

## 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.

Before you hand out wooden penises and condoms, be sure to ask if anyone has latex allergies. If a participant is allergic or sensitive to latex they should not touch the wooden penises or the latex condoms. You can bring non-latex condoms, as well as, flavoured condoms, internal condoms, gloves, dental dams and lube. An explanation of these is beneficial.

Also beneficial is a demonstration of how an internal condom is inserted and how to make a dental dam out of a condom or glove, as well as a discussion about the types of lube that should and should not be used with condoms.

When the participants are finished putting the cards in order 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.

Some cards have an arrow on the front. Flipping these cards over participants will find a scenario. These scenarios can be discussed in the small groups and then in the large group as well. Arrowed cards are numbered to correspond with scenarios.

Before they begin ordering the cards show and tell them what the puff test is. You can hand them condoms to squeeze the package, demonstrating what the puff test feels like.

When all the steps are completed, conduct a demonstration 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.

**You will need:**

- Condom Cards (multiple sets depending on the number of participants)
- Wooden penises
- External condoms, internal condoms, dental dams, gloves
- Scissors
- Lube

**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 a partner about sex, it might be a sign you are not ready to have sex with them
- 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 (different types, how they work, how effective they are and where you can get them)
- Discuss dual protection
- Is there a latex allergy or sensitivity?
- Are drugs and/or alcohol involved in your decisions or actions?
- What if a partner of yours does not want to use protection?

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

- What does sex mean to you? 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?
- What are some things you absolutely do not want to do? How do you talk to a partner of yours about that?
- Time frames of participating in certain activities

### **3. If pregnancy is possible, talk to partner(s) about how you would feel about a pregnancy occurring**

- What are your thoughts about abortion, adoption and parenting
- How does someone get pregnant?

### **4. Buy condoms or get them for FREE!**

- Where can you get condoms for free? (e.g. SHORE Centre, ACCKWA, Public Health, at school etc.)
- In Waterloo Region a Public Health Nurse is at each high school a ½ day a week – when is this? What can they do for you?
- Can also buy condoms at any pharmacy, they are on the shelf, no age restrictions
- Even if you are not intending to have sex you can still have condoms, open them, look at them and try using them alone

### **5. Check the type of condom (e.g. lubricated, flavoured, brand, size, latex, non-latex etc.) and the expiry date**

- Non-latex condoms, Internal condoms
- Lubricated are less likely to break
- What are flavoured condoms meant for?
- Protection can be used for oral sex, anal sex and vaginal sex
- Many brands and types at pharmacy's/grocery stores – check them out next time you are there
- Different brands may be different sizes
- Personal preferences
- Look for the expiry date on the box and on the condom itself

## 6. **Store condoms in a dry place at room temperature, out of direct sunlight**

- Where should you store condoms? **Not** in the car, a wallet, in the sun, fridge or freezer
- When you go out you can carry them in knap sack, front pants pockets, hoodie pockets, jacket pockets etc.
- Not in a bathroom with a shower (the steam and temperature changes break down latex)
- Who should carry condoms?
- Does someone want to have sex if they have condoms with them?

## 7. **Give and get consent**

- Discuss the importance of giving and getting consent at each step of sexual activity
- Enthusiastic consent
- 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.
- What are examples of how someone might say YES, examples of how someone might say NO (verbal and body language)
- Important that all people agree to have sex and what type of sex
- Sexual activities with less risk of STIs and pregnancy – kissing, touching breasts/nipples, hand job, digital sex/fingering, dry humping, masturbation, etc.
- What is your definition of sex?

## 8. **Vagina is lubricated and/or lubricant is added to vagina, lubricant is added to anus, penis is erect (foreplay may help with this)**

- Why is foreplay important?
- Why is lubrication important?
- 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.)
- When adding lubrication: make sure if latex or non-latex condoms are being used that only water-based lube or silicone lube is added. Anything with oil in it can cause the condom to break down.

#### 9. **Check the expiry date**

- Show them on the condom where the expiry date is
- More likely to break if expired
- Always a good idea to bring more than one condom with you just in case
- If someone else brings the condom check the expiry date
- Even if a condom is not expired, it might be no good if not stored properly

#### 10. **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

#### 11. **Carefully open the package – No teeth or scissors!**

- Teeth or scissors could rip the condom, it is not a race, take your time
- Push the condom aside before tearing open

#### 12. **Figure out which way the condom rolls**

- Sometimes condoms get put on inside out
- 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
- Some people place a drop of lubricant inside the tip of the condom – this is optional - helps put on the condom, especially if not circumcised, allows for increased sensitivity and feeling to the person wearing the condom

#### 13. **Pinch the tip of the condom**

- Why do you do this? Get out the air and make room for the ejaculate
- If there is air in the tip the condom could break with friction
- Ejaculate may leak out of the bottom of the condom if room is not left at the top
- How fast does the ejaculate of a healthy, young person come out? 50km/hr – it would burst through the end of the condom if there was no space left for it

#### 14. **Place condom on the head of the penis**

#### 15. **Roll the condom to the base of the penis**

- Make sure you roll it all the way down

#### 16. **Put on lubrication (optional)**

- May want to put extra lube on condom, especially if having anal sex
- May want to put lube on vulva, vagina, anus

### 17. **Give and get consent again**

- 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.

