Lesson 19: Safer Sex: Barriers & Lube

OBJECTIVES

1. Students will learn how to effectively use external (male) and internal (female) condoms.
2. Students have the opportunity to have hands on experience practicing following the steps to effectively using a condom (on a penis/pelvic model).
3. Students will learn about dental dams, gloves, and lubricant.
4. Students will understand where and how to obtain barriers and lube for safer sex.

AGENDA

5 minutes  Do Now
15 minutes  How to Use Condoms
10 minutes  Condom Relay Race
10 minutes  Gloves, Dams, & Lube
10 minutes  Barriers to Using Barriers

MATERIALS

- Birth Control & Barriers Kit
- Condoms, Dams, and Lube: PowerPoint slides
- Condoms, Dams, and Lube: PowerPoint slide notes
- Internal Condoms (at least one for demonstration)
- External Condoms (enough for each student plus a few extra)
- Dental Dams (a few for demonstration)
- Lube (at least 1 bottle)
- Vaseline (one tub) or Chap Stick/Lip Gloss
- Pelvic Model
- Penis Models (5 or more)
- Handout: Condom Instructions
- Homework: Barriers to Using Barriers
- Teacher Key: Barriers to Using Barriers

CALIFORNIA HEALTH EDUCATION STANDARDS

1.4.G Identify why abstinence is the most effective method for the prevention of HIV, other STDs, and pregnancy
1.12.G Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.
7.1.G Describe personal actions that can protect sexual and reproductive health (including one’s ability to deliver a healthy baby in adulthood).
4.2.G Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and pregnancy.
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DO NOW 5 minutes

Materials
- Every student needs a notebook, journal, or paper and a pen
- PowerPoint slides #1 – 2 or, flipchart or whiteboard and markers

Activity
Use the PowerPoint or write on board and have students complete the following questions:
- What are some barriers that would prevent someone from using a condom?
- What are some complaints people have about condoms?

HOW TO USE CONDOMS 15 minutes

Materials
- PowerPoint slides #3 - 34
- Handout: Condom Instructions
- Pelvic model
- Penis model
- Condoms (internal and external)
- Lube

Activity
In this activity students will review information about condoms and the steps to using condoms.
Pass out the Condom Instructions handout so that students can follow along on their paper as the PowerPoint slides are presented. Use the noted in the slides to guide the presentation. Demonstrate each step to using condoms in front of the classroom with the condoms and models.

Suggested Script:
External and internal condoms are not only a birth control method, they also reduce the risk of getting an STI. People of all ages can buy condoms in a drugstore or grocery store without a prescription. Youth, 12 years old and older, can also get them confidentially at many clinics and they are easy to carry. It is important to know how to use condoms correctly in order for them to be as effective as possible. That is why today, I will demonstrate how to use these methods correctly. Pay close attention, because for the next activity, you will be asked to demonstrate how to use an external condom.
I know not everyone in here is thinking about using condoms now, or can imagine using them in the future. Perhaps there are students in here that will never have the kind of sex that involves condoms. But is still important to have this information because you might need it one day for yourself or to educate a friend.
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CONDOM RELAY

10 minutes

Materials

• Handout: Condom Instructions
• Pelvic Models
• Condoms (one condom per student)

Activity

In this activity students will have an opportunity to practice putting a condom on a penis model. Let students know that while putting on a condom is simple, it is not always easy, and practicing how to put on a condom can make it easier for someone to be able to use a condom correctly in real life.

Divide the class into 5 (or more) teams so each team has the same number of students (if possible). Provide each team with a penis model or, if a penis models are not available, bananas, zucchinis, or cucumbers can be used.

Explore the how the relay race will work:

1. The person who starts the relay will turn to their team member next to them who will be holding the penis model.
2. The first person demonstrates how to use a condom by putting the condom on the penis model and explaining the steps that they are taking.
3. When the first person finishes, the person holding the penis model it to the person next to them and repeats the demonstration.
4. This process is repeated until the last person in the team is reached and everyone has practiced putting a condom on the model.
5. While the first team to complete the relay wins, lead the

Teacher Tip:

If using different fruits/vegetables in place of penis models, remind students that just the like the "models" are different sizes and shapes, so are penises: This is normal.

