

## Availability of Condoms Program Guidelines for School Nurses

### Contents of Condom Package for Students

- Small brown paper bag
- Condoms (4 Middle School; 6 High School)
- Packet of condom-compatible lubricant
- Card with instructions on correct condom use (in English and Spanish)
- Card with *Student Support* website URL, folded in half (contains local clinic information)

### Steps for Correct Condom Use

1. Use a new condom for each new act of vaginal, anal, or oral sex.
2. Open the condom package with your fingers, not your teeth.
3. Put the condom on the penis as soon as the penis is erect and before any contact of the penis to the partner's vagina, anus, or mouth.
4. Hold the tip of the condom and unroll it to the base of the erect penis.
5. Leave a half-inch at the tip of the condom for the ejaculate; squeeze the tip to make sure that no air is trapped in the condom.
6. If the condom does not roll down the penis easily, it is probably inside-out. If this is the case, it will need to be removed, thrown away, and a new one used.
7. Use only water-based lubricants with condoms, such as the one provided. Lotions and oils can cause the condom material to disintegrate and tear.
8. Immediately after ejaculation, withdraw the penis, holding the condom firmly at the base to avoid it slipping off or spilling.
9. Remove the condom away from the partner and throw away in a trash can.
10. Never use more than one condom at the same time.

### Guidelines for Educational Conversation with Student

- Remind student that this doesn't have to be an awkward conversation and that you talk with students about health every day.
- Ask if student has a latex allergy.
- Review consistent and correct condom use and refer to information card.
- Ask if student would like to hold a condom and practice opening the package, unrolling it, seeing which is the correct side, etc.
- Ask if student has been tested for HIV/STIs within the past 6 months. Has their partner?
- If applicable, ask if student is using additional types of birth control such as hormonal methods.
- Remind students of the *Student Support* website, which contains links to local clinics and clinic locator tools.
- Ask student about their relationship(s), such as are they currently in a relationship, how many partners they currently have, are they only seeing each other, and do they feel safe in their relationship?