

## theme 4

### contraception, condoms and the Somerset c-card

#### Learning intention:

To understand and explore information about contraception; to understand the correct use of condoms and their role in preventing unwanted pregnancy and sexually transmitted infections (STIs), and improving or creating awareness of the Somerset C-Card service.

#### Learning outcomes:

- To know about why contraception is used.
- To know how to use a condom correctly.
- To know how condoms might prevent unwanted pregnancy or transmission of STIs.
- To know how to access free contraception in Somerset.
- To know about the Somerset C-Card free condom scheme.

#### Resources:

1. Pens and paper
2. Large poster sized paper and a selection of coloured marker pens
3. White board or flip chart
4. Access to projector/white board for PowerPoint presentation (sound required)
5. 'Risk calculators' created as described on [page 5](#)
6. PowerPoint presentation: [Condoms and C-Card](#)
7. Condom demonstrator and condoms

#### Printing/photocopying:

1. One printed copy of this pdf document
2. Print/photocopy enough copies of the [warm up quiz](#) for one copy per pair of pupils
3. Print/photocopy enough copies of the [contraceptive failure rate sheet](#) for one per pupil (or display on screen)
4. Print/photocopy enough copies of the [C-Card PowerPoint print out](#) for one per group of 2-4 pupils
5. Print/photocopy enough copies of the [how to use a condom sheet](#) for one per group of 2-4 pupils (or display on screen)
6. Print and laminate the cards: ['Yes', 'No' and 'Depends'](#)

## theme 4

### theme overview

The following list represents the suggested learning pathway for this theme - it may be delivered in one or more lessons.

**Working agreement/ground rules:** remind the class of their agreed ground rules from the first session.

**Introduction:** explain to the group that this session will be about different methods of contraception. Explain that once you become sexually active, contraception allows you to choose when and if you want to have a baby. Some forms of contraception also provide protection against sexually transmitted infections (STIs).

There are several types of contraception, which work in different ways. Barrier methods, such as male and female condoms, create a physical barrier against sperm. Women can also use hormonal methods of contraception, such as the pill, or mechanical contraceptive devices, such as an IUD (intrauterine device) that is placed in the womb.

As condoms (both male and female) are the only form of contraception that also provide protection from STIs, it is recommended that condoms are used to prevent both unwanted pregnancy and transmission of infections. The session will, therefore, concentrate on this method of contraception and will also discuss how young people living in Somerset can access free advice, contraception and condoms.

1) **Warm up activity** - condom quiz, distribute and ask the group to work in pairs. Explain that it is a fun quiz and they are not expected to know all of the answers! Read out and discuss the correct answers.

2) **Predicting pregnancy risk activity**

3) **Design a poster or information leaflet for condoms and the Somerset C-Card**

4) **Making decisions about condom use**

5) **Feedback/evaluation**

## theme 4 activity 1

|   |  |  |  |
|---|--|--|--|
| <b>1. What were the first condoms made of?</b>  |  | <b>9. How effective are condoms at preventing pregnancy if used consistently and correctly?</b>  |  |
| Sheep's intestines  |  | 50%  |  |
| Fish skins  |  | 100%   |  |
| Rubber  |  | Nearly 100%  |  |
|   |  | Nearly 50%   |  |
| <b>2. Do condoms provide total protection against all sexually transmitted diseases?</b>          |  |  |  |
| No  |  | <b>10. How often can a condom be used?</b>   |  |
| Yes   |  | More than once if it's washed  |  |
|   |  | Only once  |  |
| <b>3. Where does latex come from?</b>   |  | More than once if it's with the same person  |  |
| Fish  |  |  |  |
| Trees   |  | <b>11. How long do condoms keep in an unopened package from manufacture?</b>   |  |
| Oil   |  | Six months   |  |
|   |  | Two years  |  |
| <b>4. How many sizes of condoms are there?</b>  |  | Four years   |  |
| Regular and large   |  |  |  |
| Many different sizes  |  | <b>12. British people occasionally call condoms 'French letters' but what do the French nickname them?</b>   |  |
| One size fits all   |  | English raincoats  |  |
|   |  | English curses   |  |
| <b>5. Some viruses (like HIV) are so small that they can pass through latex.</b>                  |  | English gloves   |  |
| True  |  |  |  |
| False   |  | <b>13. Female condoms were invented in 1992 and can be used to line the vagina during sex. How long are they?</b>  |  |
|   |  | Approximately 8cm long   |  |
| <b>6. An elastic band and cling-film is just as good as a condom.</b>                             |  | Approximately 11cm long  |  |
| True  |  | Approximately 15 cm long   |  |
| False   |  |  |  |
|   |  | <b>14. Reputable manufacturers put their condoms through stringent tests for holes and flaws. How much air should a quality condom hold when it is blown up?</b> |  |
| <b>7. If you are under the age of consent, you must have your parents consent to use condoms.</b> |  | At least 5 litres  |  |
| True  |  | At least 10 litres   |  |
| False   |  | At least 25 litres   |  |
|   |  |  |  |
| <b>8. What are the best lubricants to use with latex condoms?</b>                                 |  |  |  |
| Water based   |  |  |  |
| Oil based   |  |  |  |
| Both  |  |  |  |

