

APPENDIX C:

“The Condom Challenge” Activities: Male and Female

**FOR HIGH SCHOOL STUDENTS ONLY (GRADES 9-12);
NOT FOR NINTH-GRADE STUDENTS IN JUNIOR HIGH SCHOOLS**

Teacher Note: “Opt out prevention” Activity: This activity qualifies as a part of an “opt out prevention” lesson. Parents or legal guardians should be advised that they have the right to remove their children from “opt out” prevention lessons. For more information, see “Guidance for Teachers and Administrators” in the Introductory Section and Appendix I for sample parent notification letters.

Condom demonstration policy: This activity teaches the steps of correct male and female condom use; it is not a condom demonstration. Condom demonstrations are not to be done in classrooms; however they do take place in the Health Resource Room Condom Availability Programs (CAP). Every high school (with a few exceptions) is required to have a CAP. Find out when yours is open and share that information with your students. Let them know that at CAP, they can receive a condom demonstration, free condoms, lubricant and female condoms, as well as receive referrals to health care, if needed. For more information, go to

<http://schools.nyc.gov/Offices/Health/OtherHealthForms/HealthResource.htm>.

Note the CAP opt-out form is different from the HIV parent notification form. Some parents may opt their children out of CAP and not out of the HIV “opt out” prevention lessons. The CAP staff is required to check a student’s eligibility before making condoms available.

The activity can help reinforce students’ knowledge and skills of the correct way to use a condom. Students will learn to list the correct steps for male and female condom use, understand that consistent and correct use of latex or polyurethane condoms can reduce, but not eliminate the risk of HIV infection, clarify the differences between the male and female condom, and explain why it is important to avoid HIV infection. The teacher will facilitate the activity and help students to understand risk reduction strategies and to develop the decision-making and communication skills to use them. Decision making and communication skills, like all skills, improve with practice.

Teacher Note: If time permits, provide classroom time to implement the “Condom Challenge” activity to reinforce an “Opt Out” prevention lesson. For example, the activity can accompany the following lessons: Grade 9, Lesson 6; Grade 10, Lesson 5; Grade 11, Lesson 4; and Grade 12, Lesson 5.

Teacher Note: The NYC Health Department recommends that for maximum protection against unwanted pregnancy, females who have vaginal sex should use a hormonal birth control method in addition to using latex or polyurethane condoms to prevent HIV and other STDs.

THE CONDOM CHALLENGE: STEPS FOR CORRECT MALE CONDOM USE

Teacher Note: The following activity is only for high school students. Do not use this activity with ninth graders in middle schools.

Common Condoms: Latex condoms are made from rubber (hence, also called “rubbers”). Latex condoms can only be used with water-based lubricants or silicone-based lubricants. They should not be used with oil-based lubricants such as petroleum jelly. Polyurethane condoms are made from plastic and can be used with any type of lubricant. These condoms are a good alternative to latex condoms, especially for anyone who is allergic to latex (or whose partner is allergic to latex).

Directions: To complete the male “Condom Challenge,” divide students into groups and give each group a scrambled set of the condom steps (see below), printed on paper and cut into individual steps or written on index cards. Challenge your teams to arrange the condom steps in the right order and see which team gets it right first. Alternatively, ask groups of students or volunteers to each take one of the steps (written on large paper) and physically line up the proper order.

Teacher Note: The following tips should be reviewed with students after completing the Condom Challenge. The bullet points can be posted in the health resource room as the “Condom Use Rules.”

- Use a new condom from “start to finish” with each act of anal, vaginal, or oral sex.
- Never use two condoms at the same time.
- Never use any condom more than once.
- Condoms should be stored in a cool dry place under 80 degrees (not wallets, or near heaters/direct sunlight, and back pockets).
- Never use a male condom with a female condom.
- Open the condom package carefully to avoid damaging it with fingernails, teeth, or other sharp objects.
- Check to see which way the condom unrolls. If condom is placed on the penis incorrectly it will not roll down smoothly. Discard it and get a new one.
- Put on the condom before the penis comes in contact with the partner’s anus, vagina or mouth.
- Never use oil-based lubricants like cold cream, mineral oil, cooking oil, petroleum jelly, body lotions, massage oil, or baby oil that can damage latex condoms. Only use water-based lubricants (i.e., K-Y Jelly).
- Check the expiration date or manufacture date on the box or individual package of condoms (i.e., expiration dates are marked as “Exp;” and the manufacture date is marked as “MFG.”)
- Never use a condom that shows signs of brittleness, stickiness, or discoloration.
- Smooth air bubbles; make sure enough space is in reservoir for ejaculation.

