

# Welcome to the Wrap It Up! Party Guide

## Wrap It Up! Party Planner,

Congratulations on making a wonderful choice of activity to spread awareness and to have some fun with sexual health! If your wondering what a Wrap It Up! Party is – it's a fun way to discuss safer sex with fun activities and demonstrations. Any size group will work; just make sure to plan ahead with your supplies.

Its important to make the group feel comfortable with each other, especially when discussing topics like sexual intercourse and oral sex. It's a good idea to either set ground rules for the group or allow the group to create their own. One of the most important rules is to be respectful to other group members. Remind them that there aren't any "dumb" or "stupid" questions and that they should keep an open mind and not discriminate against others for their opinions or actions.

The guide includes a supply list, party favor ideas, icebreaker ideas, activities, discussion topics, and random facts. At the end of the guide there is a list of web resources that you can access for additional information and ideas. These activities can be done in any order, the following is just our recommendation, feel free to change or add as you see fit. Remember to have fun and be prepared for some *very* interesting conversations.

Have fun and Good luck!

Megan & Amanda  
DCAP Interns Summer 2007

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### Supply List:

- ?? Condom demonstrators (as needed for number of people)
  - \* Cucumbers, zucchini, banana.
- ?? Condoms
- ?? Flavored Lubricant (assorted flavors of small tubes/packets)
- ?? Paper Towels
- ?? Pamphlets (HIV/AIDS, STI's, Sexual Health, Women's Health, etc.)
- ?? Candy (Dum Dum suckers, jolly ranchers, etc.)
- ?? Baby oil

### Party Favor Ideas

- ?? Condoms
- ?? Lubricant
- ?? Testing Sites, Stats Sheet, Condom Bowl Location Flyers

- ?? Web Resource Quarter Sheet
- ?? Condom steps (can be printed from DCAP resource page)

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[www.douglascountyaidproject.org](http://www.douglascountyaidproject.org)

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## **Wrap It Up! Party Guide**

### **Setup**

- ?? A private setting may be best for the party.
- ?? Round tables are great for conversation.
  - Depending on the group size find a location that will be most comfortable.
- ?? Have other supplies laid out in advance.
- ?? Distribute supplies out to participants.

### **And the Party begins...**

- ?? Welcome all participants.
- ?? Explain purpose and what will be demonstrated.
- ?? Set ground rules and allow participants to create or add.

### **Icebreaker**

Here are two possible activities to do, choose one or create your own!

*COMMON GROUND.* This works best for small groups or for each small group sitting together as a team (4-6 learners). Give the group a specific time (perhaps 5 minutes) to write a list of everything they all have in common. Tell them to avoid the obvious ("we're all taking this course"). When time is up, ask each group how many items they have listed. For fun, ask them to announce some of the most interesting items.

*LOLLIPOP:* Pass out Dum Dum lollipops to the group. For every letter that appears in the flavor, the participant has to share something about him/her with the group.

Example: GRAPE = G – grew up in KS, R – reads mysteries, A – athletic, P – people person, E – energetic

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### **Activity 1. Slang Terms (3-5 minutes)**

Have group divide in pairs (or turn to neighbor) and come up with as many slang terms for condoms that they can think of.

Example: Sheath, rubber, cap, jimmy cap, jimmy, raincoat, cover, glove, love glove

After, have the pairs share any thoughts or feelings about the terms. Answer any questions and discuss any concerns.

## **Links for Activity 1.**

### **Sex- Lexis**

[www.sex-lexis.com/](http://www.sex-lexis.com/)

Search tool for terms and slang for sexual topics.

### **Urban Dictionary**

[www.urbandictionary.com](http://www.urbandictionary.com)

Slang dictionary, which can be used to look up slang meanings.

Disclaimer: Internet users can add own opinions and definitions to site.

**? DID YOU KNOW? IT IS ESTIMATED THAT OVER 5 BILLION CONDOMS ARE USED EACH YEAR GLOBALLY.**

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## **Activity 2. Taste Testing (approx. 10 min)**

Discuss lubricants.