## theme 4 activity 1 - answers

|  |          |
|--|----------|
| <b>1. What were the first condoms made of?</b>   |          |
| Sheep's intestines   | <b>X</b> |
| Fish skins   |          |
| Rubber   |          |
|  |          |
| <b>2. Do condoms provide total protection against all sexually transmitted diseases?</b>   |          |
| No   | <b>X</b> |
| Yes  |          |
|  |          |
| <b>3. Where does latex come from?</b>  |          |
| Fish   |          |
| Trees  | <b>X</b> |
| Oil  |          |
|  |          |
| <b>4. How many sizes of condoms are there?</b>   |          |
| Regular and large  |          |
| Many different sizes   | <b>X</b> |
| One size fits all  |          |
|  |          |
| <b>5. Some viruses (like HIV) are so small that they can pass through latex.</b>   |          |
| True   |          |
| False  | <b>X</b> |
|  |          |
| <b>6. An elastic band and cling-film is just as good as a condom.</b>  |          |
| True   |          |
| False  | <b>X</b> |
|  |          |
| <b>7. If you are under the age of consent, you must have your parents consent to use condoms.</b>  |          |
| True   |          |
| False  | <b>X</b> |
|  |          |
| <b>8. What are the best lubricants to use with latex condoms?</b>  |          |
| Water based  | <b>X</b> |
| Oil based  |          |
| Both   |          |
|  |          |
| <b>9. How effective are condoms at preventing pregnancy if used consistently and correctly?</b>  |          |
| 50%  |          |
| 100%   |          |
| Nearly 100%  | <b>X</b> |
| Nearly 50%   |          |
|  |          |
| <b>10. How often can a condom be used?</b>   |          |
| More than once if it's washed  |          |
| Only once  | <b>X</b> |
| More than once if it's with the same person  |          |
|  |          |
| <b>11. How long do condoms keep in an unopened package from manufacture?</b>   |          |
| Six months   |          |
| Two years  |          |
| Four years   | <b>X</b> |
|  |          |
| <b>12. British people occasionally call condoms 'French letters' but what do the French nickname them?</b>   |          |
| English raincoats  | <b>X</b> |
| English curses   |          |
| English gloves   |          |
|  |          |
| <b>13. Female condoms were invented in 1992 and can be used to line the vagina during sex. How long are they?</b>  |          |
| Approximately 8cm long   |          |
| Approximately 11cm long  |          |
| Approximately 15 cm long   | <b>X</b> |
|  |          |
| <b>14. Reputable manufacturers put their condoms through stringent tests for holes and flaws. How much air should a quality condom hold when it is blown up?</b> |          |
| At least 5 litres  |          |
| At least 10 litres   |          |
| At least 25 litres   | <b>X</b> |

## theme 4 activity 2

### predicting pregnancy risk

*Prepare the following materials before the session.*

**'Risk' calculators:**

- 200 coloured counters or marbles (you could use sweets such as M&Ms if you wanted to add a fun and edible element) but you need 100 of one colour (A) and 100 of a second colour (B). Whatever you use they must feel identical (same shape, size, texture).
- Two opaque containers.
- Count 85 counters/sweets of the first colour (A) and 15 of the second colour (B) in to one of the containers and mark this "sex without contraception."
- Put 85 of the second colour (B) and 15 (A) of the first colour in the remaining container and mark this "sex with a condom".
- The first colour (A) represents an unplanned pregnancy.
- You could change the number of counters, but you must keep the proportions the same i.e. 20 counters of each colour = 17:3 & 3:17 (40 = 34:6/6:34, 60 = 51:9/9:51, 80 = 68:12/12:68).

