

SESSION 7:

How to use a condom and dental dam

Objectives

1. Participants will know why using condoms and dental dams are essential to practicing safer sex.
2. Participants will be able to evaluate condoms.
3. Participants will demonstrate skill in using a condom.
4. Participants will learn how to use a dental dam.
5. Participants will decrease their anxiety about condom use.

Rationale

Unless a person avoids vaginal intercourse, anal intercourse, and some forms of oral sex there is no sure way to practice safer sex without using a condom and dental dam. Research show that current use of condoms and dental dams is very low.

Both male and female youths have to take responsibility for safer sex. Male adolescents experience far greater pressure to engage in sexual intercourse than do females. Eighty per cent of males have sexual intercourse before age 19. To date little has been done to help male adolescents become more responsible for practicing safer sex and birth control. Males are not usually taught how to use a condom or how to protect themselves when engaging in oral sex by using a dental dam.

Because males do not practice safer sex the responsibility often falls on their female partners. While efforts are underway to change the balance of responsibility females must be equally skilled in condom usage. Lesbian adolescents also need to know how to use a dental dam. In addition, lesbian girls may engage in sexual intercourse with men. Female adolescents can prevent transmission of HIV to their male partners by using dental dams during oral sex.

Both males and females often feel anxiety about condom use. Males frequently expect decreased pleasure and loss of erections. Females are concerned about condom breakage and leakage. Consequently attempts to reduce anxiety and to provide youth with skills in purchasing and selecting condoms is important.

Condom use can be both variable and inconsistent by a given adolescent. While using a condom is more likely in anal sex, it is less likely in oral sex. Adolescents need to know how to make decisions about condom use when they do not know the relative risks of condoms. The same principle applies to uncertainty here as it did in the previous session. Make the more conservative decision. When in doubt, play it safer rather than riskier.

Procedures

1. Introduce participants and have them indicate what color box of condoms they prefer. Review the home work assignment about finding one more thing that they could do to move even closer toward practicing safer sex. Check feeling thermometer. Also review successes in engaging in safer sex that occurred during the previous week.
2. Give everyone condoms to play with and do "crazy" things with them in order to reduce discomfort.
3. Have the group try to figure out the correct sequence of steps in putting on a condom, using condom cards.
4. Model putting on a condom and then have participants practice by putting condoms on the fingers of their partners. Also role play convincing someone to touch a lubricant and teaching a younger person to use a condom.
5. Model how a dental dam is employed and have participants practice holding the dental dam over their mouths and manipulating the dam.
6. Have each participant take one kind of condom and evaluate it according to an evaluation worksheet.
7. Go over the homework: finding a place to obtain free condoms and practicing asking to purchase condoms.
8. Summarizing the session by dividing into two smaller groups with one group listing the do's and don't for condoms and the other group for dental dams.
9. Share appreciations and check on the Feeling Thermometer.

Materials

Tokens

Newsprint and marking pens

Feeling Thermometers

Condoms and dental dams (including some lambskin ones)

Steps in Putting on a Condom cards

Hand out for Steps in Putting on a Condom

Condom Rating Sheets

"In Search of Condoms"

Do's and Don't of Condoms

Do's and Don'ts of Dental Dams

Exercise 1: Introducing and reviewing

Leader says

Welcome back to "Stay Safe!"

As you know, we are trying to become more competent in keeping us from getting HIV, and we are working on leading the kind of life we want for ourselves.

Let's go around and introduce ourselves. Tell your name and tell us what would be your favorite color for a box of condoms.

In other words if you went to buy a box of condoms what color would you find most appealing.

Just say "I'm Bill, and blue is the color I would like best on a box of condoms."

I'll start. I'm _____ and I like _____ for the color on a box of condoms.

Have everyone give their name and what color they prefer on a box of condoms.

Very good.

How are you feeling right now on the Feeling Thermometer?

Encourage responding and pass out tokens for participation.

Remember how important it is to stay in touch with how much discomfort and comfort you are feeling and what those feelings are.

At the end of the last session I asked you to think of one thing that would help you practice safer sex.

What did you come up with?

Ask everyone what they came up and use tokens.

I'm glad to see you found discovered actions you could take to improve your safer sex practice.

What did you do since we last met to stay safe?

I'm interested in anything you did no matter how important or unimportant it might seem.

I want you to be healthy so you can live the kind of life you want.

