

UNIT

3

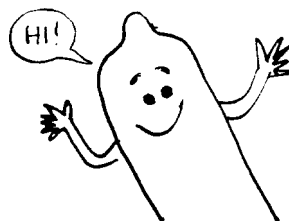
**Responsible
Behaviour:
Protected Sex**

Unit 3: Responsible behaviour – protected sex

Student activities

1	The condom	57
2	Arguments people use against using condoms	58
3	How to use a condom (explanation/demonstration)	59
4	Condom practice	60
5	No to unprotected sex (demonstration)	61
6	No to unprotected sex (class participation)	62
7	No to unprotected sex (individual participation)	63

The condom



UNIT
3
STUDENT
ACTIVITY
1

Why?

For sexually active people, the condom is the best protection against STD and HIV. Information about condoms is important for positive attitudes and effective use.

How?

Your teacher will discuss these points with you.

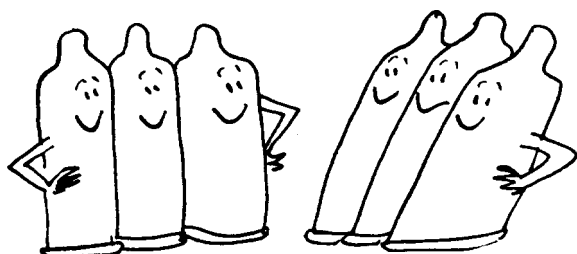
S t r o n g • S a f e • S e n s i t i v e

- **Where can you get condoms?**

You can buy condoms or sometimes get them free at...

- **Do they come in different sizes?**

Usually one size fits all.



- **How long do condoms keep?**

You should never use a condom after the expiry date which is printed on the package. Keep condoms in a cool, dry spot, out of the sunlight.

- **Do condoms reduce sensation?**

Nowadays condoms are very thin and at the same time very strong. Stronger does not mean thicker. Condoms these days, hardly reduce sensation.



- **Can condoms protect you from illness?**

Yes; as well as preventing pregnancy, condoms protect you from HIV and other STD.

- **Are condoms safe?**

If used properly, they are very safe.

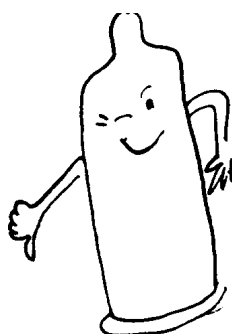


- **Can a condom be used again?**

No, a condom should be used once only and then thrown away.

- **Can a condom tear?**

Yes, so you must be very careful with your fingernails! And you should be especially careful when opening the package, not to damage the condom inside with your teeth or fingernails.



- **Can a condom slip off inside the woman?**

Yes, but not if you have put it on properly – read the instructions carefully and practise on your own!

- **Can a woman put a condom on a man?**

Yes, women often buy condoms and help put them on the man. The woman and the man should both know how to put condoms on properly.



- **Is there a condom for women?**

Yes, a condom has now been invented for women. It fits inside the vagina and prevents any contact with the man's semen.

- **Should you use a lubricant with a condom?**

Yes; lubrication helps to avoid tearing. Some condoms are already lubricated. If the condom is not lubricated, use a water-based lubricant – never use vaseline or vegetable oil as these lubricants can damage the condom.



Want to know how to use a condom? See activity 3.3



Arguments people use against using condoms

Why?

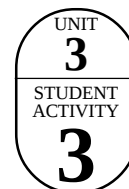
Your partner may not like using condoms. If you want to be safe from STD, HIV and pregnancy it is important to learn how to talk to a person who dislikes using condoms.

How?

For every argument against using condoms choose the best response from the list of three. Place the letter in the circle after "Arguments against".

