

# How to use an internal condom: sequencing activity

**Facilitator copy with numbered and non-numbered sequence**



# Internal 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 internal condoms and learn the correct way to use them.

Prior to doing this activity, young people should learn about condoms more generally, including what internal 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 internal 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 (pages 9 -14) 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 internal 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.

- You can use a closed fist to demonstrate the insertion and the twist and pulling out instructions
- Advise young people they can get free internal condoms from c:card
- Hold space for any questions or further information requests that arise from the activity. Some discussion prompts you may want to use include:
  - Why people might use internal condoms? increased confidence, control of contraceptive choices, something new to try?

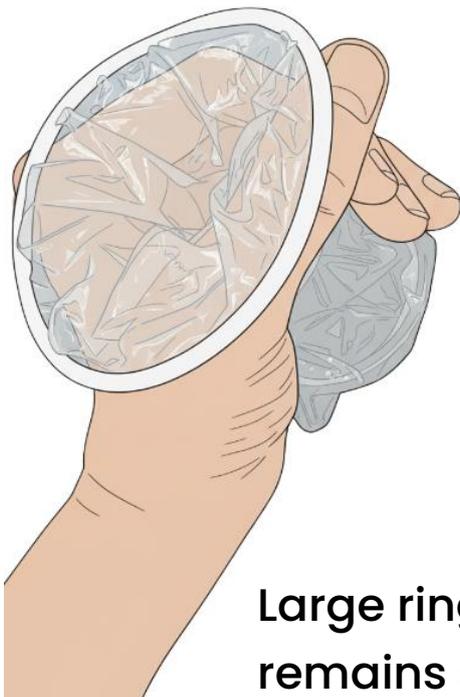
### Closed fist demo

1.



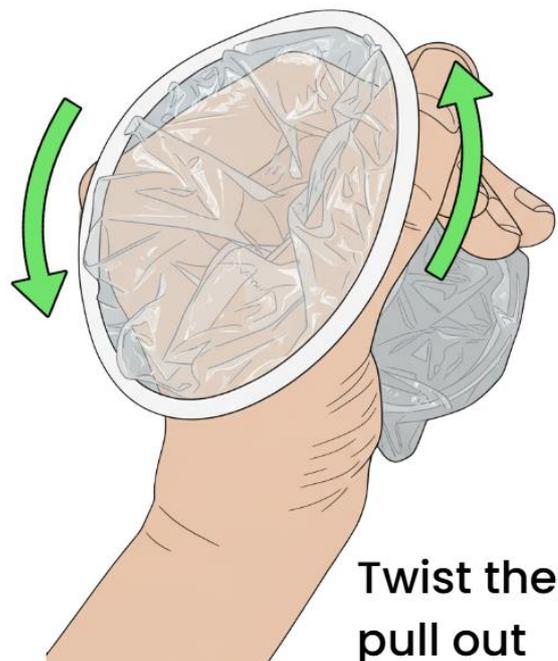
Find small ring and pinch, insert through closed fist.

2.



Large ring remains outside

3.



Twist then pull out



1. Check the condom is not past its expiry date and make sure it has a kite mark or CE mark.



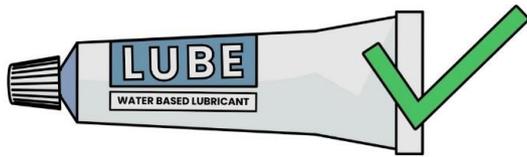
2. Put the condom in before the penis touches or goes in the vagina.

Did you know? Internal condoms can be put in up to 8 hours before sex.



3. Take the condom out of the wrapper.

Use your fingers to tear the wrapper open. Never use teeth or anything sharp.



To make it easier to insert the condom you can apply water-based lubricant (lube) to the outside of the condom.

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



4. Find the top of the condom.

The top of the condom is where the small, thick ring is. The end is closed.



5. Make sure the small ring is inside the condom.



6. Squeeze the small ring at the top of the condom into a point.

Use your thumb and second finger.



7. Push the squeezed ring into the vagina.



8. Push the ring as far up into the vagina as you can. All the way to the cervix if you can.

Put your finger inside the condom to push it in.



9. The big ring around the open end of the condom stays outside the body.

It covers the opening to the vagina.



10. When ready to have sex, put the penis inside the condom.

Water-based lubricant (lube) can be used on the penis or inside the condom to make sex more comfortable.