Teacher Tip:

You can make learning about the steps to using a condom by making this into a game! Print out or write each step to using a condom on strips of paper or cards. Mix up the steps and have students put the steps to using a condom in order. This can be done as a large group with volunteers in front of the class (each volunteer gets one step and they need to arrange themselves in order) or you can print out multiple sets and split the class into small groups and have the groups race to see which group can put the steps in the correct order the fastest.
class in clapping for each team as they finish.

Remind students that they can use their Condom Instructions Handout to help them remember how to put the condom on. Let the relay begin!

### GLOVES, DAMS, & LUBE

**Materials**
- PowerPoint slides #35 – 38
- Gloves (enough for each student to have 1), Dental Dams, and Lube

**Activity**
In this activity students will learn about other barriers and lube. Use the PowerPoint slides and notes to guide the presentation. Pass around a dental dam for students to feel.

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<td>Lube</td>
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After the slides have been presented invite student to participate in some activities to learn about lube.

**Oil vs. Water Based Lube**

For this activity, invite two volunteers come up to the front. Have them each put on a pair of gloves. Blow two condoms into balloons and have one volunteer rub Vaseline on it and the other rub lube on the other balloon until it pops. Emphasize the importance of using a water-based lube, not oil-based.

Debrief the activity:

- How did the condom pop? (through exposure to oil based lube)
- What if someone uses an oil-based lube on a latex condom when having sex?
- What could people use besides oil based products?

**Lubey Glove**

For this activity, pass out one glove to each student and have students put the glove on their right hand. Have students pair up with someone next to them and using the hand with the glove on it, create a handshake. After students have created their handshake, ask them how it feels to shake hands with a glove on. Some possible answers may include: can't feel the other person's hand, the gloves get stuck together, not much sensation, or awkward. Now go around the class and put some lube into the gloved hand of each student. Once every student has lube in the hand, ask them how it
feels. Some possible answers may include: slippery, wet, smooth, or fun. Now, have the students do their handshake again. Ask them how it feels different as compared to the handshake without lube. Emphasize how the lube reduces friction and makes safer sex supplies, like condoms, dental dams, and gloves, feel more comfortable and be more effective.

<table>
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<th>Handout</th>
<th>10 minutes</th>
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*Barriers to Using Barriers*
Handout: Condom Instructions

Internal (female) condoms

1. Talk to partner and get condoms
2. Check the expiration date & check package.
3. Open the condom – tear with fingers, not teeth.
4. Take condom out of the package.
5. Use the inner ring to insert the condom into the vagina or anus. The outer ring will remain outside of the body.
6. Check in with partner – give and get consent.
7. Add lube.
8. Have sex making sure the penis goes into the condom (followed by orgasm, ejaculation, or not)
9. Twist the outer ring to create a seal and pull condom out of the body.
10. Throw the condom away in the trash.
11. Talk to partner and check in.

External (male) condoms

1. Talk to partner and get condoms
2. Check the expiration date & check for air bubble.
3. Open the condom – tear with fingers, not teeth.
4. Take condom out of the package and see which way it unrolls.
5. Add 1-3 drops of lube inside the tip of the condom. Lube can also be added in the outside of the condom once it is on.
6. Pinch the tip (about an inch) and roll the condom all the way to the base of the penis.
7. Check in with partner - give and get consent.
8. Have sex (followed by orgasm, ejaculation, or not)
9. After sex - hold onto the base of the condom and pull out.
10. Take the condom off away from partner’s body, tie condom in a knot and throw it in the trash.
11. Talk to partner and check in.

Images: Scarleteen.com and Bedsider.com
Handout: Barriers to Using Barriers

Name: _________________________________________________________________
Period: __________________________ Date: __________________________

Directions: Read the barriers to condom use below. Select 10 statements and write what someone could do to help with this concern and/or a convincing reason why they should use a barrier.