Explain to the group that this activity is designed to demonstrate how likely it is to that a couple will conceive if they have unprotected sex.

1. Discuss with the group whether or not they know how risky sexual intercourse without contraception can be. Explain that this exercise will focus on the pregnancy risk associated with **unprotected** sex.
2. Ask the participants to imagine 100 heterosexual couples who are having sex regularly for one year. How many of those couples would they predict would be pregnant by the end of the year if they did **not** use contraception? Record their guesses on the whiteboard/flip chart.
3. Display the container marked "sex without contraception" and explain that the counters/sweets in the container represent the exact proportion of pregnancy that is risked by unprotected intercourse.
4. Show the group one of the markers (A) that represent "pregnancy" and one of those that represent "no pregnancy" (B).
5. Ask each participant to draw a counter from the bag, without looking.
6. Ask the participants to look at their counter and stand up/hold their hand up if they have drawn a pregnancy counter 'A'.
7. Count up how many of the group have drawn an 'A' counter and explain that this represents a pregnancy... which means that if each of the people who has drawn one of these counters represents a couple who have been having unprotected sex this is how many of them would be pregnant by the end of the year.

*(Continued....)*

## theme 4 activity 2

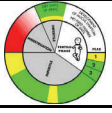











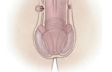
### predicting pregnancy risk

8. Emphasize that 85 out of 100 couples having sex without contraception for a year would get pregnant.
9. Now ask the group to predict how many couples having sexual intercourse for a year would become pregnant if they *did* use contraception – ask them to guess for whichever contraceptive methods they are familiar with.
10. Record their guesses on the board/flipchart.
11. Repeat the process with the container of counters representing "sex with a condom". Ask participants to draw a counter from this bag and hold it up. Count how many drew an unplanned pregnancy this time.
12. Point out that contraception makes a big difference. Only 15 out of 100 couples who have sex for a year get pregnant if they use a condom (and that rate would be even lower if they used the condom correctly every time).
13. Explain to the group that the performance of a contraceptive method is measured by its failure rate: the number of pregnancies occurring in people using the method for a year.
14. Display or hand out the chart of contraceptive failure rates and discuss the different failure rates - ask the group to find the most and least effective methods of contraception.
15. Point out that the chart shows two different types of failure rate – one showing how effective the method is if it is used perfectly – for example male condoms show a failure rate of only 2% when used perfectly.
16. Discuss with the group what might cause the difference between the two rates – for example, contraceptive implants have the same failure rate in both groups – why might this be?
17. If time permits, you could ask the group to try drawing a counter out of the bag for different contraceptive methods by changing the proportions to match the user failure rates.
18. It is important to point out that whilst this activity focuses on pregnancy risk, and therefore heterosexual sex, the risk of STI transmission is also important, so the content is relevant no matter what a person's sexuality may be.
19. If you have used sweets, allow the group to eat them!

#### Note for teachers about failure rate comparisons

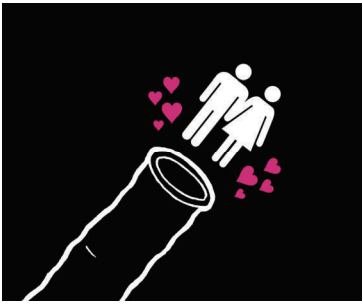
*It is important to consider the influence of user 'competence' on contraceptive failure rates. The reason methods such as the contraceptive implant have the same 'typical' use and 'perfect' use failure rates is because, once administered, they require no further input from the user. The contraceptive pill is extremely effective when used perfectly, however, user failure, such as forgetting to take a pill, makes it less effective. It would be helpful to get the group to think about some of the things that might make condom use less effective - this will be covered in greater detail in the rest of this theme.*