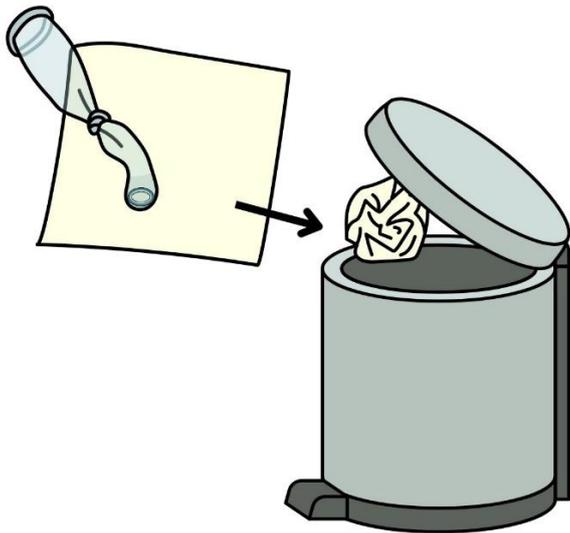


11. When sex has finished, twist the big ring on the outside of the vagina.

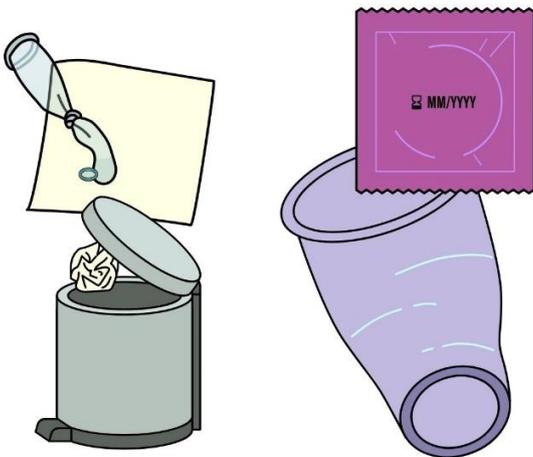
This will stop the semen spilling out of the condom.



12. Pull the condom out of the vagina.



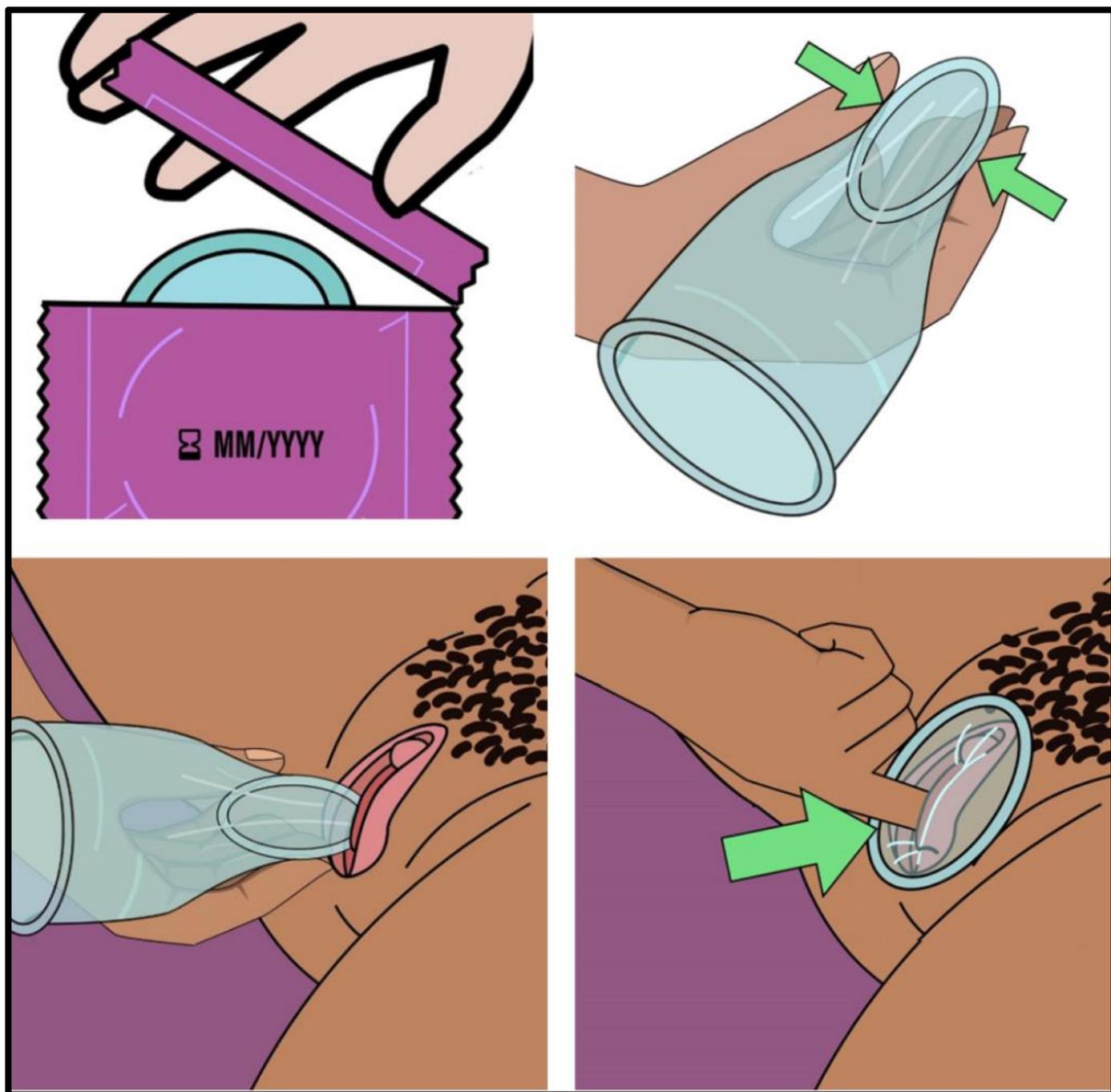
13. Wrap the used internal condom in a tissue and throw it in the bin.



