

DEMONSTRATION SCRIPT: HOW TO USE THE WOMAN'S CONDOM

This script was created to help you feel more comfortable describing the Woman's Condom and showing how it is used. It was designed to reach a variety of audiences, including potential users, health providers, and community organizations. Please note this script is just a guide. You are encouraged to use words that are most suitable for your community and to bring your own style to the demonstration. Have fun!

Topic 1.

Introduction.

What to say

I'd like to talk to you about the Woman's Condom, a new and safe option that women and men can use to protect themselves against unintended pregnancies and sexually transmitted infections, including HIV.

The Woman's Condom is made from a soft, smooth material and is inserted into your vagina. It can enhance pleasure during sex as the material is thin and warms to your body temperature.

It also provides an option for those times when you do not want to use a male condom.

What to show/do

Show the Woman's Condom package.

Topic 2.

Inspect package and take condom out.

What to say

I'm going to show you how to use the Woman's Condom. You'll see it has some special features. I'll describe these as we go along. If you have any questions, please feel free to ask them.

The first thing you should do is to check to make sure that there are no holes in the package. Look at the expiry date, which is printed along the top of the package. Make sure the condom hasn't expired and is safe to use.

Then, open the package using the notch in the corner. Gently take the condom out of the package. Feel how thin and silky the material is. The material is made of polyurethane, a soft and strong material that can be used by people with latex allergies. You'll notice that the condom is dry.

What to show/do

Briefly examine the package for holes and show where the expiry date is located.

What to show/do

Point to the notch used to open the package. Then, open the package and take the product out. Draw the audience's attention to the material by touching it.

Topic 3.

Briefly name features and point to them.

What to say

You'll see that the condom is folded inside a "dissolving capsule" made of a thin, soft film. The capsule makes it easier for you to handle and insert the condom. Once inserted in your vagina, the capsule begins to dissolve as soon as it comes into contact with the moisture there.

Remember: It's important that you do not pull the capsule off the condom when taking it out of the package because you use the capsule to insert the condom.

Right now the capsule is covering four foam shapes attached to the outside of the condom; these keep the condom stable in the vagina during sex. I will show you these foam shapes and how they work in just a moment when I demonstrate how to insert the Woman's Condom. At the other end of the condom is a soft, flexible ring. This ring lays flat outside the woman's vagina during sex.

What to show/do

Point to the capsule.

What to show/do

Point to the foam shapes inside the capsule when introducing them.

What to show/do

Point to the ring when describing it.

Topic 4.

Show how the Woman's Condom is inserted and how the condom expands after the capsule dissolves.

What to say

Now, let me show you how to insert the Woman's Condom. I will use my hand; pretend it is a vagina.

To start with, we confirmed the package had no holes and that the condom had not expired. We are now ready to insert the condom.

First, reach through the condom to hold the dissolving capsule—like this. Get into a relaxed position to insert the condom. You can sit, squat, or lie down; whichever is most comfortable for you.

Then, insert the dissolving capsule into the vagina and push it in as far as it will go. If you find that it doesn't slide in easily, add some lubricant to the tip of the capsule. The ring of the condom should lie flat against the vagina—like this. If the condom feels uncomfortable, then it is probably not inserted correctly. Take it out and try with a new one; remember practice makes perfect.

What to say

As soon as the capsule comes in contact with the moisture in your vagina, it will begin to dissolve. This usually takes about 30 to 60 seconds. You must wait to have sex during this time (*remove capsule*). When the capsule dissolves, the condom will open up in your vagina. When the penis enters the condom, the condom will open up completely.

Now you can clearly see the four foam shapes. As soon as the foam shapes come in to contact with the walls of the vagina, they begin to absorb moisture and will cling lightly to the sides of the vagina. These keep the condom stable during sex. Don't worry, these shapes are heat-welded on to the condom and won't come off during sex.

Note:

Depending on your circumstance, you also have the option to put the condom in a glass of warm water to show how the capsule dissolves and releases the pouch.

What to show/do

Grasp the dissolving capsule as you see on the instructions for use.

What to show/do

Insert the capsule into the pretend vagina (your other hand shaped like a semi-closed fist) and show how to push it as far as it will go. Turn your hand towards the audience to show how the ring stays outside the vagina and lays flat outside the vagina (your semi-closed fist).

What to show/do

Turn your hand back to the side view and pull off the capsule with your other hand.

What to show/do

Hold the condom by the ring on one hand. Point to the foam shapes now so the audience can fully see them. Tug on the foam shapes to show that they are strong and won't fall off.

Topic 5.

Show how the lubricant is applied and how the penis should enter the condom inside the vagina.

What to say

The condom comes out of its package dry (not pre-lubricated). In the package there is a small packet of water-based lubricant. You and your partner can use as much or as little lubricant as you like. After the condom has been inserted into the vagina, you can put the lubricant either inside the condom or on his penis. Using lubricant helps the penis slip in and move around easily during sex, and it can feel really good! **If you do not apply any lubricant the penis may pull the condom out during sex.**

What to show/do

Put down the Woman's Condom and open the lubricant package. Put some lubricant on one finger. Then, pick up the Woman's Condom again and hold it in your pretend vagina (semi-closed fist) so that the ring stays on the outside of your fist. Apply lubricant on the inside of the condom.

What to say

Now you are ready to have sex. Remember, the ring stays on the outside of the vagina. Either you or your partner can use your hand to guide the penis into the condom. The penis should enter the condom like this.

If the Woman's Condom ring is pushed inside your vagina, STOP. Remove the Woman's Condom and insert a new condom.

If the penis enters to the side of the condom, against the vaginal wall, STOP. Guide the penis back in to the condom, with additional lubrication if necessary.

What to show/do

Use your index and middle finger on your free hand as a pretend penis. Show the viewer how the penis correctly enters the condom.

Topic 6.

Show how to remove the condom from the vagina.

What to say

One benefit of the Woman's Condom is that when you have finished having sex, your partner does not need to withdraw immediately, like he does with a male condom. You can relax and enjoy the moment before removing the Woman's Condom.

When you're ready to remove the condom, twist the ring and gently pull the condom out. Twisting the ring helps prevent semen from spilling out of the condom. Dispose of the Woman's Condom in the same way as you do with a sanitary towel. Do not throw it into the toilet; wrap it in a tissue or the packet it came in and put it in the garbage.

What to show/do

Using your free hand, twist the ring and gently pull it out of your semi-closed fist (the pretend vagina). Wrap it in tissue or put it back into its package and throw it in the garbage.

Topic 7.

Wrap up with important things to remember.

What to say

And that's how you use the Woman's Condom. It is easy to use, it feels good during sex, and it protects you and your partner!

Before I finish I want to emphasize a couple of important points you must remember.

Never use a Woman's Condom and a male condom at the same time. This will increase the risk of both condoms tearing and does not provide additional protection.

Never reuse the Woman's Condom. Use a new Woman's Condom every time you have sex.

Topic 8.

Questions and answers

What to say

What questions do you have about the Woman's Condom and how to use it?

Note:

See "All About the Woman's Condom" for commonly asked questions about the Woman's Condom and answers to these questions.