Condom Use Demonstration Lesson

Montgomery County Public Schools
Health Education
Grade 10 Lesson
Disease Prevention and Control Unit

This lesson serves as a bridge between the unit on Family Life and Human Sexuality, which includes information about contraception, and the unit on Disease Prevention and Control, which includes information on STIs/STDs and HIV/AIDS. In this lesson, students learn accurate procedures for examining a condom, putting on a condom, and removing/disposing of a condom. Understanding is demonstrated by sequencing steps in the process and answering related questions.

This lesson is scripted and should be read and followed in its entirety.

Under no circumstances are teachers permitted to bring in or use resources other than those provided for this lesson. All students participating in disease prevention and control unit must have parental permission on file.

This lesson packet contains:

- Instructional Delivery Plan (Pages 2–4)—Materials used by teacher to deliver instruction

- Student Resource Sheets (Pages 5–15)—Materials provided to students during instruction
  - *Review and Pre-Assessment Student Resource Sheet*
  - *Condom Effectiveness Research Student Resource Sheet*
  - *Condom Use Demonstration Video Student Resource Sheet*
  - *Condom Use Demonstration Student Resource Sheet*
  - *3–2–1 Student Summarizer*

- Teacher Resource Sheets (Pages 16–27)—Materials used by teacher to inform instruction
  - *Review and Pre-Assessment Teacher Resource Sheet*
  - *Condom Effectiveness Research Teacher Resource Sheet*
  - *Condom Use Demonstration Video Teacher Resource Sheet*
  - *Condom Use Demonstration Teacher Resource Sheet*
  - *3–2–1 Summarizer Teacher Resource Sheet*

- Teacher Overheads (Pages 28–38)—Materials used by teacher during instruction
  - *Review Overhead*
  - *Pre-assessment Overhead*
  - *Condom Effectiveness Research Overhead*
  - *Vocabulary Overhead*

- Condom Use Demonstration Video
  - DVD

Condom Use Demonstration Lesson

Overview

Students learn accurate procedures for examining a condom, putting on a condom, and removing/disposing of a condom. Understanding is demonstrated by sequencing steps in the process and answering related questions.

Preparation

Photocopy:

Review and Pre-Assessment Student Resource Sheet, page 5
Condom Effectiveness Research Student Resource Sheet, pages 6–9
Condom Use Demonstration Video Student Resource Sheet, pages 10–12
Condom Use Demonstration Student Resource Sheet, pages 13–14
3–2–1 Student Summarizer, page 15

Prepare Overheads:

Review Overhead, page 28
Pre-assessment Overhead, pages 29–32
Research Overhead, pages 33–37
Vocabulary Overhead, pages 38

Materials

For each student:

- *Review and Pre-Assessment Student Resource Sheet*
- *Condom Effectiveness Research Student Resource Sheet*
- *Condom Use Demonstration Video Student Resource Sheet*
- *Condom Use Demonstration Student Resource Sheet*
- *3–2–1 Student Summarizer*

Teacher:

- *Teacher Resource Sheets*, pages 16–27
- Condom Demonstration DVD

Vocabulary

- **Abstinence**—"choosing not to participate in a specific activity; e.g., sexual activity, alcohol, tobacco, other drug use." (VSC, Maryland)*
- **AIDS**—"the acronym for Acquired Immunodeficiency Syndrome which is the final stage of HIV infection during which there is a significant decrease in the disease fighting cells inside the body." (VSC, Maryland)
- **Communicable disease—**"a disease that can be spread from person to person; contagious." (VSC, Maryland)
- **Contraception**—"interference with fertilization of an ovum by chemical, physical, or surgical methods." (VSC, Maryland)
- **HIV**—"initials which stand for Human Immunodeficiency Virus, the pathogen that causes AIDS." (VSC, Maryland)
- **Latex**—a type of rubber material. (Cambridge, 2006)
- **Prophylactic**—an item or procedure intended to prevent disease. (Cambridge, 2006)
- **Sexual abstinence**—the avoidance of voluntary intimate sexual contact—oral, anal, genital, or intimate skin-to-skin. (U.S. Department of Health and Human Services)
- **Sexually transmitted disease** (STD)**—"infections that spread from person to person through sexual contact." (Glencoe)
- **Sexually transmitted infections** (STI)**—"infections that spread from person to person through sexual contact." (Glencoe)
- **Trusted adult**—an individual 18 years or older the student believes is responsible and has knowledge on the topic.

* Voluntary State Curriculum, Maryland
** Use both terms; publications will use both, and students should be familiar with them.

Enduring Understanding

- Abstinence is the only 100% effective way to prevent unwanted pregnancy and sexually transmitted infections. Individuals who engage in sexual activity are responsible for protecting themselves and their partners from unwanted pregnancy and sexually transmitted infections.

Essential Questions

- How does abstinence show responsible behavior?
- If engaging in sexual activity, how does using a condom correctly and consistently show responsible behavior?

Mastery Objectives

Students will be able to

- Describe how a condom works to help prevent contracting a sexually transmitted disease.
- List in order the proper steps for correctly examining a condom, putting on a condom, and removing/disposing of a condom.