Arguments against	Answer	Responses
1. You think I have a disease.	☐	a) I don't want either of us to take a chance of getting HIV. b) You know many people infected with HIV have no symptoms at all. c) We probably don't have a disease, but isn't it better to be sure?
2. But condoms don't work.	☐	a) They're OK if we use them the right way. b) Will you try condoms a few times and see? c) They are the best protection available.
3. They spoil the mood.	☐	a) It won't be so bad after we get used to them. b) Hey, condoms may even be fun. c) We can use them together.
4. They don't feel good.	☐	a) It will be OK once we're used to them. b) Will you try condoms a few times and see? c) But it would make me feel more relaxed if I felt safe.
5. They make me feel cheap and dirty.	☐	a) But we know condoms can protect us. b) I know you don't like the idea but condoms are so important now. c) Anyone can get HIV, even people like us.
6. I'm already using pills for birth control.	☐	a) We'll have to use condoms as well, the pill doesn't protect us from infections. b) That doesn't help against HIV and STD. c) Too bad – no condom, no sex.
7. I'd be embarrassed to buy one.	☐	a) It won't be so awkward after the first time. b) I'll buy them, so we'll have them next time. c) Embarrassment never killed anyone.
8. I don't have one with me.	☐	a) I'll get one for next time, but today, no sex. b) Sorry – no condom, no sex. c) I don't want either of us to take a chance of getting AIDS.
9. It's against my religion.	☐	a) Sorry – no condom, no sex. b) There are all kinds of things we can do without having sex. c) Well, maybe we're not ready for sex.
10. They cost too much.	☐	a) Sorry, I really care about my health and yours. b) I can help you pay for them. c) Let's not have sex until we can work this out.

How to use a condom



Why?

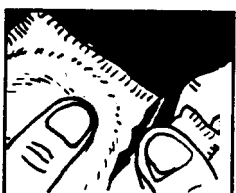
Condoms offer good protection and are unlikely to break, if you know how to use them properly.

How?

Your teacher will give you instructions on how to do this activity.



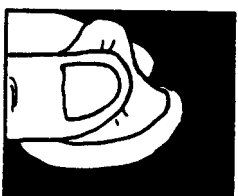
1. Check the expiry date.
Store condoms in a cool, dry place.



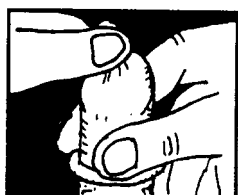
2. Open package carefully so condom does not tear.



3. Make sure condom is pointing in right direction. Do not unroll condom before putting it on.



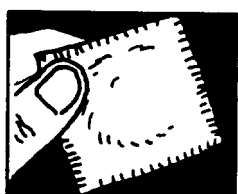
4. Squeeze tip of condom.



5. Still holding tip, unroll condom until it covers all of erect penis.



6. After intercourse and ejaculation, hold rim of condom and pull penis out before it gets soft.



7. Dispose of condom in a safe place.
Use a new condom next time.



Condom practice

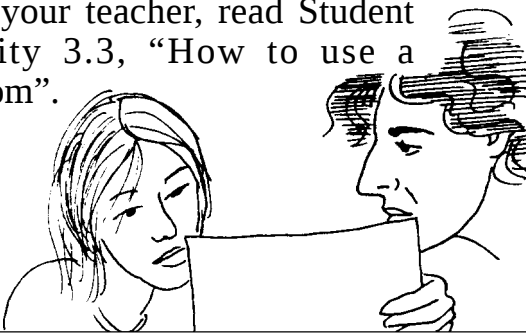
Why?

In this voluntary activity, you can practise putting a condom on a model of a penis (or on a banana or cucumber). This may be an activity that you don't want to do. It is perfectly alright for you to refuse. Whatever your decision, remember that this activity may be helpful some time in the future when you may want to use a condom.

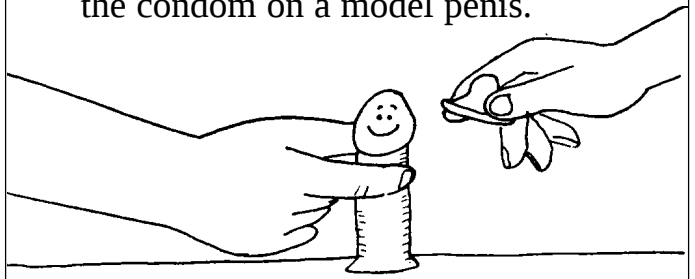
How?