**Buy a latex or polyurethane condom or obtain a free condom from the Health Resource Room.
Check the expiration date.**

**Get a water-based lubricant such as K-Y Jelly.
(Also available in the Health Resource Room.)**

**Check to make sure the condom package has an air bubble.
(If there is no air bubble, throw it out and get another condom.)
Check the expiration date.**

**Carefully tear open package where the ridges are and remove condom.
To prevent breakage, do not unwrap package
with fingernails, jewelry or teeth.**

**Check to see which way the condom unrolls.
(If condom is placed on incorrectly it will not roll down smoothly.
Do not flip condom over. Discard it and get a new one.)**

**Gently squeeze the tip of the condom between your thumb and index finger.
This presses out any trapped air, leaving space for semen.**

Place the condom over the tip of the erect penis.

**Unroll the condom onto the erect penis all the way to the base,
leaving a space at the tip for semen, and smoothing out air bubbles
to prevent breakage.**

**After ejaculation, hold onto the base of the condom
and carefully withdraw the penis.**

**Wrap the condom in a tissue or piece of paper and discard it in the trash.
(Do not flush or reuse condom.)**

THE CONDOM CHALLENGE: STEPS FOR CORRECT FEMALE CONDOM USE

The activity can help reinforce students' knowledge of the correct way to use a female condom.

Teacher Note: The following activity is only for high school students. Do not use this activity with ninth graders in middle schools.

Directions: To complete the female "Condom Challenge," divide students into groups and give each group a scrambled set of the condom steps, printed on paper and cut into individual steps or written on index cards. Challenge your teams to arrange the condom steps in the right order and see which team gets it right first. Alternatively, ask groups of students or volunteers to each take one of the steps (written on large paper) and physically line up the proper order.

Teacher Note: Most female condoms (FC2) or 2nd generation female condoms are now made from synthetic nitrile. They are stronger and less expensive than their predecessors, which were made from polyurethane.

Teacher Note: The NYC Health Department recommends that for maximum protection against unwanted pregnancy, females who have vaginal sex should use a hormonal birth control method in addition to using latex or polyurethane condoms or synthetic nitrile female condoms to prevent HIV and other STDs.

Teacher Note: The following tips should be reviewed with students after completing the "Condom Challenge."

- Use a new condom from "start to finish" with each act of vaginal sex.
- Always store condoms in a cool, dry place.
- Avoid storing condoms in a pocket or wallet.
- Never use two condoms at the same time.
- Never use any condom more than once.
- Never use a male condom with a female condom.
- Open the condom package carefully to avoid damaging it with fingernails, teeth, or other sharp objects.
- Check the expiration date or manufacture date on the box or individual package of condoms (i.e., expiration dates are marked as "Exp;" and the manufacture date is marked as "MFG").
- Insert the female condom up to eight hours before sexual intercourse.

**Buy a synthetic nitrile female condom (FC2)
or obtain one free from the Health Resource Room.
Check the expiration date.**

**Remove condom from package, being careful
not to tear it with fingernails, jewelry or teeth.**

**Choose a comfortable position to insert condom inside the vagina.
Squat, raise one leg, sit, or lie down.**

**Squeeze the inner ring (closed end) of the female condom between
your thumb and index finger. Gently insert it into the vagina.
The female condom can be inserted up to eight hours
before sexual intercourse.**

Use a finger to push the inner ring as far as it will go. It should sit above your pubic bone and feel comfortable.

Make sure the outer ring is outside the vagina and the female condom is not twisted. If the condom is twisted, remove it and reinsert it.

**When ready to have intercourse add a few drops of lubricant to the penis or the inside of the female condom.
Remember: do not use a male condom with a female condom.**

**Make sure the penis enters the center of the outside ring.
If the penis is inserted underneath or alongside the condom,
withdraw it immediately.**

After ejaculation, withdraw the penis and then gently remove the female condom by twisting the outer ring (to keep the semen inside) and gently pulling the condom out.

Wrap the condom in a tissue or piece of paper and discard it in the trash. (Do not flush or reuse condom.)