1. “Condoms are not comfortable.”
2. “Condoms don’t fit me – My penis is too big for condoms.”
3. “I don’t have an STI/HIV so I don’t need to use a condom.”
4. “I trust my partner so I don’t need to use condoms.”
5. “I don’t know how to use a condom.”
6. “I don’t know how to use a dental dam.”
7. “You can’t get STIs from oral sex on a female, so I don’t have to use a dental dam.”
8. “You can’t get STIs from oral sex on a penis, so I don’t have to use a condom.”
9. “I don’t want to “stop” to put on the condom.”
10. “I am allergic to latex.”
11. “It doesn’t feel as good with a condom.”
12. “I don’t have money for condoms right now.”
13. “I don’t know where to get an internal condom.”
14. “The store did not have any dental dams.”
15. “I don’t know what type of condom to buy.”
Teacher Key: Barriers to Using Barriers

1. “Condoms are not comfortable.” Add some lube inside the condom and on the outside of the condom. This will make it feel better and work better. Try another brand or style.

2. “Condoms don’t fit me – My penis is too big for condoms.” Most condoms will fit most penises. There are also extra-large condoms for people who need a larger size. You could also try an internal condom.

3. “I don’t have an STI/HIV so I don’t need to use a condom.” Health centers cannot test for every STI. Even if someone got tested and came back negative, they might have not been tested for everything. Also, it can take a while for STIs/HIV to show up on a test. In addition to STI protection condoms also help prevent pregnancy.

4. “I trust my partner so I don’t need to use condoms.” Even people in trusting, committed relationships can, and do, use condoms. If someone cares about themselves and their partner, one way to show it is to have safer sex.

5. “I don’t know how to use a condom.” There are instructions in boxes of condoms and there are many online resources about how to use a condom. Someone could go to scarleteen.com, plannedparenthood.org, or other websites for more info. Healthcare providers can also educate someone on condom use.

6. “I don’t know how to use a dental dam.” There may be instructions on the dental dam packaging and there are many online resources about how to use a condom. Someone could go to scarleteen.com, plannedparenthood.org, or other websites for more info. Healthcare providers can also educate someone on dental dam use.

7. “You can’t get STIs from oral sex on a female, so I don’t have to use a dental dam.” It is possible to give or receive an STI during oral sex on a vulva or vagina. A dental dam will reduce the chance of STI transmission.

8. “You can’t get STIs from oral sex on a penis, so I don’t have to use a condom.” It is possible to give or receive an STI during oral sex on a penis. A condom will reduce the chance of STI transmission.

9. “I don’t want to “stop” to put on the condom.” Many people successfully make putting on a condom part of sex – they can have a partner help, or incorporate it into their play. Internal condoms can be put in hours in advance.

10. “I am allergic to latex.” There are non-latex condoms that protect against STIs, HIV, and pregnancy. They are usually available to teens for free at clinics and can be purchased at drugstores. The internal condom is also non-latex.
11. “It doesn’t feel as good with a condom.” Condoms may change the sensation of sex, but unprotected sex can transmit STIs and HIV. Using a condom will reduce the chance of STI/HIV transmission. Some people feel more comfortable having sex with a condom because they know they are being safe and do not have to worry about STIs/HIV and pregnancy. Adding lube inside of the condom (1-3 drops) before it is rolled on and on the outside of the condom once it is rolled on can make it feel better.

12. “I don’t have money for condoms right now.” Teens can get them from their doctor or a clinic free and confidentially. Middle and high school students in SFUSD can get them for free from their school nurse, school social worker, or wellness center coordinator.

13. “I don’t know where to get an internal condom.” Many pharmacies sell internal condoms. Teens can also get internal condoms from a health center or clinic.

14. “The store did not have any dental dams.” Teens can get dental dams from health centers or clinics. Or, it is possible to make a dental dam from a condom by cutting off the tip and cutting up the side.

15. “I don’t know what type of condom to buy.” Try a few different kinds and see which one you like. Some people try on condoms to see which ones they like and which ones fit well, before they are with a partner.