Addressed Indicator/Objectives

7.2 Describe risk factors and behaviors that influence contraction and transmission of communicable diseases.

a. Explain how sexual behaviors and practices influence contraction of HIV/AIDS and STIs.
b. Explain how other behaviors and practices influence contraction of HIV/AIDS, STIs, and hepatitis.

Instructional Delivery

Special Note

This lesson is designed to follow a lesson on pregnancy prevention that includes information on condoms. It is intended to be followed by a lesson on sexually transmitted diseases including HIV/AIDS. This lesson is scripted and should be read and followed in its entirety. Under no circumstances are teachers permitted to bring in or use resources other than those provided for this lesson. All students participating in disease prevention and control unit must have parental permission on file.

Begin the lesson by saying: "Yesterday we discussed different forms of contraception, including condoms. Today we will continue that discussion as we consider how to use a condom correctly, when and if an individual decides to engage in sexual activity. Abstinence is the only 100% effective way to prevent unwanted pregnancy and STI/STD transmission. Responsible individuals protect themselves and their partners from unwanted pregnancy and STI/STD. In today's lesson we will review important vocabulary, watch a video on proper usage of a condom, and consider information on the topic of protecting oneself during sexual activity."

Distribute the *Student Resource Sheets* (pages 5–12).

1. ***Review Current Knowledge****: (5 minutes)* Engage students in the process of filling in the review sheet (page 5). **Read the directions aloud: "To review from yesterday, in the box on your paper, list as many methods of contraception as you can think of that you predict will offer some protection from STI/STD.** Fill in the box on your own. You will have time to share your ideas shortly."

Provide a minute for students to think and write down their individual responses.

Say to students, "Share your ideas with another student. If your ideas do not match, explain why you placed a particular method on the list. Try to come to agreement on your lists."

Provide a minute for students to discuss their lists and come up with a final list.

Share the *Review Overhead* (page 28) with the class and discuss any discrepancies they may have.

2. ***Pre-assess:*** *(5 minutes)* **Say to the class, "Before we consider how to use a condom, let's find out what you already know about condoms."** Tell students they have three minutes to answer as many of the pre-assessment questions about condoms (page 5) as they can. Encourage them to answer quickly.

Use the *Pre-Assessment Overhead* (pages 29–32) to show the correct answers to the students. Have them correct their papers using the overhead. Provide students an opportunity to question the stated responses and seek clarification.

3. ***Research***: *(15 minutes)* **Say to the class: "To help you understand why using a condom is strongly recommended if an individual decides to engage in sexual activity, you will review some of the research.** Read the excerpts of *Condom Effectiveness Research* on your *Student Resource Sheet* (pages 6–9). **Answer the questions that follow.** Mark the excerpt on your paper with any questions you may have with a question mark, any interesting points with an exclamation mark, any confusing points with a star or asterisk, and underline or highlight the main points. The key for these markings is located in the directions on your paper. **When you are finished, read and reflect on the 'think question'**."

Provide the correct information using the *Research Overhead* (pages 33–37).

4. ***Video Preparation***: *(4 minutes)* Prepare students for the *Condom Use Demonstration Video* by reviewing a vocabulary word on the student resource sheet (page 10). **Say to students, "We will be watching a short condom use demonstration video.** There is one word that you will hear in the video, *prophylactic*; I want to make sure you understand it."

Provide students with the following sentence using the word *prophylactic*: "Rachel was given a prophylactic, or antibiotic, to make sure she did not get another kidney infection. Write down on your paper (page 10) what you think *prophylactic* means." Provide a minute for them to write down what they think it means. Then use the *Vocabulary Overhead* (page 38): "The definition of *prophylactic* is an item or procedure intended to prevent disease. Have students write the correct definition on their papers.

Extend their understanding by asking the following question: "Can you give me examples of medical or industrial prophylactics?" (Surgical gloves, goggles.) Answer any questions about prophylactics.

5. **Show *Condom Use Demonstration Video** *(8 minutes)*: **Introduce the video**: "Abstinence is the only 100% effective way to avoid unwanted pregnancy and sexually transmitted diseases. When/if individuals decide to engage in sexual activity, they may use a condom incorrectly. Using a condom correctly and consistently greatly increases the chance that it will be effective in preventing pregnancy and many STIs/STDs. **You are going to watch a video on the steps to follow in order to use a condom correctly.** According to the Centers for Disease Control and Prevention, '…no protective measure is 100 percent effective and condom use cannot guarantee absolute protection against any STD'. **Take the appropriate notes on page 10 of your student resource sheets. After the video, we will check your understanding."**

6. ***Review Video Guide Questions***: *(5 minutes)* Using the information on the *Teacher Resource Sheet* (pages 22–24), provide students with the correct information. Allow students the opportunity to self correct any wrong answers on their papers.

7. **Distribute the *Condom Use Demonstration Information Sheet*** (pages 13–14): *(1 minute)* **Say to the students, "These sheets are to be used as a reference.** Should you have questions after this class, be sure to get answers from a health care provider or another trusted adult."

8. ***Closure and Checking for Understanding***: *(2 minutes)* **Say to the class**: "Today we examined how responsible people protect themselves from unwanted pregnancy and STIs/STDs. **Tomorrow we will focus on STIs/STDs in greater detail.** For homework tonight, you will complete a *3–2–1 Student Summarizer* to show what you learned. I will collect them at the beginning of class tomorrow."

