

Condom Use Toolkit

Welcome to the Condom Use Toolkit. Male and female condoms are the only contraceptive methods that provide dual protection against both unwanted pregnancy and sexually transmitted infections (STIs) including HIV. Through state-of-the-art scientific evidence, programmatic guidance, and implementation tools, the Condom Use Toolkit assists health policy makers, program managers, service providers, and others in planning, managing, evaluating, and supporting the provision of condoms. Many items in the Condom Use Toolkit can be adapted for use in specific country contexts and unique program circumstances.

What are K4Health Toolkits?

What is the purpose of the Condom Use Toolkit?

What types of resources are included in this Toolkit?

Who should use this Toolkit?

How should this Toolkit be used?

Who developed this Toolkit?

What are K4Health Toolkits?

K4Health toolkits are electronic collections of carefully selected information resources on a particular topic for health policy makers, program managers, and service providers. They are based on a continuous publishing principle that allows them to evolve after publication to capture additional resources and to identify and fill information gaps.

What is the purpose of the Condom Use Toolkit?

The purpose of the Condom Use Toolkit is to provide guidance and tools to update, expand, or develop condom service provision and counseling programs.

- **Policy makers** will find research and information to help set national guidelines for programs to include condom programming in family planning and HIV prevention programs.
- **Program managers** will find information and job aids to help them support the design of effective condom-related activities.

- **Health care providers** will find information and job aids to help them counsel clients effectively about male/female condom use.
- **Communication professionals** can use the toolkit's resources for policy makers, advocates, program managers, communities, and clients of health care services to explore strategies, media, and messages about the dual protection offered by male/female condoms.
- **Trainers** can review the latest training techniques and curricula to help researchers and program managers who are involved in condom programming.
- **Researchers** can create customized searches for scientific articles, reports, photographs, and other materials relating to condom use.

What types of resources are included in this Toolkit?

This toolkit provides a one-stop source for reliable, relevant, and usable information about male and female condom use in reproductive health and HIV prevention programs. The resources were selected with health policy makers, program managers, and service providers in mind. For example, the Toolkit contains:

- Up-to-date background and reference materials to design evidence-based, state-of-the-art programs
- Job aids and other tools to improve the effectiveness and quality of program activities and services
- PowerPoint presentations and other information resources that can be downloaded and adapted to local circumstances and languages
- Various publication formats: books, manuals, briefs, case studies, fact sheets, newsletters, pamphlets, posters, project reports, reviews, teaching and training materials, photographs, and other tools

Who should use this Toolkit?

The Toolkit is intended for use by:

- Policy makers and program managers who are interested in adding or improving existing condom services
- Providers, potential clients, teachers, and students who are interested in accurate information about condoms

We invite you to suggest resources or adapt the resources in this Toolkit to suit your local circumstances and languages.

How should this Toolkit be used?

Expanding access to and use of male and female condoms requires a holistic approach: accurate information; up-to-date policies and guidelines; quality training, supervision, and services; efficient, reliable commodity management; and effective communication and marketing. This Toolkit provides information on all these elements and contains tools and resources to help you implement a variety of condom-related activities.

To browse the content of this Toolkit, use the tabs above to view resources related to key program topics. You can also use the search box, found at the top of any Toolkit page, if you know what you are looking for or have a specific item in mind.

Resources in this Toolkit can be downloaded and adapted for teaching and training, research, advocacy, policy making, and program management purposes. Some of the tools are readily available in adaptable format (for example, Microsoft PowerPoint presentations or Word documents). We encourage you to alter and personalize these tools for your own use. (Please remember to credit the source.) If you do use these tools or adapt them, we would love to hear from you. Please e-mail us at toolkits@k4health.org and include the name of the Toolkit in the subject line of your message.

Who developed this Toolkit?

FHI 360 staff selected the resources based on a search of published and gray literature. The resources are also based on staff experience working with ministries of health and with partner organizations to conduct reproductive health research and implement reproductive health programs around the world, including family planning and HIV prevention. Staff from the USAID/DELIVER Project, PSI and USAID also provided valuable suggestions.



Essential Knowledge



The Essential Knowledge section of the Condom Use

Toolkit contains up-to-date, evidence-based information on female and male condoms—the only contraceptive methods that protect against both pregnancy and sexually transmitted infections (STIs), including HIV. Policy makers, program managers, service providers, and other health care professionals can use this information to increase access to condoms.

