

Condom Game - Instructions

Using multiple decks of cards, break the participants into groups of 2-4 and ask them to put the cards in order. The smaller groups allow everyone to participate. The steps do not have an exact order, but some steps must come before others. Walk around the room as the groups are organizing their cards and offer assistance where you think it is needed. Give each group a wooden penis and condoms as you are walking around. Depending on the group, you may wish to hand out the wooden penises and condoms after they have completed ordering the cards to ensure they stay focused.

When the participants are finished ask one group to volunteer to read out the order of their cards. Have a discussion as this is happening about each step. Discussion points are listed below.

Before they begin ordering the cards show and tell them what the puff test is. Also let them know that there is supposed to be 2 cards that say, Check the Expiry Date.

When all the steps are completed do a demonstration for the group of putting a condom on a wooden penis. Then let them know they can practice themselves if they are comfortable. Let them know it is not a race and it is more important to do it properly than quickly.

Be sure to ask about latex allergies in advance and bring non-latex condoms along. If a participant is allergic or sensitive to latex they should not touch the wooden penises or the condoms. You can also bring flavoured condoms, internal condoms, gloves, dental dams and lube. An explanation of these is beneficial. A demonstration of how an internal condom works and how to make a dental dam out of a condom or glove is always a good idea.

Depending on the group of people you are working with you may want to take some cards out in advance to make the activity simpler.

You will need:

- Condom Cards (multiple sets depending on the number of participants)
- Wooden penises
- Condoms
- Lube (optional)

Discussion Points

1. Talk to partner(s) about safer sex (e.g. condoms, internal condoms, dental dams, gloves, birth control)
 - If you are embarrassed to talk to your partner about sex maybe you are not ready to have sex yet
 - Discuss what internal condoms are and how they are used
 - Discuss what dental dams are and how they are used
 - Discuss how gloves can be used
 - Discuss birth control and dual protection
 - Is there a latex allergy or sensitivity?
2. Talk to your Partner(s) about the type of sexual activity you are comfortable participating in.
 - Are you ready to have sex?
 - Do you need to have sexual intercourse to be intimate?
 - What are some other activities you can participate in, both sexual and non-sexual, that can make you feel close with another person?
 - What are you curious about or interested in sexually?
 - Time frames of participating in certain activities
3. Check the type of condom (lubricated, flavoured, brand, size, latex etc.)
 - Non-latex condoms
 - Internal condoms

- Lubricated are less likely to break
- What are flavoured condoms meant for?
- Many brands and types at drugstores/grocery stores – check them out next time you are there
- Different brands may be different sizes
- Personal preferences

4. Check the expiry date

- Show them on the condom where the expiry date is
- More likely to break if expired
- Both of you can check the expiry date
- Always a good idea to bring more than one condom with you just in case
- If the other person brings the condom check the expiry date
- Check the expiry date on the box if you buy from store

5. Buy condoms or get them for free

- Where can you get condoms for free? SHORE Centre, ACCKWA, Public Health, at school etc.

6. Store condoms in a cool dry place – no heat!

- Where should you store condoms?
- When you go out you can carry them in knap sack, front pants pockets, hoodie pockets, jacket pockets – not in your wallet or back pocket
- Not in the car or freezer
- Not in a bathroom with a shower (the steam and temperature changes are not good for condoms)
- Who should carry condoms?
- Does someone want to have sex if they have condoms with them?

7. Mutually decide to have sex (anal, oral and/or vaginal)

- Important that both people agree to have sex and what type of sex
- Enthusiastic consent
- What are some other things you can do that are fun – kissing, touching breasts/nipples, hand job, digital sex/fingering, dry humping, masturbation, etc.
- What is your definition of sex?
- What is your definition of a virgin?

8. Give and receive consent to kiss, cuddle and touch

- Discuss the importance of giving and getting consent at each step of sexual activity
- People can change their mind
- Communication is key to a happy and healthy sexual relationship
- What are ways you can ask for consent? Examples of what to say/do.
- What are ways you can give consent? Examples of what to say/do.

9. Kissing, cuddling and touching – Oh My!

10. Foreplay

- You can always stop here
- What are some fun and pleasurable sexual activities you can participate in that do not involve penetration or sex?
- What are some fun and intimate, but not sexual, activities you can participate in?
- Why is foreplay important?

11. Penis is erect

12. Vagina is lubricated

13. Sexual arousal

- How do you know if someone is sexually aroused? (they tell you, the body may not be communicating what the person is saying – go with what the person is saying)
- Why is it important that the vagina is lubricated?
- How can you tell if the vagina is lubricated?
- Cannot put a condom on a soft penis
- What if the penis is not erect?
- What are some reasons a person might have problems getting/keeping an erection or becoming lubricated? (e.g. nervous, scared, using drugs/alcohol, not ready to have sex etc.)
- Does the anus naturally lubricate?
- Tips for anal sex (e.g. lots of lube, preparing the anus with a finger first etc.)