## Failure rates for contraceptive methods available in the UK

| Method  |   | Percentage of women experiencing an unintended pregnancy within the first year of use |                                 |
|---|---|---|---------------------------------|
|   |   | Typical use<br>(user failure)   | Perfect use<br>(method failure) |
|   | No method   | 85%   | 85%                             |
|    | Natural family planning                                     | 25%   | 1–9%                            |
|    | Oral contraceptives – ‘the pill’ (combined or ‘mini’ pills) | 8%  | 0.3%                            |
|    | Injectable contraception (Depo)                             | 3%  | 0.3%                            |
|    | Contraceptive implant                                       | 0.05%   | 0.05%                           |
|   | Contraceptive patch   | 8%  | 0.3%                            |
|  | Copper intrauterine device (IUD)                            | 0.8%  | 0.6%                            |
|  | Intrauterine system (IUS)                                   | 0.1%  | 0.1%                            |
|  | Diaphragm plus spermicide                                   | 16%   | 6%                              |
|  | Cervical cap plus spermicide                                | 32% to 16%  | 20% to 9%                       |
|  | Female condom (without spermicide)                          | 21%   | 5%                              |
|  | Male condom (without spermicide)                            | 15%   | 2%                              |
|   | Withdrawal  | 27%   | 4%                              |
|  | Female sterilization  | 0.5%  | 0.5%                            |
|  | Male sterilization  | 0.15%   | 0.10%                           |

## theme 4 activity 3

### design a poster or information leaflet for condoms and the Somerset c-card



Split the class into small working groups of 2-4. Assign each group to a task (1, 2 or 3 below) and explain that their aim is to produce either a leaflet or a poster for people of their own age about their topic area.

1. How to use a condom correctly.
2. What NOT to do when using a condom.
3. Important information about the C-Card

Show the class the [condom and c-card PowerPoint](#), explaining that it contains the information they need to produce their poster/leaflet and will be available as a handout. (N.B. this PowerPoint includes video and sound.)

Give the groups [handouts of the PowerPoint](#) and the [sheet demonstrating correct condom use](#).

Allow the pupils plenty of time to make their leaflets/posters.

Ask for one group from each topic area to show their work to the class as a whole.

Discuss the finished products and, if possible, pin them up.


#### Condom demonstration

If you are confident to, demonstrate correct condom use using a condom demonstrator and condoms (there is a slide and short video clip on the PowerPoint to illustrate this). If you have not demonstrated condom use before then it can be helpful to practice beforehand. Alternatively, ask a confident student to follow your instructions to do the demonstration. Ask another willing pupil to do this exercise blindfolded, and/or to deliberately get it wrong (demonstrating what happens when you try to roll a condom on the wrong way, for example).

#### Process the activity with the pupils

- Which things did they think it was most important for young people to be made aware of?
- Did the different groups dealing with the same topic areas agree about what was most important?
- What, if anything, did they learn from 'getting it wrong'?
- Would they feel more confident about using a condom now?
- Would they feel more confident about asking for a C-Card?






**Somerset C-Card**  
for young women & men in Somerset

For confidential advice,  
information and free condoms  
join the Somerset C-Card

# CONDOMS

A guide to condoms and the  
Somerset C-Card






**Somerset C-Card**  
for young women & men in Somerset

## What are condoms used for?


- They are a *barrier* method of contraception
- They can prevent sexually transmitted infections (STIs) as well as pregnancy



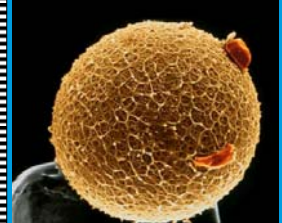


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## What's a barrier method?




Human sperm



Human egg






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## What are condoms?

- Condoms are made of latex (rubber) or polyurethane (plastic) and this acts as a barrier to prevent sperm meeting an egg
- Condoms can also prevent bacteria and viruses spreading from one person to another
- There are **male** and **female** condoms





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### Male Condoms

Available in:

- ♥ Different sizes
- ♥ Different colours
- ♥ Different flavours
- ♥ Different textures (ribbed, dotty)






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### Female Condoms

- ♥ Often non-latex
- ♥ Can therefore be used with any lubricant, including oil-based
- ♥ Can be put in at any time before sex







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### How are male condoms used?

- Male condoms fit over a man's erect penis
- They should be used *before* any close genital contact
- Once the man has 'come' but before the penis goes soft, he must withdraw holding the condom firmly in place to avoid spilling any sperm
- The condom is then removed and should be disposed of carefully and responsibly





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for young women & men in Somerset

### How to put on a condom



video clip



### How to use a condom



1. Check that the condom foil is intact, that it is within the expiry date and that it has the BSI Kitemark and CE mark. Tear along one side of the foil making sure that you do not damage the condom with sharp fingernails or jewellery as you squeeze the condom out.



2. Put the condom on when the penis is erect, but before contact with your partner as fluid is often released in the early stages of an erection. This may cause pregnancy or pass on an infection.