Also worth mentioning to students: “I’m not going to have sex with you if you won’t wear a condom” will suffice! It is not necessary to convince your potential partner of the facts if you don’t feel like. “No” will do!
### Slide 1:

**Condoms, Dams, & Lube!**

### Slide 2:

**Do Now**

- What are some barriers that would prevent someone from using a condom?
- What are some complaints people have about condoms?

Have students complete the do now.

### Slide 3:

**The Internal (female) Condom:**

- Condoms are safe, simple, and convenient
- Used for vaginal or anal sex
- Protects from STIs
- Can be inserted up to 8 hours before sex
- Can be used with oil-based, silicone, and water-based lubricant (lube)
- It may provide extra protection from STIs that can be transmitted by touch, like herpes or HPV

**Additional notes**

- Don’t have to wear something on the penis
- It is non-latex
- Can rub against the clitoris and increase pleasure
- Responsibility can be on the person wearing the condom
- They are easy to get — can be purchased in drugstores and can get from healthcare provider
- Do not require a prescription
- Can be inserted by a partner as part of sex play
- Can be used by people who are allergic to latex
- Do not have an effect on a female’s hormones
- Stays in place whether or not the penis remains erect (hard)
- Can be used with all other birth control methods (except the external/male condom) to provide very effective pregnancy prevention and to reduce risk of sexually transmitted diseases
Slide 4:

**The Internal (female) Condom:**
*What some people don’t like*
- They may be unfamiliar to people – they need to learn how to use them
- Can irritate some people – skin of vagina, penis or anus
- May change or reduce feeling during intercourse
- May slip inside vagina or anus

Slide 5:

**Instructions: Internal Condom**
1. Talk to partner and get condoms.
2. Check the expiration date.

**Talk to partner.** Someone might want to talk with their partner about what type of sex they want to have, STI protection and most recent testing, what feels good, what boundaries they have, what type of condom they will use, possible sensitivities, etc.

**Get Condoms:** condoms are available at pharmacies, drug stores, corner stores, as well as from doctors, health centers, clinics, and the wellness center. Anyone, of any age, gender, sex, or sexual orientation is allowed to buy condoms.

Slide 6:

**Instructions: Internal Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.

**Check the expiration date and check for air bubble.** Expired condoms can break more easily. Don’t use expired condoms. If you can’t read the date, get a condom that has a legible date. Check the air bubble to make sure the package is intact. A package with a hole in it could mean there is a hole in the condom, which could lead to the condoms breaking or being less effective when used.

Slide 7:

**Instructions: Internal Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.

**Check the expiration date and check for air bubble.** Expired condoms can break more easily. Don’t use expired condoms. If you can’t read the date, get a condom that has a legible date. Check the air bubble to make sure the package is intact. A package with a hole in it could mean there is a hole in the condom, which could lead to the condoms breaking or being less effective when used.
### Slide 8:

**Instructions: Internal Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.

**Open the condom – tear with fingers, not teeth.** Open by pushing the condom to the side of the package and tearing downwards along the serrated edge, being careful not to accidentally tear the condom or make a hole in it. You have the most control with your hands, and teeth could damage the condom.

### Slide 9:

**Instructions: Internal Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Take condom out of the package.

**Take condom out of the package**

### Slide 10:

**Instructions: Internal Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Take condom out of the package.
5. Use the inner ring to insert the condom into the vagina or anus. Ring can be removed if preferred. The outer ring will remain outside of the body.

**Squeeze the inner ring and insert condom into vagina or anus.** Hold the condom at the closed end by squeezing the inner ring between thumb and forefinger (although there’s no wrong way to do it). Insert the closed end/ring into the vagina or anus. Push up and back until it feels comfortable and the outer ring sits on the outside of the body.

### Slide 11:

**Instructions: Internal Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Take condom out of the package.
5. Use the inner ring to insert the condom into the vagina or anus.
6. Check in with partner – give & get consent.

**Check in with partner – give and get consent.** Take a moment to check in with yourself and your partner. Make sure everyone is ready and enthusiastic about the sexual activity they are about to engage in. Communicate with each other about what you want to do sexually and what you do not want to do sexually. If all people give enthusiastic consent, then move onto the next step. If one or more people do not give enthusiastic consent, stop.
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Slide 12:

Add lube: Lube can be added inside of the condom or on the penis.