Extend by:

- Answering questions for clarification:
  - If students ask how to know if they are allergic to latex, tell them that dentists and doctors use latex gloves when they examine them and if they were allergic to latex, they would react by developing a rash.
  - If students ask who is a trusted adult, answer using the definition provided in the vocabulary list.

Name _____ Period _____ Date _____

Condom Use Demonstration Lesson
Review and Pre-Assessment Student Resource Sheet

Review: List as many methods of contraception as you can think of that will offer some protection from both STD/STI and pregnancy.

_____

_____

_____

_____

Pre-Assessment on Condoms/Condom Use

Directions: Answer the following questions about condoms/condom use.

1. How does a latex condom help reduce the rate of pregnancy and STI/STD infection?

   _____

2. Why should *latex* condoms be used rather than condoms made from other materials?

   _____

3. According to the Food and Drug Administration (FDA), out of every 1000 condoms tested for leakage, what percentage must pass the "water leak test?" _____

4. According to a FDA report, how many women out of every 100 women each year will become pregnant when male latex condoms **are used** correctly and consistently?

5. According to FDA statistics, how many women out of every 100 women each year will become pregnant when male latex condoms **are not used** correctly and consistently?

6. Compared to other methods of contraception, what are two benefits of condoms?

   A._____

   B._____

7. What is the **most** effective way to avoid pregnancy or contracting a STI/STD? _____

   _____

Name _____ Period _____ Date _____

Student Resource Sheet
Condom Effectiveness Research

Directions: Read the research excerpts, and explain your thinking. Mark the excerpts on your paper with any questions you may have with a question mark (?), any interesting points with an exclamation mark (!), any confusing points with a star or asterisk (★ or *), and underline or highlight the main points.

Trends in Reportable Sexually Transmitted Diseases in the United States, 2004
National Surveillance Data for Chlamydia, Gonorrhea, and Syphilis

"Sexually transmitted diseases (STDs) remain a major public health challenge in the United States. The Centers for Disease Control and Prevention (CDC) estimates that 19 million new infections occur each year, almost half of them among young people ages 15 to 24. In addition to the physical and psychological consequences of STDs, these diseases also exact a tremendous economic toll. Direct medical costs associated with STDs in the United States are estimated at $13 billion annually." (The Centers for Disease Control and Prevention, 2006)

1. According to this excerpt of the CDC report, people aged 15–24 make up almost half of all new STD infections. In your opinion, what are three reasons for this statistic?

   A. _____

   B. _____

   C. _____

2. In your opinion how might the 13 billion dollars currently being spent annually treating STIs/STDs in the US be spent if the rate of STIs/STDs transmission decreased significantly?

   _____

   _____

   _____

3. In your opinion list at least two ways the number of STIs/STDs transmissions could be reduced.

   A. _____

   B. _____

Male Latex Condoms and Sexually Transmitted Diseases

"In June 2000, the National Institutes of Health (NIH), in collaboration with the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), and the United States Agency for International Development (USAID), sponsored a workshop to answer the following question: *What is the scientific evidence on the effectiveness of latex male condom-use to prevent STD transmission during vaginal intercourse?*" (NIH, 2001). Below are a summary and excerpts of the findings from the National Institutes of Health and Centers for Disease Control and Prevention Report.

Directions: After reading the excerpts, use the information to answer questions 4–8 that follow.

Preventing and Reducing Sexually Transmitted Disease—Summary

"The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is uninfected." (The Centers for Disease Control and Prevention, 2006)

People who engage in sexual activity are at risk for sexually transmitted disease; however, "correct and consistent use of the male latex condom can reduce the risk of STD transmission. However, no protective method is 100 percent effective, and condom use cannot guarantee absolute protection against any STD. Furthermore, condoms lubricated with spermicides are no more effective than other lubricated condoms in protecting against the transmission of HIV and other STDs. In order to achieve the protective effect of condoms, they must be used correctly and consistently. Incorrect use can lead to condom slippage or breakage, thus diminishing their protective effect. Inconsistent use, e.g., failure to use condoms with every act of intercourse, can lead to STD transmission because transmission can occur with a single act of intercourse." (The Centers for Disease Control and Prevention, 2006)

Sexually transmitted diseases, including HIV

"Latex condoms, when used consistently and correctly, are highly effective in preventing transmission of HIV, the virus that causes AIDS. In addition, correct and consistent use of latex condoms can reduce the risk of other sexually transmitted diseases (STDs), including discharge and genital ulcer diseases. While the effect of condoms in preventing human papillomavirus (HPV) infection is unknown, condom use has been associated with a lower rate of cervical cancer, an HPV-associated disease." (The Centers for Disease Control and Prevention, 2006)

"AIDS is, by far, the most deadly sexually transmitted disease, and considerably more scientific evidence exists regarding condom effectiveness for prevention of HIV infection than for other STDs. The body of research on the effectiveness of latex condoms in preventing sexual transmission of HIV is both comprehensive and conclusive. In fact, the ability of latex condoms to prevent transmission of HIV has been scientifically established in 'real-life' studies of sexually active couples as well as in laboratory studies." (The Centers for Disease Control and Prevention, 2006)

Theoretical basis for protection: "Latex condoms cover the penis and provide an effective barrier to exposure to secretions such as semen and vaginal fluids, blocking the pathway of sexual transmission of HIV infection." (The Centers for Disease Control and Prevention, 2006)

