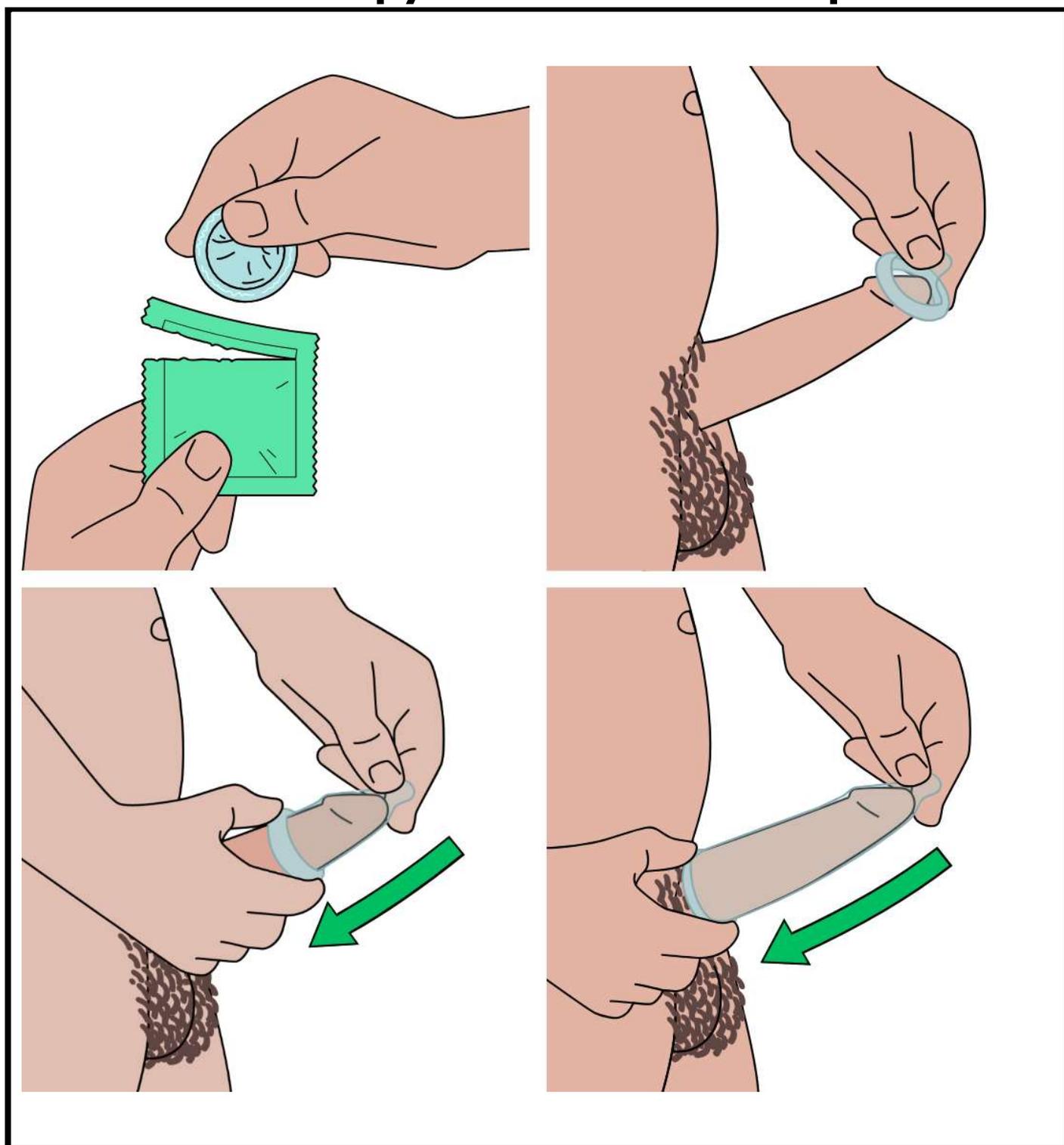


How to use an external condom: sequencing activity

Facilitator copy with numbered sequence



External condom sequencing activity instructions

Recommended for use with young people aged 13 – 16. Or, if part of an RSHP curriculum, third and fourth level students.

Estimated activity time: 20 minutes (minimum)

This activity aims to help young people become more familiar with external condoms and learn the correct way to use them.