Slide 13:

Have sex – whatever was talked about and agreed on (consented to). Make sure the penis enters inside the open end of the condom, not on the outside of the condom. This way, everything that goes inside the body will stay inside the condom. Sex may end with an orgasm (climax of pleasure and spasms of pelvic muscles), ejaculation (release of sperm and semen from the penis), or not (even if orgasm and ejaculation do not occur – it is still important to follow the next steps).

Slide 14:

Have sex – whatever was talked about and agreed on (consented to). Make sure the penis enters inside the open end of the condom, not on the outside of the condom. This way, everything that goes inside the body will stay inside the condom.

Slide 15:

Throw it in the trash. Throw it in the trash, not the toilet. Internal condoms are designed to only be used once – never reuse condoms.
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Slide 16:

**Instructions: Internal Condom**

1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Take condom out of the package.
5. Use the inner ring to insert the condom into the vagina or anus.
6. Check in with partner – give & get consent.
7. Add lube.
8. Have sex making sure the penis goes into the condom.
9. Twist the outer ring to create a seal and pull condom out.
10. Throw the condom in the trash.

**Talk to partner and check in.** It can be helpful to check in with yourself and your partner again at this point. Someone might want to talk about how things went and make sure everyone feels comfortable.

Slide 17:

**Instructions: Internal Condom**

1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Take condom out of the package.
5. Use the inner ring to insert the condom into the vagina or anus.
6. Check in with partner – give & get consent.
7. Add lube.
8. Have sex making sure the penis goes into the condom.
9. Twist the outer ring to create a seal and pull condom out.
10. Throw the condom in the trash.

**Suggested script:**

If someone follows all of these steps to using the internal condom, that condom can be up to 97% effective at preventing pregnancy and can significantly reduce the risk of STI/HIV transmission. Remember, never use an internal condom and an external (male) condom at the same time. While using a condom is simple, it is not always easy. This is why it is important to think about these things now, so you can become more comfortable with how to use safer sex supplies and how to talk to a partner about consent, boundaries, and safety. If someone forgets these steps, they can always refer to their handout or to the instructions on the package of the internal condom.

Slide 18:

**The External (male) Condom:**

- Made out of latex, polyurethane, polyisoprene, or sheep skin. The sheep skin condoms don’t protect from STIs/HIV.
- Come in different textures, colors & sizes: Use one that fits & find a kind you like.
- Most condoms are lubricated. Some come unlubricated. It is recommended to add extra lube even if the condom is lubricated.
- Use water based or silicone lubricants with latex condoms – never oil based.

**External (male) condom**

These can be used for oral, vaginal, or anal sex. They help to reduce the risk of STIs and are also 98% effective at preventing pregnancy.

Condom sizing – Condoms come in many shapes and sizes. A typical sized condom will work for almost all people. Some people need a smaller size and some people need a larger size. Note: A condom that is too large could slip off.

Non-latex condoms – Most condoms are made of latex, but for people with latex allergies or sensitivities, there are alternatives such as polyisoprene and polyurethane. They tend to be more expensive than latex condoms, but many clinics will provide them for free. Also, the internal condom is non-latex.

Flavored condoms – These are designed for oral sex. It is recommended to avoid using these for vaginal or anal sex because the sugars in the flavoring could irritate some people’s genitals.
### Slide 19:

**The External (male) Condom:**

**What some people like:**
- Condoms are safe, simple, and convenient
- Can be used for oral, anal, and vaginal sex
- Offers STI and pregnancy prevention
- Are inexpensive and easy to get
- Do not require a prescription
- Can be used with all other birth control methods (except the internal condom) to provide very effective pregnancy prevention and to reduce risk of sexually transmitted diseases

**Additional Notes:**
- Are lightweight and disposable
- Can help some people delay ejaculation (because it can change the sensation they are experiencing)
- May help some people stay erect longer
- Can be put on as part of sex play
- Many different styles – lots of options

### Slide 20:

**The External (male) Condom:**

**What some people don’t like:**
- If not the right size or used incorrectly, the can break or slip off (1-2% of the time).
- Some people are allergic to latex, or experience irritation from condoms.
- Some people feel like condoms change the sensation of sex.
- Have to “stop” to put it on.