Discharge diseases, other than HIV

"Latex condoms, when used consistently and correctly, can reduce the risk of transmission of gonorrhea, chlamydia, and trichomoniasis." (The Centers for Disease Control and Prevention, 2006)

Theoretical basis for protection. "The physical properties of latex condoms protect against discharge diseases such as gonorrhea, chlamydia, and trichomoniasis, by providing a barrier to the genital secretions that transmit STD-causing organisms." (The Centers for Disease Control and Prevention, 2006)

Genital ulcer diseases and HPV infections

"Genital ulcer diseases and HPV infections can occur in both male or female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. Correct and consistent use of latex condoms can reduce the risk of genital herpes, syphilis, and chancroid only when the infected area or site of potential exposure is protected. While the effect of condoms in preventing human papillomavirus infection is unknown, condom use has been associated with a lower rate of cervical cancer, an HPV-associated disease." (The Centers for Disease Control and Prevention, 2006)

Theoretical basis for protection. "Protection against genital ulcer diseases and HPV depends on the site of the sore/ulcer or infection. Latex condoms can only protect against transmission when the ulcers or infections are in genital areas that are covered or protected by the condom. Thus, consistent and correct use of latex condoms would be expected to protect against transmission of genital ulcer diseases and HPV in some, but not all, instances." (The Centers for Disease Control and Prevention, 2006)

4. According to the excerpts, the best method of avoiding transmission of a STI/STD is:

   _____

   _____

5. One of the excerpts states that "correct and consistent use of the male latex condom can reduce the risk of STI/STD transmission." Write what this means in your own words.

   _____

   _____

6. From what you read in one of the excerpts, for which STI/STD do condoms receive a "highly effective" rating in preventing its transmission?_____

   Why?_____

   _____

7. After reading each of the excerpts, and the "Theoretical basis for protection" statements, in your opinion what does "Theoretical basis for protection" mean?

_____

_____

8. Based on the "Theoretical basis for protection" statements, which diseases are the least likely to be protected by use of a latex condom?

_____

Why?_____

Think Question

With all of the methods of contraception available to protect against pregnancy and STI/STD transmission (including abstinence), in your opinion, why are nearly a million teens getting pregnant and nine million contracting a STI/STD each year in the United States?

_____

_____

_____

_____

Name _____ Period _____ Date _____

Student Resource Sheet
Condom Use Demonstration Video

Preview Vocabulary

Write a definition for the word below.

Prophylactic: _____

_____

Watch the Video: *Condom Use Demonstration*

Video Guide Questions—while watching the video, look for the following answers.

1. What are the three parts of this demonstration video?

   A. _____

   B. _____

   C. _____

Examining a Condom

2. What are the *first* things that should be done when inspecting the condom package?

   _____

3. Why should the condom package be opened carefully?

   _____

4. According to the video, put the steps of examining a condom in the correct order.

   _____Check the condom to be sure it is not torn or old.

   _____Check the expiration date on the packet.

   _____Use a new condom in a sealed packet.

   _____If not expired, open the packet carefully.

5. What should you do if the condom appears to be damaged in any way?

   _____

Putting on a Condom

6. How many condoms should be used at one time? ☐

7. Why should oil-based lubricants *not* be used on a latex condom?

   _____

8. According to the video, order the steps for putting on a condom correctly.

   _____Pinch the tip of the condom and fully unroll the condom down the entire shaft of the penis.

   _____Use only water-based lubricants.

   _____Use only one condom.

   _____Put the condom on after the penis is erect and before any sexual contact.

Removing/ Discarding a Condom

9. Proper disposal of a used condom means:

   _____

10. List two things you learned about condoms or condom use from the video.

    A. _____

    B. _____

11. Do you have any other questions about condoms or condom use?

_____

_____

_____

_____

12. What are three benefits of remaining sexually abstinent?

_____

_____

_____

_____

_____

_____

_____

_____

Student Resource Sheet
Condom Use Demonstration

Enduring Understanding: Abstinence is the only 100% effective way to prevent unwanted pregnancy and sexually transmitted infections. Individuals who engage in sexual activity are responsible for protecting themselves and their partners from unwanted pregnancy and sexually transmitted infections.

- Abstinence is the only 100% effective method of avoiding pregnancy and STI/STD. (CDC, 2006; FDA, 2005)

- Condoms reduce, but do not eliminate the risk of STI/STD whenever there is oral, anal, or vaginal contact. (CDC, 2006; FDA, 2005)

- **"…**correct and consistent use of the male latex condom can reduce the risk of STD transmission. However, no protective method is 100 percent effective, and condom use cannot guarantee absolute protection against any STD." (CDC, 2006)

- Condoms are 88% effective for preventing pregnancy with typical use (inconsistent and or/incorrect, FDA, 2005), and 97% effective with correct and consistent use. (FDA, 2001)

- "Studies of latex male condom use to prevent STD transmission during vaginal intercourse have shown that consistent condom use decreased the risk of HIV/AIDS transmission." (CDC, 2003)

- Some individuals are allergic to latex. If there is an allergy to latex, polyurethane (plastic) condoms are available. ("Contraception Report" 09/03 Vol. 14 No 2 p. 10, Baylor College of Medicine)