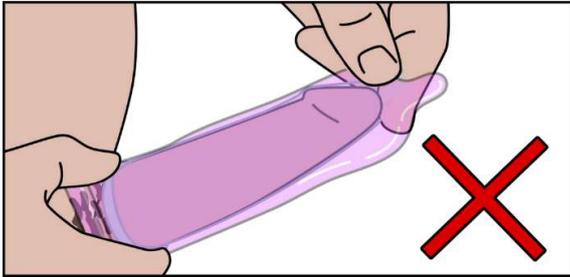
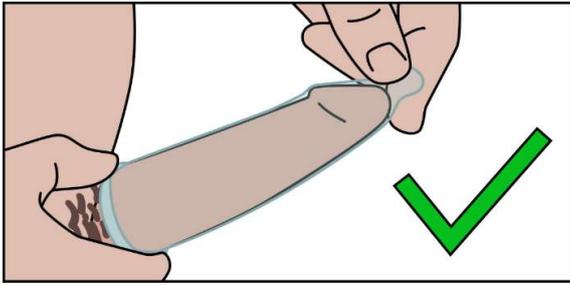
Prior to doing this activity, young people should learn about condoms more generally, including what external condoms are. Session plans covering contraception and condoms can be found here: [Third + Fourth Level - RSHP](https://rshp.scot/third-fourth-level/#condoms) (https://rshp.scot/third-fourth-level/#condoms) and here: [Senior Phase - RSHP](https://rshp.scot/senior-phase/#Contraception) (https://rshp.scot/senior-phase/#Contraception).

We would recommend doing this activity alongside young people having access to external condoms so they can see and feel them and perhaps try out some of the sequence as they do this activity.

Activity Instructions

- Print facilitators copy (pages 1-8) with numbered sequence and keep for reference
- Print out activity copy (pages 10 -15) the cards without numbers
- Cut out cards (if not already supplied)
- Split young people into pairs or small groups
- Give each group a set of cards and an external condom
- Instruct groups to discuss what order they would do each of the steps in then lay the cards out in order. Encourage groups to try out some of the steps using the condom

- Bring groups back together as a large group and discuss the activity. Ask groups what they would do first, second, third, etc. Discuss any differences between groups.
- Show the final, correct, sequence.
- Advise young people they can get free external condoms from c:card
- Hold space for discussion, any questions, or further information requests that arise from the activity. Some discussion prompts you may want to use include:
 - the importance of choosing the correct size condom to make sex more comfortable or pleasurable
 - Safe handling of condoms including never using teeth or scissors to open them and being careful they don't tear from fingernails
 - Using lube (on the outside of the condom only) to make sex more comfortable or pleasurable
 - If the condom does not roll down easily it is on the wrong way. Put it in the bin, get a new one and try again.



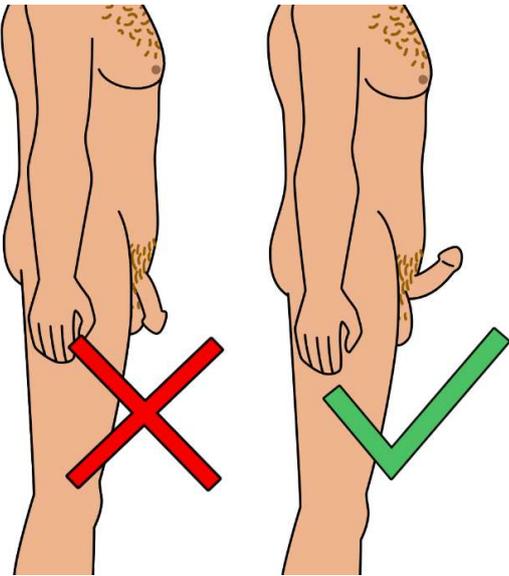
1. Choose the correct size condom for your penis.



