduce these barriers; (3) examines the relationship of attitudes and condom use behaviors; (4) reinforces knowledge, comfort, and skills on how to use condoms correctly and how to make them safe and pleasurable; and (5) reinforces participants’ understanding of the consequences of unprotected sex.

**Learning Objectives**

After completing this module, participants will be able to:

* Explain the importance of proud and responsible sexual decision making.
* Identify barriers to using condoms and other safer sex behaviors.
* Identify strategies for practicing safer sex behaviors.
* Identify ways to make condoms a more pleasurable part of the sexual experience.
* Explain how condoms can prevent HIV, STDs, and unplanned pregnancy.
* List the correct steps to using a condom and demonstrate those steps.

**Procedure**

**Activity A (Introductions and Overview)**

1. **Slide 1**

Open the module by saying,

* 1. We’ve discussed some of the knowledge and skills that go into protecting yourself and others against HIV infection. Today we are going to focus on how to use condoms correctly and how to talk to a partner about condoms or abstaining from sex. Before we start, are there any thoughts, feelings, reactions or questions?

1. **Slide 2:** Review how people can become infected with HIV.

People can get HIV by:

* + Having unprotected sex (vaginal, anal, oral) with an infected partner
  + Sharing needles for injecting drugs, or any other reason
  + Mother passing it to the fetus during pregnancy or to newborn through breastfeeding

**Activity B (Discussing Condoms and Condom Use Skills)**

**Procedure**

1. Clarify the purpose of the activity by saying,
   * This activity is designed to show you how to use condoms correctly and to have you practice condom use skills. However, I’m not assuming that any of you are having sexual intercourse and I’m not encouraging you to do so. Having this knowledge and these skills will prepare you to make proud and responsible decisions if and when the need arises.
   * Some people don’t believe in using condoms because it may be against their religion; other people have no beliefs against it. I’m giving you this information because we want you to be able to make informed decisions about protecting yourselves.
2. **Slide 3:** Ask participants
   1. What is a condom?
   2. Write the group definition using the whiteboard function or annotate function on zoom
      * Sample definition:
        + A thin latex (ruber) sheath that slips snugly over an erect penis and keeps sperm from entering the vagina, mouth, or anus during ejaculation. Latex or polyurethane/ polyisoprene condoms help prevent pregnancy, HIV, and other STIs.
3. **Slide 4:** Ask participants to brainstorm all the types (brands/names) of condoms that they can think of, including slang terms for condoms. **Write their answers using the whiteboard or annotate function on zoom.**
4. When the list is complete, highlight any of the more unusual or colorful names, as well as those that may have been around for a long time. Participants may mention rubber, jimmy hat, raincoat, glove, sock, Trojan, Lifestyle, flavored, etc.
5. Summarize by saying,
   1. We are going to be learning a great deal about condoms. No matter what name you call them or which type you prefer, I hope you make sure that you have them with you when you need them. And make sure they are made of latex (or polyurethane/ polyisoprene).
6. **Slide 5:** Introduce the Amaze video, “How to Use Condoms Effectively” by saying, “So now that we’re all up to speed re: the different types of condoms, we’re going to go over how to use them effectively. If we were doing this session in-person, we would pass condoms around to everyone, show you step-by-step how to use them, then have you practice putting them on an apparatus. Since we’re not in person, we’re going to watch a condom demo video and discuss it afterwards. Following the video, reiterate this essential information:
   1. Condoms can stretch to fit different-sized penises comfortably.
   2. Condoms may break if you use Vaseline, lotion, or grease. Use only non-oil-based or water-based lubricants (eg. K-Y Jelly or Astroglide)
   3. Don’t expose condoms to heat, including body heat. You can keep a condom in your pocket, but ONLY for short periods of time.
   4. Throw away unused condoms once the expiration date passes
7. Summarize by reviewing and emphasizing the following:
   1. To protect yourself and your partner from sexually transmitted diseases, including HIV infection you should:
      * Use a latex (or polyurethane/ polyisoprene) condom every time you have sex.
      * Keep supply of condoms on hand.
      * Get used to condoms, so they are natural and safe.
      * Talk to your partner about using condoms.
      * Refrain from using alcohol or drugs because they affect your judgement
   2. Condoms make sense. Condoms help protect both partners from pregnancy and STIs, including HIV during vaginal, oral, or anal intercourse. However, you must use them correctly every time you have vaginal, oral, or anal intercourse.

