

Safer Sex – Do it the right way!

Activity Description

Content & Goals:

Practising safer sex can protect against sexually transmitted diseases. A very important step in this is the correct use of condoms.

This activity is a classical practical exercise in the correct use of condoms.

Realization:

Can be integrated into classroom lessons

Variations:

Practical exercise; variations are possible, e. g.: use of a „Contraception Kit“ or discussion about an instructional film about condom use.

Requirements of material and media:

- Learning text STD on the learning platform
- „Contraception Kit“ or internet access to watch an instructional film about condom use.

Time requirements:

- **Preparation time:** low time need (up to 1 hour)
- **Need of class time:** at least 1 single period (45 mins.)
- **Wrap-up time:** low time need (up to 1 hour)

Explanations and additional information

„Contraception Kit“

In Germany, so-called „Contraception Kits“ can be borrowed or bought from several public institutions in charge of health education (Pro Familia, German National Health Institute). These kits contain all needed materials for practical exercises on the subject of birth control and sex education, among them instructional material and contraceptives. You may want to find out if your country offers a similar service which you can use for your project. For information and comparison, please find the German link (Pro Familia) below: <http://www.sextra.de/>

Alternative to the „Contraception Kit“

If no „Contraception Kit“ is available, the pupils can watch an instructional film. These films are usually available through the HIV/AIDS organization networks. You may look around which institutions in your country offer this service. For information, we add a German link (National Ministry for Health) available on the following website: www.machsmitt.de/spots/kondome