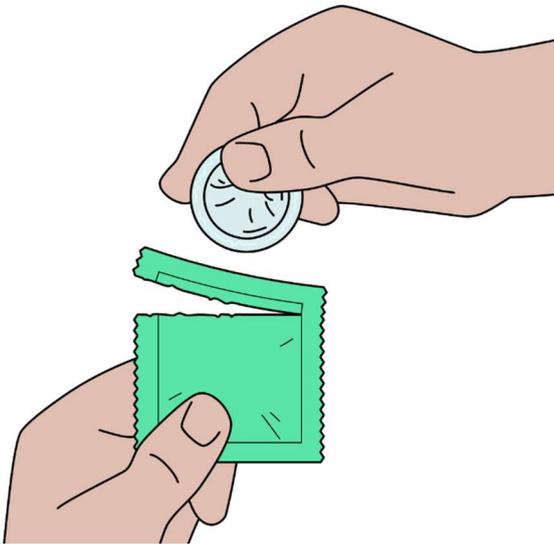
2. Discuss using a condom with a partner.



3. Use a new condom. Make sure it has a kite mark or CE mark. Make sure the pack is not past its expiry date.

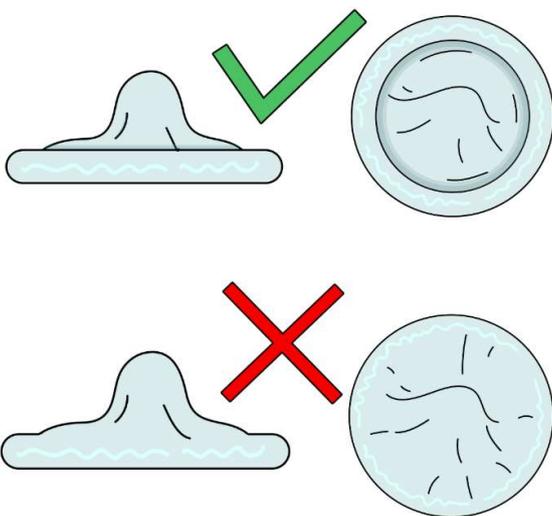


4. The condom should be put on as soon as the penis is erect (hard) and before there is any intercourse or close genital contact.



5. Carefully take it out of the packet, making sure not to damage it with fingernails.

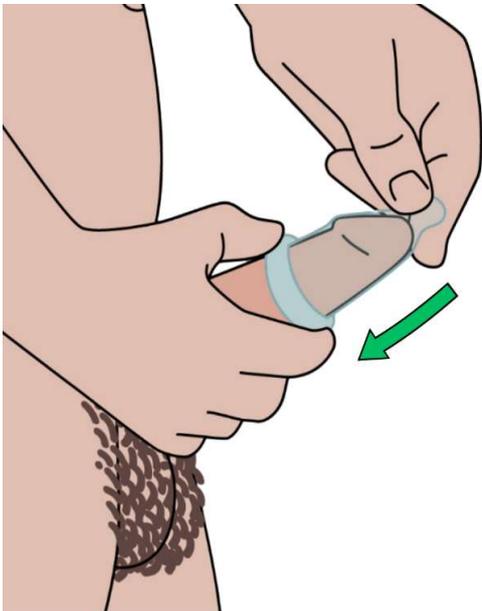
Never use teeth or scissors. They might damage the condom.



