



Members of the UCLA Sex Squad make putting on a condom wild and fun, all while taking us through the essential steps.

Workshop Goal

- To present condoms in a positive light and as a necessary and available resource for sexually active teens, and to explain the steps for correct use of external condoms (formerly known as a male condoms.)

Learning Objectives

- Demonstrate how to correctly use condoms to prevent STDs/STIs and pregnancy.
- Identify the benefits of using condoms when engaging in sexual activity.
- Identify that there are multiple barrier methods.

Extension Learning Objectives

- Identify the benefits of using insertable condoms (formerly known as female) when engaging in sexual activity.
- Demonstrate how to correctly use dental dams to prevent STDs/STIs.

Health Standards Covered

- HS.1.G.8** Analyze the rates of sexually transmitted diseases (STDs) among teens.
- HS.7.G.34** Examine personal actions that can be taken to protect reproductive and sexual health, including one's ability to deliver a healthy baby in adulthood.

Art Standards Covered

- VA.A.3.3.1** Identify contemporary styles and discuss the diverse social, economic, and political developments reflected in the works of art examined.

Download Video File

Online Viewing Link

<http://artglobalhealth.org/bssb2>

Themes

Correct External Condom Use
Sexual Health Resources
Safe(r) Sex

Included Materials

Story Modes (p. 10)
Safe(r) Sex Steps (p. 11)

Supplies Needed

Scissors, hat or container (to shuffle the included Story Modes)

Prep Needed

Copies of Story Modes for distribution

Condom Steps Workshop Walkthrough

00:00 Introduction

1. Explain that today's class will begin with a short video addressing correct external condom use, sexual health resources, and safe(r) sex, followed by a creative workshop in response to the video.

01:00 Share Interesting Statistic & Ask Students What They Know

1. Write this fact on the board, read it aloud to students, and ask them to consider it throughout the lesson:

Couples who do not use any method of contraception have approximately an 85% chance of experiencing a pregnancy over the course of a year.

(SOURCE: <http://www.guttmacher.org/media/inthenews/2013/06/05>)

2. Before you jump into the video screening and activity, ask your class the following series of questions or a series of your own devising. These questions will provide context for students throughout the lesson.
 - a. **What do you think of when you hear the term "safe(r) sex"?**
 - b. **What are some forms of safe(r) sex that you have heard of?**
 - c. **Are there any benefits to practicing safe(r) sex?**

04:00 Show *Condom Steps* (Online Viewing Link: <http://artglobalhealth.org/bssb2>)

1. OPTIONAL: Turn down the lights.
2. Play the clip by your preferred/available method: either from <http://artglobalhealth.org/bssb2> or using a DVD.
3. Watch the clip.
4. Observe your students' reactions throughout the clip.

06:46 Video Discussion

1. After you play the video in its entirety, bring the attention of the class back to the front of the room.
2. Lead the class through this series of discussion questions, or some of your own, in response to *Condom Steps*.
 - a. **As simply and directly as possible, what did you see in the video?**
By asking students to describe what they see in the video, rather than interpreting it, you may avoid their fear of being wrong. Descriptions are never wrong.
 - b. **What do you think this video was about?**
Now that the class is comfortable talking, ask for interpretations of the video. Encourage varied responses.
 - c. **Do you think this video is what really happens in real life? Why or why not?**

Workshop Overview

00:00 Introduction

01:00 Share Interesting Statistic & Ask Students What They Know

04:00 Show *Condom Steps*

06:46 Video Discussion

12:00 Condom Steps Review

17:00 Story Mode Instructions

20:00 Story Mode Creation

30:00 Recall Groups/Establish Presentation Order

32:00 Performances

42:00 Processing Discussion

50:00 End

d. Is there only one kind of condom?

There are two types of condoms:

- External condoms (formerly known as male condoms) for use during oral, anal, and/or vaginal sex.
- Insertable condoms (formerly known as female condoms) for use during anal and/or vaginal sex.

(TIP: Both condoms can be cut with scissors in a way to create dental dams for use during oral sex. See handout on page 11.)

Educator's Note

Knowing that some individuals who may not identify as male or female also use these barrier methods, we encourage using the most current language.

12:00 Condom Steps Review

1. While your class is still riding the energy from the discussion, segue into a review of the external condom steps.
2. Whether or not your students have already learned these critically important steps, it is always helpful to keep reviewing them—practice makes perfect!
3. Go over the external condom steps with class participation, charting up the answers on the board. If someone correctly identifies a step (but skips one or more), write up their answer and leave space for the needed answer(s).
4. As students shout out the correct answers, ask the class why each individual step is important. This will allow them to process each step and it will give you time to write up the steps on the board.