The Female and Male Condom pages in this section of the Toolkit contain several resources that offer basic information about male and female condoms. These include a summary of key facts about female and male condoms, accompanied by a selection of resources that highlight fundamental facts and essential research on acceptability, effectiveness, usage, and impact of female and male condoms.

Do you have a comment or a resource you'd like to suggest for inclusion in the Toolkit? Share your thoughts by sending a message through the feedback form.

Female Condoms

This section of the Condom Use Toolkit provides key facts about female condoms, as well as a selection of resources offering basic information about how female condoms protect women and their partners from unwanted pregnancy, HIV, and other sexually transmitted infections.

- Female condoms are sheaths or linings, made of thin, soft plastic film, which fit loosely inside a woman's vagina.
- The female condom forms a barrier that keeps sperm from entering the vagina, preventing

pregnancy and the transmission of infections.



- For greatest effectiveness, condoms must be used correctly with every act of sex. Risk of pregnancy and STIs is greatest when condoms are not used consistently.
- When female condoms are used correctly and consistently, about 5 pregnancies per 100 women occur over the first year
- With typical use, about 21 pregnancies per 100 women occur over the first year.

Resources:

- **Family Planning: A Global Handbook for Providers, Chapter 14: Female Condoms**

This handbook offers clinic-based health care professionals in developing countries the latest guidance on providing contraceptive methods. Chapter 14 of the handbook offers clinic-based health care professionals in developing countries the latest guidance on providing female condoms.

- **Female Condom Fact Sheet**

This fact sheet contains information about female condoms for non-medical professionals.

- **The Female Condom is Safe and Effective**

This brief focuses on the female condom, specifically its safety and effectiveness when used consistently and correctly. It explains how the female condom is the only female-initiated method available that can be worn by women for protection against both unintended pregnancy and sexually transmitted infections.

- **Female Condom: Product Brief**

This peer-reviewed brief provides an overview of the female condom, including its effectiveness, current use in family planning programs, and information about manufacturers, registration status, and costs. The goal is to improve information about underused contraceptive methods to improve women's and couple's access to a range of family planning methods.

- **FC2 Female Condom® FAQs**

This 10-page FAQ answers key questions about the use of the female condom.

Male Condoms



This section of the Condom Use Toolkit provides

key facts about male condoms, as well as a selection of resources offering basic information about how male condoms offer protection from unwanted pregnancy, HIV, and other sexually transmitted infections.

- Male condoms are sheaths, often made of thin latex rubber, which fit over a man's erect penis.
- A male condom forms a barrier that keeps sperm from entering the vagina, preventing pregnancy and the transmission of infections.

- For greatest effectiveness, condoms must be used correctly with every act of sex. Risk of pregnancy and STIs is greatest when condoms are not used consistently.
- When condoms are used correctly and consistently, about 2 pregnancies per 100 women occur over the first year.
- With typical use, about 15 pregnancies per 100 women occur over the first year.
- Correct and consistent condom use prevents 80% to 95% of HIV transmissions that would have occurred without condoms.

Resources:

- **Family Planning: A Global Handbook for Providers, Chapter 13: Male Condoms**

This handbook offers clinic-based health care professionals in developing countries the latest guidance on providing contraceptive methods. Chapter 13 of the handbook offers clinic-based health care professionals in developing countries the latest guidance on providing male condoms.

- **UNFPA, WHO and UNAIDS: Position statement on condoms and the prevention of HIV, other sexually transmitted infections and unintended pregnancy**

This position statement explains why condom use is a critical element in comprehensive, effective, and sustainable HIV programming.

- **Condom Fact Sheet**

This fact sheet contains information about male condoms for non-medical professionals.

Policies & Guidelines



International consensus holds that comprehensive

condom programming is the best approach to both family planning and the prevention of HIV and other STIs. A national condom policy that includes both male and female condoms is a key element of an effective condom program. This policy should not only provide guidance for integrating female and male condoms into national HIV/AIDS and reproductive health guidelines and programs but also outline the steps that must be taken to improve access to and use of condoms throughout the country.