6. Make sure the condom is the right way round to roll down the penis.



7. Gently squeeze the top of the closed end between your finger and thumb to get rid of any trapped air.



8. Unroll the condom carefully over the erect penis.

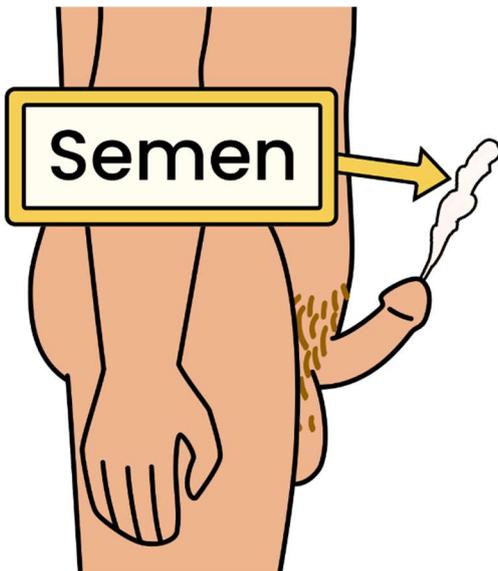


9. Apply water-based lubricant (lube) to the outside of the condom (never the inside).

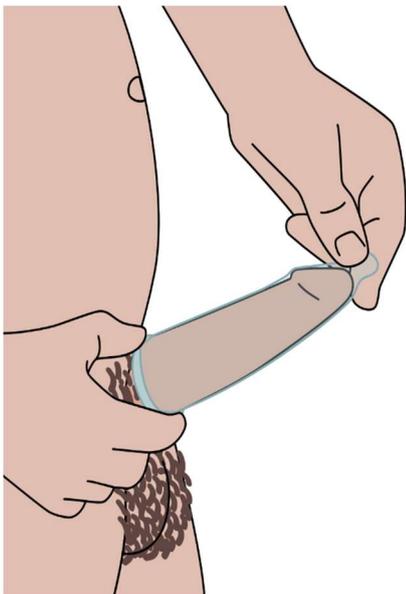
Never use oil lubricants, like Vaseline or baby oil. These can make the condom break.



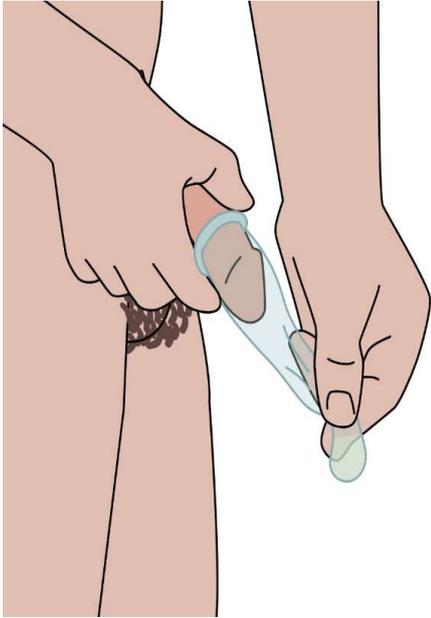
10. Intercourse takes place



11. Ejaculation happens (semen spurts out of the penis)

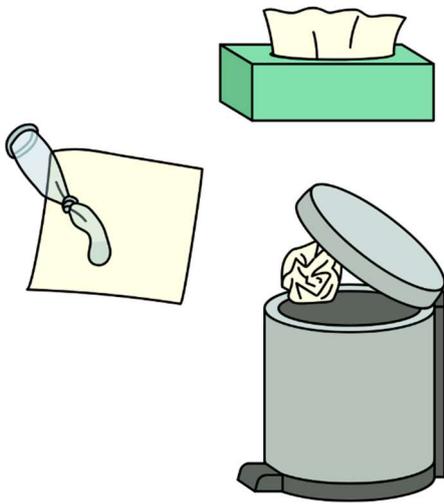


12. The penis must be taken out of the partner before the erection is completely lost

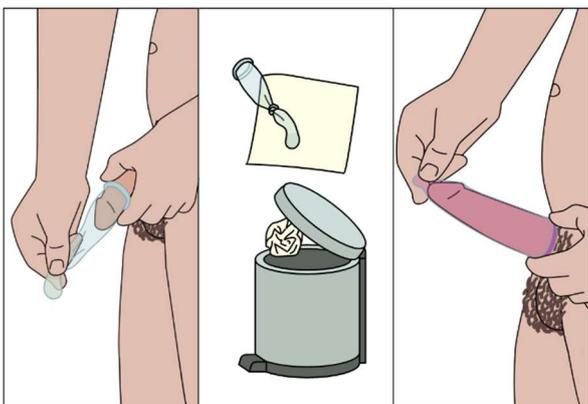


13. Hold the rim of the condom so no semen spills out.

Carefully slip the penis out of the condom.