**Slide 6: Activity C (How to Make Condoms Safe and Comfortable) – NOTE:** The original wording for this activity was “How to Make Condoms Fun and Pleasurable”, but some educators replace it with “safe and comfortable” to avoid push back from schools or parents. Either wording is fine.

**Procedure**

1. Introduce this activity by saying,
   1. People often say that sex doesn’t feel as good with a condom, but we’re going to talk about ways to make the experience more comfortable.
   2. Remember I’m not assuming that you’re having sex and I’m not encouraging you to have sex. This is information some of you will use right away and others can tuck it away for future reference.
2. Ask participants to suggest ways to make condom use safe and comfortable by finishing these sentences.
   1. I will read two statements and ask you to say whatever comes to mind. I will type your responses. We will discuss the responses at the end.
      * Condoms could make sex more fun and comfortbale by …
      * Condoms would not ruin the mood if …..
3. Type response on whiteboard or using annotate function on zoom.
4. Review responses. Emphasize positive feelings about condoms.
5. Add the following ideas to the brainstorm lists, if they weren’t mentioned by participants.
   1. Additional Ideas
      * Use extra lubrication
      * Use condoms as a method of foreplay
      * Use different colors and types/textures (some have ribs on them)
      * Think up a sexual fantasy using condoms
      * Tell your partner how using a condom can make a person with a penis last longer
      * Have the partner put the condom on
      * Act sexy/ sensual when putting condoms on
      * Have a sense of humor-be silly- make jokes
      * Hide the packaged condom on your body and ask your partner to find it
      * Wrap them as a present and give them to your partner before romantic dinner
      * Tease each other manually putting on the condom
      * Put lubricant on the tip of penis to increase sensitivity or use pre-lubricated condoms
      * Have fun putting them on your partner- pretend you are different people or in different situations
      * Use flavored condoms for oral play
6. Ask participants:
   1. Do you feel prepared to use a condom if you have sex? Will you use one?
7. Summarize by saying:
   1. Once you and a partner agree to use condoms, do something positive and comfortable. Go to the clinic or store together. Get lots of different brands and colors. Plan a special day when you can experiment. Just talking about how you’ll use all of those condoms can be a turn on.
   2. Remember, the proud and responsible thing to do is to always use latex or polyurethane/polyisoprene condoms if you have sex.

**Slide 7: D (What Gets in the Way of Proud and Responsible Sexual Behavior?)**

**Procedure**

1. Brainstorm responses to the following questions.
   1. What are some of the barriers to using condoms or other forms of latex protection?
      * Examples:
        + Expense
        + Social issues, such as embarrassment, dependent on a partner to get condoms, social stigma, lack of trust, guilt
        + Lack of availability
        + Lack of privacy in a store
   2. What if your partner says no to using condoms? (Postpone having sex until you both agree to use them.)
   3. Do you need to use condoms even if you are involved with only one person?
      * Yes, even if you believe that neither you nor your partner has ever had sex with anyone else, injected drugs, shared needles or works, or had any other possible exposure to HIV
   4. How do alcohol and drugs affect your decisions?
      * Alcohol and drugs affect people’s ability to think about what they are doing. Drugs cloud judgment, and people may make decisions and do things that they would not normally do. Emphasize that young people should avoid using alcohol and other drugs that keep them from making wise sexual decisions.
2. In summary, explain the following:
   1. To protect yourself and your partner against HIV infection:
      * Don’t have sexual intercourse (vaginal, anal, or oral) and never share needles for any reason
   2. If you choose to have sex:
      * Practice safer sex and use condoms and other protection every time.
      * Talk to a partner about HIV.
      * Never share needles.
      * Choose sexual activities other than intercourse.
      * Keep a supply of condoms on hand
      * Get used to condoms, so they are natural and fun.
      * Don’t use alcohol or other drugs that affect judgment.