The SUPPORT division of The Female Health Company, a team of health professionals that is specialized in FC2 female condom programming and training, has identified the following key components of a national condom strategy:

- A review of the existing HIV/AIDS and reproductive health policies and strategies into which the national condom strategy will be integrated.
- A situation review, which explores the current state of condom activities and needs within a country.
- An action plan or framework which includes indicators, targets, and a monitoring and evaluation plan.
- A work plan that includes a timeline and delegation of responsibilities to guide implementation of the action plan.

This section of the Condom Use Toolkit contains up-to-date information on funding for condom programs, guidance and tools for developing condom policies and strategic plans, and a selection of national and regional condom policies. Use the navigation menu on the right side of this page to access these resources.

Do you have a comment or a resource you'd like to suggest for inclusion in the Toolkit? Share your thoughts by sending a message through the feedback form.

Resources:

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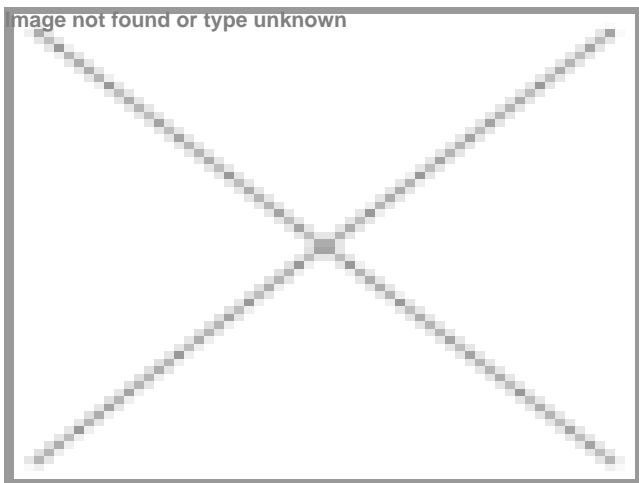
UNFPA, WHO and UNAIDS: Position statement on condoms and the prevention of HIV, other sexually transmitted infections and unintended pregnancy

This position statement explains why condom use is a critical element in comprehensive, effective, and sustainable HIV programming.

- **Technical Issue Brief Condom Use: How it Relates to HIV and STI Prevention**

This brief focuses on condom use as a critical element in a comprehensive, effective and sustainable approach to HIV across the continuum of response to all HIV epidemic types.

Training



The Training section of the Condom Use Toolkit

contains job aids, curricula, manuals, and other training tools for condom programming and service delivery.

While the skills required for condom provision are less technical than for clinical contraceptive methods, provider still need condom training to:

- Develop knowledge, skills, and confidence in the use of female and male condoms for prevention of pregnancy and STIs, including HIV. Training on female condoms is particularly important since they are less well known and understood.
- Effectively counsel their clients on correct and consistent condom use
- Implement program initiatives, including training sessions, to enable program managers,

service providers, researchers, community leaders, educators, and others to successfully integrate condoms into HIV and reproductive health programs

- Train others in interpersonal communication, risk assessment, and the use of female and male condoms

Do you have a comment about this section or a new resource or training topic you'd like to suggest? Please share your feedback by sending a message through our feedback form.

Resources:

- **Checkpoints for Choice: A New Orientation and Resource Package for Ensuring Voluntary Family Planning Programs**

This resource package offers practical guidance on how program planners and managers, policymakers, donors, service providers, and community leaders can strengthen clients' ability to make full, free, and informed contraceptive choices within a rights-based context.

- **An Integrated Condom Training Manual**

This manual is called "integrated" because it combines training on both male and female condoms. The interactive training manual is divided into eighteen modules. Each module covers a specific topic with accompanying facilitator resources and participant handouts. It can be used in its entirety or trainers can select modules that are appropriate for their respective audience. Duration of the training is two to five days and depends on the number of modules presented during the training workshop.

- **Training Resource Package for Family Planning: Condoms - Female**

This module on **Female Condom** is designed for the providers in developing countries who most often are tasked with providing FP services—primarily nurses and nurse-midwives, as well as primary care physicians—and assume trainees will have at minimum a nurse's level of clinical training. Although the module can be used for Community Health Workers (CHWs), they would need basic literacy skills.