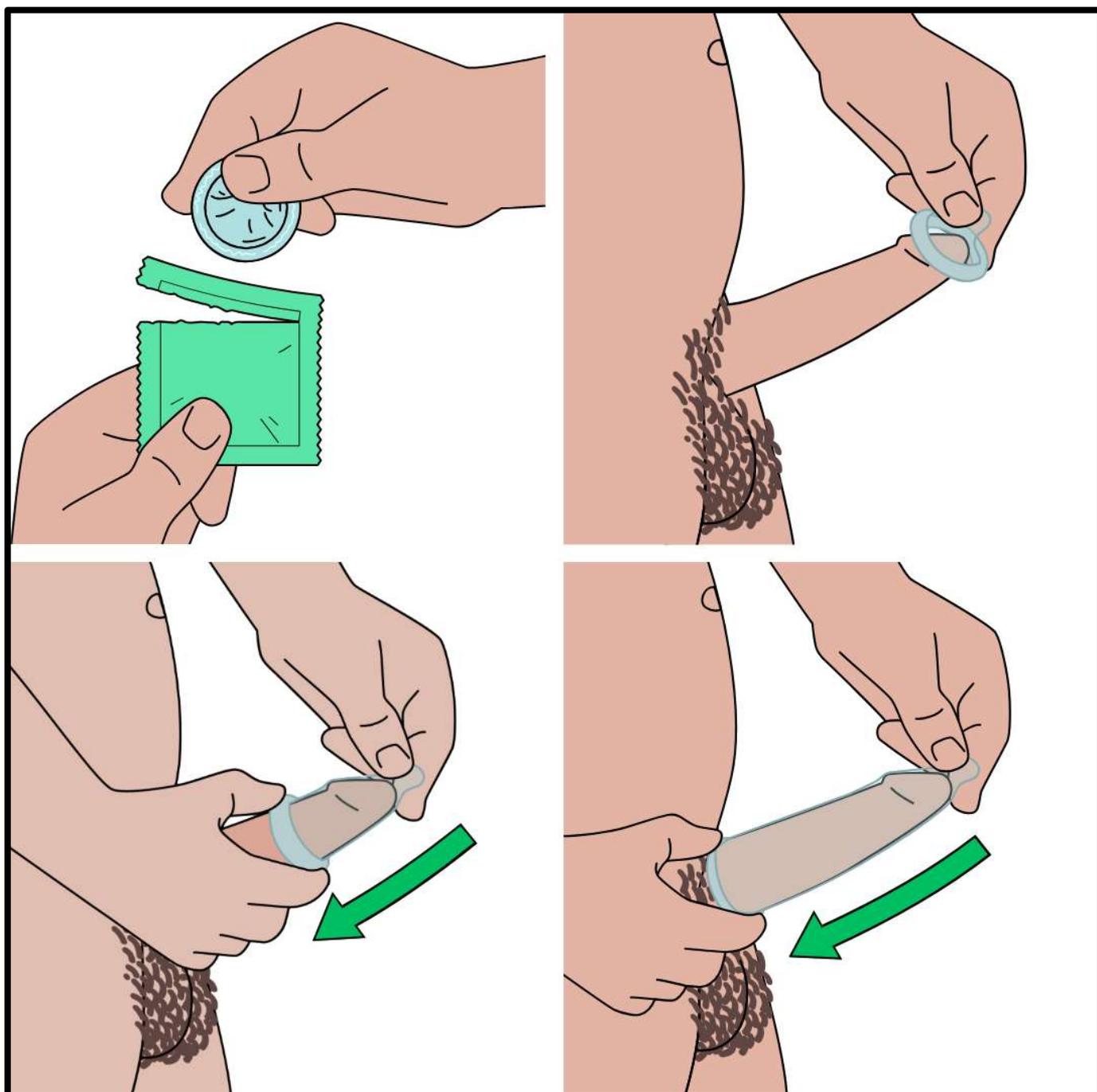
14. Wrap the condom in a tissue and throw it away in the bin. Do not put it down the toilet

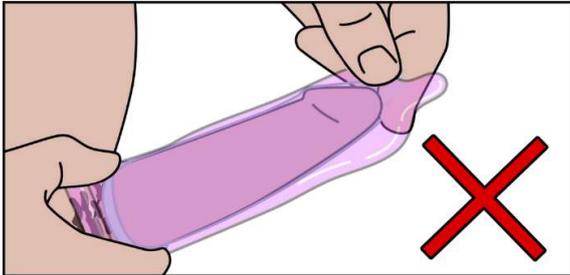
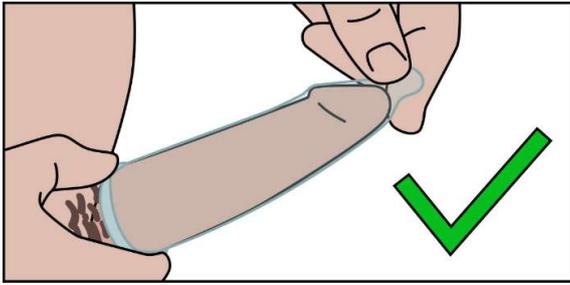


