

Middle School FLASH Lesson 6
Condoms to Prevent HIV and Other STDs
30 Minute, Zoom-Friendly P.E. Lesson

Learning Objectives:

1. Describe how condoms can reduce the risk of HIV and other STDs.
2. Describe how condoms can reduce the risk of pregnancy.
3. Describe the steps to using a condom correctly.

PowerPoint:

<https://docs.google.com/presentation/d/1pxsFGtqHsODfaULoXD9689968Mu8KGCLYVUHPAkP5bc/edit?usp=sharing>

Flippity: https://www.flippity.net/ma.php?k=1d9A2o-BSp7E708JM7g8X_fseEtf8-J-o1wWw8IY4Y9A

5 minutes	<p><u>Introduction</u></p> <p><i>Review Group Agreements and provide Anonymous Questions link.</i></p> <p>Today we are going to learn about condoms. A condom is a thin, stretchy piece of rubber made to fit over a penis to prevent pregnancy and STDs. They are used for vaginal, anal or oral sex with a penis. They work by catching the semen inside the condom, so neither person gets the other person's fluids in their body.</p> <p>It's important for everyone to learn how to use condoms whether they need the information now or won't need it until the future. It's important even if people think they will never need condoms. It's important for everyone to learn about condoms even if they think they will never need them so they can help educate their friends and family about them.</p> <p><i>Create a Zoom Poll, Poll Everywhere, Etc, or have students vote in the chatbox. Have students select what they think is most important reason to use condoms.</i></p> <p>(SLIDE) Most teens who have vaginal sex use condoms. Pick the reason you think is most important.</p> <ol style="list-style-type: none">a. Using condoms helps prevent pregnancy.b. Using condoms helps a person not get or give an STD.c. Using a condom helps show care and concern for your partner.d. Using a condom shows that you are mature.e. Condoms are birth control that men can use. <p><i>Ask for a couple students to explain why they chose their answer.</i></p> <p>(SLIDE) Actually, over 95% of sexually active teen couples have used condoms for vaginal sex. In fact, more teens use condoms than adults!</p> <p>What are some other benefits of condoms/ why would people choose to use them?</p> <ul style="list-style-type: none">• <i>Because condoms are easy to get</i>• <i>Because condoms are free or cheap</i>
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<p>4 minutes</p>	<p><u>Condom Demonstration Video</u> (SLIDE) We are going to watch a video demonstrating how to use a condom correctly. Then, as a class, we are going to put the steps to using a condom in the right order. Play The Video (3:11) https://youtu.be/pnKHltDJkSo</p>
<p>6 minutes</p>	<p><u>Condom Steps Line Up</u> (SLIDE) Condoms are really easy to use. There are just a few simple steps to learn. It's important to learn the steps because there are a few common mistakes that people make that sometimes cause condoms to break or come off. When people know how to use condoms correctly, they almost never break or come off. Let's go over the steps, so you can all learn them. Screenshare Condom Steps Flippity: https://www.flippity.net/ma.php?k=1d9A2o-BSp7E708JM7g8X_fseEtf8-J-o1wWw8IY4Y9A Ask for a volunteer to share the first step, or have the class share in the chatbox. Drag the step to the correct order. Continue with the second step, and so on. Correct Order:</p> <ol style="list-style-type: none"> 1. Check expiration date 2. Carefully open package 3. Pinch tip of condom 4. Roll condom down erect penis 5. Sex - with condom 6. Ejaculation - with condom 7. Hold condom onto penis while pulling out 8. Take condom off penis 9. Throw condom in the garbage
<p>15 minutes</p>	<p><u>Condom Solutions</u> You have had a chance to learn why condoms are important and how to use them. I have also told you that most teens use them for vaginal sex. But, sometimes people's plans don't work out and they end up not using condoms, or they only use them some of the time. We are going to work together on coming up with solutions to this problem.</p> <p>Read the scenario or have a volunteer read. Then ask the class to suggest solutions out loud or in the chatbox.</p> <p><u>Scenario 1</u> (SLIDE) Aiden wants to use condoms, but he feels embarrassed to go to the store to buy them, and embarrassed about what his friends will think if he has condoms. Do you have any ideas about how Aiden can overcome these problems so that he can use condoms? Allow students to make suggestions.</p> <p>(SLIDE) Let's look at the problem in this scenario and some possible solutions. Problem - People feel embarrassed to get condoms.</p> <ul style="list-style-type: none"> • Have a friend or family member get condoms for you. • Buy condoms at self-checkout. • Get condoms from bathroom at clinic (more private). <p>(SLIDE) Problem - People feel embarrassed about what friends and family will think.</p>

- Keep condoms somewhere private when you carry them.
- Have friends carry condoms too.
- Tell yourself it is really important to be prepared by having condoms with you.
- Tell your parents if they don't already know, so you don't have to worry about the surprise or embarrassment of parents finding them.

Scenario 2

(SLIDE) Savannah wants to use condoms, but she doesn't know how to bring up the subject with her boyfriend. **How can she tell her boyfriend she wants to use condoms? What should she do if he doesn't want to use condoms?**

(SLIDE) Problem - Partner doesn't want to use condoms.

- Explain to your partner why it's important to you to use condoms.
- Talk about using condoms with your partner when you are not making out.
- Make sure you bring condoms, instead of relying on your partner to bring them.
- Choose not to have sex until your partner agrees to use condoms.

(SLIDE) Problem - People are nervous to talk with partner about using a condom.

- Write a note or send a text instead of talking in person.
- Practice what you would say to your partner with a friend first.
- Bring up the subject of condoms by talking about a couple from TV.

Scenario 3

(SLIDE) CJ believes in using a condom every time. But, CJ has not always had a condom available when needed. **What ideas do you have that would help CJ always have a condom available?**

(SLIDE) Problem - People don't have condoms with them when they need one.

- Think of a few places you could easily keep condoms with you all the time.
 - *Condoms can be damaged if kept in hot/cold conditions or from friction if held in a backpack/wallet for a long period of time*
- Find out where you can buy or get condoms in your community.
- **(SLIDE)** Mention a few places where condoms are available

Scenario 4

(SLIDE) James isn't planning to have sex until he is much older, but it doesn't seem to him like sex with a condom would feel very good. **Once James starts having sex, what solutions can you think of to help him with this concern?**

(SLIDE) Problem - People are concerned that condoms might not feel as good.

- Try different brands of condoms to find the one that feels best.
- Use lubricant.
- Remind yourself that most people use condoms and don't mind the way they feel.

Daily Log:

1. How do condoms reduce the risk of pregnancy and STIs?

	<p>a. <i>They prevent skin-to-skin contact and fluid from being spread from one person to another.</i></p>
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