Designed to actively involve the trainees in the learning process, sessions include:

- PowerPoint presentations,
- simulation skills practice in the form of roleplays,
- discussions,
- case studies and practice, and
- using objective competency-based skills checklists.

• **Training Resource Package for Family Planning: Condoms - Male**

This module on **Male Condom** is designed for the providers in developing countries who most often are tasked with providing FP services?primarily nurses and nurse-midwives, as well as primary care physicians?and assume trainees will have at minimum a nurse?s level of clinical training. Although the module can be used for Community Health Workers (CHWs), they would need basic literacy skills.

Designed to actively involve the trainees in the learning process, sessions include:

- PowerPoint presentations,
- simulation skills practice in the form of roleplays,
- discussions,
- case studies and practice, and
- using objective competency-based skills checklists.

Service Delivery



Service delivery providers must not only be able to

counsel clients on condom use as a family planning and HIV prevention option but also be technically competent in determining medical eligibility, properly storing and managing condom inventory, ensuring clients understand how to properly use condoms, and promoting condom use to the community. Health service providers must possess a range of knowledge and skills to effectively meet each client's unique needs.

The Service Delivery section of the Condom Use Toolkit contains counseling tools, job aids, service delivery guidelines, and other reference materials to help service providers:

- Determine whether a client is medically eligible to use female or male condoms
- Counter myths and misinformation about condoms and other contraceptive methods with effective counseling messages
- Counsel clients on condom use for family planning, HIV prevention, and dual protection (that is, protection against both unintended pregnancy and sexually transmitted infections, including HIV)
- Instruct clients on how to use female and male condoms correctly and consistently
- Coach clients on how to develop partner communication and condom negotiation skills
- Meet the unique reproductive health needs of people living with HIV
- Create an environment in which clients are confident and comfortable accessing condoms and other contraceptive and HIV prevention supplies

Do you have a comment or a resource you'd like to suggest for inclusion in the Toolkit? Share your thoughts by sending a message through the feedback form.

Counseling Tools & Job Aids



This section of the Condom Use Toolkit houses

several counseling tools and job aids to help service delivery providers counsel clients on correct and consistent condom use for family planning and STI/HIV prevention, including:

- The Balanced Counseling Strategy Plus: A Toolkit for Family Planning Service Providers Working in High HIV/STI Prevalence Settings which is an evidence-based interactive counseling tool that includes strategies for counseling on a range of family planning methods, including condoms, and is intended to help providers offer comprehensive high-quality family planning counseling to clients who live in areas with high rates of HIV and STIs.
- The Decision-Making Tool for Family Planning Clients and Providers that assists providers and clients in determining whether male or female condoms are an appropriate method to use for contraception considering their individual circumstances and preferences.
- The Contraceptive Myths and Counseling Messages document that can be used to assist providers in addressing misinformation and misunderstandings about condoms.

Resources:

- **Cue Cards for Counseling Adults on Contraception**

The set of cue cards is designed to help a range of community- and facility-based providers to counsel adults on their contraceptive options. The cue cards address: Implants, Male Sterilization, Female Sterilization, Intrauterine Device (IUD), Lactational Amenorrhea Method (LAM), DMPA (injectables), Combined Oral Contraceptives (COCs), Progestin-Only Pills (POPs), Standard Days Method (SDM), Male Condom, Female Condom, and Emergency Contraceptive Pills (ECPs). The provider can use the front side of the cards to give information about all available options and, after the client chooses a method, the provider turns to the back side to give specific instruction on use.

- **Cue Cards for Counseling Adolescents on Contraception**

The set of cue cards is designed to help a range of community- and facility-based providers to counsel adolescents and young people on their contraceptive options. The cue cards address: combined oral contraceptives, progestin-only pills, emergency contraception, male and female condoms, injectables, implants, intrauterine devices, and the lactational amenorrhea method. The provider can use the front side of the cards to give information about all available options and, after the adolescent chooses a method, they turn to the back side to give specific instruction on use.

- **Medical Eligibility Criteria Wheel**

This easy-to-use tool will help providers to identify Medical Eligibility Criteria relevant to their clients quickly. The job aid was field-tested in three countries.

- **FC2 Female Condom Instruction Leaflet**

This instruction leaflet shows how the FC2 female condom can be used.