**Additional Notes:**
- Are lightweight and disposable
- Can help some people delay ejaculation (because it can change the sensation they are experiencing)
- May help some people stay erect longer
- Can be put on as part of sex play
- Many different styles – lots of options

### Slide 21:

**Instructions: External Condom**

These are the steps to using a condom. We will go through, step-by-step and review each one.

### Slide 22:

**Instructions: External Condom**

1. Talk to partner and get condoms.

**Talk to partner.** Someone might want to talk with their partner about what type of sex they want to have, STI protection and most recent testing, what feels good, what boundaries they have, what type of condom they will use, possible sensitivities, etc.

**Get Condoms:** Condoms are available at pharmacies, drug stores, corner stores, as well as from doctors, health centers, clinics, and the wellness center. Anyone, of any age, gender, sex, or sexual orientation is allowed to buy condoms.
### Slide 23:

**Instructions: External Condom**
1. Talk to partner and get condoms.
2. Check the expiration date.

**Check the expiration date and check for air bubble.** Expired condoms can break more easily. Don’t use expired condoms. If you can’t read the date, get a condom that has a legible date. Check the air bubble to make sure the package is intact. A package with a hole in it could mean there is a hole in the condom, which could lead to the condoms breaking or being less effective when used.

### Slide 24:

**Instructions: External Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.

**Check the expiration date and check for air bubble.** Expired condoms can break more easily. Don’t use expired condoms. If you can’t read the date, get a condom that has a legible date. Check the air bubble to make sure the package is intact. A package with a hole in it could mean there is a hole in the condom, which could lead to the condoms breaking or being less effective when used.

### Slide 25:

**Instructions: External Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.

**Open the condom – tear with fingers, not teeth.** Open by pushing the condom to the side of the package and tearing downwards along the serrated edge, being careful not to accidently tear the condom or make a hole in it. You have the most control with your hands, and teeth could damage the condom.

### Slide 26:

**Instructions: External Condom**
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Check to see which way it unrolls.

**Check to see which way it unrolls.** The condom only rolls down one way. Figure out which way it rolls before putting it on; if you start putting the condom on upside down and then just flip it and try again, the condom will have been exposed to pre-cum, which can transmit STIs or start a pregnancy if it comes into contact with a partner’s body.
Add 1-3 drops of lube inside the tip of the condom. Lube makes the condom work better and feel better—it increases sensation and makes it less likely to break. People can get lube from pharmacies and health centers. Water-based or silicone lube can safely be used with latex condoms. Add lube just before the condom is rolled on.

Pinch the tip and roll the condom on. Pinching the tip creates a space where the ejaculate can go and reduces the chance of the condom breaking from too much strain. Pinch about an inch. If someone is uncircumcised/intact, the foreskin may need to pulled back before rolling the condom on. Once all the way rolled on, smooth out any air bubbles while still pinching the tip. More lube can be added on top of the condom once it is rolled on. This will make sex more comfortable and safer.

Check in with partner – give and get consent. Take a moment to check in with yourself and your partner. Make sure everyone is ready and enthusiastic about the sexual activity they are about to engage in. Communicate with each other about what you want to do sexually and what you do not want to do sexually. If all people give enthusiastic consent, then move onto the next step. If one or more people do not give enthusiastic consent, stop.

Have sex – whatever was talked about and agreed on (consented to).
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Slide 31:
Instructions: External Condom
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Check to see which way it unrolls.
5. Add 1-3 drops of lube inside the tip of the condom.
6. Push the tip and roll all the way to the base of the penis. Add lube.
7. Check in with partner — give & get consent.
8. Have sex.
9. After sex — Hold onto the base of the condom & pull out.

Hold onto the base of the condom & pull out. It is important to hold onto the base of the condom while pulling out so that it doesn’t slip off. Hold the base and pull out immediately after ejaculation. Even if someone hasn’t ejaculated, it is still important to hold onto the base when pulling out.