Educator's Note

We encourage you to make this review as safe as possible, leaving space for students to share their knowledge. If you can maintain the feeling and the energy of an open classroom, then the ensuing art activity will be all the more possible.

Step 1. Get tested for STDs/STIs at a local clinic.

(TIP: Go with a friend or partner.)

Step 2. Before engaging in sexual activity, especially oral, vaginal, and/or anal sex, ALWAYS make sure to get consent from your partner. Even if a partner said yes before, one can't assume, expect, or require them to say yes again.

Step 3. Stock up on FDA approved condoms.

Step 4. Check the expiration date(s) right before opening.

Step 5. Tear down the side of the package with your hands.

(REMINDER: Do NOT use your teeth—the condom could also tear in the process!)

Step 6. Make sure the tip is right side up so the condom can properly roll down.

(TIP: The condom can be said to resemble a sombrero.)

Step 7. Put 3-4 drops of lubricant inside the condom.

(TIP: Putting 3-4 drops of lubricant on the outside of the condom can also help to reduce friction during sex.)

Step 8. Pinch the tip of the condom.

Step 9. Roll it down the length of the penis until it touches the base of the shaft.

Step 10. Have sex.

(REMINDER: You MUST use a new condom every time you have sex!)

Step 11. After ejaculation, hold the condom at the base and pull out.

Step 12. Keep holding the base of the condom and remove it carefully, making sure not to spill any fluid.

Step 13. Tie it in a knot. (REMINDER: Do this AWAY from your partner.)

Step 14. Throw it away in the trash.

(REMINDER: Do NOT throw it away in the toilet—it could clog!)

17:00 Story Mode Instructions

1. Now that you have all the condom steps written up on the board, divide the class into several small even groups.
2. Distribute a Story Modes Themes List handout (p. 10) and Safe(r) Sex Steps handout (p. 11) to each group.
3. Instruct students to work together to create short condom demonstrations (two minutes or less) following the steps that they learned as a class and using a theme to be decided on by their group. For example, if a group chooses the Story Mode "News Report," then they'll work together to create a short news report skit that instructs as news anchors would.
4. Inform the students that their demonstrations are to be performed in front of the class group-by-group.
5. **EXTENSION:** If your class period is longer than 50 minutes, use the Safe(r) Sex Steps handout (p. 11) to go over insertable condom and dental dam steps with class participation, and offer students the choice to make a scene about any of the three barrier methods.

20:00 Story Mode Creation

1. Let the groups know they have ten minutes to brainstorm and create their pieces. Ask the class if they have any questions about the instructions.
2. While each group is in their creative process, go around and ask them how far they are in the creation process. This will allow them to bounce their ideas off of you and maybe refine them a little more.
3. After seven minutes have passed, ask the students to get on their feet and practice their scenes for the final three minutes of the creation time.

30:00 Recall Groups/Establish Presentation Order

1. Call the groups back to their seats.
2. Ask for volunteers to go first until all groups are scheduled. (If no group wants to volunteer, pick numbers out of a hat or have them go in reverse order.)
3. Remind the class to be respectful of their classmates onstage.

32:00 Performances

1. Ask your students to write down their favorite moments as the groups perform so that they can share them later in a class discussion following all the performances.
2. Have each group come to the front of the classroom, tell the class their story mode, and then perform their demonstrations.
3. During the performances make sure that the class is being respectful of each group's work.
4. Be sure to applaud before and after each performance.
5. After the final group has gone, ask everyone to head back to their seats.

42:00 Processing Discussion

- a. What was it like to get up and create these demonstrations?
- b. Look at the notes you took during the performances. What were your favorite moments and why?
- c. How did these demonstrations differ from what you've seen in the past?
- d. Is there something your classmates could have done to improve or develop their scene?
- e. Would you change anything in the video we saw? Or the exercise we participated in?

50:00 End

Story Modes Themes List

Create short demonstrations (two minutes or less) following the external condom steps and using a theme from the list below. For example, if your group chooses the Story Mode “News Report,” then you’ll work together to create a short news report skit that instructs step-by-step as news anchors would describe the process.