14. Do the puff test

- Show them how to do puff test
- Get them to do puff test
- If there is no air in condom package the condom may have a hole in it – use another condom
- Always a good idea to bring more than one condom with you just in case

15. Check the expiry date

- Yes there are supposed to be two of these cards
- Might be a long time between you getting the condom and you using the condom, and this is ok

16. Carefully open the package – No teeth!

- Teeth could rip the condom
- It is not a race, take your time

17. Figure out which way the condom rolls

- What should you do if you put the condom on the wrong way? (Throw the condom out and start again because of pre-cum/pre-ejaculate getting on the inside of the condom)
- Pre-cum can have sperm and STIs in it
- Again, good idea to bring back up condoms just in case

18. Place a drop of lubricant inside the tip of the condom – This step is optional

- Helps put on the condom
- Helps people who are not circumcised put on the condom
- Allows for more friction and feeling to the person wearing the condom
- Don't put too much lube or the condom will fall off

19. PINCH THE TIP OF THE CONDOM

- Why do you do this? Get out the air and make room for the ejaculate
- How fast does the ejaculate of a healthy, young, excited person come out? 50km/hr – it would bust through the end of the condom if there was no space left for it

20. Place condom on the head of the penis

21. Roll the condom to the base of the penis

- Make sure you roll it all the way down

22. Put on extra lubrication (on penis, vulva, vagina or anus) – this step is optional

- if having anal sex – use lots of lube, the anus does not naturally lubricate itself

23. Give and receive consent to have sex (anal, oral and/or vaginal)

- Discuss the importance of giving and getting consent at each step of sexual activity

- People can change their mind
- Communication is key to a happy and healthy sexual relationship
- What are ways you can ask for consent? Examples of what to say/do.
- What are ways you can give consent? Examples of what to say/do.

24. Have Sex, (anal, oral and/or vaginal) or not

- You can always change your mind
- You can stop during sex

25. Orgasm, or not

- What are some reasons a person might not ejaculate or orgasm?
- Orgasms for people with vulvas and vaginas often left out.
- Is sex over once the person with a penis ejaculates?
- Do most people with vaginas orgasm with penetration alone?
- Clitoris!
- What are other ways people can orgasm without penetrative sex
- masturbation

26. Hold onto rim of condom while withdrawing penis

- Once a person ejaculates the penis becomes softer and smaller and the condom will not fit as tightly – if you don't hold onto it the condom could be left behind
- What happens if the condom is left behind in the vagina/anus?

27. Take off condom

- Make sure the penis is away from the other person's body before removing the condom to ensure no ejaculate falls on, or in the area of, the vulva or anus

28. Tie the end of the condom

- Why? So it doesn't leak all over the garbage can

29. Throw condom in garbage

- Never in the toilet! They clog toilets and often pop back up after you flush as condoms float
- Wrap in toilet paper or Kleenex first
- Never use a condom more than once

30. Relax – can use multiple relax cards if you like

- This can happen at any time and hopefully happens throughout the entire process

Uh Oh cards: One group should have the card that says the condom breaks. One group should have the card that says the condom falls off and is left behind in the vagina or anus.

31. Uh Oh - The condom breaks

32. Uh Oh - The condom falls off and is left behind in the vagina or anus

- How to prevent the condom from breaking or falling off
 - How to find the condom if it falls off and is left behind
 - Why is it a problem if the condom breaks or falls off?
- Discuss Pregnancy Options (abortion, adoption, parenting)
 - Who's decision is it what happens to the pregnancy?
 - Discuss Emergency Contraception (Plan B, NextChoice)
 - Discuss getting tested for STIs and HIV

**Talk to Partner(s) about Safer Sex
(i.e. condoms, internal condoms, dental
dams, gloves, birth control)**

**Check the type of Condom
(lubricated, flavoured, brand, size, latex
etc.)**

**Talk to partner(s) about the type of sexual
activity you are comfortable
participating in**

Buy Condoms or get them for FREE!

Store Condoms in a cool dry place at room temperature

**Mutually decide to have Sex
(Anal, Oral and/or Vaginal)**

Give and get consent to kiss, cuddle and touch.

**Kissing – Cuddling – Touching
Oh My!**

Penis is Erect

Vagina is lubricated

Do "Puff" test

Check the expiry date

**Carefully open the package
(NO Teeth!)**

Figure out which way the Condom rolls

**Place a drop of lubrication inside the
tip of the Condom
(optional)**

Pinch the tip of the Condom

Place Condom on head of Penis

Roll Condom to base of Penis

Put on Lubrication

**Give and get consent to have sex (oral,
vaginal and/or anal).**

**Have Sex – or Not
(Anal, Oral and/or Vaginal)**

Orgasm – or Not

**Hold onto rim of Condom while
removing Penis**

Take off Condom

Tie the end of the Condom

Throw Condom in garbage

Relax

Foreplay

Uh, Oh
The Condom Breaks

Uh, Oh
**The Condom falls off and is left behind in
the vagina or anus**

Check the Expiry Date

Sexual Arousal