
SUITE 2

THIS IS US: TRUST EACH OTHER

TOPIC: *HOW CAN I PLAN AND ADVOCATE FOR HEALTH, SAFETY, WELLBEING AND PARTICIPATION IN THE RIGHT LIFESTYLE BEHAVIOURS FOR ME AND MY MOB?*

LESSON 4 PROTECT YOURSELF

Target age group: Lower, middle and upper secondary (Year 7–10)

Lesson duration: 45 minutes



Australian curriculum: This lesson plan supports a number of capabilities in the Australian Curriculum, including Information and Communication Technology, Ethical Behaviour, Personal and Social Competence and Intercultural Understanding.

BEFORE COMMENCING LESSONS

Before running any of these lessons please do the following:

- 1 Pre watch all three videos referred to in this package. <https://www.youtube.com/playlist?list=PLu8z-jO5SOE8oNc6VyYkjkQqI3P0qD0u3>
- 2 Ensure you read about and set up a group agreement with your class to maintain safety of students.
- 3 Ensure you read about and set up the anonymous question box .
- 4 Ensure you have completed and are up to date with your [RAN-EC child protection training](#) (SA only).
- 5 Read your schools procedure for dealing with disclosures of child sexual abuse.

OTHER TRAINING AND SUPPORT

Sexual health training: SHINE SA provide support for schools and training on delivering RSE. Find out more here <https://www.shinesa.org.au/support-for-schools/>

A word about partnerships: While it is recognised that schools play an important role in the delivery of RSE, given the personal and cultural aspects of sexual health, consider partnering with your local Aboriginal community controlled health services (ACCHS) in the delivery of your program. Many ACCHSs have staff who are trained in sexual health and experienced in delivering community education. This partnership may be especially important if your school has limited Aboriginal staff. Alternatively, there may be local sexual health teams in your area who employ Aboriginal staff or can provide specialist sexual health support.



LESSON 4

Time required:
45 minutes

PREPARATION

- Condom Card Game & Condom Negotiation Cards (SHINE SA) <https://www.shinesa.org.au/product/condom-card-game-condom-negotiation-cards/>
- Condoms fact sheet <https://www.shinesa.org.au/media/product/2015/04/Condoms.pdf>
- Prizes for winners of Condom Card Game

TAKE HOME MESSAGE

It is important to know that respectful conversations are part of healthy relationships. Even though some conversations can be awkward it is important that you try to talk. Talking about condoms is one of these conversations. Another conversation that is important is about giving sexual consent and listening to your partner for sexual consent. Legally, anyone can decide at any time that they want to stop having sex and their partner must respect their wishes.

PROTECT YOURSELF

Purpose

Using condoms can prevent pregnancy and can also protect you against getting a sexually transmitted infection. It's essential that people can talk to their partner about using condoms; both people are responsible for staying safe. It can sometimes feel awkward to talk about using condoms, even if you know the other person well, but it's much better than the risk of not using one and is important if you want to have a Healthy Relationship.

Learning goals

In this lesson students will:

- learn the correct way to put on a condom
- learn why condoms are important

Procedure

- 1 Set the scene for this activity by getting students to reflect on what JB could have done to prevent needing to visit the doctors. Discuss why condoms are important e.g. protects against STIs and unplanned pregnancy.
- 2 Set the scene further through this scene description
In this episode, we see Clarry with JB at the sexual health clinic. Clarry is about to take a handful condoms in the waiting room when the doctor calls JB's name. JB hands Clarry the condoms telling him how shame job he is taking them. Clarry responds saying "if you had done this in the first place we wouldn't be here"!
- 3 Explain: When it comes to sexual relationships, an important part of maintaining safety and being respectful is protecting yourself. That's why, today's lesson is about condoms.
- 4 Split students into two groups.
- 5 Ensure you have enough condom games for each group to have 1 full set of cards.
- 6 Explain: We are going to use these cards to have a condom race and test your knowledge!
- 7 Your task is to work together as a team to put the cards in to the correct order of how to put on a condom.
- 8 The team who completes the task first AND gets the order correct wins. Do not start until I say so.
- 9 Hand the cards out. When ready, get them to begin.
- 10 When the groups finish, check that the cards are in the right order.
- 11 If they are not, give them more time to adjust the order.
- 12 Once both groups have completed the activity and the cards are in the correct order, settle the groups back down—give out prizes for winning group.
- 13 Read the correct order out as per the activity card (found in the *Condom Card Game* box) and, time permitting, discuss extra points as below.

Discussion points

- What would happen if two people started having sex, but then one 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).
- 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 four condoms per pack to 30 condoms per pack. These cost between \$4 and \$20, depending on the brand and how many condoms are in the pack. It works out 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.

Additional Information about condoms

- 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 use condoms incorrectly is that 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%. Another way of putting this is that out of 100 people who have sex and only use condoms, typically 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.