



**Action Canada**  
for Sexual Health & Rights

**Comprehensive Sex-Ed Resource**

# Condom Cards Activity

**Grade Level: 6+**

This activity is from **BEYOND THE BASICS**, a resource for educators on sexuality and sexual health.

## LEARNING OBJECTIVES

- 1** Debunk myths associated with condom use.
- 2** Learn how to properly use external condoms.
- 3** Reflect on the importance of communication in safe sex.

Learn more about *Beyond the Basics* at [www.actioncanadashr.org/beyond](http://www.actioncanadashr.org/beyond)  
For more activities like this one, go to [www.actioncanadashr.org/sex-ed-activities](http://www.actioncanadashr.org/sex-ed-activities)



## Part 1

1. Divide the class into 2 groups and print 2 sets of the **Condom Cards found on page 5**.
2. Give 1 set of cards to each group and ensure that everyone in the group is holding at least 1 card.
3. Without speaking to one another, ask students to arrange themselves in the order of how to properly and successfully put on and take off an external condom.
4. Take up the answers as a class.
5. Debrief the activity with the following prompts:
  - a. What kinds of communication did you use to arrange yourselves?
  - b. Why is communication important throughout using a condom and having sex?
  - c. What are communication strategies we can use before, during, and after sex?

## Part 2

1. Divide students into groups of 3 to 5.
2. Explain: The best way to learn how to use a condom is to practise. Now that you know the proper order and steps of how to put on an external condom, each group will demonstrate using a banana, a condom, and water-based lube samples.
3. Ask each group to come up with a creative way to demonstrate to the rest of the class with a banana, a condom, and lube.
4. Provide the following ideas to students for creative ways to demonstrate:
  - Musical
  - Social media campaign
  - Drama skit
  - Television advertisement
  - YouTube video
5. Have students present their demonstrations to the rest of the class.
6. ✚ Optional: Make it into a competition and explain that the demonstration gets more points for the more creative it is but that everyone has to demonstrate all steps clearly and appropriately in order not to be disqualified.

## Educator Answer Key

Communication is key when engaging in any kind of sexual activity. Communicating with sexual partners before, during, and after sex is important to ensure that sex is consensual, safe, and pleasurable for all partners. Communication can be verbal and non-verbal, use as many communication strategies and skills when talking about and throughout sex. Some of these strategies and skills include: body language, gestures, tone of your voice, being assertive.



All sexual activity requires communication between partners. Communication is one of the central ingredients to ensure the sexual pleasure and safety of all partners. While communicating about sex can feel awkward or uncomfortable, it can make sex more physically, emotionally, mentally, and socially comfortable before, during, and after sexual activity. Communication is key for practising consent and it is essential in establishing how to have safer sex.

Consent is also a key part of practising safer sex. Consent is not just the absence of “no;” it is an enthusiastic “yes.” If partners communicate with each other about condom use and it is established that a condom will be used during sexual activity, removing the condom without consent means that the sexual activity is no longer consensual and no longer safe. This form of sexual violence is called “stealth-ing” and is a violation of bodily autonomy. Like all forms of sexual violence, **systemic oppression** and **gender norms** support and reinforce these behaviours. Ongoing communication is essential for practising consent and safer sex.

Gender norms that feed into sexual and relationship scripts place the sole responsibility

of **contraception** with the person who could become pregnant. If this assumption is not talked about between sexual partners, the risks associated with sexual activity are heightened because it is assumed that pregnancy prevention is covered and STBBI prevention is often not talked about.

Condoms (both external and internal) are the only form of contraception that provide **dual protection** (protection from pregnancy and STBBIs). External condoms are one of the most frequently used contraception methods by young people. If used properly, external condoms are 98% effective but typical use significantly decreases effectiveness to 82%. In terms of STBBI protection, no barrier method is 100% effective but condoms are a useful risk-reduction strategy. Knowing the mechanics of how to use a condom properly and the communication skills necessary in debunking condom myths (how to negotiate their use and increase pleasure for all partners) are important when striving towards perfect use and maximum effectiveness.

Condoms significantly reduce the risk of pregnancy and STBBI transmission for a variety of sexual activities, including: penis-vagina

### You Should Know

Internal condoms are sometimes referred to as “female condoms.” Referring to them as internal condoms can help make your classroom a safer space for gender non-binary and trans students who may not identify with the term “female.”

intercourse (reduces risk of pregnancy and HIV, HPV, herpes, gonorrhea, chlamydia, syphilis, hepatitis B, etc.); oral sex on a penis (reduces risk of HPV, herpes, gonorrhea, chlamydia, and syphilis, etc. in and around the mouth and throat); oral sex on a **vulva** and anus (reduces risk of HPV, herpes, hepatitis B (anus), and syphilis etc. in and around the mouth when cut open down the side and used as a dental dam).

While the uses of lubricant or “lube” are numerous, it is an essential component of good

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condom use. Places that offer free external condoms like sexual health clinics and community health centres often offer free lube as well. For condoms, it is important to use water-based lubricant as opposed to oil-based lubricant, which can break down the integrity of the condom. While some condoms come pre-lubricated, additional lubrication should still be applied to the outside of the condom when available to avoid condom breakage during vaginal and anal intercourse. Extra lubrication on the outside of the condom can increase pleasure and comfort during penis-vagina and anal intercourse for all partners. For extra pleasure, one or two drops of water-based lube can be applied inside the condom before placing the condom on the penis.

Talking about condoms and other forms of contraception is an important part of communicating about the sexual activities that you are interested in trying, how to use protection specific to each act, and how to increase pleasure for all partners.


## Educator Answer Key

1. Talk with partner about the desire to use a condom.
2. Buy/pick up free condoms.
3. Practise putting a condom on before having sex.
4. Check expiry date (often printed on the back of the condom).
5. Check for air pocket in package by pushing condom to one side.
6. Open package by pushing condom to one side and tearing open the side without the condom when it is clear that both want to have sex.
7. Check which way the condom unrolls using thumbs.
8. Pinch the tip of the condom and place on penis.
9. If you have foreskin, pull foreskin back.
10. Put extra lubricant on and in the condom.
11. Unroll condom all the way to the base.
12. Have sexual intercourse (vaginal or anal).
13. Ejaculate into condom.
14. Holding onto the base, pull penis out of vagina or anus.
15. Remove condom from penis and throw away in the garbage.
16. Use a new condom when engaging in another sexual activity.



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# Condom Cards



Talk with partner about the desire to use a condom	If you have foreskin, pull foreskin back
Buy/pick up free condoms	Put extra lubricant on and in the condom
Practise putting a condom on before having sex	Unroll condom all the way to the base
Check expiry date (often printed on the back of the condom)	Have sexual intercourse (vaginal or anal)
Check for air pocket in package by pushing condom to one side	Ejaculate into condom
Open package by pushing condom to one side and tearing open the side without the condom when it is clear that both want to have sex	Holding onto the base, pull penis out of vagina or anus
Check which way the condom unrolls using thumbs	Remove condom from penis and throw away in the garbage
Pinch the tip of the condom and place on penis	Use a new condom when engaging in another sexual activity

# BEYOND THE BASICS

A Resource for Educators on Sexuality and Sexual Health



Beyond the Basics is a resource for educators on sexuality and sexual health. It offers the tools to teach young people about sexuality and sexual health from a sex positive, equity, and human rights perspective. It covers anatomy, consent, healthy relationships, and more! Choose from a wide range of chapters, modules, and activities that fit the different age, grade, and curricular goals for your students.

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