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## INTERNATIONAL

### Sexuality Education Lesson Plans



#### CONDOMS:

#### HOW TO USE THEM

#### EFFECTIVELY



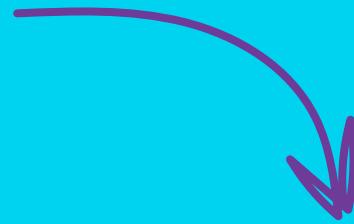
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## ABOUT THIS LESSON...



This lesson plan is one of several, scripted lesson plans that are available to support in-school or out-of-school delivery of comprehensive sexuality education (CSE) around the globe. The scripted lesson plans are designed to incorporate use of AMAZE educational videos that address the lesson plan topics and can be used to supplement existing lesson plans or resources that you may already be using in the delivery of CSE.

Ideally, learning about any specific CSE topics should provide learners with the opportunity to develop, apply and practice learning in the domains of knowledge, skills and attitudes. In these lesson plans we provide as an example, only a few of the primary learning outcomes that could be targeted, recognizing that a single lesson is often not enough to achieve mastery of any one learning outcome or adequately cover more than one learning domain. Teachers are encouraged to schedule and deliver follow-up lessons that reinforce intended learning outcomes of these lessons/CSE topics, and to take advantage of other opportunities both in, and outside the classroom that enable learners to reflect on attitudes and practice and reinforce a skill.



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# Condoms: How To Use Them Effectively

## amaze International Sexuality Education Lesson Plans

### International Technical Guidance on Sexuality Education Alignment

**Key Concept 8:** Sexual and Reproductive Health.

- Topic: 8.1 Pregnancy and Pregnancy Prevention, ages 9-12

### Prior Recommended Content

Students have a basic awareness about condoms and that people use them when they have sex to prevent pregnancy and/or STIs, including HIV.

### Target Age-Range

11-12+

### Time

45 minutes

- Test playing the video so that it's ready to view during the lesson, either queued up to the start (to avoid ads) on [YouTube](#), off of an [AMAZE playlist](#), or a downloaded version.

- Make copies of the Handout: Steps to Using an External (Male) Condom - one copy per three students.

### MATERIALS NEEDED:

- Computer with internet access and speakers
- Projector and screen, laptop, or tablet
- Video link: [Condoms: How To Use Them Effectively](#)
- Chalk and blackboard
- Scissors
- Handout: Steps to Using an External (Male) Condom
- Wooden penis model or banana (if appropriate)
- At least three latex external (male) condoms

### OTHER RELATED VIDEOS:

- [Birth Control Basics: Condoms, The Pill & Patch](#)
- [Condom Negotiation](#)
- [How Do I Properly Put on a Condom](#)

### PREPARATION:

- Access and preview the [Condoms: How to Use Them Effectively](#) video to be familiar with the content.



### LEARNING OBJECTIVES:

By the end of this lesson, students will be able to:

1. **Describe correctly, and in order, the steps to using an external condom** (Knowledge)
2. **Name two benefits to using condoms.** (Knowledge)

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## PROCEDURE:

### Step 1

Say that today's lesson is going to focus on condoms and particularly on how to use an external (or male) condom. Introduce the topic by asking the following questions and write down responses on the chalkboard: "What do you know about condoms?" "Why is it important to know about condoms?" Probe for answers about how there are both external (or male) and internal (or female) condoms, how they help prevent unplanned pregnancy and STIs, including HIV, and the importance of knowing how to use them to be able to use them correctly..

Summarize responses, correct misinformation, and if not already mentioned, explain that:

- Condoms are the only method that helps prevent both pregnancy and STIs, including HIV.
- Condoms are very effective when used correctly.
- That there are two types of condoms: internal condoms (also known as male condoms) and external condoms (also known as female condoms).
- That condoms are typically made of latex and that they are also available in other materials for those who are allergic to latex. (8 minutes)

### Step 2

Say that next you are going to share a short video that talks about condoms and provides tips on how to use them correctly. Tell students to pay close attention as some of the information may be useful in the next activity and then play the video.