15. The penis should not be put back into a partner without using a new condom.

How to use an external condom: sequencing activity

For printing and cutting up (without numbers)

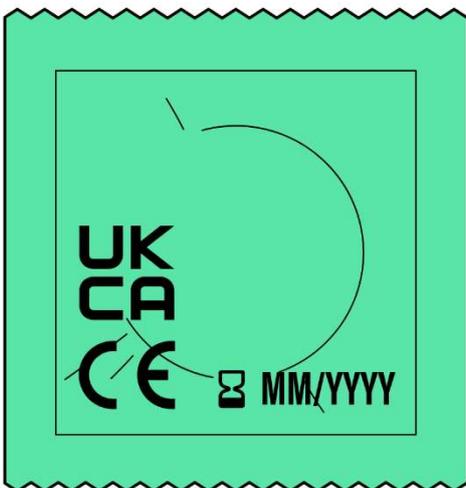




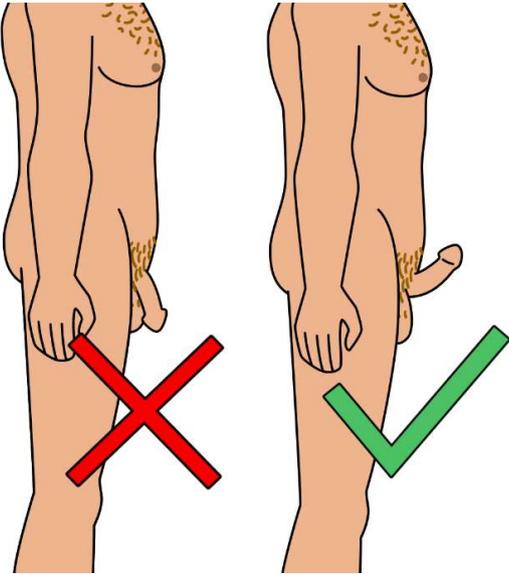
Choose the correct size condom for your penis.



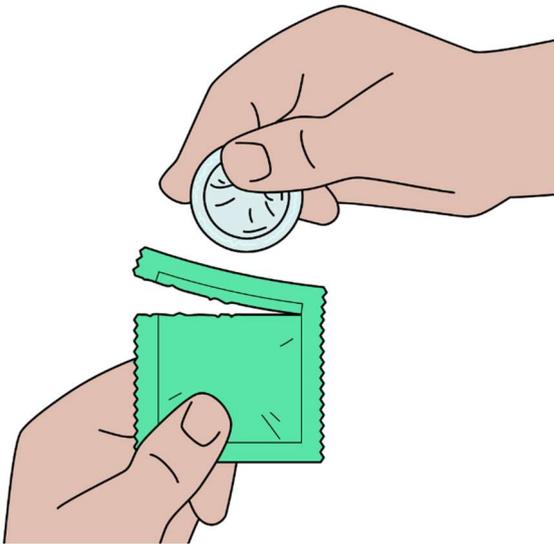
Discuss using a condom with a partner.



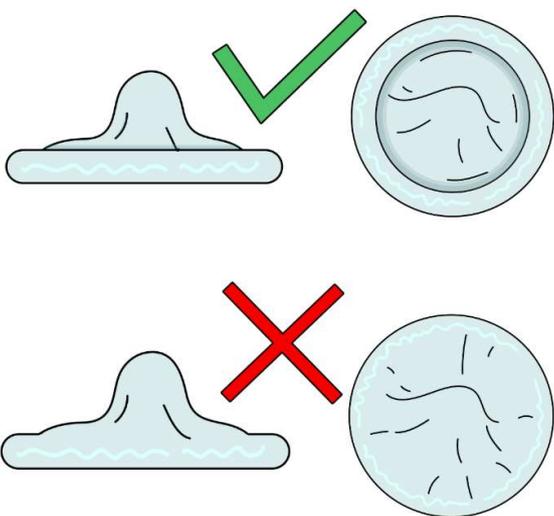
Use a new condom. Make sure it has a kite mark or CE mark. Make sure the pack is not past its expiry date.