After the activity below, complete the "Teacher asks" section with your small group.

- 1 With your teacher, read Student activity 3.3, "How to use a condom".



- 2 Observe a demonstration of how to put the condom on a model penis.



- 3 In a small group, observe a student demonstrating how to use a condom. Another student should read the instructions for each step on "How to use a condom" (Student activity 3.3).

- 4 Each student will be given one packaged condom. Observe the type of packaging and the information on the outside of the condom wrapper. Note the expiry date. Open the condom wrapper carefully. Observe how easy it is to open the package; the colour, shape; and lubrication (if any).

- 5 If you are comfortable with the activity, practise putting the condom on the model. Other group members will help you by either reading each step for you or by judging how you did after you have finished putting the condom on (you should tell them which you would like before you start).

- 6 Continue these instructions until everyone in your group has had a chance to practise putting the condom on the model.



Teacher asks

1. Discuss problems that might occur if you were to use a condom with a partner in a real life situation (e.g. not being able to see in the dark);
2. Which was the most difficult part for you? How could you make it easier?

No to unprotected sex

UNIT
3
STUDENT
ACTIVITY
5

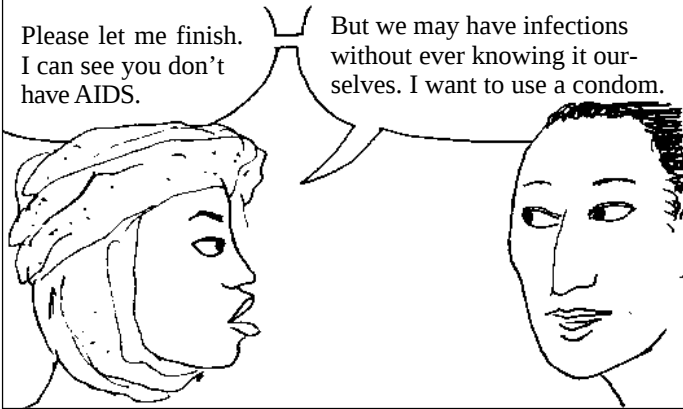
Why?

Being assertive when your partner does not want to use a condom is very important. The bottom line is "no sex without a condom".

How?

This situation will show you how to deal with a person who does not want to use a condom. This is done using the assertive skills you learned earlier.

"We're both clean... We don't need to use a condom!"

1. Explain your feelings and the problem 2. Distracting statements I feel nervous when I think about having sex without a condom. What? Do you think I have AIDS? 	3. Get back on topic 4. Make your request Please let me finish. I can see you don't have AIDS. But we may have infections without ever knowing it ourselves. I want to use a condom. 	
5. Ask how the other person feels about your request What do you say? 	6. Persuasive statement I still don't want to have sex with a condom. They're not natural. 	
7. Refuse... 	Delay... 	or Bargain 



No to unprotected sex

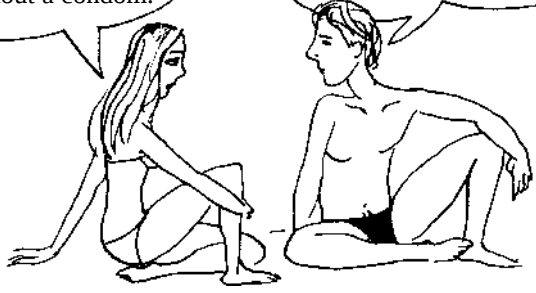
Why?

Being assertive when your partner does not want to use a condom is very important. The bottom line is “no sex without a condom”.

How?

This situation will show you how to deal with a person who does not want to use a condom. This is done using the assertive skills you learned earlier.

“I’d be embarrassed to use a condom.”

