

Intimacy Matters 2.0

Condom & Lubrication Education Guide

Using Anatomically Correct Teaching Models

For Adults with Intellectual and Developmental Disabilities

Purpose: This guide helps educators, nurses, DSPs, and clinicians provide factual, respectful, and person-centered education about condoms and lubricants. The goal is to support informed decision-making, reduce the risk of sexually transmitted infections (STIs) and unintended pregnancy, and promote safer sexual practices. Demonstrations should always be conducted using **anatomically correct teaching models** in a private, professional educational setting.

Learning Objectives

By the end of this lesson, participants should be able to:

- Explain what a condom is.
- Describe why condoms are used.
- Identify different types of condoms.
- Demonstrate the correct steps for condom use on a teaching model.
- Understand the purpose of lubricant.
- Choose a lubricant that is compatible with the condom being used.
- Know where to obtain condoms and lubricant.

Ground Rules

Before beginning, explain:

- There are no silly questions.
- Everyone deserves accurate information.
- Participation is voluntary.
- Respect everyone's privacy.
- We use proper anatomical terms and respectful language.
- We practice only on teaching models—never on another person.

Part 1: What Is a Condom?

Ask the group:

“What have you heard about condoms?”

Then explain:

A condom is a thin barrier worn during sexual activity that can help:

- Reduce the risk of many STIs.
- Reduce the chance of pregnancy (when used correctly and consistently).
- Promote safer sexual activity.

Part 2: Types of Condoms

Show examples of unopened products.

Discuss:

External Condoms

- Worn over the penis or a penis-shaped prosthetic.
- Available in different sizes, textures, and materials.

Internal Condoms

- Worn inside the vagina.
- May also be used for receptive anal sex if used correctly according to current clinical guidance and education.

Part 3: Condom Demonstration

Materials

- Anatomically correct teaching model
- Sample external condoms (latex and non-latex, if available)
- Water-based lubricant
- Silicone-based lubricant (optional for comparison)
- Trash container
- Gloves (if required by agency policy)

Step-by-Step Demonstration

Step 1

Check the package.

- Is it sealed?
- Is it damaged?
- Check the expiration date.

Step 2

Open carefully.

Avoid:

- Teeth
- Scissors
- Sharp objects

Step 3

Identify the correct direction for rolling the condom.

If it begins to roll the wrong way, use a new condom rather than flipping it over.

Step 4

Place the condom on the tip of the teaching model.

Pinch the tip to leave space for semen.

Step 5

Roll the condom down to the base.

Ensure it is smooth and secure.

Step 6

Discuss lubricant.

Apply lubricant, if desired, to reduce friction and increase comfort.

Step 7

Explain that after sexual activity, the condom should be held at the base while being removed to help prevent slipping or spilling.

Step 8

Dispose of the condom by wrapping it in tissue and placing it in the trash.

Do not flush condoms down the toilet.

Practice Activity

Invite participants, if they are comfortable, to practice the steps on a teaching model with guidance.

Encourage questions and reinforce that learning takes practice.

Part 4: Common Condom Mistakes

Discuss:

- Not checking the expiration date.
- Opening the package with sharp objects.
- Putting the condom on inside out and then flipping it over.
- Reusing a condom.
- Using two external condoms at the same time.
- Not leaving space at the tip.
- Removing it incorrectly.
- Waiting until after sexual contact has started to put it on.

Part 5: Understanding Lubrication

What Is Lubricant?

Lubricant (lube) is a product that reduces friction during sexual activity.

It may:

- Increase comfort.
- Reduce irritation.
- Lower the chance of condom breakage caused by excessive friction.

Types of Lubricants

Water-Based

- ✓ Compatible with most latex and non-latex condoms.
- ✓ Easy to clean.
- ✓ Good everyday option.

Silicone-Based

- ✓ Long-lasting.
- ✓ Compatible with most latex condoms.
- ✓ Useful in situations where longer-lasting lubrication is desired.

Oil-Based

Examples:

- Baby oil
- Coconut oil
- Petroleum jelly
- Lotion

Important: Oil-based lubricants can damage latex condoms, increasing the risk of breakage. If using latex condoms, choose a water-based or silicone-based lubricant instead.

Matching Condoms and Lubricants

Condom Type	Water-Based Lube	Silicone-Based Lube	Oil-Based Lube
Latex	☑	☑	✗
Most Non-Latex (check product instructions)	☑	Usually ☑	Follow manufacturer's instructions

Always encourage participants to read the product label for compatibility.

Myth or Fact?

Condoms can be reused.

☒ Myth

Lubricant can make sex more comfortable.

☒ Fact

Condoms help reduce the risk of many STIs.

☒ Fact

Using two external condoms together gives extra protection.

☒ Myth

Using two external condoms at the same time can increase friction and make them more likely to tear.

Where Can I Get Condoms?

Discuss local resources such as:

- Pharmacies
- Grocery stores
- Health clinics
- County health departments
- College health centers
- Community organizations

Remind participants that availability varies by community.

Questions to Check Understanding

Ask participants:

- Why is it important to check the expiration date?
- What should you do if the package is damaged?
- Why is lubricant sometimes used?
- Which lubricants are safe to use with latex condoms?
- Can a condom be used more than once?
- What should you do if a condom breaks during sex?

Key Messages

- Condoms work best when used **correctly and consistently**.
- Lubrication can improve comfort and help reduce friction.
- Consent should always come before any sexual activity.
- Safer sex includes communication, respect, and informed choices.
- If you have questions about sexual health, talk with a healthcare professional.

Instructor Tips for DSPs and Providers

- Use anatomically correct teaching models only.
- Present information in a neutral, nonjudgmental manner.
- Use plain language and visual supports when appropriate.
- Check for understanding throughout the lesson rather than assuming comprehension.
- Respect each participant's cultural background, values, and comfort level while ensuring they receive accurate health information.
- If an individual has questions outside your role or scope of practice, help connect them with an appropriate healthcare provider or sexual health educator.