**Slide 8-11: Activity E (Barriers to Condom Use)**

**Procedure**

Begin by saying,

* 1. We are focusing on condoms, because condoms help prevent STIs, especially HIV infection. This activity will help you use condoms if you choose to have sex. There are many reasons people do or do not use condoms. The reasons people do use condoms are pros and the reasons people don’t use condoms are cons or barriers to condom use

1. Go to the slide that is labeled *Pros of Condom Use*
2. Ask participants to brainstorm all of the positive reasons for using condoms- Pros- and list their answers on the whiteboard or annotate on slides
   1. Make sure list includes:
      * Condoms can help prevent HIV, other STIs and pregnancy
      * Condoms can help you feel safer and worry less
      * Condoms show you care about your partner
      * Condoms are easy to get
      * Condoms can make an erection last longer
3. Ask participants to brainstorm all of the reasons people don’t use condoms- Cons or barriers to condom use- and list their answers.
   1. Make sure the list includes:
      * Condoms are not available
      * Think condoms ruin the mood and pleasure
      * Using another form of birth control
      * Think condoms don’t feel natural
      * Condoms cost too much
      * Don;t know where to get free condoms
      * Partner doesn;t want to use condoms
      * Embarrassed to bring up the subject
      * Parents might find them
      * Embarrassed to go to the store to buy them
      * Want to show they trust a partner
4. Explain the following,
   1. Since you are proud and responsible young people who respect yourselves and want to protect yourselves, let’s now change these cons into pros
5. Demonstrate by reading one of their cons/ barriers and turning it into a pro.
   1. Example:
      * **Con:** Condoms don’t feel natural.
      * **Pros:** Having an STI won’t feel natural either.
6. Give each participant a chance to change a con into a pro
7. Cross each con off the list as a it is changed into a pro
8. Summarize as follows,
   1. Good job. As you can see, we’ve changed all the Cons to Pros. There are really no cons to using condoms. Remember, no matter what excuse a partner gives you for noting using a condom, you need to be prepared to give a response that helps you make the proud choice of using a new condom every time you have sex.

**Slides 12-24: Activity F (Condom Line-Up)**

**Procedure**

1. Tell participants that the group is going to review condom use by putting in the correct order all the steps involved in putting on a condom.
2. Depending on the group size choose one of the following ways to use the cards

Option 1

1. Shuffle the Condom line-up cards Pass out cards to participants and ask them to stand. The rest of the group acts as an audience.
2. Explain to the standing audience,
3. When the task is completed, ask the group members if they are satisfied with the order. If not give them a moment to make adjustments.
4. Now ask the audience if they have any further adjustments to make. If so, make those adjustments.

Option 2

1. Shuffle the Condom Line-Up cards and then place them on the ledge of the board or tack/tape them to the wall.
2. Explain to the whole group,
3. Ask for volunteers to help put the cards in the proper order, Allow as many participants as possible to join in.
4. Ask if there are any final adjustments and allow them to be made.

3. When the group has decided how to place the cards, verify the correct order or ask questions to prompt movement to the correct order. When the order is correct, review the steps.

**ORDER OF CONDOM LINE-UP CARDS**

1. **Get condom and check expiration date**
2. **Sexual arousal (hug, cuddle, kiss, massage)**
3. **Erection**
4. **Carefully remove condom from package**
5. **Dab water-based lubricant on penis or inside condom**
6. **Squeeze out any air from tip of condom and leave room for ejaculation**
7. **Roll condom on**
8. **Intercourse**
9. **Orgasm (ejaculation)**
10. **Hold onto the rim of condom and withdraw the penis**
11. **Remove and discard condom**
12. **Loss of erection**
13. **Relaxation**

4. Use the following discussion to stimulate discussion and positive attitudes towards condom use. Say,

1. Which steps on this process can involve a partner?

* Sexual arousal, rolling condom on, intercourse, orgasm, holding onto rim, removing condom, and relaxation. A partner(of any gender) can also fet or buy condoms and have them ready.

1. If a male loses his erection after putting on a condom and before intercourse, what could the couple do?

* This will happen to most males at some point in their lives. Have the partner take off the condom, continue playing and stimulating one another, relax , and enjoy the fun. After a while, put a new condom on as part of the play.

1. Which part of this process feels the same whether or not a condom is used?

* Sexual arousal, erection, withdrawal, orgasm/ejaculation and relaxation

1. Sometimes people don't know that condoms can be a pleasant part of the sexual experience because using them is so new. How can people make condoms feel good and be fun?

* Have your partner play with you and/or roll a condom on, put lubricant inside the tip and on the outside to increase wetness, try different brands and kinds to find the ones that feel best.

5. Summarize by saying

* You did a great job lining up the condom cards and discussing the correct steps of condom use. Remember and practice these steps so that you can make the proud choice and use condom correclty every time you’ve decided to have sex.

6. **Optional:** Introduce the condom use animation video by saying

* The video shows a brief animation of how to correctly put on a condom. It will remind you of the steps you just reviewed.

7. Show the video, which is 2 minutes long.