- Correct use of a condom includes having no sexual contact before the condom has been placed on the penis, and turning away from partner before removing the condom from the penis. (CDC, 2006; FDA, 2005)

- It is important to grasp the condom at the base of the penis before withdrawal of the penis from your partner to prevent the condom from slipping off. (CDC, 2006; FDA, 2005)

- Damage can occur to a condom if it is not stored properly. Condoms should be stored in a cool, dry location, out of direct sunlight— not in a glove compartment, back pocket, wallet or purse. (CDC, 2006; FDA, 2005)

- Use water based lubricants only (such as KY Jelly). Petroleum based lubricants (such as baby oil and Vaseline) can damage the condom. (CDC, 2006; FDA, 2005)

- If a condom breaks during intercourse, stop immediately and replace the broken condom with a new one. Continue intercourse only if a new condom is available. Seek advice from a medical professional regarding the need for pregnancy and STD/HIV testing. ("Contraception Report" 09/03 Vol. 14 No 2 p. 10, Baylor College of Medicine)

- Correct use of a condom by an uncircumcised male includes retracting the foreskin before putting the condom on. Questions about this practice should be addressed with a health care professional or trusted adult. (FDA, 2005; Mayo Clinic, 2006)

- Further questions about condoms or condom use and about STIs/STDs should be shared with a health care provider or another trusted adult.

Name _____ Period _____ Date _____

3–2–1 Student Summarizer

What are three important things to remember when putting on a condom?

_____

_____

_____

_____

What are two important things to remember when taking off a condom?

_____

_____

_____

What is one way a condom helps prevent pregnancy and/or STI/STD transmission?

_____

_____

Why aren't condoms 100% effective in STD/STI prevention?

_____

_____

_____

When you compare the risks of sexual behavior to the benefits of abstinence, why do you think some teens take the risk?

_____

_____

_____

Condom Use Demonstration Lesson
Review and Pre-Assessment Teacher Resource Sheet
(**Not to be distributed to students; this is the only resource teachers may use to teach this lesson.**)

Review: In the box below, list as many methods of contraception as you can think of that will offer some protection from both STD/STI and pregnancy.

Abstinence, male latex condom

Pre-Assessment on Condoms/Condom Use

Directions: Answer the following questions about condoms/condom use.

1. How does a latex condom help reduce the rate of pregnancy and STD/STI infection?

Latex condoms provide a barrier so that bodily fluids are not exchanged. This helps prevent pregnancy by keeping the egg and sperm apart and also helps to prevent transmission of bacteria and viruses that can cause disease. (Glencoe Health Textbook, 2005)

2. Why should *latex* condoms be used rather than condoms made from other materials?

Latex is a type of rubber material used to manufacture one type of condom. When used correctly (before any sexual contact) latex condoms offer the best protection to prevent the transmission of bacteria and viruses (such as HIV). If there is an allergy to latex, a doctor should be consulted. Polyurethane condoms are available. Animal tissue condoms do not offer effective protection against STDs because it allows the passage of some bacteria and viruses, such as HIV through the pores of the condom. (Glencoe Health Textbook, 2005)

3. According to the Food and Drug Administration (FDA), out of every 1000 condoms tested for leakage, what percentage must pass the "water leak test?" 99.6%

"Manufacturers "spot check" condoms using a "water leak" test. FDA inspectors do a similar test on sample condoms they take from warehouses. The condoms are filled with water and checked for leaks. An average of 996 of 1000 condoms must pass this test."(FDA, 2005)

4. According to a FDA report, how many women out of every 100 women each year will become pregnant when male latex condoms **are used** correctly and consistently?

Information will vary from source to source, but male latex condoms can be 97% effective. On a yearly basis about 3 women out of 100 will become pregnant when male latex condoms are used correctly and consistently. (FDA, 2001)

5. According to FDA statistics, how many women out of every 100 women each year will become pregnant when male latex condoms **are not used** correctly and consistently?

Information will vary from source to source, but according to the FDA, with typical use, condoms are 88% effective; 12 women out of 100 will become pregnant when male latex condoms are used inconsistently and/or incorrectly. (FDA, 2005)

6. Compared to other methods of contraception, what are two benefits of condoms?

- Condoms do not require a prescription or a visit to a doctor.
- They are available in many places including grocery stores, drug stores, and health departments.
- They offer some protection from STIs/STDs including HIV.
- They are not expensive.

7. What is the **most** effective way to avoid pregnancy or contracting a STI/STD?

ABSTINENCE

Teacher Resource Sheet
Condom Effectiveness Research

Directions: Read the research excerpts, and explain your thinking. Mark the excerpts on your paper with any questions you may have with a question mark (?), any interesting points with an exclamation mark (!), any confusing points with a star or asterisk (★ or *), and <u>underline</u> or highlight the main points.

Trends in Reportable Sexually Transmitted Diseases in the United States, 2004
National Surveillance Data for Chlamydia, Gonorrhea, and Syphilis

"Sexually transmitted diseases (STDs) remain a major public health challenge in the United States. The Centers for Disease Control and Prevention (CDC) estimates that 19 million new infections occur each year, almost half of them among young people ages 15 to 24. In addition to the physical and psychological consequences of STDs, these diseases also exact a tremendous economic toll. Direct medical costs associated with STDs in the United States are estimated at $13 billion annually." (The Centers for Disease Control and Prevention, 2006)

1. According to this excerpt of the CDC report, people aged 15–24 make up almost half of all new STD infections. In your opinion, what are three reasons for this statistic?