You can also report on other things that you did to make life better.

They don't have to be about sex.

They could include recreational activities, for example.

So what did you do?

Encourage sharing and give out tokens. Catch someone doing something good. Give out tokens for participants to use on each other as well.

Exercise 2: Getting the feel of condoms

Today's session is on how to use a condom.

Unless when you have sex, you do not have vaginal sex, anal sex, or oral sex with a man with the head of the penis in your mouth, or unless you have no sex at all, then you can't be safe without a condom.

So the message is you must use a condom during sex to be safe.

That is why today's session is so important.

First, let's have a little fun with them.

Throw or dump or pour on participants' lap or distribute in what ever way seems light, spontaneous, and surprising 4 or 5 condoms to each person. Make sure there are enough condoms for everyone. Youths should not pass condoms to each other. Passing them to each other can create too much social anxiety.

Now open them up and do whatever seems wild and wacky to you, but don't pass yours to anyone else.

Blow them up, stretch them, chew them, put them on your ear, cover your toe with one - do something fun and silly.

Model doing all kinds of things with some condoms. You want participants to feel as free and natural as possible. Allow time for participants to have fun with the condoms. Make sure each participant has opened several and touched them in many ways. Give out tokens for crazy displays. Put a condom on your nose as you walk around and see what's happening.

That's great!

How do you feel on your Feeling Thermometer?

Encourage sharing feeling levels and kinds of feelings.

Exercise 3: The steps in putting on a condom

Some youngsters may have trouble with this exercise and perceive it as difficult. If that occurs, feel free to do a lot of coaching. Also whenever possible during this entire session, have knowledgeable youth demonstrate condom use for others in the group.

Now I am going to give out each person a card that has a step in putting on a condom on it.

I want you to form a line with the correct order.

So the person who has the first step is at the head of the line and the person with the last step is at the end.

Have you got the idea?

Pass out the condom cards. If there are more cards than people, take a card yourself and have participants tell you where to go. If there are still left over cards, place them in plain view. After the order has been determined, ask participants where the remaining cards go. Once their placement has been decided, then some participants can hold two cards to form the correct order. The condom cards are as follows:

Condom Cards (not in correct order)

(One line to a card)

Loss of erection

Roll condom on

Ejaculation

Leave room at tip & squeeze air out

Sexual arousal

Intercourse

Erection

Partial loss of erection

Withdraw the penis

Relaxation

Hold onto the rim

Dab lubricant on penis or inside tip of condom

Allow time for participants to form the correct line. When the order is correct, post the order at the front of the room. The correct order is as follows: sexual arousal, erection, dab lubricant on penis, leave room at the tip, roll condom on, intercourse, ejaculation, hold on to rim, withdraw penis, loss of erection, and relaxation. The partial loss of erection can go anywhere to show that it can happen any time during intercourse.

What did you think of that?

Discuss

Are there any steps that a male would more often do than a woman?

Discuss

Many males will lose their erections sometime during the middle of sex.

There is nothing wrong with them - it just happens.

So what could a couple do if the condom is on and intercourse hasn't happened, and the erection goes down?

Discuss

Does anyone have any questions about the order?

Discuss

Here are some tips on using a condom that you can take with you.

Hand out "using a condom" and go over it briefly. When you make the first point about buying latex only, show them a lamb skin condom with a big "x" marked on the package.

Using a Condom

Putting on a condom

(Buy latex only because lamb skin lets HIV through)

1. Open the package carefully.
2. Put a drop of water-based lubricant inside the tip of the condom.
3. Roll down 1/2 inch of condom.
4. Put the rubber against the head of the hard penis. (If the penis is uncircumcised, pull back the foreskin first.)
5. Squeeze any air out of the rubber.
6. Roll the rubber all the way down to the base of the penis.
7. Gently smooth out any extra air.

Taking off a condom

1. Pull out gently while the penis is still hard.
2. Hold the condom at the base of the penis while pulling out so the rubber doesn't leak or fall off.
3. Starting at the base, roll the rubber off carefully so the cum doesn't spill.
4. Throw the condom away. (Never use a rubber twice.)

Exercise 4: Putting on a condom

Now everyone here needs to practice putting on a condom.

For younger adolescents having them practice on a partner may be too interpersonal and create social anxiety. Therefore have them practice on their own hand or a substitute such as a banana or zucchini. In actuality using one hand while putting the condom on their other hand or a banana may be physically more awkward to do than using two hands.