- **A Guide to Family Planning for Community Health Workers and their Clients**

This flip-chart is a tool to use during family planning counselling or in group sessions with clients. It can:

- help your clients choose and use the method of family planning that suits them best;
- give you the information you need for high-quality and effective family planning counseling and care;
- help you know who may need referral.

- **FC2 Female Condom®: Resources for Health Professionals**

This Website offers comprehensive information about female condoms and a variety of resources available in English and Spanish, including FAQs, an FC2 Cost Effectiveness Fact Sheet, an FC2-male condom comparison, counseling tips, promotional messages, tips for partner communication and negotiating female condom use, a how-to-use postcard, and more.

There are various vaginal models available to demonstrate how to use FC2 female condom. The PDF lists the different types, how to order them as well as the price.

SUPPORT has used a selection of the models below in training and demonstration sessions. If you do not have a model, you can use your hand for demonstration purposes.

- **How to Use the FC2 Female Condom Flip Book**

This Flip book explains how to use FC2 female condom with supporting diagrams and text for each of the steps. Flip books are an important tool for demonstrating the correct use of the female condom. They can be used by service providers, peer educators and men or women's groups and as an educational tool in other group settings.

- **How to use FC2 female condom (instruction card)**

The instruction card shows step by step how the FC2 female condom can be used. It can be handed out by the health care provider to clients who want to start using the FC2 female condom.

- **All about the FC2 female condom (booklet)**

The booklet is a resource for FC2 educators. It answers all kind of questions such as: what is the FC2 female condom? What is it made of? Why should we use it? Why is it different from male condoms? Who can use it? Can it be used during pregnancy or menstruation? How and when FC2 can be inserted? Can it disappear inside the body? How does the inner ring feel during sex and can FC2 be used during different positions? Can it be used with other contraceptives?

- **The FC2 female condom (poster)**

The colourful poster "The FC2 female condom for enjoyable safer sex" can be displayed during FC2 education sessions.

- **FC2 Female Condom Leaflet**

The leaflet sums up the enjoyable and safe characteristics of FC2. It can be handed out to raise the interest of people in the use of FC2.

- **Female Condoms Work! (handout)**

The handout (4 pages) contains stories about successful female condom activities in Kenya and South Africa. The examples are interesting for anyone who is working in the field of reproductive health.

- **How to Use FC2 Female Condom (Animation)**

This animation video contains a demonstration on how to insert and use the FC2 female condom.

- **Condom: Tools for Creating Choices**

This package of materials contains communication tools and job aids to support women and men choose condoms.

Guidelines & Reference Materials



Most men and women can safely use male or

female condoms at any time. The guidelines and handbooks included in this section of the Condom Use Toolkit offer health care professionals the latest guidance on providing condoms, including who can use condoms and when; any potential side effects, health benefits or health risks related to using condoms; and talking about condom use with one's partner in advance to discuss concerns and improve the chances that condoms are used consistently and correctly during sex.

Resources:

- **Family Planning: A Global Handbook for Providers, Chapter 13: Male Condoms**

This handbook offers clinic-based health care professionals in developing countries the latest guidance on providing contraceptive methods. Chapter 13 of the handbook offers clinic-based health care professionals in developing countries the latest guidance on providing male condoms.

- **Family Planning: A Global Handbook for Providers, Chapter 14: Female Condoms**

This handbook offers clinic-based health care professionals in developing countries the latest guidance on providing contraceptive methods. Chapter 14 of the handbook offers clinic-based health care professionals in developing countries the latest guidance on providing female condoms.

- **Selected Practice Recommendations for Contraceptive Use, Third edition**

This document is part of the process for improving the quality of care in family planning. Specifically, it is one of two evidence-based cornerstones (guidance documents) of the World Health Organization's (WHO's) initiative to develop and implement family planning guidelines for national programmes. The first cornerstone, the *Medical eligibility criteria for contraceptive use* (MEC, now in its fifth edition), provides thorough information and guidance on the safety of various contraceptive methods for use in the context of specific health conditions and characteristics. This document, *Selected practice recommendations for contraceptive use*, third edition (SPR third edition), is the second cornerstone; it provides guidance for how to use contraceptive methods safely and effectively once they are deemed to be medically appropriate. For recommendations issued in the SPR, safety considerations include common barriers to safe, correct and consistent use of contraception and the benefits of preventing unintended or unwanted pregnancy.

