

The Papua New Guinea Business Coalition against HIV & AIDS

BAHA



PAPUA NEW GUINEA
BUSINESS COALITION AGAINST
HIV & AIDS



Ideas for workplace condom education or weekly tool box HIV sessions

Preparation by HIV champion: Correct condom use is a complex skill. Successful condom use results from broad base sex education. This requires open discussion, negotiation skills and opportunities for practice and respect for the right to say no to sex.

Choose games plan posters, notice boards, tally sheets, rules, awards

Condom workplace activities

Games:

- 1. What to say when people say “but condoms promote promiscuity...” best lines...**
- 2. Condom skills for beginners, experts, and safety training - Familiarisation activities...**
- 3. Condom skills and activities with a penis carving/cucumber/banana – races, blinded folded...**
- 4. BAHA Condom Trivia Quiz – individual, teams...**
- 5. Workplace Condoms demonstrations and displays...**
- 6. Active Condom familiarisation Games... competitive or cooperative championships**

What to say when people say “but condoms promote promiscuity...”

- ✘ Condoms cannot make a man do anything - they are made of rubber. They are lifeless objects.
- ✘ Condoms cannot speak
- ✘ Put the condom close to your ear – is it urging you to go and find a partner to use the condom with?
- ✘ Your mother did not make you have sex the first time, so how could a condom?
- ✘ Say “hello” and “how are you/” to the condom. Did it respond? No, because a condom is an object not a human being with feeling.
- ✘ A 12 pack of condoms means that a man has one to use for fishing, and 11 left to have safe sex with.
- ✘ If a man is using condoms for fishing, at least his family are eating well.
- ✘ Condoms used as lures for fishing are reusable; the 11 left in the packet for safe sex can only be used once.
- ✘ Children see cigarette packets, so why shouldn't they see condoms packets.
- ✘ Young people who use condoms the first time they have sex are less likely to have HIV or STIs later in life.
- ✘ Put a packet of condoms in your pocket and notice if this makes you feel like having sex
- ✘ Would you rather your teenage daughter used a condom or had unprotected sex?
- ✘ When condoms were promoted for family planning and spacing children... did this make all mothers go out and become promiscuous?
- ✘ Unless you are talking about your partner – discussing who is promiscuous is not usually any of your business
- ✘ Don't be silly, condoms have been used for thousands of years and long before HIV or STIs ever arrived in PNG
- ✘ Condoms prevent unplanned pregnancies.
- ✘ Condoms are just smaller safety helmets.

Condom skills for beginners, experts, and safety training

Condom use is more than physical skills... talking, displaying, joking and competing are all ways of making people feel comfortable and confident about condoms distribution, their use in HIV, STI and pregnancy prevention.

Familiarisation activities

There are an infinite number of these... here are just a few. Make up your own

Show me/do:

- ⓧ The expiry date, manufacture date
- ⓧ How to open a condom with 2 hands, one hand behind your back, with your eyes closed – try opening along the non-serrated edge? Which is easier?
- ⓧ Look carefully at the unrolled condom – can you see which way it is rolled
- ⓧ What is the “nipple” at the top for?
- ⓧ a condom with a knot in it... this how all used condoms should look
- ⓧ Can you tie a knot in a condom with one hand...? (this is possible)
- ⓧ a rolled condom – how wide is it? Will it fit most men you know?
- ⓧ an unrolled condom... how long can it stretch? Can you step through the condoms without letting go?
- ⓧ Rub the condom lubricant into your hands and skin?



Condom skills and activities with a penis carving/cucumber/banana



These games are designed to maximise contact with condoms, create a sense of confidence and minimise speed accuracy trade offs!

Show me/do:

- ⓧ Roll the condom on to the penis carving – is it stretched too tight at the top, is there space left in the reservoir?
- ⓧ How fast can you get the condom out of the packet and

on to the `penis`

- ⓧ With a `partner` decide who will hold the penis and who will put the condom on the `penis`
- ⓧ With a partner hold right hands. With right hands joined, partner A has to unwrap the condom, and get it in the `penis` that partner B is holding. The aim is to cooperate! And not break right hands
- ⓧ Extend the difficulty of the hand hold task. Place condoms under a desk or chair and repeat the challenge... Partners may discover new and cooperative ways of unwrapping and getting the condom on to the penis correctly and quickly.
- ⓧ Have races... sex is not usually well planned in well lit rooms at work!
- ⓧ Do all the above tasks with: eyes closed. over a distance, with a different partner
- ⓧ Role plays in pairs before you replay any of the challenges above

Partner A: "I would like to have sex with you"

Partner B: "I can have sex with you, but I only ever sex using a condom."

Partner A: "is it OK with you if we use a male condom"

Partner B: "of course it is"

Partner A: "Sorry I have not got any condoms with me, would it be OK to have sex another time"

Partner B: "that's OK, I am afraid I would prefer not to have sex anyway"

Make up your own lines... to practice talking about, negotiating sex, and/or condom use.



BAHA Condom Trivia Organise work teams or individuals to answer True or False

12 true false questions about condoms	True or False
1. A condom is 53 plus or minus 2 mm in diameter when unrolled	
2. A free NACS supplied condom can stretch up 5 metres without breaking?	
3. Is it possible to blow up a condom to bursting in one breath?	
4. All NACS condoms can stretch to over 1 metre in length	
5. ISO standard testing for condoms includes - freedom from holes, package integrity, pressure, heat, burst volume, ageing, thickness, lubrication levels and every batch of FREE NACS condoms are tested to this standard?	
6. Female condoms are also made of natural rubber	
7. Female condoms squeak a little more than male condoms during sex	
8. Condoms can be made in chocolate, mint and cherry flavours	
9. A condom can hold up to 10.5 litres of cold water	
10. Condoms can prevent HIV infection if used correctly every time you have sex	
11. Lubricated condoms cure skin fungal infections because they contain an anti-fungal agent	
1T,2F, 3F?, 4T, 5T, 6F, 7T, 8T, 9F, 10T, 11F	



Workplace Condoms demonstrations and displays

- ⓧ Sculptures made from boxes, cartons and packets
- ⓧ Clothing, bikinis, bilas made from condoms
- ⓧ A suspended condom full of water
- ⓧ A condoms stretch between two objects



Women do not have to seek permission to protect their own health



Female condoms available here

For more information call BAHU Free HIV Infoline 7200 2242 or the BAHU website www.bahu.com.pg



Condom Fashion design



Condom packaging sculptures

Condom quality demonstrations and promotions



Active Condom familiarisation Games

Help make staff feel at ease with condoms

Whole boxes

How high can you stack boxes of condoms in single file?

Condom box 1-a-side soccer

Condom box toss in to target or bucket

Single condoms Tear condoms up into singles (but still in foil wrapper)

- ⓧ Condom desk hockey – sliding condoms across a desk – closes condom to target wins
- ⓧ Condoms heads and tails. Play heads and tails (condom label is heads, plain side tails). Participants choose – HH, HT, TT. Leader flips 2 condoms those with correct combination remain standing. Last one standing wins.

Single Condoms unwrapped.

- ⓧ Kondom balun first to blow up a condoms to bursting point wins
- ⓧ Can you do a step-through-a-condom in less than 3 seconds?
- ⓧ Kondom Katapel or Kondom Sanga – as you would a catapult... see how far you can 'flick' the unrolled condom. Condom that goes the furthest or closest to a target wins



Call BAHA to ensure your workplace has an HIV policy and program in place

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www.baha.com.pg

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