14. If having sex again, use a new condom.

# How to use an internal condom: sequencing activity

For printing and cutting up (without numbers)





Check the condom is not past its expiry date and make sure it has a kite mark or CE mark.



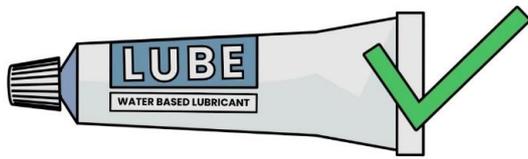
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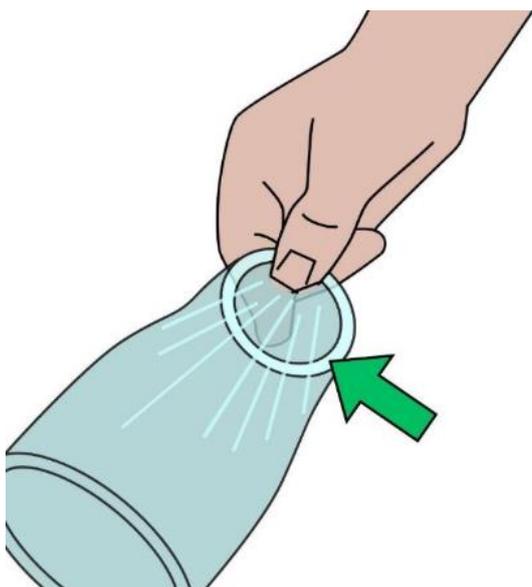
To make it easier to insert the condom you can apply water-based lubricant (lube) to the outside of the condom.

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Find the top of the condom.

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Make sure the small ring is inside the condom.



Squeeze the small ring at the top of the condom into a point.

Use your thumb and second finger.



Push the squeezed ring into the vagina.



Push the ring as far up into the vagina as you can. All the way to the cervix if you can.

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The big ring around the open end of the condom stays outside the body.

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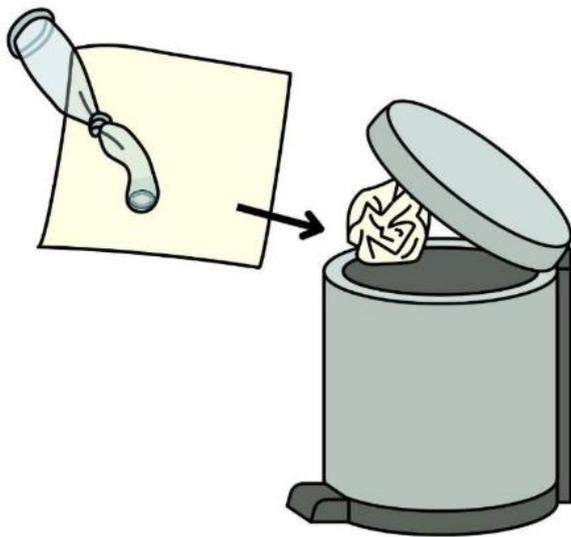


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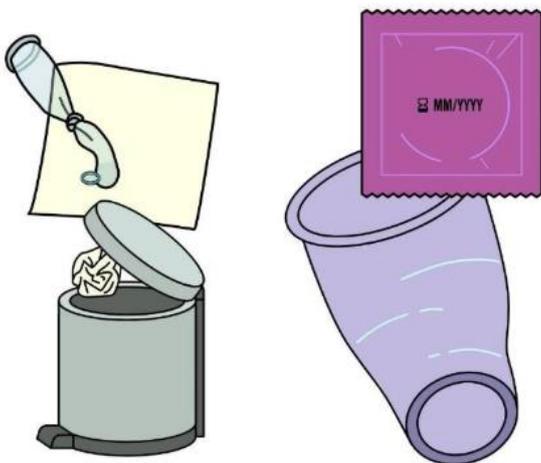
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