3. Hold the condom tear between the thumb and finger making sure the condom is the right way for unrolling. This expels air from the tear reducing the chance of it bursting.



4. Using your other hand unroll the condom down the entire length of the penis, while still holding the tear. Make sure the condom stays in place during sex. If the condom should come off then open a new condom and put it on before continuing sex. If this happens, the female should attend for post-coital contraception as a precaution against unintended pregnancy.



5. After ejaculation make sure you hold the base of the condom in place as you withdraw. Only when the penis is completely withdrawn can you remove the condom. Make sure you keep the penis and used condom away from the vagina and anus.




6. After use make sure you dispose of the condom hygienically. Wrap it in tissue and place it in a waste bin. Do not flush it down the toilet.

### Somerset C-Card

for young women & men in Somerset

### How are female condoms used?



- Female condoms are put into the vagina and line it loosely when in place
- The closed end of the condom is inserted high into the vagina
- The open, outer ring lies just outside the vagina
- After sex the condom is removed by twisting the outer ring to keep the sperm inside and pulling it out
- It should be disposed of carefully and responsibly

### Somerset C-Card

for young women & men in Somerset

### How reliable are they?


- That depends on how carefully they're used... when used according to instructions male condoms are 98% effective
- This means that using this method, two women in 100 will get pregnant in a year
- Female condoms are 95% effective – can you work out how many women in 100 will get pregnant in a year when using this method?

### Somerset C-Card

for young women & men in Somerset

### Advantages:

- Very effective
- Easily available
- Only need to use them when you have sex
- Help to protect against many STIs, including HIV







Somerset C-Card

for young women & men in Somerset

### Disadvantages:

- Can interrupt sex
- Male condoms can slip off or split if used incorrectly
- When using the female condom care is needed to ensure the penis goes inside the condom and not down the side of the condom and the vagina
- Some people are sensitive to the chemicals in latex condoms, although this is not common
- Oil-based lubricants, such as body oils or lotions, should not be used with latex condoms










Somerset C-Card

for young women & men in Somerset

### Important to know

- Novelty condoms are designed for fun and should *not* be used for contraception or STI protection
- Check the packet before use
- Look out for these symbols – they show that condoms have been made to safe standards








Somerset C-Card

for young women & men in Somerset

### Where can you get condoms?

- They're free from the NHS and are available from contraception and sexual health (C&SH) clinics, genitourinary medicine (GUM) clinics and some general practices (GPs)
- They can be bought from pharmacies, supermarkets, vending machines and via mail order
- Young people in Somerset can get free condoms by signing up to the C-CARD






Somerset C-Card

for young women & men in Somerset

### What is the C-Card?

- The Somerset C-Card is a totally free service offering condoms and sexual health information
- It is available to all young people in Somerset





# Somerset C-Card

for young women & men in Somerset

## How do you get one?

- To join the C-Card all you have to do is visit an Issue Point and have a chat with a C-Card issuer
- You can find out where your nearest Issue Point is by looking on the internet, by checking out the Sex Directory, or by asking anywhere you see the C-Card logo

2008-09  
**Sex Directory**  
Sexual health services in Somerset

# Somerset C-Card

for young women & men in Somerset

You can get information and find out about issue points from the Somerset C-Card website [somersec-card.org.uk](http://somersec-card.org.uk)

No names, no judgements, no problem.

[Hide my visit](#)

**Welcome**

How to Use the C-Card

Issue Point

Sexually Transmitted Infection Information

Ready or Not?

The Sex Directory

Posters and Other Media

Contact Us

Useful Links

Site Map

**Welcome to the Somerset C-Card**

The C-Card (Condom Card) is a totally free and confidential service for young people. Drop in and speak to a trained C-Card issuer where you will get free, confidential information.

Sign up if you think the Somerset C-Card is for you. Get your free starter pack from anyone operating the C-Card.

If you haven't seen the issue point sign around and would like to know where to go in your area visit the [Issue Point](#) page.

To find out more about the C-Card and how it works see [How to Use the C-Card](#).

# Free Contraception & Sexual Health Services

for young women & men in Somerset

Home

Local Services

C-Card

Chlamydia

Other STIs

Pregnant?

Looking After Yourself

Sexual Identity

Links

**C&SH**

Welcome to the C&SH website that is especially for young people in Somerset.

We aim to ensure that you are able to find out the information you need as simply as possible, whether it is an emergency or you are just browsing.

