

LESSON 7 PROTECTING YOURSELF FROM STIS

Learning Intentions

Students will understand how STIs can be prevented from spreading from person to person.

Success Criteria

By the end of this session, students will be able to:

- 1 explain what a condom is and how it is used
- 2 describe how condoms prevent STIs and pregnancy
- 3 describe how to make condoms effective.

Teacher background information

- 1 [Group Agreement](#)
- 2 NT Department of Education [policy on condoms](#)

Title	Link	Length
Young Deadly Free: Condoman saves the day	https://youtu.be/py9z_eZGwg8	01:51 mins
Speak up. Listen. Support. You got any condoms?	https://youtu.be/siwuEvnw8H8	01:00 mins
Speak up. Listen. Support. Don't forget to be safe!	https://youtu.be/rS7XPv58IMs	00:50 secs
Young Deadly Free: Condoms First	https://youtu.be/j474-RUdUJg	00:40 secs

TIME	ACTIVITY	RESOURCES
00:00–05:00 (5 mins)	<p>WELCOME AND GROUP AGREEMENT</p> <p>Display and remind students of the <i>Group agreement</i> created in lesson 1.</p> <p>Question box: Answer questions from previous session.</p>	<p><i>Group agreement</i> created in lesson 1 + Group agreement guidelines</p> <p>Question box</p>
05:00–20:00 (15 mins)	<p>CONDOM DEMONSTRATION</p> <p>Teacher note: <i>If you feel your students lack enough basic knowledge about contraception and/or anatomy the following guides may be useful:</i></p> <p>Contraception discussion guide PDF</p> <p>Anatomy story PDF</p> <p>Following the steps as outlined in the condom game, show the participants how to correctly put on a condom</p> <ul style="list-style-type: none"> • Check expiry date, check the package is not damaged and open with care. • Gently hold the tip so that there is room for the ejaculate/cum (this prevents the semen from spilling out). • When the penis is hard, roll the condom on, all the way to the base of the penis. • Spread water-based lubricant (lube) on the outside of the condom once it is on to help prevent the condom breaking. Oil based lubricant can damage the condom. It is also possible to use a small amount of lubricant on the head of the penis which assists in preventing breakage but also increases feeling for the penis. <p>Cont over page...</p>	<p>SAHMRI Condom Game cards (external link)</p> <p>Condoms (purchased prior to session, one for each student plus some for demonstration)</p> <p>Condom Demonstrators: if your school doesn't have any, you may be able to borrow them from your Public Health Sexual Health team at your local health service or the school nurse.</p> <p>If you wish to buy your own, we recommend something with a stable base, that is not life like.</p>

- After the sex has finished, withdraw the penis, holding the base of the condom before the penis goes soft. This prevents the semen from spilling out.
- Tie a knot in the used condom and put it in the bin. Not down the toilet as it will block the pipes.

Tips:

- You may wish to give everyone a condom before the activity, so they can see where the use-by date is printed and see the perforated edge on the packaging as you are doing the demonstration. Alternatively, when you are giving the demonstration you may ask a participant to find the use-by date for you.
- Encourage the participants to see how far they can stretch the condom on their hands/arms, or feet/legs. Talk about how strong they are and how big they stretch.
- Have paper towel handy so students can wash their hands.

20:00–35:00
(15 mins)

CONDOM CARD RACE

Now that the students have seen the demonstration of putting on a condom split students into two groups and give each group a set of Condom Game cards.

Explain:

- We are going to use these cards to have a condom race and test your knowledge!
- Your task is to work together as a team to put the cards into the correct order of how a condom should be used.
- The team who completes the task first AND gets the order correct wins. Do not start until I say so.
- Hand the cards out. When ready, get them to begin.
- When the groups finish, check that the cards are in the right order. (refer to the answer sheet)
- If they are not, give them more time to adjust the order.

Once both groups have completed the activity and the cards in the correct order read the correct order out as per the answer sheet and, time permitting, discuss extra points as below.

Discussion points:

- **What would happen if they started having sex, but then 1 partner said they wanted to stop?** Legally, they would need to stop having sex. Anyone can decide at any time that they want to stop and their partner must respect their wishes.
- **Where else could the consent cards go?** Consent can be sought or withdrawn at any point. (*TIP: Demonstrate this by moving the consent cards in to different points of the timeline as you discuss*)

Print two sets of [SAHMRI Condom Game cards](#) (external link)

- **Where can you get condoms from around here?**
- **How much do condoms cost?** Often people can get them for free from health clinics. If there are no free condoms in your community, you can buy them, usually in packs ranging from 4 condoms a pack to 30 condom packs. These cost between \$4 through to \$20, depending on the brand and how many condoms are in the pack. It works out to about 40c–\$1.20 per condom.
- **What if you have a Latex allergy?** Latex-free condoms are also available for people who have latex allergies. *Ansell’s lifestyle Skyn* condoms are latex free and widely available.

35:00–38:00 (3 mins)	WATCH THE VIDEOS Play any combination of the above videos	Videos on USB or link Projector/Screen/smartboard
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38:00–43:00
(5 Mins)

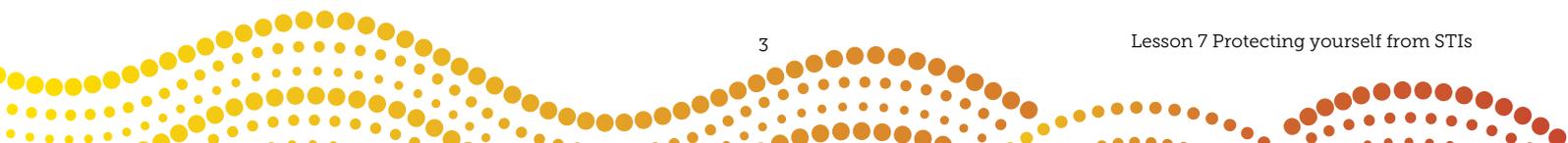
DISCUSS THE VIDEOS

You could ask:

- What happened in the video/s?
- What do you think the key message was?
(It’s important you use condoms)
- Why are condoms important?
(protect against STIs, some BBVs and unplanned pregnancy)

Explain: **You have identified why condoms are so important ...But how effective are condoms anyway?** (read out the following information, add local words or simplify so your group understands)

- To achieve maximum protection by using condoms, they must be used consistently (all the time) and correctly.
- The failure of condoms to protect against STI/HIV transmission usually results from inconsistent use (meaning they aren’t used all the time) or incorrect use, rather than the condom breaking because it is made badly.
- Incorrect use can lead to condom breakage, slippage, or leakage. A common way that people incorrectly use condoms is they start having sex with a condom but then remove it during sex; it’s important to use the condom throughout the whole sex act, from start to finish.
- *Protecting against pregnancy:* Typical use—82% effective; perfect use (each time a couple has sex)—98% effective. Another way of putting this is that out of 100 people who have sex and only use condoms, 18 couples will fall pregnant. This is why it’s a good idea to use condoms AND another form of contraception (e.g. the rod/implanon, the pill or the injection). This gives you the best protection from STIs as well as unplanned pregnancy.



- *Protecting against HIV transmission:* condoms are 90 to 95% effective when used consistently. This means that people who use condoms correctly all the time, are 10 to 20 times less likely to become infected when exposed to the virus than are inconsistent or non-users.
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QUESTION BOX

Recap how the question box works and ask students to write questions to be answered in the next session. Collect questions.

Question box

Scrap paper

Pens

43:00–45:00
(2 mins)

CLOSING (if time)

Going around the room get each student to finish this statement: "One message I am going to tell my friends about condoms is...."