NEWS REPORT	SPORTS BROADCASTER
EMERGENCY DISPATCH	REPORT FROM THE SPACE STATION
TWEET	OBSERVATIONS OF A CONDOM INSIDE WRAPPER
FACEBOOK UPDATE	MOVIE TRAILER
RECIPE	INTERVIEW
TO-DO LIST	WAR ROOM DIALOGUE
OBSERVATION FROM A NON-HUMAN OBJECT	GOSSIP BLOG
RANT	STATEMENT FROM SOMEONE ON A STRIKE
KNOCK-KNOCK JOKE	TEXT MESSAGE CONVERSATION
RETELLING OF A DREAM	INNER MONOLOGUE
SHOPPING LIST	TRANSLATED INTO ANOTHER LANGUAGE
SALES PITCH	MANDATE FROM AN AUTHORITY
LETTER OF RECOMMENDATION	EXPERT WITNESS ACCOUNT
ADVICE COLUMN	CROSS-EXAMINATION
DEBATE	RADIO PLAY
TELEGRAM	LETTER TO YOUR YOUNGER SELF
PROTEST CHANT	“REAL WORLD” CONFESSION
EMERGENCY SYSTEM WARNING	BEST MAN/MAID OF HONOR WEDDING SPEECH
UNDERWATER STORYTELLING	BABY NAMING CEREMONY
FROM THE VOICE OF A 100-YEAR-OLD	INSPIRATIONAL SPEECH
PRESIDENTIAL DEBATE	FOOTBALL COACH SPEECH
ACCEPTANCE SPEECH	FROM THE PAGES OF A HISTORY BOOK

Can you think of other Story Modes? Ask for instructor approval if you want to use a theme not already found on the list.

Safe(r) Sex Steps

External Condom Steps

- Step 1. Get tested for STDs/STIs at a local clinic. (TIP: Go with a friend or partner.)
- Step 2. Before engaging in sexual activity, especially oral, vaginal, and/or anal sex, ALWAYS make sure to get consent from your partner. Even if a partner said yes before, one can't assume, expect, or require them to say yes again.
- Step 3. Stock up on FDA approved condoms.
- Step 4. Check the expiration date(s) right before opening.
- Step 5. Tear down the side of the package with your hands.
(REMINDER: Do NOT use your teeth—the condom could also tear in the process!)
- Step 6. Make sure the tip is right side up so the condom can properly roll down.
(TIP: The condom can be said to resemble a sombrero.)
- Step 7. Put 3-4 drops of lubricant inside the condom.
(TIP: Putting 3-4 drops of lubricant on the outside of the condom can also help to reduce friction during sex.)
- Step 8. Pinch the tip of the condom.
- Step 9. Roll it down the length of the penis until it touches the base of the shaft.
- Step 10. Have sex. (REMINDER: You MUST use a new condom every time you have sex!)
- Step 11. After ejaculation, hold the condom at the base and pull out.
- Step 12. Keep holding the base of the condom and remove it carefully, making sure not to spill any fluid.
- Step 13. Tie it in a knot. (REMINDER: Do this AWAY from your partner.)
- Step 14. Throw it away in the trash. (REMINDER: Do NOT throw it away in the toilet—it could clog!)

Insertable Condom Steps

- Step 1. Complete steps 1-4 as listed above.
- Step 2. Rub the package to evenly spread lubricant.
- Step 3. Step 5 as listed above.
- Step 4. If using for anal sex, remove inner ring.
- Step 5. Put 3-4 drops of lubricant and/or spermicide on the outside of the closed end.
- Step 6. Find a comfortable position sitting or squatting.
- Step 7. Squeeze together the sides of the inner ring at the closed end of the condom.
- Step 8. Insert inner ring into the anus or vagina until the outer ring hangs about an inch outside.
- Step 9. Have sex. (TIP: Stop intercourse if your partner slips between the condom and vagina or anus walls, or if the outer ring is pushed into the vagina or anus. If your partner has not ejaculated, you can gently remove the condom, add extra spermicide and/or lubricant, and insert it again.)
- Step 10. Gently remove by squeezing and twisting the outer ring to keep any fluid inside the pouch.
- Step 11. Steps 13 and 14 as listed above.

Dental Dam Steps

- Step 1. Complete Condom Steps 1-6 as listed above.
- Step 2. Unroll condom.
- Step 3. With scissors, cut off the base and tip of the condom, horizontally.
- Step 4. Placing your scissors within the condom, which should resemble a cylinder, cut vertically to create a rectangular shape.
- Step 5. Place dental dam over the vagina or anus.
- Step 6. Have sex. (REMINDER: You MUST use a new condom every time you have sex!)
- Step 7. Throw it away in the trash. (REMINDER: Do NOT throw it away in the toilet—it could clog!)

PROJECT U

Project U

<http://projectula.org>

Valuable LAUSD resources for teen sexual health, including factual information, a clinic locator, student blog, and more.

Learn more safe(r) sex methods and tips for use by visiting the ProjectULA.org web page below:

<http://www.projectula.org/article-details.aspx?returnName=Pregnancy%20&%20Contraception&articleID=1566>