- Young people tend to take more risks than adults.
- Young people often do not stop to think about the consequences of their actions.
- Young people have the "It won't happen to me" attitude.

2. In your opinion, how might the 13 billion dollars currently being spent annually treating STIs/STDs in the US be spent if the rate of STIs/STDs transmission decreased significantly?

   This money could be spent on a number of things including hunger, housing, education, roads, and the national debt.

3. In your opinion, list at least two ways the number of STIs/STDs transmissions could be reduced.

- Abstinence
- Use a condom consistently and correctly with each and every sexual act.

Male Latex Condoms and Sexually Transmitted Diseases

"In June 2000, the National Institutes of Health (NIH), in collaboration with the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), and the United States Agency for International Development (USAID), sponsored a workshop to answer the following question: *What is the scientific evidence on the effectiveness of latex male condom-use to prevent STD transmission during vaginal intercourse?*" (NIH, 2001). Below are a summary and excerpts of the findings from the National Institutes of Health and Centers for Disease Control and Prevention Report.

Directions: After reading the excerpts, use the information to answer questions 4–8 that follow.

Preventing and Reducing Sexually Transmitted Disease—Summary

"The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse, or to be in a long-term mutually monogamous relationship with a partner who has been tested and is uninfected." (The Centers for Disease Control and Prevention, 2006)

People who engage in sexual activity are at risk for sexually transmitted disease; however, "correct and consistent use of the male latex condom can reduce the risk of STD transmission. However, no protective method is 100 percent effective, and condom use cannot guarantee absolute protection against any STD." Furthermore, condoms lubricated with spermicides are no more effective than other lubricated condoms in protecting against the transmission of HIV and other STDs. In order to achieve the protective effect of condoms, they must be used correctly and consistently. Incorrect use can lead to condom slippage or breakage, thus diminishing their protective effect. Inconsistent use, e.g., failure to use condoms with every act of intercourse, can lead to STD transmission because transmission can occur with a single act of intercourse." (The Centers for Disease Control and Prevention, 2006)

Sexually transmitted diseases, including HIV

"Latex condoms, when used consistently and correctly, are highly effective in preventing transmission of HIV, the virus that causes AIDS. In addition, correct and consistent use of latex condoms can reduce the risk of other sexually transmitted diseases (STDs), including discharge and genital ulcer diseases. While the effect of condoms in preventing human papillomavirus (HPV) infection is unknown, condom use has been associated with a lower rate of cervical cancer, an HPV-associated disease." (The Centers for Disease Control and Prevention, 2006)

"AIDS is, by far, the most deadly sexually transmitted disease, and considerably more scientific evidence exists regarding condom effectiveness for prevention of HIV infection than for other STDs. The body of research on the effectiveness of latex condoms in preventing sexual transmission of HIV is both comprehensive and conclusive. In fact, the ability of latex condoms to prevent transmission of HIV has been scientifically established in "real-life" studies of sexually active couples as well as in laboratory studies." (The Centers for Disease Control and Prevention, 2006)

Theoretical basis for protection: "Latex condoms cover the penis and provide an effective barrier to exposure to secretions such as semen and vaginal fluids, blocking the pathway of sexual transmission of HIV infection." (The Centers for Disease Control and Prevention, 2006)

Discharge diseases, other than HIV
"Latex condoms, when used consistently and correctly, can reduce the risk of transmission of gonorrhea, chlamydia, and trichomoniasis." (The Centers for Disease Control and Prevention, 2006)

Theoretical basis for protection: "The physical properties of latex condoms protect against discharge diseases such as gonorrhea, chlamydia, and trichomoniasis, by providing a barrier to the genital secretions that transmit STD-causing organisms." (The Centers for Disease Control and Prevention, 2006)

Genital ulcer diseases and HPV infections
"Genital ulcer diseases and HPV infections can occur in both male or female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. Correct and consistent use of latex condoms can reduce the risk of genital herpes, syphilis, and chancroid only when the infected area or site of potential exposure is protected. While the effect of condoms in preventing human papillomavirus infection is unknown, condom use has been associated with a lower rate of cervical cancer, an HPV-associated disease." (The Centers for Disease Control and Prevention, 2006)

Theoretical basis for protection: "Protection against genital ulcer diseases and HPV depends on the site of the sore/ulcer or infection. Latex condoms can only protect against transmission when the ulcers or infections are in genital areas that are covered or protected by the condom. Thus, consistent and correct use of latex condoms would be expected to protect against transmission of genital ulcer diseases and HPV in some, but not all, instances." (The Centers for Disease Control and Prevention, 2006)

4. According to the excerpt, the best method of avoiding transmission of a STI/STD is:

"The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse…" (CDC, 2006)

5. The excerpt states that "correct and consistent use of the male latex condom can reduce the risk of STD transmission." Write what this means in your own words.

This means that in order to achieve a reduction in STI/STD transmission, a latex condom (or polyurethane condom for those allergic to latex) must be used the way it was intended (correctly) each and every time there is sexual contact (consistently).