We'll have our partner use two fingers for the penis.

Who will volunteer to help me so I can show you how to do it?

Select a volunteer to help you demonstrate. Make sure you have practiced putting a condom on a partner's fingers before trying it in the session. Have the volunteer hold up the index finger and middle finger together. Talk your way through putting a condom on.

Here is a latex condom in a package.

Hold it up.

Latex is the only kind that keeps the HIV from going through it.

I am going to tear open the package carefully so that I don't tear the condom.

Open it.

Now I am going to unroll the condom slightly to see if it is unrolling correctly.

Unroll the condom slightly onto one finger first.

Now I am going to squeeze a small dab of lubricant with non-oxynol 9 inside the tip of the condom.

This helps when putting the condom on, and it increases sensitivity in the penis.

Also the chemicals in the lubricant will kill some of the HIV.

By the way if you have a foreskin or the guy you're putting it on has one, roll it back before putting on the condom.

Squeeze on the lubricant. Be aware that some adolescents think that lubricants will feel "yucky" or be nasty to get on themselves: "Don't touch me with that stuff!" Later you will do a role play to deal with this perception.

Next I am going to unroll the condom farther, pinching some room at the tip.

Some condoms already have a little extra tip built into them to provide space for the ejaculation.

Squeeze out any excess air because it helps prevent the condom from breaking.

Create the space at the tip and squeeze out any air.

Now roll it all the way down.

Roll the condom all the way down.

Now let's say that the man has ejaculated, and you want to take the condom off.

First, take it off while there is still some erection.

If the penis becomes too small and soft, it is easy for the cum to leak out.

Before you take a condom off, grasp it firmly at the base of the penis while withdrawing from your partner.

You don't want it to slip off while withdrawing.

Hold the condom at the base.

Then you slip the condom off and throw it away.

Slip the condom off and throw it away.

I want to go back to where I put the lubricant on.

Some people may be uncomfortable about touching a lubricant like K-Y Jelly.

While you talk, take some and put in on your hands and then rub them together.

Actuality it feels like a hand cream or like something you could use to massage someone.

Who wants to try it as a hand cream or to massage their arm with?

Give some lubricant to anyone who will try it. Check responses.

Now how does that feel?

Encourage positive reactions.

Who will play Barbara and who will play Martha?

Select two volunteers.

Barbara, touching a lubricant seems "yucky" to you although you have never tried one.

Martha, try to convince Barbara that it feels good.

Martha, take a few moments and see if you can help Barbara feel more comfortable about touching the lubricant.

While you two role play the scene, the rest of us will observe.

We will look for what emotions you are showing and how you handle using a lubricant.

Assign observer roles to each person in the group who is not playing one of the parts.

You watch the face of the first person, and you watch the face of the second person.

You look for emotion in the voice of the first person, and you the second person.

You watch the posture of the first person, and you the second person.

You watch the hands of the first person, and you watch the hands of the second person.

OK, now let's do the role play.

Have them role play the scene.

You all did very well.

Pass out tokens

How do you feel? Check out the Feeling Thermometer.

Have the two actors use the feeling thermometer levels.

What did you like about what you did?

Wait for answers.

What would you do differently?

Wait for answers.

Now let's hear what the observers picked up.

What emotions did the two people show?

Ask each observer what they saw.

What did you like about how they handled the situation and what would you do differently?

Ask each observer for responses.

Now it is everyone's turn to practice putting on a condom.

Remember to have young adolescents try putting the condom on their own hand or a zucchini or banana instead of on a partner.

Get a partner of the same sex.

First one person will put the condom on the other person's fingers and then you'll reverse it.

We want both partners to have a chance of putting the condom on.

So put your hand with the three middle fingers together and have your partner put a condom on.

Stop after the first person has put the condom on.

Allow time for one partner to have a chance to put a condom on.

Now we want to give the other partner a chance to practice putting a condom on, but this time we will make it a little more realistic.

I am going to turn the lights off, and see if you can put the condom on your partner's fingers.

Turn the lights off making sure it is fairly dark. Have the second partner put the condom on. (This exercise was created by Drs. Kegeles and Coates as reported in San Francisco.)

How did you feel about putting a condom on under both conditions?

Where are you on the Feeling Thermometer?

Encourage sharing of feelings and reactions.

I appreciate the way you practiced on the condoms.

Give out tokens.

