

Condoms in Healthy Respect school based drop-ins

Condoms and lubricant are available to all members of the general public, age 13 or older from NHS Lothian's [c:card service](#). This is accessible to everyone, either in person or online via the c:card condoms by post service.

Separate to this, organisations can apply to have their own stock of loose condoms and lubricant through Healthy Respect. These can be issue directly to their service users rather than being open to the public. We offer support to partners who work with young people in school and community settings, to support access to condoms

Access to sexual health information and services can support young people to delay sexual activity.

Condoms are not an age restricted product. Making condoms available to young people will help keep them safe and will help create a more open culture where young people feel supported to make informed decisions about their sexual health.

Condoms help support the sexual health needs of sexually active young people as well as acting as a learning tool to prepare young people for their future lives.

The information below will help guide your conversations about condoms with young people in school and community settings.

For further information about condoms in school or community settings please contact Healthy Respect Healthy.Respect@nhslothian.scot.nhs.uk

Free condoms for young people ages 13-15 years

The practical process of providing condoms to young people ages 13-15 is just as quick and simple as it is for ages 16+. Additional input is required only if the offer of a one-to-one discussion is taken up by the young person.

The flowchart on the next page outlines how to provide a free condom service to young people age 13-15, with suggested text in italics.

If the young person looks under 13, you can ask them their age. Children under the age of 13 cannot access free condoms from NHS Lothian as sexual activity under the age of 13 would be a child protection concern. If they are under the age of 13, and curious about free condoms: partners can use their experience to chat more and explore how best to support their needs.

Young people have the same right to confidential services as adults. Where there are no child protection concerns information about a young person accessing the free condom service should not be shared.

Healthy Respect asks you to return anonymous (monthly) data using our service recording pads.

How to provide a free condom service to young people age 13-15

1. Show the range of condoms and lubricant available (see page 3)

“Here are the different products available”

2. Offer a one-to-one discussion

“Do you have any question or concerns or anything else you’d like to talk to me about in private while you’re here?”

If so, go to a private space for a one-to-one discussion.

3. (Optional) Offer a condom demonstration (see page 4)

“We can talk through how to use condoms safely if you would like to see a demonstration?”

4. Ending – thank them for using the service and encourage them to return

“Here are your supplies – come back whenever you need to.”

One-to-One Discussions

One-to-one discussions are offered to answer any questions or concerns that a young person ages 13-15 may have. Like condom demonstrations, one-to-one discussions are not a requirement for the young person to access the products. Young people who do not want a discussion or demonstration should be allowed to take the products they want and leave.

Where a one-to-one discussion is wanted, confidentiality should be explained before proceeding. It should be made clear that if anyone is at risk of harm, information relating to this cannot be kept confidential.

A wide variety of things may be asked or discussed. This could range from answering questions about the products through to talking about relationships and wider sexual health.

It is important to listen out for any factors that might indicate a child protection concern, with appropriate follow up action taken where required.

If the young person’s situation would be regarded as ‘consensual teenage sexual activity’ as outlined in the Scottish Governments National Guidance on Underage Sexual Activity, the young person’s right to confidentiality must be maintained.

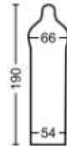
Personal information cannot be shared without the young person’s consent where it does not meet the child protection threshold.

All non-child protection issues or concerns should be addressed directly and within your service or by referral to other specialist services if required or requested by the young person.

Range of Condoms and Lubricant

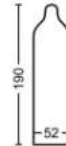
Stand Alone Supplies

Naturelle



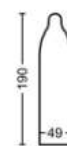
- : a shaped condom
- : wider fit at the top
- : non-spermicidally lubricated

Feel



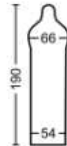
- : a thinner condom
- : 10% thinner for increased sensation
- : non-spermicidally lubricated

Trim



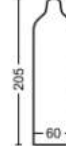
- : a narrower condom
- : tighter fit
- : non-spermicidally lubricated

Smiley



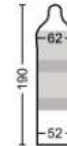
- : a shaped condom
- : wider fit at the top
- : non-spermicidally lubricated

King Size



- : an XL condom
- : wider and longer
- : non-spermicidally lubricated

Intensity



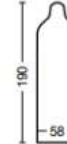
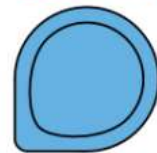
- : a ribbed and dotted condom
- : textured for increased stimulation
- : non-spermicidally lubricated

Taste



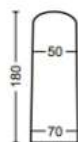
- : a range of flavoured condoms
- : non-spermicidally lubricated
- : coloured for fun

Latex Free



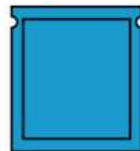
- : non latex condom
- : for people with latex allergies

Internal



- : non latex condom
- : for women to take control

Light Lube



- : water based condom friendly lubricant
- : thinner consistency

Flavoured Lube



- : water based condom friendly lubricant
- : for fun and safer oral sex

Putting on a Condom



1. Check it

Check the condom has a BSI kitemark safety symbol and that it's not past its use by date. Do not try to put the condom on unless the penis is hard.



2. Opening

Before you open the wrapper, push the condom down to one end. Then tear open the empty end – do not use your teeth. Remove the condom carefully.

Condoms only roll down one way so make sure it's the right way round – the rolled up bit should be on the outside of the condom.



3. Put it on

Pinch the end of the condom to squeeze out the air. Keep the end pinched, put the condom over the end of the penis and start to roll the condom down.



4. Rolling

Roll the condom right down to the base of the penis. If it does not roll down, the condom is probably inside-out so start again with a new one.



5. Pulling out

After sex, withdraw the penis while holding the condom in place, so it does not slip off. Do this before the penis goes soft.



6. And finally...

Slide the condom off the penis and bin it.