6. From what you read in the excerpt, for which STI/STD do condoms receive a "highly effective" rating in preventing its transmission?

HIV, because there has been extensive research on this particular STI/STD.

7. After reading each of the excerpts, and the "Theoretical basis for protection" statements, in your opinion, what does "Theoretical basis for protection" mean?

The task of science is to explain events, processes, or phenomena. Thus "theoretical basis" in this excerpt explains how scientists predict the condom will work to protect against STI/STD (including HIV), based on their research.

8. Based on the "Theoretical basis for protection" statements, which diseases are the least likely to be protected by use of a latex condom?

Condoms are least likely to protect someone from diseases caused by skin-to-skin contact outside of the area covered by a condom, such as those which have ulcers, sores, and lesions, e.g., herpes, syphilis, and HPV.

Think Question

With all of the methods of contraception available to protect against pregnancy and STI/STD transmission (including abstinence), in your opinion, why are nearly a million teens getting pregnant and nine million contracting a STI/STD each year in the United States?

Answers will vary, e.g., teens take unnecessary risks and often think they are infallible.

Teacher Resource Sheet
Condom Use Demonstration Video

Preview Vocabulary

Write a definition for the word below.

Prophylactic: **an item or procedure intended to prevent disease (Cambridge)**

Watch the Video: *Condom Use Demonstration*

Video Guide Questions—while watching the video, look for the following answers.

1. What are the three parts of this demonstration video?

   A. **Examining a condom**

   B. **Putting on a condom**

   C. **Removing/Discarding a condom**

Examining a Condom

2. What are the *first* things that should be done when inspecting the condom package?

   Check the expiration date.

3. Why should the condom package be opened carefully?

   To avoid damaging the condom inside.

4. According to the video, put the steps of examining a condom in the correct order.

   4 Check the condom to be sure it is not torn or old.

   2 Check the expiration date on the packet.

   1 Use a new condom in a sealed packet.

   3 If not expired, open the packet carefully.

5. What should you do if the condom appears to be damaged in any way?

   Do not use it if it is dry or brittle, or shows signs of tearing.

Putting on a Condom:

6. How many condoms should be used at one time? 1

7. Why should oil-based lubricants *not* be used on a latex condom?

   Oil based lubricants can cause the condom to break.

8. According to the video, order the steps for putting on a condom correctly.

   3 Pinch the tip of the condom and fully unroll the condom down the entire shaft of the penis.

   4 Use only water-based lubricants.

   1 Use only one condom.

   2 Put the condom on after the penis is erect and before any sexual contact.

Removing/ Discarding a Condom

9. Proper disposal of a used condom means:

   Discarding the condom (throwing it in the trash)

10. List two things you learned about condoms or condom use from the video.

    A. _____

    B. _____

11. Do you have any other questions about condoms or condom use?

    Answers will vary

12. What are three benefits of remaining sexually abstinent?

Teacher Resource Sheet
Condom Use Demonstration

Enduring Understanding: Abstinence is the only 100% effective way to prevent unwanted pregnancy and sexually transmitted infections. Individuals who engage in sexual activity are responsible for protecting themselves and their partners from unwanted pregnancy and sexually transmitted infections.

- Abstinence is the only 100% effective method of avoiding pregnancy and STI/STD. (CDC, 2006; FDA, 2005)

- Condoms reduce, but do not eliminate the risk of STI/STD whenever there is oral, anal, or vaginal contact. (CDC, 2006; FDA, 2005)

- **"…**correct and consistent use of the male latex condom can reduce the risk of STD transmission. However, no protective method is 100 percent effective, and condom use cannot guarantee absolute protection against any STD." (CDC, 2006)

- Condoms are 88% effective for preventing pregnancy with typical use (inconsistent and or/incorrect, FDA, 2005), and 97% effective with correct and consistent use. (FDA, 2001)

- "Studies of latex male condom use to prevent STD transmission during vaginal intercourse have shown that consistent condom use decreased the risk of HIV/AIDS transmission." (CDC, 2003)

- Some individuals are allergic to latex. If there is an allergy to latex, polyurethane (plastic) condoms are available. ("Contraception Report" 09/03 Vol. 14 No 2 p. 10, Baylor College of Medicine)

- Correct use of a condom includes having no sexual contact before the condom has been placed on the penis, and turning away from partner before removing the condom from the penis. (CDC, 2006; FDA, 2005)

- It is important to grasp the condom at the base of the penis before withdrawal of the penis from your partner to prevent the condom from slipping off. (CDC, 2006; FDA, 2005)

- Damage can occur to a condom if it is not stored properly. Condoms should be stored in a cool, dry location, out of direct sunlight— not in a glove compartment, back pocket, wallet or purse. (CDC, 2006; FDA, 2005)

- Use water based lubricants only (such as KY Jelly). Petroleum based lubricants (such as baby oil and Vaseline) can damage the condom. (CDC, 2006; FDA, 2005)

- If a condom breaks during intercourse, stop immediately and replace the broken condom with a new one. Continue intercourse only if a new condom is available. Seek advice from a medical professional regarding the need for pregnancy and STD/HIV testing. ("Contraception Report" 09/03 Vol. 14 No 2 p. 10, Baylor College of Medicine)

- Correct use of a condom by an uncircumcised male includes retracting the foreskin before putting the condom on. Questions about this practice should be addressed with a health care professional or trusted adult. (FDA, 2005; Mayo Clinic, 2006)

- Further questions about condoms or condom use and about STIs/STDs should be shared with a health care provider or trusted adult.