Please let us know if you feel we need to make any changes to this website by clicking on the 'Can't find what you want' button below.

If you have not received the service you needed from any sexual health services in Somerset then please get in touch with the PALS service. They aim to help sort out any problems or concerns you may have when using health services. Email: [pals@somersetpct.nhs.uk](mailto:pals@somersetpct.nhs.uk)

**NEWS**

Check out the first ever mobile drama for young people called *Thumbin*. You can download the drama for free at [www.thumbin.co.uk](http://www.thumbin.co.uk)

**Can't find what you want? click here**

Designed by The Paper Crane Built by Somerset Design

**Website: [www.somersecsh.co.uk](http://www.somersecsh.co.uk)**

You can do a postcode search at [www.ruthinking.co.uk](http://www.ruthinking.co.uk)

For free confidential advice call 0800 28 29 30

HOME

LAD PAD

LADY LOUNGE

THE FACTS

AV?

**Visit the Lad Pad**

**Visit the Lady Lounge**

**What do you want to know?**

Enter your search

SEARCH


**Popular pages**

- Condoms
- STIs
- Pregnant
- Safer Sex
- Chlamydia
- Visit a GUM clinic
- Contraception
- The Pill
- Body Politics

**Take our survey**

We've moved in, what do you think of our new site?

What do you think of the new RU Thinking site? Tell us now (BTW - you don't need to give any personal details)




Or you can do a postcode search at  
[www.condomessentialwear.co.uk](http://www.condomessentialwear.co.uk)

## Somerset C-Card

for young women & men in Somerset

FREE AND CONFIDENTIAL  
SEXUAL HEALTH SERVICE  
0800 567 423  
[click here for emergency info...](#)

find your nearest clinic  
search site



### CONDOM essential wear

HOME  
GET YOUR FACTS RIGHT  
ALL ABOUT PROTECTION  
HOW MUCH DO YOU KNOW?  
GOT A QUESTION?  
WHERE TO GET HELP

## FIND YOUR NEAREST CLINIC

RESULTS  
Results 1 - 10 of 4350

| Name  | Address  | Town        | County   | Postcode | Telephone   | Distance |
|---|--|-------------|----------|----------|---|----------|
| 1. C-Card Point - Mendip Centre                 | Beckery New Road                                 | Glastonbury | Somerset | BA6 9NS  | 01458 835364  | 2.69 m   |
| 2. Young Adults' Drop-in                        | Glastonbury Surgery Feversham Lane               | Glastonbury | Somerset | BA6 9LP  | 01458 833666  | 2.80 m   |
| 3. C-Card Point - Glastonbury Surgery           | Feversham Lane                                   | Glastonbury | Somerset | BA6 9LP  | 01458 834851  | 2.80 m   |
| 4. C-Card Point - Somerset County Youth Service | Glastonbury Young Peoples Centre Benedict Street | Glastonbury | Somerset | BA6 9EX  | 01458 832913  | 2.96 m   |
| 5. Glastonbury Clinic                           | The Health Centre, 1 Wells Road                  | Glastonbury | Somerset | BA6 9DD  | 01823 346940 any time or 01458 837257 during clinic hours | 3.13 m   |
| 6. C-Card Point - Robert Gannon Trust           | 3 Silver Street                                  | Glastonbury | Somerset | BA6 8BS  | 01458 833797  | 3.14 m   |
| 7. C-Card Point - Wrode College                 | Church Road                                      | Street      | Somerset | BA16 0AB | 01458 844400  | 3.39 m   |
| 8. Street Young People's Clinic                 | Youth Centre Strode Road                         | Street      | Somerset | BA16 0AS | 01458 442452 / 0774891726 - clinic                        | 3.42 m   |




## Somerset C-Card

for young women & men in Somerset

# What happens then?

- They will tell you how the C-Card works and, if you're up for it, they will offer to sign you up
- You will then be shown the different types of condoms you can get free with the C-Card








## Somerset C-Card

for young women & men in Somerset

# What else happens?

- The issuer will talk you through
  - How to use a condom correctly
  - Give you some information about sexually transmitted infections, unplanned pregnancy and how to avoid them
  - Let you know what to do and where to go if your condom splits or if you didn't use one
  - Tell you where else you can go to get free condoms and other sexual health services
  - Give you the chance to ask any questions you may have about sex and relationships