Slide 32:
Instructions: External Condom
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Check to see which way it unrolls.
5. Add 1-3 drops of lube inside the tip of the condom.
6. Push the tip and roll all the way to the base of the penis. Add lube.
7. Check in with partner — give & get consent.
8. Have sex.
9. After sex — Hold onto the base of the condom and pull out.
10. Roll the condom off, tie the condom in a knot & throw the condom in the trash.

Roll the condom off away from partner’s body, tie it in a knot and throw it in the trash. Do this away from the partner so that in case ejaculate spills, it will be away from the partner’s body. This can prevent pregnancy and the spread of STIs. Tying a knot keeps the ejaculate from spilling out. Throw it in the trash, not the toilet—it could clog the toilet and come back up.

Slide 33:
Instructions: External Condom
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Check to see which way it unrolls.
5. Add 1-3 drops of lube inside the tip of the condom.
6. Push the tip and roll all the way to the base of the penis. Add lube.
7. Check in with partner — give & get consent.
8. Have sex.
9. After sex — Hold onto the base of the condom and pull out.
10. Roll the condom off, tie the condom in a knot & throw the condom in the trash.
11. Talk to partner and check in.

Talk to partner and check in. It can be helpful to check in with yourself and your partner again at this point. Someone might want to talk about how things went and make sure everyone feels comfortable.

Slide 34:
Instructions: External Condom
1. Talk to partner and get condoms.
2. Check the expiration date & check for air bubble.
3. Open the condom with fingers, not teeth.
4. Check to see which way it unrolls.
5. Add 1-3 drops of lube inside the tip of the condom.
6. Push the tip and roll all the way to the base of the penis. Add lube.
7. Check in with partner — give & get consent.
8. Have sex.
9. After sex — Hold onto the base of the condom and pull out.
10. Roll the condom off, tie the condom in a knot & throw the condom in the trash.
11. Talk to partner and check in.

Suggested script
If someone follows all of these steps to using the external condom, that condom can be up to 98% effective at preventing pregnancy and can significantly reduce the risk of STI/HIV transmission. Remember, never use an internal condom and an external at the same time. While using a condom is simple, it is not always easy. This is why it is important to think about these things now, so you can become more comfortable with how to use safer sex supplies and how to talk to a partner about consent, boundaries, and safety. If someone forgets these steps, they can always refer to their handout or to the instructions on the package of the condom.
Lesson 19: Safer Sex: Barriers & Lube

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**Slide 35:**

**Gloves**

Can be used during manual/digital sex, when someone puts their hand or fingers on or in someone else's body. Gloves prevent fluids from swapping if someone has a cut on their hand or torn or broken cuticles. They are also helpful to make touch more comfortable if someone has long nails or rough hands. Non-latex gloves are available.

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**Slide 36:**

**Dental Dams**

Can be used for oral sex on a vulva or anus (not on a penis). Dams prevent fluids from being swapped to prevent the spread of STIs. Plastic/Saran wrap can also be used as a dam, can be made into any size, and is readily available. Do not use plastic wrap that is microwave safe since it has microscopic holes that allow some STIs to pass through. To increase sensation, use a few drops of lube between someone's body and the dam. Most dental dams are latex, but non-latex dams are available. Plastic wrap is also non-latex.

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**Slide 37:**

**Dental Dams for Safer Oral Sex**

- Can be purchased at some pharmacies.
- Available at some health centers and clinics.
- Can make a condom into a dental dam!

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**Slide 38:**

**Lube**

Water-based and silicone-based lubes are safe to use with all barrier methods. Oil-based lube should not be used with latex because it could break down the material. Lube makes condoms work better and feel better by reducing friction and increasing sensation. Lube can also be used with dams and gloves to increase comfort and sensation. Some vaginas produce less natural lubricant than do others (which is completely normal), so lube can be helpful to add to the vagina's natural lubricant. Also, when having anal sex, lube is very important for safety and comfort since the anus does not produce any natural lubricant like vaginas do.