The condom should be put on as soon as the penis is erect (hard) and before there is any intercourse or close genital contact.



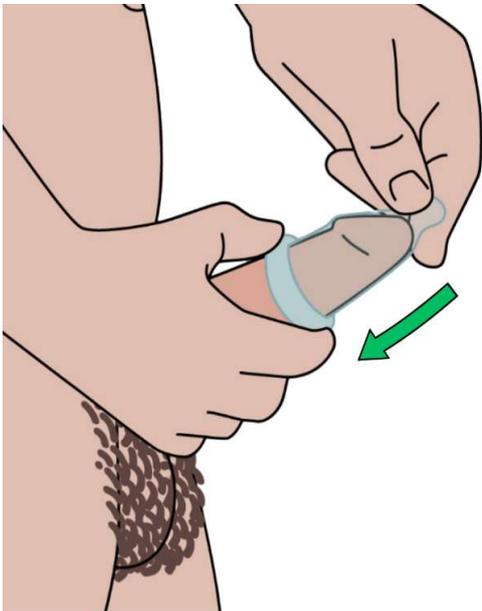
Carefully take it out of the packet, making sure not to damage it with fingernails.



Make sure the condom is the right way round to roll down the penis.



Gently squeeze the top of the closed end between your finger and thumb to get rid of any trapped air.



Unroll the condom carefully over the erect penis.

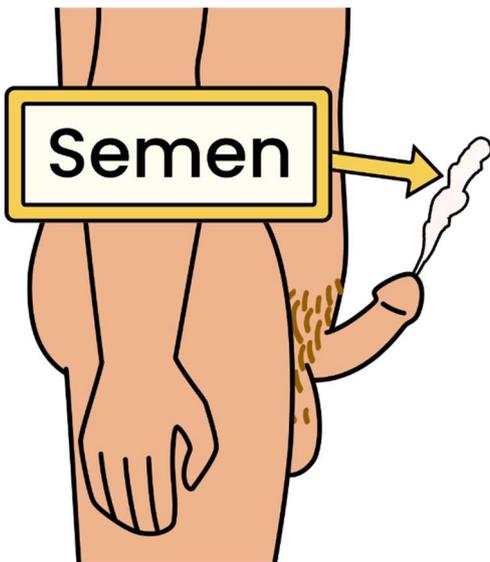


Apply water-based lubricant (lube) to the outside of the condom (never the inside).

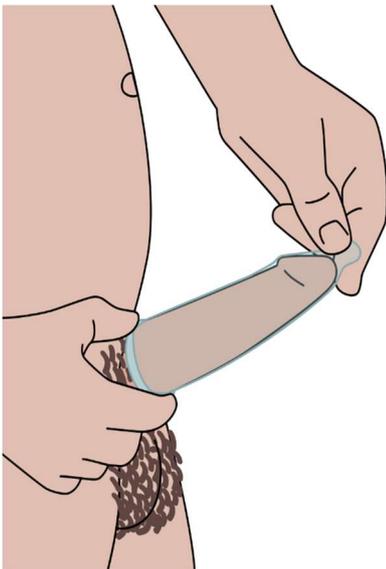
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Intercourse takes place



Ejaculation happens (semen spurts out of the penis)



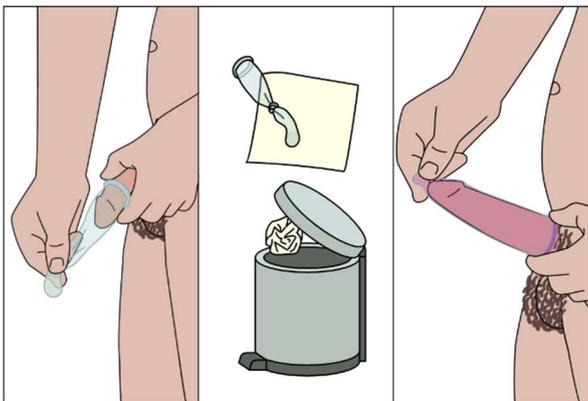
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Carefully slip the penis out of the condom.



Wrap the condom in a tissue and throw it away in the bin. Do not put it down the toilet



The penis should not be put back into a partner without using a new condom.