

Instruction condom use

Objective: Participants practice giving instruction in condom use and experience the obstacles they can be confronted with.

Duration: 30 to 45 minutes

No. of participants: Minimum 4, maximum 20

Material needed: Several dildos (or bananas/cucumbers etc), different (types of) condoms. Instructions on condom use (see next page; in addition you can use the text from chapter 3 in course “Harm reduction in prison”)

Exercise outline:

- Preparation: copy the instructions on condom use on the next page.
- Split up the group into pairs and give each pair a condom and a dildo (or a dildo look-alike).
- One of the pairs teaches the other how to use a condom (5 minutes).
- Make an inventory of reactions in the plenary.
- Distribute the instructions on condom use and let participants read them carefully
- The same pairs sit together again but now the exercise is done the other way around; the second person, with a new condom, gives condom instruction according to the instructions they have just read (5 minutes).
- To conclude, let participants react to the instructions given and stress the obstacles one can face while demonstrating the use of condoms.



Instruction condom use

- Check if you have the right condom:
 - Is it for vaginal or anal use ? (Special, extra strong condoms are suitable for anal use only).
 - Is it big enough?
 - Is it an approved brand?
 - Check the expiry date
- Open the wrapping carefully:
 - Do not use teeth or scissors, avoid tearing the condom
- Take out the condom:
 - Be extra careful with long nails
 - Make sure that you don't hold the condom inside out
- Pinch (squeeze) the semen reservoir, so that there is no air left.
 - This reduces the chance that it will tear because the reservoir does not come under pressure
 - If the condom has no reservoir, make one yourself by squeezing the air out of the top of the condom (2-3 cm)
- Put the condom on top of the penis and unroll it carefully to the base of the penis
 - When fully unrolled there is less chance that the condom will slip off
 - Again, be careful with long nails
- Use only water-based lubricant
 - Always use lubricant for anal penetration
 - A non water-based lubricant will dissolve the condom
- Withdraw the penis carefully shortly after ejaculating
 - While withdrawing, hold the condom at the opening to avoid it slipping off
 - If you wait too long, the penis can become flabby, the condom slips off and semen drips out
- Make a knot in the condom and dispose of it
 - Not in the toilet because it can stop up the drain

Use a new condom each time you start fucking. Never use two condoms on top of each other, as this can cause the condoms to tear.