- **Medical Eligibility Criteria for Contraceptive Use, Fifth Edition**

This document is part of the process for improving the quality of care in family planning. *Medical eligibility criteria for contraceptive use* (MEC), the first edition of which was published in 1996, presents current WHO guidance on the safety of various contraceptive methods for use in the context of specific health conditions and characteristics. This is the fifth edition of the MEC – the latest in the series of periodic updates

This edition is divided into two parts. Part I describes how the recommendations were developed and Part II contains the recommendations and describes how to use them. The recommendations contained within this document are based on the latest clinical and epidemiological data. Several tools and job aids are available from WHO and other sources to help providers use these recommendations in practice.

- **Ensuring Human Rights within Contraceptive Service Delivery: Implementation Guide**

This implementation guide sets out core minimum actions that can be taken at different levels of the health system, and provides examples of implementation of the recommendations in the WHO guidelines.

- **Ensuring Human Rights in the Provision of Contraceptive Information and Services: Guidance and**

Recommendations

These WHO guidelines provide recommendations for programs as to how they can ensure that human rights are respected, protected and fulfilled, while services are scaled up to reduce unmet need for contraception. Both health data and international human rights laws and treaties were incorporated into the guidance.

- ## Condom: Tools for Creating Choices

This package of materials contains communication tools and job aids to support women and men choose condoms.

Logistics

Contraceptive security exists when every person is able to choose, obtain, and use quality contraceptives and condoms for family planning and protection from STIs including HIV, according to USAID. Widespread and consistent access to contraceptives including female and male condoms rests on effective organization and management of the supply chain and correct assessments of supply and demand. Many logistics guides emphasize that an effective supply chain must ensure the 'six rights' for product distribution:

1.



The right product

2. In the right quantity
3. In the right condition
4. In the right place
5. At the right time
6. For the right cost.

Without these ?rights,? programs cannot operate; in other words, *no product, no program*. Logistics management is complex, as condom supply chains consist of many organizations, procedures, and people who must work together to accurately forecast demand and then order and deliver the appropriate quantity of condoms expeditiously.

This section of the Condom Use Toolkit provides links to a wealth of information and tools to assist with procurement, logistics and supply chain management. These publications provide guidance on procurement, forecasting, product selection, quality assurance, logistics system design, inventory control, storage and distribution, monitoring and evaluation, information systems, and more.

For general family planning resources related to procurement, logistics and supply chain management, check out our Family Planning Logistics Toolkit.

Do you have a comment or a resource you'd like to suggest for inclusion in the Toolkit? Share your thoughts by sending a message through the feedback form.

Resources:

- **AIDSTAR-One Spotlight on Prevention: Reinvigorating Condoms as an HIV Prevention Tool**

This editorial summarizes the evidence on condoms for HIV prevention, discusses barriers and opportunities regarding supply, and proposes ways to reinvigorate the use of condoms as an HIV prevention tool.

- **Scientific and technical requirements to formulate a female condom generic specification and prequalification scheme**

This committee report discusses a workshop where manufacturers, donors, and international agencies reviewed and discussed the requirements and procedures to produce and procure quality-assured female condoms for the public sector and social marketing of female condoms. This included reviewing the issues that must be addressed to support the research, design, development, safety, efficacy, quality assurance, regulation, procurement and promotion of female condoms.