I want to do a quick role play here.

Who will be Fred and who will be Uncle Bill?

Select volunteers.

Fred, you have always gone to Uncle Bill for advice on sex.

You are very comfortable with him.

Ask him to tell you how to use a condom.

Uncle Bill, explain to your nephew how to use a condom.

Go ahead and do the role play.

Have the two volunteers role play the scene.

That was good.

Give out tokens.

How did you feel and what did you like about the way you did the scene?

Obtain responses.

What about the rest of you?

What did you like and what might you have done differently?

Obtain responses.

NOTE: If you have money, you may want to pay group members to go out and teach a friend. If the friend will come in and demonstrate the correct way of using a condom, the group member earns \$2. She/he can earn up to \$10.

Exercise 5: Using a dental dam

You can see that condoms will prevent any exchange of body fluids during vaginal intercourse, anal intercourse, or oral sex on a man.

But what about oral sex on a woman?

How can you keep vaginal fluids from getting in your mouth?

Well, that's what dental dams can be used for.

Pass out dental dams.

They are called "dental dams" because they are used in dentists' offices, but they can be bought in pharmacies just like condoms can.

You take the dental dam and stretch it over the lips to the vagina and the clitoris.

Your tongue can still stimulate the vagina through the dental dam.

Stretch the dam over your mouth and press your tongue forward against the dam. Practice this exercise before class, so that you are comfortable with it, in order to encourage the participants to be comfortable.

You can also sexually stimulate the clitoris by sucking through the dam.

Demonstrate sucking through the dam.

So if a man or another woman has oral sex on a woman, dental dams will prevent an exchange of fluids.

While it is not common for two women to transmit HIV to each other, it is possible.

Also some lesbian women may have had sex with a bi-sexual man some time in their past.

Now put the dental dams against your mouths and try both sucking and poking your tongue into the dental dam.

Allow time for experimenting with the dental dam.

What questions do you have about dental dams?

Answer questions. If you don't know the answer, say so and indicate you will find out.

How do you feel on the Feeling Thermometer now?

Encourage sharing.

Exercise 6: Selecting condoms

We need to take some time to talk about selecting condoms because there are all different kinds.

First, the basic rule is always buy latex because HIV cannot get through them.

HIV can get through lamb skin condoms.

You need to find the condoms that please you most.

Some condoms have a little tip to hold the ejaculation and some do not.

With the tip you don't have to worry about making a little space.

Some condoms are already lubricated.

The lubrication makes entering easier, but some people don't like the feel of the lubrication.

On some condoms the sheath is smooth and others it is not - supposedly to increase sensitivity and stimulation.

If your condom didn't have a little tip on the end of it and you were worried about not having room for the semen, would it be a good idea to punch a little hole at the end of a condom?

Encourage ideas that will shows misconceptions and myths.

What makes for a good condom and a bad condom?

Encourage ideas that will shows misconceptions and myths.

A bad condom is one that is used, has a hole in the end of it, is too small or made of lambskin.

Demonstrate by holding up a condom unrolled and out of the package to show a used one; blow air in one to see if it has a hole; and show a lambskin one marked "x."

I am going to put a variety of different types on the table.

Each person should take one and then evaluate it according to the "Condom Rating Sheet."

Hand out the "Condom Rating Sheet" and go over it.

Condom Rating Sheet

Name of Condom _____

Directions: Put a check next to all descriptions which apply to the condom named above.

A. Condom package (box) is :

- | | |
|--------------------------|-----------------------------|
| 1. eye-catching _____ | 2. embarrassing _____ |
| 3. non-threatening _____ | 4. appealing to teens _____ |
| 5. male-oriented _____ | 6. female-oriented _____ |
| 7. _____ | |

B. Wrapping of Individual Condoms:

- | | |
|-----------------------|----------------------------|
| 1. plastic wrap _____ | 2. paper wrap _____ |
| 3. foil capsule _____ | 4. capsule _____ |
| 5. easy to open _____ | 6. difficult to open _____ |
| 7. other _____ | |

C. Features of Condom

- | | |
|------------------------|-------------------------|
| 1. lubricated _____ | 2. non-lubricated _____ |
| 3. spermicide _____ | 4. contoured _____ |
| 5. textured _____ | 6. colored _____ |
| 7. reservoir tip _____ | 8. other _____ |

D. Overall Rating of Condom

5	4	3	2	1
Great!			So-so	Terrible

E. Other comments about this condom:

Allow five minutes to evaluate the condom. Then have the group members report on their evaluations.

