



# Title: Contraception the condom lesson

DATE:

## Ready to Learn Reminders

- Sit in the seating plan.
- Take your coat/hat/scarf off.
- Get equipment out (including green pen).
- Write title, date, subheading and underline – keep your book beautiful!
- Complete DNA in silence.

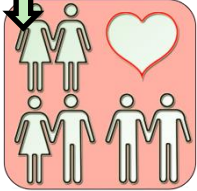


*Do Now Activity*

Retrieval Practice



**Starter**



# Contraception: Condom Lesson



## LEARNING OUTCOMES

### Knowledge, Skills & Actions

To understand the correct steps for using an external or male condom

Describe three obstacles to condom use and explain how they can be overcome



## STARTER ACTIVITY

Think about a time when you have seen these symbols. What do you think they mean?  
Define a condom in one sentence  
Where can you get condoms from?



### **New Vocabulary**

Condom, Condom Demonstrator, C-Card Scheme, Contraception, Yeast infection

# EFFECTIVE GROUND RULES

CREATIVE CURRICULUM

## Show respect

- By listening
- Not interrupting
- Only 1 person talking at a time

You don't have to say things about yourself if you don't want to (**You have the right to pass**)

It's OK to get things wrong

Enjoy the lesson, Challenge your perceptions and **understand how to seek further advice and support**

# PSHE

Be open and honest but **no personal comments** – Discussions will be about **'general situations'**

## *PSHE CLASSROOM RULES* DEALING WITH SENSITIVE TOPICS

## **SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART**

Use the agreed appropriate Language (**Avoid slang terms**)

Don't show the fact you are embarrassed through silliness

# EFFECTIVE GROUND RULES


CREATIVE CURRICULUM

**Don't make assumptions** about people's values, attitudes, behaviours, life experiences or feelings

There are **no stupid questions**. A question box for anonymous Questions

Have a **non-judgemental approach**. No put downs and challenge the opinion not the person

Conversations stay in the room unless it is a **safeguarding issue**



What are the biggest excuses/  
obstacles someone might  
make for not using a  
condom?

**How can these excuses or obstacles be overcome?**

**Did you know?**

*HIV is one of the most dangerous STI's simply because there is no cure. It weakens the immune system so that your body finds it harder to fight off other infections. It can eventually turn into AIDS*

# STEP BY STEP PROCESS OF USING A CONDOM

- Ask for Consent from your partner! (**never assume!**)
- Check the use-by date. **Why?**
- Check it has a kite-mark or European Standard. **Why?**
- Push the condom to one side of the packet. **Why?**
- Rip the packet down the serrated edge.
- Be careful of sharp nails!
- Make sure the condom is going to unroll the right way.
- Pinch the teat between thumb and forefinger. **Why?**
- Unroll gently over an ERECT penis.
- Withdraw holding the condom near the base of the penis, BEFORE the penis becomes completely flaccid
- Remove, ensuring all the fluid stays inside the condom. **Why?**
- Tie off the end of the condom, put in packet and dispose of in an environmentally friendly manner e.g. NOT DOWN THE TOILET! **Why?**



Compliant with  
European Community  
standards.



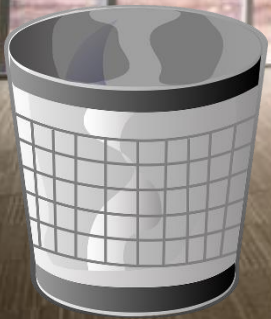
# CONDOM PRACTICAL

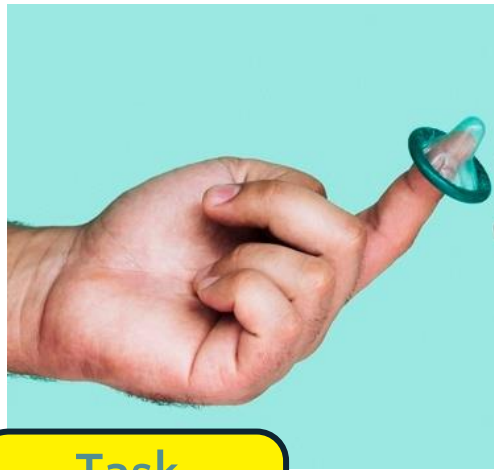
**One Condom  
Demonstrator per  
team and 1 condom  
each**

**Have a go at putting  
the condom on the  
demonstrator and  
talk through the  
different steps as you  
go along**

**Make sure the  
teacher checks once  
completed to give  
permission for the  
next person to start**

**Dispose of the condom by putting it back in the packet  
and wrapping it in tissue paper and putting it in the  
classroom bin**





NO

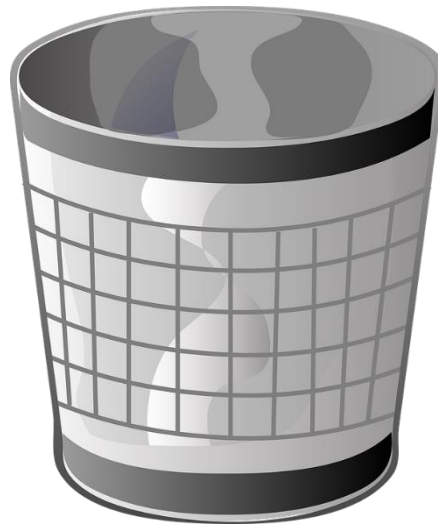
MAYBE

YES

### Task

Each picture represents a different stage in using a condom.

1. Identify the stages.
2. Try to arrange them into the correct order.
3. Explain which stages are missing



Use a non-flavoured condom!

