

Safer Sex Stations Activity

Goals

- *Get comfortable with safer sex discussions and supplies.*
- *Review safer sex supplies in an informal manner.*

Instructions

- Set up the nine stations around the room with the printed title of each station taped up and the required supplies on the table below. (See below for the instructions on how to set up the stations.)
- Introduce the activity saying you have set up stations to review some of the safer sex discussions and supplies.
- Explain each station thoroughly. (Note: This alone may take 15-20 min especially if you do a full middle anatomy review.)
- Have youth break into small groups or work alone and have one group per station (then rotate them through all the stations).
- Debrief each station.

Stations: Supplies Required

Station #1: Anatomy cards and tape. **Anatomy review if needed:**

<https://vimeo.com/878445718> **Instructions:** [Microsoft Word - "Anatomy on Your Back" Card Game.docx \(teentalk.ca\)](#)

Station #2: Issues and responses cards and tape near wall. **Instructions:** [Microsoft Word - Condom & Sex Dam Communications Activity.docx \(teentalk.ca\)](#)

Station #3: Multiple condoms per participant and woodies, bananas or bingo dabbers.

Instructions: [Microsoft Word - Condom Demonstration.docx \(teentalk.ca\)](#)

Station #4: Multiple condoms per participant and they can use the one that they practiced with at the previous station. **Instructions:** [Microsoft Word - Sex Dam Demonstration.docx \(teentalk.ca\)](#)

Station #5: Hormonal Birth Control and ECP Kit (Can be purchased at: [Resources for Purchase - SERC](#)) **Instructions:** [Microsoft Word - Hormonal Birth Control Demonstrations .docx \(teentalk.ca\)](#) [Microsoft Word - Emergency Contraception Demonstration.docx \(teentalk.ca\)](#)

Station #6: Flipchart paper/white board and marker with title Teen Clinic and 5 w's on it. They can google teenclinic.ca for info.

Station #7: Internal condoms. **Instructions:** [Microsoft Word - Internal Condom Demonstration.docx \(teentalk.ca\)](#)

Station #8: Fun and Safe Activities Flipchart paper/white board and marker with title (See fun and safe sections of outline only) [Microsoft Word - "Why Do Teens Have Sex," "Why Don't Teens Have Sex," & "Fun & Safe Activities" Group Brainstorms.docx \(teentalk.ca\)](#)

Blank Drawing Page: Doodle Page (optional) Flipchart paper/whiteboard and markers. (This gives the participants a place to put their drawings rather than have them interspersed throughout the other flipcharts.)

Station #1: Review anatomy

1. Label the different parts of the anatomy.
2. Tape a body part card on your classmate's back and vice versa.
 1. Using only 'yes' or 'no' questions guess the body part. (Is it above the waist? Is it on all bodies? Is it inside the body?)

Station #2: Communicating condom/sex dam use with a partner

1. Match with an appropriate response.

Station #3: Practice putting a condom on a woody

1. Before you open a condom, what three things should you look for on the package?
2. Steps to putting on a condom:
 1. Open the condom package.
 2. Pinch the tip with three fingers.
 3. Roll the condom to the base.

Station #4: Make a sex dam

1. Open the condom package after checking the expiry date.
2. Unroll the condom.
3. Pull the ring off the base of the condom.
4. Look for a tear at the base of the condom or rip one with your teeth, then tear down the rip to the 'reservoir tip', but not past the tip.
5. Hold the dam on both sides.

Station #5: Explore a birth control kit

1. Check out the different types of hormonal birth control.
 1. All methods prevent the eggs from leaving the ovaries.
 2. A prescription is required.
 3. Directions need to be followed.
 4. None have STI protection.
2. Check out emergency contraception (ECP).
 1. It can be used for up to 5 days after penis-vagina sex. However, it's most effective the first 24 hrs.
 2. Available at pharmacies without a prescription.

Station #6: Talking about Teen Clinics

1. Write some info about the Teen Clinics and things you could say to a friend that could convince them to go to a Teen Clinic.

Station #7: Explore an internal condom

1. Check out the internal condom.

Station #8: Fun and safe activities

1. Write some fun and safe activities that are at no risk for STIs/HIV and pregnancy that romantic partners can do together e.g. playing cards, cuddling, flirting...

Doodle Page (Optional)

Debrief

(First go over each station, see each station's link for debrief.) All of these aspects can play a role in keeping us healthy and taking care of our sexual and reproductive health.

Station Titles

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