Who'll start first and tells us what they thought?

Go around and have each member report.

That was very good.

Take the condoms and dental dams that are left and practice with them between now and the next session.

Exercise 7: Preparing for homework

This time the homework is special.

Your task is spelled out on this worksheet, so let me go over it with you.

Pass out "In Search of Condoms."

In Search of Condoms

Instructions: Your job is to go out and find a place that sells condoms. Answer the following questions about your journey in search of condoms.

1. Where to buy condoms?

Name of store, clinic, or physician. _____
Street _____ City _____
Brief Description of where this place is located. _____

2. Where were the condoms displayed?

Not on display ___ Behind the Counter ___ On the Shelves ___

Other _____

3. If in a store, were they easy to find? Yes ___ No ___
Why or why not? _____

4. Brand names of condoms sold

List the specific brand names	Price for	How Many
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

5. Did you have to ask someone to find the condoms?
Yes _____ No _____

If "yes," how did the person react? _____

6. How would you feel purchasing condoms from this place?

Embarrassed	___	Secretive	___	Relaxed	___
Comfortable	___	Guilty	___	Worried	___
Independent	___	Relieved	___	Anxious	___
Mature	___	Ashamed	___	Confused	___
Self-assured	___	Tense	___	Happy	___

Go over "In Search of Condoms" and answer any questions. You may want to give each group member money to buy a condom. If you do, prepare the group with a role play. Have one person play the sales person in the pharmacy and the other person play the purchaser.

So that is the homework for next time.

Exercise 8: Summarizing the do's and don'ts

Today we worked on using condoms and dental dams.

I want you to quickly list the do's and don'ts for condoms and dental dams.

Work rapidly and put your list on newsprint.

Divide the group into two smaller groups. Give one the task of developing do's and don'ts for condoms and the other for dental dams. Allow five minutes.

OK, let's hear the list for dental dams.

Listen to presentation. Have them put the list up on newsprint.

Now for the condom group.

Have them put up their newsprint and report.

What do you think of these lists?

Discuss.

How do they compare with these lists?

Hand out Do's and Don'ts of Condoms and Dental Dams

Do=s And Don=ts For Condoms

DO

1. Use only latex condoms
2. Use for vaginal, anal and vaginal sex
3. Use only with water-based lubricant such as K-Y jelly not Vaseline.
4. Check out the condom packet for punctures
5. Put on condom before penis even touches anus, vagina or mouth
6. Pull back foreskin
7. Place small amount of lubricant with non-oxynol 9 in condom tip
8. Roll condom all the way to base of penis
9. Leave room in end of condom for cum
10. Squeeze out any air pockets.
11. Hold on to the rim of the condom at the base when pulling out
12. Carefully remove condom
13. Throw condom away

DON=T

1. Use an oil-based lubricant
2. Use a condom more than once
3. Puncture them
4. Use lamb skin condoms

Do=s And Don=ts For Dental Dams

DO

1. Use for mouth to vagina or mouth to anus sexual contact
2. Use only with water-based lubricants such as K-Y jelly, not Vaseline.
3. Place dental dame completely over the anus or vagina
4. Use the same side of the dam against the vagina or anus if you move it.
5. Use a different dental dam for each partner

DON=T

1. Use more than one time
2. Use it for vaginal or anal intercourse or anilingus
3. Use it with petroleum-based lubricants such as Vaseline
4. Puncture it

On the page about condoms in number five it talks about not even touching the penis to the vagina, anus or mouth unless there is a condom on it.

Why is that?

Go over answers.

The reason is that a long time before a man ejaculates a liquid comes up through the penis and a drop or two will appear on the head of the penis.

In that little drop can be sperm, sexually transmitted diseases and HIV.

The do's and don'ts also refer to not using an oil-based lubricant.

Can anyone give me examples of oil-based lubricants?

Go over answers.

Right, oil-based lubricants include Vaseline, baby oil, and vegetable oil.

We are getting at the end of today's session.

You have done a great job today.

How are you feeling on the feeling thermometer?

Encourage sharing and discuss.

How about some strokes for the people here.

Let's tell people what we appreciate.

Give compliments and have participants talk about what they appreciated today.

I'll see you next time on _____(date) at _____ (time).

END OF SESSION 7