Play the Amaze video: **Condoms: How to Use Them Effectively**



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After the video, lead a brief discussion, using the following questions:

- What was it like to watch the video/What did you think about the video?
- What are some things that the video brings up that you didn't already know about condoms?
- Why do you think young people might want to use condoms if they are sexually active?
- If you were to suggest a place where a person could get a condom, what would it be? *(10 minutes)*

## Step 3

Next, divide students into groups of 3. Once they are in their groups, explain that you will be providing each group with an identical set of sheets that list each of the steps to using an external condom correctly. Instruct them to work together and put their sheets in order from the beginning to the end for how to use an external condom. Answer any questions, distribute the sheets, and let them know that they have about 10 minutes to complete the activity together. *(10 minutes)*

## Step 4

Once the groups have completed putting their papers in order, have a wooden penis model or banana and several condoms in front of you. Explain that you are going to go through the work they did and model what these steps look like.



**Note to the Educator:** In the event that a condom demonstration is not possible, proceed with the students reporting out the different steps and answering questions.

Go around the room and ask each group to provide one of the steps in order (so group one would say, "check the expiration date," group two would say "have an erection"). As each step is read in the correct order, model doing that step. Show the students, for example, where the expiration date is on the condom wrapper; demonstrate which way is the right way up to place the condom on the head of the penis, and so on. Be sure to highlight that you have several external condoms with you, which is a good idea in general because if one were to tear or fall on the floor, for example, it couldn't be re-used.

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Answer any questions along the way and restate the order of the steps once the groups have successfully reported them out:

1. Check expiration date on condom
2. Have an erection
3. Take the condom out of the wrapper
4. Put the condom right side up on the head of the penis
5. Pinch the tip of the condom and roll it down the penis
6. Begin having sex
7. Ejaculate
8. Withdraw penis from partner, holding condom on at the base
9. Remove the condom from the penis
10. Tie a knot at the end of the condom and throw it away in a trash can  
*(10 minutes)*

## Step 5

Next, ask students:

- What was it like to put the steps of how to use an external condom in order?
- Were there some steps that were easier or more difficult to place than others?
- What might be a common mistake that people make when using condoms?
- How might using a condom versus not using a condom affect a person's life? *(5 minutes)*

## Step 6

Conclude the lesson by drawing on key points raised by students upon completing the previous activity and be sure to note the summary points below.  
*(2 minutes)*

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## KEY SUMMARY POINTS

- Condoms are the only method that helps prevent both pregnancy and STIs, including HIV.
- Condoms are very effective when used correctly.
- It's important to store condoms in a place that's not too hot or cold and to check the expiration date before using.

## OPTIONS FOR ASSESSMENT OF LEARNING OBJECTIVES UPON CONCLUDING THE LESSON

The discussion following the video and individual small group activity, along with the review of the steps for using an external condom with the whole class and subsequent discussion, will achieve both learning objectives and enable the teacher to determine whether students understand the benefits and steps to using an external condom.

## ADAPTATION TIPS FOR VIRTUAL DELIVERY

In the event of virtual delivery, use a digital platform like google classrooms or zoom and for the small group activity, consider hosting small virtual groups and providing each with a virtual whiteboard on which to correctly order a scrambled set of sticky notes with the steps to using a condom, and return to the main virtual room to walk through the steps as in the non-virtual setting.

## ADAPTATION FOR LOW RESOURCE AND/OR LARGE CLASS SETTINGS

In the event of lack of internet, download the video onto a computer or laptop ahead of time to show the video offline. In the event that there is no large screen, consider projecting the video on a wall or if there is more than one computer or laptop available, split students into groups to watch the video simultaneously on separate computers or laptops.

To accommodate large numbers of students in a limited space, for the small group activity, consider providing each student with a set of the steps to put in order individually or to work in pairs rather than groups of three. Then call on volunteers individually or from different pairs to share answers prior to proceeding with the rest of the lesson as indicated.

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## EDUCATOR TIPS FOR PARENTS

As part of broader parental outreach, consider sharing the video and engaging with them early on, such as during a parents meeting, and sharing these conversation starters upon delivering the lesson.

- If you are in a store with your child where there are condoms for sale, consider pointing them out and talk about what they are and what they are used for.
- If you are watching a TV show or video where there is a couple in love or kissing or someone who is pregnant or living with HIV, consider talking to your child about how condoms can help prevent unintended pregnancy and STI's, including HIV, and showing them what a condom looks like if you have some at home.

## HOMEWORK (If any)

None

# Handout:

## Steps to Using an External (Male) Condom

**Check expiration date on condom**

**Have an erection**

**Take the condom out of the wrapper**

**Put the condom right side up on the head of the penis**

**Pinch the tip of the condom and roll it down the penis**

**Begin having sex**

**Ejaculate**

**Withdraw penis from partner, holding condom on at the base**

**Remove the condom from the penis**

**Tie a knot at the end of the condom and throw it away a trash can**