## Somerset C-Card

for young women & men in Somerset


# Do you get given condoms straight away?

Yes, you'll be given:

- A credit card sized C-Card or a C-Card key-ring fob
- A starter wallet containing some condoms and some other useful information











### Somerset C-Card

for young women & men in Somerset

## What happens after that?

- You can get further supplies of condoms from any of the many places running the C-Card scheme throughout Somerset
- You just show your C-Card or key fob and tell the supplier what type of condom you want
- You are then given a supply of condoms - enough to last until your next visit









### Somerset C-Card

for young women & men in Somerset

## How often can you use the C-Card?

- Your card can be used at any of the places running the C-Card up to **TEN** times
- You will then be asked if you would like to renew your card – you can do this by talking with a C-Card issuer who will have a quick chat with you to make sure everything is going okay








### Somerset C-Card

for young women & men in Somerset

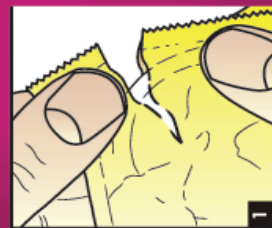
## FAQs

- **Is the service confidential?**
  - Yes, the information you give is seen only by C-Card issuers and the team who run the scheme - it is not given to anybody else. In fact, you can give a false name if you want to.
- **Do you have to prove you're 16 to get a C-Card?**
  - No, you do not have to prove your age to get a C-Card (nor are there any age restrictions on buying condoms).
- **Can females get male condoms?**
  - Yes, most females using the C-Card ask for male condoms... it's entirely up to you which type you have.
- **Is it embarrassing?**
  - By joining the C-Card you can be sure that you are getting help and support from people who are experienced in talking about sex and condoms – they won't be embarrassed so you don't need to be either!

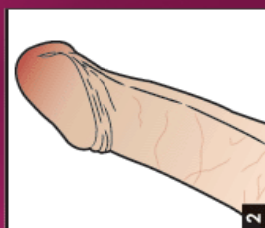




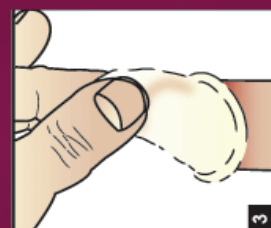
# How to use a condom



1. Check that the condom foil is intact, that it is within the expiry date and that it has the BSI Kitemark and CE mark. Tear along one side of the foil making sure that you do not damage the condom with sharp fingernails or jewellery as you squeeze the condom out.



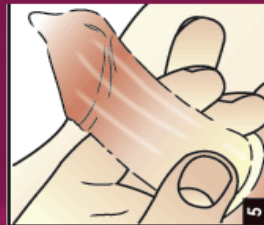
2. Put the condom on when the penis is erect, but before contact with your partner as fluid is often released in the early stages of an erection. This may cause pregnancy or pass on an infection.



3. Hold the condom teat between the thumb and finger making sure the condom is the right way for unrolling. This expels air from the teat reducing the chance of it bursting.



4. Using your other hand unroll the condom down the entire length of the penis, while still holding the teat. Make sure the condom stays in place during sex. If the condom should come off then open a new condom and put it on before continuing sex. If this happens, the female should attend for post-coital contraception as a precaution against unintended pregnancy.



5. After ejaculation make sure you hold the base of the condom in place as you withdraw. Only when the penis is completely withdrawn can you remove the condom. Make sure you keep the penis and used condom away from the vagina and anus.



6. After use make sure you dispose of the condom hygienically. Wrap it in tissue and place it in a waste bin. **Do not flush it down the toilet.**



## theme 4 activity 4

### making decisions about condom use

Explain to the pupils that they will now have the opportunity to use the things they have learned to make decisions about when to use condoms. Tell them that they will be asked their opinions about whether or not a "case study couple" should use condoms. Let them know that their answers will be private unless they feel comfortable sharing them with the group.

- Each pupil will need some paper and a pencil. Ask the pupils to make a column of numbers on the left-hand side of the page, from one to six.
- Also have the three laminated cards "Yes," "No," and "Depends" to hand.

#### Present the case study and questions:

Read out the following scenarios and their associated questions. Ask the pupils to answer each question by writing either "yes," "no," or "depends" on their paper next to the number for each question. Tell them that if they choose "depends," they should write a brief explanation about why they chose that response.