- **Use and Procurement of Additional Lubricants for Male**

and Female Condoms: WHO/UNFPA/FHI

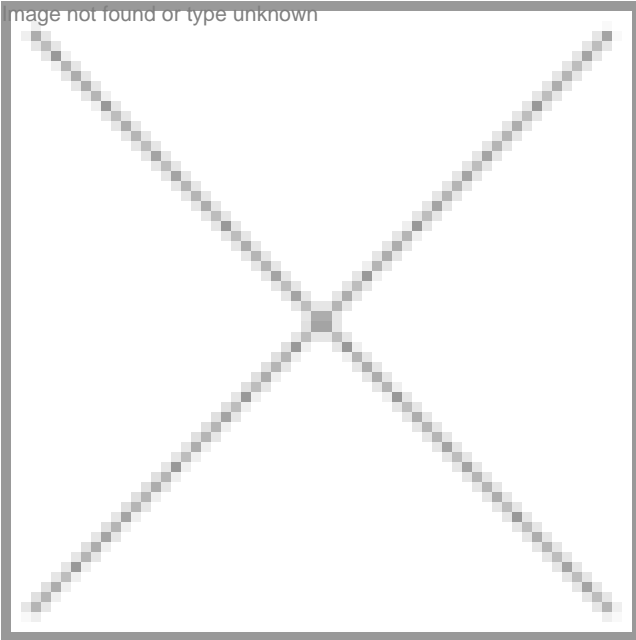
While the use of oil-based additional lubricants with condoms increases the rates of slippage or breakage of condoms, non-oil-based lubricants either decrease, or have no effect on, the slippage or breakage rates. At the present time procurement agencies are advised to avoid lubricants containing high levels of glycols (greater than 9% mass fraction) and polyquaternary compounds owing to possible concerns about the safety of these materials when lubricants are used by at-risk populations.

- ## **Use and Procurement of Additional Lubricants for Male and Female Condoms: WHO/UNFPA/FHI**

While the use of oil-based additional lubricants with condoms increases the rates of slippage or breakage of condoms, non-oil-based lubricants either decrease, or have no effect on, the slippage or breakage rates. At the present time procurement agencies are advised to avoid lubricants containing high levels of glycols (greater than 9% mass fraction) and polyquaternary compounds owing to possible concerns about the safety of these materials when lubricants are used by at-risk populations.

Communication & Advocacy

In addition to preventing pregnancy, female and male condoms, if used correctly and consistently, can reduce the sexual transmission of HIV by 80 to 90 percent. Yet many parts of the world still face barriers to condom access.



The Communication & Advocacy section of the

Condom Use Toolkit contains materials that detail the communication strategies and advocacy activities needed to address these gaps. Among these strategies are:

- **Information, Education, and Communication (IEC)**, a process of working with individuals, communities, and societies to develop context-appropriate communication strategies to promote healthful behaviors such as condom use through mass media; interpersonal communication; and community-based channels
- **Behavior change communication**, which involves IEC in addition to the provision of a supportive environment that will enable people to initiate and sustain safer behaviors such as correct and consistent condom use
- **Social marketing**, a strategy in which programs develop condom brands, and market and sell the brands to a particular population through promotional campaigns
- **Advocacy**, action that aims to influence reproductive health or HIV-related attitudes, laws, policies, or practices, usually directed at decision makers.

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Health Communication to Promote Condom Use



An effective family planning program not only focuses

on quality services, but also seeks to:

- Educate
- Raise awareness
- Promote a supportive environment
- Positively influence reproductive health behaviors, including correct and consistent use of condoms to prevent unwanted pregnancy and the transmission of HIV and other sexually transmitted infections

This section of the Condom Use Toolkit includes resources that provide accurate information on male and female condoms and several health communication related resources to assist program managers and providers in effective communication strategies and techniques.

Resources:

- **Taking Charge: My Body, My Self, My Life Peer Educator Guide**

This booklet, which was designed with the help of youth peer educators in Uganda, is for youth groups and friends to share. It contains general information on puberty and sex, as well as male and female condoms.

- **Taking Charge: Planning My Future Pregnancy Prevention Youth Peer Educator Guide**

This booklet, which was designed with the help of youth peer educators in Uganda, is for youth groups and friends to share and contains information on methods of contraception including male and female condoms.

- **Health Education Materials for the Workplace Toolkit**

This toolkit contains three types of materials to provide family planning messaging specifically for workplaces, including mini-posters, handouts, and supplemental materials.

- **Condom Fact Sheet**

This fact sheet contains information about male condoms for non-medical professionals.

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Female Condom Fact Sheet

This fact sheet contains information about female condoms for non-medical professionals.

- ## FC2 Female Condom Animation for Kenya

SUPPORT's partnering organization Muthaa Foundation from Kenya developed communication materials about the FC2 female condom in Swahili language. In this way Muthaa is able to reach a large Swahili speaking population with information on the FC2 female condom.