1. Explain your feelings and the problem 2. Distracting statements Look, I feel very nervous about having sex without a condom. A condom will make it so awkward. 	3. Get back on topic 4. Make your request Let me finish. Look, we can do it together. I know you’re embarrassed to use a condom, but I want to use one. 	
5. Ask how the other person feels about your request How do you feel about that? 	6. Persuasive statement I don’t want to use a condom. I don’t like condoms. 	
7. Refuse... 	Delay... 	or Bargain 

No to unprotected sex

UNIT
3
STUDENT
ACTIVITY
7

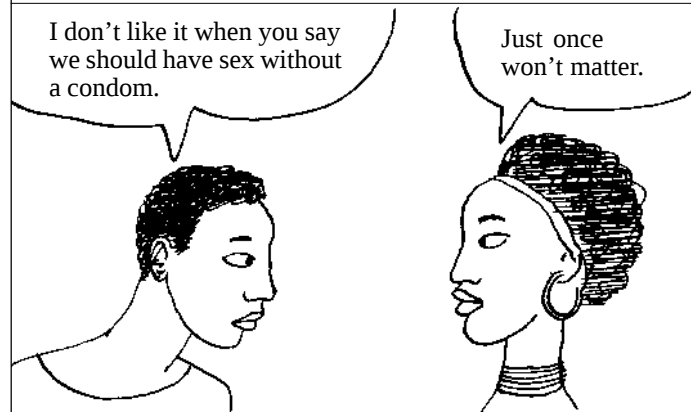
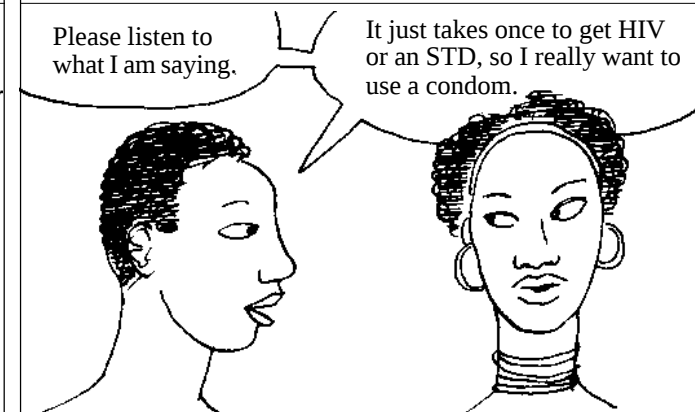
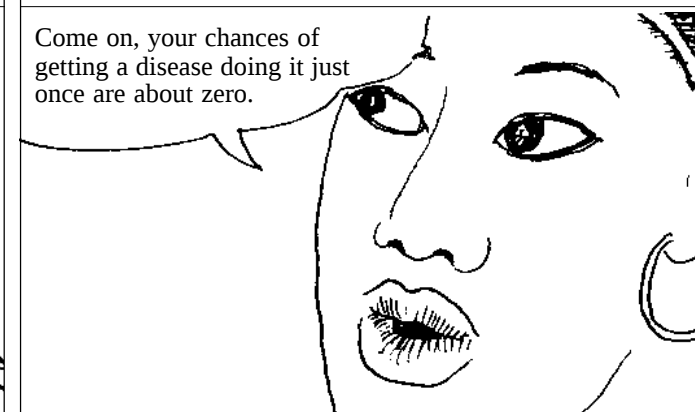
Why?

Being assertive when your partner does not want to use a condom is very important. The bottom line is "no sex without a condom".

How?

This situation will show you how to deal with a person who does not want to use a condom. This is done using the assertive skills you learned earlier.

"I don't have a condom. Let's do it just this once."

1. Explain your feelings and the problem I don't like it when you say we should have sex without a condom. 2. Distracting statements Just once won't matter. 	3. Get back on topic Please listen to what I am saying. 4. Make your request It just takes once to get HIV or an STD, so I really want to use a condom. 	
5. Ask how the other person feels about your request Would you do that for me? 	6. Persuasive statement Come on, your chances of getting a disease doing it just once are about zero. 	
7. Refuse... 	Delay... 	or Bargain 