# 'Get it on' – Condom Distribution Centres

## How does it work?

### Step one: registering with the scheme

A young person registers for a c-card with a trained professional, once registered you receive a C-Card that gives you regular, easy access to free condoms at any outlet displaying the C-Card logo.

### Step two: accessing supplies

Visit any **open access outlet** with your C-Card to get additional condoms supplies. Your card can be used up to ten times, at which point you'll need to do a quick re-registration/review.

### Step three: the review process

After 10 visits you'll have a quick review with your registration point- this gives you the chance to ask any questions you might have or find out about other sexual health services.

## Did you know?

*Flavoured condoms should not be used for vaginal sex because they carry an increased risk of causing a yeast infection (due to the sugars contained in the synthetic flavouring)*

**Many areas up and down the country will be running a C-Card type scheme where young people often aged between 13- 25 have access to free condoms. Above is an example from the outskirts of London**





## Discussion topics



Where can you get condoms from?

Do condoms affect the enjoyment of sex?

What's the difference between flavoured and non flavoured condoms?

What if the condom splits during sex?

What if I don't know how to put a condom on?

Make up a discussion topic



**“Putting a  
condom  
on is  
easy”**

## Talking points

I think that ...  
 I don't think... is right  
 because...  
 My opinion is...  
 I would argue the same  
 because...  
 I disagree with... because  
 Building on what ....  
 An alternate way of looking  
 at this is...  
 I sort of agree, however...  
 In my view...  
 I would challenge what...  
 said because ...

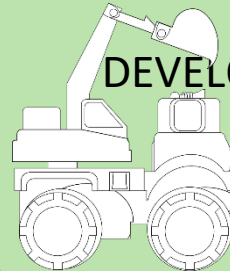
AGREE



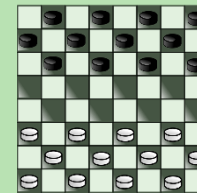
DISAGREE



DEVELOP



CHALLENGE



ALTERNATE  
IDEA



“A condom is the most effective form of contraception”

Start with this card....

THOUGHTS & FEELINGS

Or these cards....



There is evidence that...	Surely...	I'm not convinced that...	I understand that, but...	I'm not sure I understand, please could...	So, are you saying that...	In my opinion...	I think...
Therefore..	Clearly...	Yes, but on the other hand...	Perhaps...	So, you think that...	Does this mean...	I disagree...	I would contest...
Consequently...	Obviously..	Something else to consider is..	I wonder if...	So if...does this mean that...	Why do you think that...	I partially agree...	Unlike...

STRONGLY DISAGREE                      DISAGREE                      AGREE                      STRONGLY AGREE

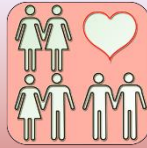


**Task 1:** Discuss / Debate with your partner your own personal views towards this statement /idea  
**Extension:** Can you think of specific examples of recent events that would support this statement and other specific examples that would go against this statement.



2-3 Minutes

# LEARNING OUTCOMES



# STOP!





**Let us review our learning outcomes for this lesson**  
**Knowledge, Skills & Actions**

**PAIR & SHARE**

ASSESSMENT FOR LEARNING

## Confidence Checker



AFTER THE LEARNING	1	2	3	4	5	6	7	8	9	10
		NOT CONFIDENT				CONFIDENT			VERY CONFIDENT	
I understand how to overcome obstacles to condom use										
I am able to explain all the steps to using a male condom										
I can explain the different intended uses for flavoured and non-flavoured condoms										



Complete the confidence checker of where you think you are at for this lesson (Discussion or complete sheet)



**3 Minutes**



I'm not confident at all



I'm getting more confidence



Confident



Very confident



Super confident



IMPORTANT INFORMATION

# SEEKING SUPPORT

Enjoy the lesson, Challenge your perceptions and understand how to seek further advice and support

IMPORTANT INFORMATION

FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS OR HEAD OF YEAR, TRUSTED ADULT OR FRIEND IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW - IT IS ALWAYS IMPORTANT TO TELL SOMEONE!

VISIT THE BROOKE WEBSITE <https://www.brook.org.uk/> FOR ADDITIONAL SUPPORT ON SEXUAL HEALTH AND WELLBEING FOR UNDER 25s

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- some pharmacies
- a sexual health clinic (GUM clinic)
- a contraception clinic
- some young people's services - call the national sexual health helpline on 0300 123 7123 for details
- Brook centers - for under-25s
- GP surgeries
- NHS Website <https://www.nhs.uk/live-well/sexual-health/>



2 Minutes

SIGNPOSTING SUPPORT

HELP & SUPPORT SERVICES

FURTHER INFORMATION





# REFLECTION PLENARY

I know if I need further support or help I could speak to.... or contact...

Before I could/would say and do ... but now I feel I am able to say

Before I only knew ... now I also know ...

I supported others by...

One thing I didn't realise was... now I know that...

The key words for this lesson are...

I always knew ... but now I can see how it connects to...

The most important thing I have learnt today is...

I'm really proud of the way I have...

I used to feel ... but I now feel ..

I would like to learn...

A question I would like to ask is...

Before I thought that ... but now I realise..

One assumption of mine that was challenged

Today I have tried to...

Next lesson I would like to..

Before I would have done... Now I will ...

Before I would have said ... but now I will say...

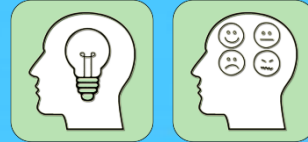
A problem I overcame today was...

2 Minutes



**REFER TO MINDFULNESS**

**▶▶▶ POWERPOINT**



Time for a little something extra?

?? Minutes