### 18. **Have Sex – or not (anal, oral and/or vaginal)**

- You can always change your mind
- You can stop at any point during sex
- Discomfort can happen – it is okay to stop if that happens, or add lubrication
- What if the condom breaks?
- How do you help prevent a condom from breaking?
- Why is it a problem if the condom breaks?
- Discuss Pregnancy Options (abortion, adoption, parenting)
- Whose decision is it what happens with a pregnancy?
- Discuss Emergency Contraception (Plan B, Next Choice)
- Discuss getting tested for STIs and HIV

### 19. **Orgasm, or not**

- What are some reasons a person might not ejaculate or orgasm?
- Orgasms for people with vulvas and vaginas often left out, not expected.
- Is sex over once a person with a penis ejaculates?
- Discuss myth of “blue balls” for a person with a penis who does not ejaculate.
- Do most people with vulvas orgasm with penetration alone? What is the purpose of the clitoris?
- What are other ways people can orgasm without penetrative sex?
- Masturbation

## 20. **Hold onto rim of condom while withdrawing from body**

- If 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 mouth/anus/vagina?
- What happens if the condom falls off?
- How do you find the condom if it falls off and is left behind?
- Why is it a problem if the condom falls off?
- Discuss Pregnancy Options (abortion, adoption, parenting)
- Whose decision is it what happens with a pregnancy?
- Discuss Emergency Contraception (Plan B, Next Choice)
- Discuss getting tested for STIs and HIV

## 21. **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
- Wipe off any ejaculate that gets on the body, wipe off any extra lube

## 22. **Tie the end of the condom and throw it in the garbage**

- Tie the end so it doesn't leak in the garbage can
- Never flush the condom down the toilet! They clog toilets and often pop back up after you flush as condoms float
- Wrap in toilet paper or tissue first
- Never use a condom more than once



1

**Talk to partner(s) about safer sex  
(e.g. condoms, internal condoms, dental  
dams, gloves, birth control)**



**If pregnancy is possible, talk to partner(s)  
about how you would feel about a  
pregnancy occurring**

**Talk to partner(s) about the type of sexual  
activity you are comfortable  
participating in  
(e.g. kissing, cuddling, touching genitals,  
anal sex, oral sex, vaginal sex)**

**Buy condoms or get them for FREE!  
(Free condoms: SHORE Centre, Public  
Health, ACCKWA, Public Health Nurse at  
school)**

2

**Check the type of condom  
(e.g. lubricated, flavoured, brand, size,  
latex, non-latex) and expiry date**



**Store condoms in a dry place at room  
temperature out of direct sunlight**

3

**Give and get consent**



- **Vagina is lubricated and/or lubricant is added to vagina**
  - **Lubricant is added to anus**
    - **Penis is erect**
- (foreplay may be helpful)**

4

**Check the expiry date**



**Do "puff" test**

5

**Carefully open the package**  
**(NO teeth or scissors!)**

**Figure out which way the condom rolls**



**Pinch the tip of the condom**

**Place condom on head of penis**

**Roll condom to base of penis**

**Put on lubrication  
(optional)**

6

7

**Give and get consent again**

**Have sex – or not  
(Anal, Oral and/or Vaginal)**



**Orgasm – or not**

8

**Hold onto rim of condom while removing from body**



**Take off the condom**

**Tie the end of the condom and throw it in the garbage**

7

**The condom breaks.  
What do you do?**

8

**The condom falls off and is left behind in the vagina or anus.  
What do you do?**

6

**A partner of yours says “Hmm, I don’t know, maybe” when you ask if they’d be into a certain sexual activity.  
What do you say next?**

1

**A partner of yours says they would not like to use condoms or dental dams.  
What’s next?**

5

**You take a condom out of the package and begin rolling it on. It does not roll down all the way and you realize it is on the wrong way.  
What now?**

3

**You begin having sex with a partner of yours and all of a sudden, you’re just not feeling it anymore.  
What do you say?**

4

**A partner of yours pulls a condom out of their wallet and wants to use it.  
What do you do?**

2

**A partner of yours says they don’t consider oral sex to be “real sex” so a condom/dental dam isn’t needed.  
What do you say?**