Use only water or silicone based, NEVER oil based when using condoms.

Lubricant can be used for oral sex, anal and vaginal intercourse.

Taste Testing

- ?? Use small plates and distribute small amounts of flavored lubricant.
- ?? Game: have participants guess the flavors.
- ?? Make sure to keep track of the order of the flavors.
- ?? Recommended: 4-5 flavors.
- ?? Possible flavors include peach, strawberry-kiwi, watermelon, pina colada, and passion fruit

**? Did You Know? Women purchase 40-70% of condoms**

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## **Activity 3. Condom Blow-up (5 min)**

- ?? Blow up 2 condoms (like a balloon) and tie ends.
- ?? Have people guess how long it will take for the condom to break.
- ?? Pour a small amount of Baby oil on both condoms.
- ?? Let one sit and ask one person to rub the baby oil into the second.
- ?? Watch and see!

Discuss the role of heat and friction on condoms and how oil based lubricants can deteriorate condoms even faster. Encourage the use of water base lubricants with latex condoms.

**Activity 4. Top Ten (10 min)**

- ?? **Reasons given not to use condoms**
- ?? Read through list.
- ?? Have group discuss possible comebacks.

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| 1. I would never give you any kind of disease - I love you too much already.                                     | 1. Oh, thank you, dear. Now do you have your certificate of health with you or do you need to go home to get it? |
| 2. What if one of my friends was in the drug store when I went to buy them. Think of how embarrassed I would be. | 2. Why do you think your friends ARE in the drugstore?   |
| 3. We can't be spontaneous if I have to stop and put one on.   | 3. We won't be anything if you don't.  |
| 4. I haven't had that many partners.   | 4. Oh, good. Then you can give me their names and everyone they had sex with.                                    |
| 5. They are always too tight. I can't stay hard.   | 5. Without one, there won't be a REASON to stay hard.  |
| 6. I can't feel anything with one on.  | 6. And I won't feel anything without one.  |
| 7. You wouldn't even want me to wear one, if you really loved me.  | 7. If I didn't love you, we wouldn't have gotten this far.   |
| 8. I won't come inside you; I have terrific control of my body.  | 8. And I have terrific control of mine. That's why you won't BE inside without one.                              |
| 9. I don't have any of those kinds of diseases.  | 9. You do have your certificate of health and those of all your previous partners with you, don't you?           |
| 10. I'm just too big and I can't find one that fits.   | 10. I understand you think that, dear. But they even have them for horses. And I KNOW you aren't THAT BIG.       |

- ?? Discuss other reasons that participants have heard for not using condoms.
- ?? Website for reference: [www.mjbovo.com/Contracept/Condom-10Worst.htm](http://www.mjbovo.com/Contracept/Condom-10Worst.htm)

? **Did You Know?** 18th century condoms were fashioned from sheep, lamb and goat intestines, and sometimes fish skin.

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### **Activity 5. Condom Myths (5-10 min)**

Read condom myths to the group. Discuss any other myths that they have heard or thought to be true.

#### **Myth #1: Condoms don't work.**

Some persons have expressed concern about studies that report failure rates among couples using condoms for pregnancy prevention. Analysis of these studies indicates that the large range of efficacy rates is related to incorrect or inconsistent use. The fact is: latex condoms are highly effective for pregnancy prevention, but only when they are used properly. Research indicates that only 30 to 60 percent of men who claim to use condoms for contraception actually use them for every act of intercourse. Further, even people who use condoms every time may not use them correctly. Incorrect use contributes to the possibility that the condom could leak from the base or break.

#### **Myth #2: HIV can pass through a condom.**

A commonly misperception is that latex condoms contain "holes" that allow the passage of HIV. Although this may be true for natural membrane condoms, laboratory studies show that intact latex condoms provide a continuous barrier to microorganisms, including HIV, as well as sperm.