1

*Adam and Zoe have been together for several months. They don't know about each other's sexual histories, but both assume the other has never had sex (or at least unprotected sex) with anyone else. They haven't talked about it yet, but they are both interested in having sex. **Do you recommend Adam and Zoe use condoms?***

2

*Sarah and Mike are new partners. One of them has had unprotected sex with three other people, one of these three people is known for "sleeping around," (having sex with a lot of people). **Do you recommend Sarah and Mike use condoms?***

3

*Chloe and Craig have both had previous partners. They decide to be monogamous (stay faithful to each other) and to get tested for STIs including HIV. They are told that they don't have any STIs but, since the time it takes for HIV antibodies to develop in response to HIV in the body is three months, they are advised not have sex OR that they use condoms every time they have sex for three months. After that time, they can be retested and will know for sure whether or not they are infected with HIV. **Do you recommend Chloe and Craig use condoms?***

4

*Graham and Steve have been together for two years. They are both each other's only sexual partner and they have always been faithful to each other. **Do you recommend Graham and Steve use condoms?***

## theme 4 activity 4

### making decisions about condom use

5

*Meg and Robbie meet at a party, they've had a few drinks and they decide to have sex. Meg is on the pill. **Do you recommend Meg and Robbie use condoms?***

6

*Lily and Jack meet at a party, they've had a few drinks and they decide to have sex. They're both virgins. **Do you recommend Lily and Jack use condoms?***

Hang the "Yes," "Depends," and "No" signs in three corners of the room. Let the pupils know that you will read the questions again, and they are invited to stand in the corner of the room that corresponds with the answer they wrote on their sheet. Once in their corners, invite two to three pupils from each corner to share why they are in that corner.

**Ask everyone to return to their seats and encourage a discussion:**

- What did you learn from this activity?
- What did the majority of the group decide about condom use - was it popular? Did they mostly recommend it?
- Did seeing other pupils' opinions about condom use change your opinion?
- How did it feel to agree with the majority of the group?
- How did it feel to disagree with the majority of the group?

Mention how when our attitudes and opinions are consistent with those of our peers, it can be easier to do what we feel is right.

If the majority of pupils recommended condom use, point out that although people may sometimes hear negative things about using condoms, it is important to remember that they as a group believe that sexually active young people should use condoms.

## theme 4 activity 5

### feedback/evaluation

Ask the group to think about something they learned today - one fact (they may already have known it before today, but it has been reinforced through today's learning).

Ask for volunteers to share their fact with the group and write a list of these facts on the board.

Finally, ask the group to vote on the following statements - they should move to the YES corner if they agree with the statement, the NO corner if they disagree, the 'DEPENDS' corner if they neither agree nor disagree or remain where they are if they are not sure or don't want to vote.

- **Agreeing to use condoms shows respect**
- **Condoms are an important way to prevent unwanted pregnancy, HIV and STIs**
- **Condoms don't need to be embarrassing**
- **Carrying condoms shows you're easy**
- **The C-Card is a good use of public money**
- **Using condoms could be fun**
- **Giving free condoms to young people just encourages them to have sex**

As with the earlier exercise, encourage one or two people in each group to explain their choice.

## theme 4

### alternative and/or additional lessons and resources

#### Lesson plans and activities

1. Brook Protect Yourself!, Lesson 4 'Condoms' pages 65-80
2. Hyp Hop Workshop manual: Page 80 - Ice Breaker '101 Uses for a Condom'.
3. Christopher Winter Project Year 9, Lesson 3, 'Condoms and STIs'
4. Christopher Winter Project Year 8, Lesson 2, 'Conception'
5. Christopher Winter Project Year 8, Lesson 3, 'Contraception'

#### Useful websites

*For more information about issues covered in this theme:*

[www.somersetc-card.org.uk](http://www.somersetc-card.org.uk)

[www.avert.org](http://www.avert.org)

[www.bbc.co.uk](http://www.bbc.co.uk)

[www.somersetcsh.co.uk](http://www.somersetcsh.co.uk)

[www.ruthinking.co.uk](http://www.ruthinking.co.uk)

[www.likeitis.org.uk](http://www.likeitis.org.uk)

[www.fpa.org.uk](http://www.fpa.org.uk)

[www.brook.org.uk](http://www.brook.org.uk)

#### Resources

FPA information leaflets:

[Male and Female Condoms](#)

[Contraceptive choices](#)

[Bodyworks - understanding reproduction](#)

**YES**

**NO**

**DEPENDS**