

Session 9

Condom Use.....1 hour

Step 1

Explain to participants that they will now learn the correct way to use a condom. Remind them that although all forms of contraception can prevent pregnancy, and that spermicides protect against many STIs, **only condoms** can help to prevent STIs/HIV and AIDS as well as pregnancy. Ask what their opinions are about getting and using condoms. Be sure the following points come up in the discussion:

- Most penises are not too big or too small for a condom. Condoms can be stretched to fit over a forearm. (Facilitator should blow up a condom like a balloon and tie it in a knot).
- Condoms do not leak and the virus (HIV) cannot get through. Have one person hold the condom and the facilitator pours a bottle of water into it. Tie it up and put it aside. Tell the participants to check it tomorrow and see that it has the same amount, and that it hasn't leaked.)
- Condoms do not eliminate sensation, although they do change it. Remind participants that the idea of sex and sexual pleasure is in the mind and the pleasure from the sex act, with the man wearing a condom, can be just as great and rewarding. Also note that since partners are protecting each other, this should give even greater pleasure and satisfaction, knowing they are both safe from STI and HIV infection as well as an unwanted pregnancy.
- Asking a partner to use a condom does not mean you do not trust the partner. You are making a responsible statement about both of your futures by using condoms.
- Most condoms are lubricated. However, if extra lubrication is desired, use a water soluble lubricant such as YK Jelly. Water and saliva are good substitutes. **Never** use petroleum jelly products such as Vaseline and body lotions because they can cause the condom to tear or break.

- Condoms are tested thoroughly and probably will not break with proper use and storage prior to use. Never leave condoms on a window sill or in a wallet in your back pocket that you sit on continuously or under a florescent light. All these places will accelerate condom deterioration.
- Emphasize that even when condoms are used, if they are not used correctly and consistently each time, a pregnancy or an STI may occur.

Step 2

Divide participants into two teams and give each team a set of cards that have the steps to follow on how to use a condom. Ask the teams to arrange the steps in sequential order. They have 2 minutes to do this. Then tell the two teams to face each other, standing opposite one another. Each team should present one card at a time to the other team until all cards from both teams have been presented. If the order of the cards is different, ask the teams to negotiate with and convince each other to change the order of their cards, if they wish. Allow 10 minutes for this activity. Then tell the teams to show their cards again.

The following statements should be written on both sets of cards. Before you give the cards to each team, make sure you mix them up.

- HAVE CONDOMS WITH YOU
- CHECK EXPIRY DATE OR DATE OF MANUFACTURE
- DISCUSS CONDOM USE WITH PARTNER
- HAVE AN ERECTION
- OPEN THE CONDOM WRAPPER CAREFULLY
- SQUEEZE OUT AIR FROM TIP OF CONDOM
- ROLL CONDOM ON ERECT PENIS ALL THE WAY DOWN TO THE BASE
- INTERCOURSE
- EJACULATION
- WITHDRAW PENIS FROM PARTNER, HOLDING CONDOM ON AT BASE
- BE CAREFUL NOT TO SPILL SEMEN
- REMOVE CONDOM FROM PENIS AND TIE IT AT THE END
- PENIS GETS SOFT
- WRAP CONDOM IN A DISPOSABLE PAPER

- THROW CONDOM AWAY IN A PLACE WHERE CHILDREN WON'T FIND OR TOUCH IT E.G. A LATRINE
- USE A NEW CONDOM (IF YOU HAVE SEX AGAIN).

Step 3 Show **PowerPoint Day 1 Session 9** about condoms. Explain as you present. Answer any questions the participants might have.

Step 4 Demonstrate proper condom use with a penis model. Follow these steps, explaining what you are doing as you go along:

- open the package carefully. Be careful of long fingernails tearing the latex;
- hold tip of condom, squeeze out the air and roll it down over penis model;
- roll the condom down to the base of the model. Be sure you leave a reservoir at the tip, so that the ejaculated semen can be captured there;
- explain that once ejaculation has occurred, withdraw from your partner;
- be sure to hold the base of the penis model (explain that to prevent spilling of the semen, the condom must be held at the base while withdrawing from the partner's body). The condom should be removed before the penis goes limp;
- remove the condom, tie it in a knot, wrap it in tissue or other paper, and discard it in a place where children will not find or play with it.

Step 5 Divide the group into pairs and give each pair a few condoms and a penis model. (If you do not have a penis model, use a banana, or a maize cob). Ask them to take turns demonstrating how to use the condom correctly.

Step 6 Conclude this activity using the Discussion Points.

**Discussion/
Evaluation**

1. What myths or false statements have you heard about condoms? (Possible answers: They can get lost inside a woman's body. Condoms are laced with HIV. They are too porous and leak. Condoms are not for married people).
2. Have you -- or others you know -- had any problems with condom lubrication? If so, what are they and how can we solve them?
3. How easy or difficult was it to demonstrate condom use?
4. How important is it for the male to be involved in his partner's use of contraception?
5. How do you feel about your partner/spouse using a method of contraception even if you don't agree with it?
6. How do men feel when they get or buy condoms? What about women?
7. What would you say to a friend who said it was not cool to get and use condoms?
8. Which behaviour is more cool--to have unprotected sex and risk STIs, HIV and AIDS, and pregnancy or use a condom?

Title: Prevention Strategies: VCT

Objectives: By the end of this session, you should be able to:

- explain what VCT is;
- explain the goals and outcomes of VCT counselling and testing;
- describe the link between VCT, prevention, and care and support.

Purpose: The purpose of this session is to introduce the basic concepts of Voluntary Counselling and Testing and to explain the goals and outcomes of VCT counselling as well as the link between VCT, prevention, an care and support.

Time: 1 hour 15 minutes

Session

Overview: 10. Voluntary Counselling and Testing
(1 hour 15 minutes)

Materials: Newsprint and markers, or board and chalk, masking tape, participants' files, copies of objectives in participants' files, VIPP cards.

Advanced

Preparation: Prepare PowerPoint presentation on Voluntary Counselling and Testing