#### **Myth #3: Condoms frequently break.**

Another area of concern expressed by some is about the quality of latex condoms. Condoms are classified as medical devices and are regulated by the FDA. Every latex condom manufactured in the United States is tested for defects before it is packaged. During the manufacturing process, condoms are double-dipped in latex and undergo stringent quality control procedures. Several studies clearly show that condom breakage rates in this country are less than 2 percent. Most of the breakage is due to incorrect usage rather than poor condom quality. Using oil-based lubricants can weaken latex, causing the condom to break. In addition, condoms can be weakened by exposure to heat or sunlight or by age, or they can be torn by teeth or fingernails.

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### **Activity 6. Condom Demonstration (15- 20 min, more if needed)**

Show the correct way to use a condom, use simple steps that people can remember.

## **Condom Steps**

1. Check expiration date
2. Open package carefully
3. Hold condom at tip leaving space at the end
4. Place condom on tip of erect penis
5. Roll down to base of the penis
6. Vaginal, oral, or anal intercourse
7. After ejaculation, grasp base of penis and withdrawal  
This is done to prevent condom from coming off or leaking.
8. Remove condom and dispose of safely
9. Repeat as necessary

## **Alternative activity**

Fill a condom with water to demonstrate how much water it can hold.

\* Note: Better done outside or in a bathtub. Can be messy!

? **Did You Know?** A condom can hold about 4 quarts of milk.

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## **Activity 7. Condom Race (5 min)**

Have participants race to put condoms on and remove correctly.

?? You can blindfold participants to simulate difficulties putting a condom on in the dark.

?? Discuss how some sexual encounters occur under the influence of drugs or alcohol and how this affects proper condom usage.

? **Did You Know?** The Egyptians in 1350 B.C. reportedly used condoms. They were most likely made of animal bladders or intestines

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## **Activity 8. Condom Stretch (5min)**

“See how far a condom will stretch.”

- ?? Use a lubricated condom and place oranges/balls into condom. (usually 14 oranges will fit)
- ?? You don't need to place that many into the condom. (4 to 5 will prove the point)
- ?? Stretch one over someone's arm.

? **Did You Know?** Male condoms are available to buy at drugstores and retail stores. Female condoms are available at some drugstores and health clinics.

Free condom can be found throughout Lawrence (see Bowl Sites Flyer)

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### **Activity 9. Dental Dams and Female Condoms**

Dental Dams – explain usage, where to buy, advantages/disadvantages, how to make one  
Female Condom – explain usage, where to buy, and advantages/disadvantages

These are sources for additional information.

#### **Undercover Condoms**

[www.undercovercondoms.com/](http://www.undercovercondoms.com/)

Information on dental dams, male and female condoms.

#### **AVERT**

[www.avert.org/femcond.htm](http://www.avert.org/femcond.htm)

Site offers information on female condoms.

#### **Planned Parenthood**

[www.plannedparenthood.org](http://www.plannedparenthood.org)

Information on female condoms and other contraceptives.

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#### **Wrap up Party.**

- ?? Questions?
- ?? Give information sheets/pamphlets/ resource sheet.
- ?? Thanks for coming!

## **Wrap It Up! Web Resources**

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### **Douglas County AIDS Project**

[www.douglascountyaidproject.org](http://www.douglascountyaidproject.org)

DCAP is a nonprofit, community-based organization serving Franklin, Jefferson and Douglas counties in Kansas.

### **Planned Parenthood**

[www.plannedparenthood.org](http://www.plannedparenthood.org)

Planned Parenthood is America's leading sexual and reproductive health care advocate and provider. Resources and information on pregnancy, birth control, sexual health, and other sexual education resources.

### **Everything Condoms**

[www.everything-condoms.com/](http://www.everything-condoms.com/)

This web site was created to provide condom information from male to female condoms. This is the one web site you need for all your information.

### **Quick-Condoms**

[www.quikcondoms.com/index.jsp](http://www.quikcondoms.com/index.jsp)

Informative site for safe sex, contraceptives, search engine and reviews.

### **The Body**

[www.thebody.com](http://www.thebody.com)

The complete source for HIV/AIDS information.