Name _____ Period _____ Date _____

Teacher Resource Sheet
3–2–1 Student Summarizer

What are three important things to remember when putting on a condom?

- Use only one condom at a time.
- Put a condom on after penis is erect and before sexual contact.

- Use only water-based lubricants.

- Pinch the tip of the condom and fully roll the condom down the entire shaft of the penis.

What are two important things to remember when taking off a condom?

- Hold the condom at the base and turn away from your partner before removing the condom.

- Dispose of the condom properly by throwing it into the trash.

What is one way a condom helps prevent pregnancy and/or STI/STD transmission?

Latex condoms provide a barrier so that bodily fluids are not exchanged. This helps prevent pregnancy by keeping the egg and sperm apart and also helps to prevent transmission of bacteria and viruses that can cause disease.

Why aren't condoms 100% effective in STD/STI prevention?

Condoms are least likely to protect someone from diseases caused by skin-to-skin contact outside of the area covered by a condom, such as those which have ulcers, sores, and lesions, e.g., herpes, syphilis, and HPV. Condoms can break or leak, etc.

When you compare the risks of sexual behavior to the benefits of abstinence, why do you think some teens take the risk?

Answers will vary from students to student, but may include acting in the heat of the moment, not having a plan to stay abstinent ahead of time, lowered inhibition due to the use of alcohol or other drugs, etc.

ABSTINENCE

MALE LATEX CONDOM

Pre-assessment on Condoms/Condom Use

1. How does a latex condom help reduce the rate of pregnancy and STD/STI infection?

Latex condoms provide a barrier so that bodily fluids are not exchanged. This helps prevent pregnancy by keeping the egg and sperm apart and also helps to prevent transmission of bacteria and viruses that can cause disease. (Glencoe Health Textbook)

2. Why should *latex* condoms be used rather than condoms made from other materials?

Latex is a type of rubber material used to manufacture one type of condom. When used correctly (before any sexual contact) latex condoms offer the best protection to prevent the transmission of bacteria and viruses (such as HIV). If there is an allergy to latex, a doctor should be consulted. Polyurethane condoms are available. Animal tissue condoms do not offer effective protection against STDs because it allows the passage of some bacteria and

viruses, such as HIV through the pores of the condom. (Glencoe Health Textbook)

3. According to the Food and Drug Administration (FDA), out of every 1000 condoms tested for leakage, how many must pass the "water leak test"? 99.6%

"Manufacturers "spot check" condoms using a "water leak" test. FDA inspectors do a similar test on sample condoms they take from warehouses. The condoms are filled with water and checked for leaks. An average of 996 of 1000 condoms must pass this test. (FDA)

4. According to a FDA report, how many women out of every 100 women will become pregnant when male latex condoms are used correctly and consistently?

Information will vary from source to source, but male latex condoms can be 97% effective. On a yearly basis about 3 women out of 100 will become pregnant when male latex condoms are used correctly and consistently. (FDA, 2001)

5. According to FDA statistics, how many women out of every 100 women will become pregnant when male latex condoms **are not used** correctly and consistently?

Information will vary from source to source, but according to the FDA, with typical use, condoms are 88% effective; 12 women out of 100 will become pregnant when male latex condoms are used inconsistently and/or incorrectly. (FDA, 2005)

6. Compared to other methods of contraception, what are two benefits of condoms?

- Condoms do not require a prescription or a visit to a doctor.
- They are available in many places including grocery stores, drug stores, and health departments.
- They offer some protection from STIs/STDs including HIV.
- They are not expensive.

7. What is the **most** effective way to avoid pregnancy or contracting a STI/STD?

ABSTINENCE

Condom Effectiveness Research

1. According to this CDC report, people aged 15–24 make up almost half of all new STD infections. In your opinion, list three reasons for this statistic.

- Young people tend to take more risks than adults.
- Young people often do not stop to think about the consequences of their actions.
- Young people have the "It won't happen to me" attitude.

2. In your opinion, how might the 13 billion dollars currently being spent annually treating STIs/ STDs in the US be spent if the rate of STIs/STDs transmission decreased significantly?

This money could be spent on a number of things, including hunger, housing, education, roads, and the national debt.

3. In your opinion, list at least two ways the number of STI/STD transmissions could be reduced.

- Abstinence
- Use a condom consistently and correctly with each and every sexual act.

4. According to the excerpt, the best method of avoiding transmission of a STI/STD is:

"The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual intercourse..." (CDC)

5. The excerpt states that "correct and consistent use of the male latex condom can reduce the risk of STD transmission." Write what this means in your own words.

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HIV, because there has been extensive research on this particular STI/STD.

7. After reading each of the sections, and the "Theoretical basis for protection" statements, in your opinion, what does "Theoretical basis for protection" mean?

The task of science is to explain actual events, processes, or phenomena. Thus "theoretical basis" in this excerpt explains how the condom works to protect against STI/STD (including HIV).

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? Think Question

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Prophylactic—an item or procedure intended to prevent disease

(Cambridge, 2006)