- ## FC2 Female Condom®: Resources for Health Professionals

This Website offers comprehensive information about female condoms and a variety of resources available in English and Spanish, including FAQs, an FC2 Cost Effectiveness Fact Sheet, an FC2-male condom comparison, counseling tips, promotional messages, tips for partner communication and negotiating female condom use, a how-to-use postcard, and more.

There are various vaginal models available to demonstrate how to use FC2 female condom. The PDF lists the different types, how to order them as well as the price.

SUPPORT has used a selection of the models below in training and demonstration sessions. If you do not have a model, you can use your hand for demonstration purposes.

- ## Condom Negotiation

This Web page offers practical advice on persuading a partner to permit the use of a condom during intercourse, including examples of dialogues and topics for discussion.

- ## FC2 Female Condom - All about Pleasure (animation)

This animation aims to debunk the myth that only women can initiate female condom use. Four characters chat about the advantages and benefits of FC2. The animation emphasizes that FC2 use can be pleasurable for both men and women.

It also aims to provide women with skills to negotiate FC2 use and viewers are taken through a demonstration on how they (and their partner) insert FC2.

- **How to use FC2 female condom (instruction card)**

The instruction card shows step by step how the FC2 female condom can be used. It can be handed out by the health care provider to clients who want to start using the FC2 female condom.

- **All about the FC2 female condom (booklet)**

The booklet is a resource for FC2 educators. It answers all kind of questions such as: what is the FC2 female condom? What is it made of? Why should we use it? Why is it different from male condoms? Who can use it? Can it be used during pregnancy or menstruation? How and when FC2 can be inserted? Can it disappear inside the body? How does the inner ring feel during sex and can FC2 be used during different positions? Can it be used with other contraceptives?

- **The FC2 female condom (poster)**

The colourful poster "The FC2 female condom for enjoyable safer sex" can be displayed during FC2 education sessions.

- **FC2 Female Condom Leaflet**

The leaflet sums up the enjoyable and safe characteristics of FC2. It can be handed out to raise the interest of people in the use of FC2.

- **Female Condoms Work! (handout)**

The handout (4 pages) contains stories about successful female condom activities in Kenya and South Africa. The examples are interesting for anyone who is working in the field of reproductive health.

- **FC2 Female Condoms Poster - Highlights use over 25 years**

This poster highlights the benefits of the FC2 female condom.

- **FC2 Female Condom Poster**

These posters can be used for FC2 education.

- **Condom: Tools for Creating Choices**

This package of materials contains communication tools and job aids to support women and men choose condoms.

Advocacy for Female and Male Condoms



Several barriers can exist that prevent populations

from accessing and using condoms, ranging from social and cultural barriers, legal and policy barriers, to economic and financial barriers. The Advocacy for Female and Male Condoms section of the Condom Use Toolkit contains information and tools to help policymakers, program

managers, and family planning promoters build a supportive environment for the provision and use of condoms. The resources listed in this section include advocacy guidelines and tools with a general focus on family planning, reproductive health, and contraceptive security, as well as briefs and tools that provide examples of advocacy plans and activities specific to condom use.

To access general family planning advocacy materials, please visit the **Family Planning Advocacy Toolkit**.

Resources:

- **The Female Condom is Safe and Effective**

This brief focuses on the female condom, specifically its safety and effectiveness when used consistently and correctly. It explains how the female condom is the only female-initiated method available that can be worn by women for protection against both unintended pregnancy and sexually transmitted infections.

- **AIDSTAR-One Spotlight on Prevention: Reinvigorating Condoms as an HIV Prevention Tool**

This editorial summarizes the evidence on condoms for HIV prevention, discusses barriers and opportunities regarding supply, and proposes ways to reinvigorate the use of condoms as an HIV prevention tool.

Country Experiences



Many countries are introducing new policies and

guidelines, designing and conducting trainings, pursuing research, and implementing interventions to introduce or strengthen condom programming. These experiences are

documented in the Country Experiences tab of the Condom Use Toolkit.

Click on the region links below to browse documents highlighting various countries' experiences with condom policy making, programming, and promotion in Africa, Americas & the Caribbean and Asia Pacific.

Do you have a comment or a resource you'd like to suggest for inclusion in the Toolkit? Share your thoughts by sending a message through the feedback form.

Africa



The greatest effects of HIV/AIDS are felt in sub-Saharan Africa, where an estimated 25.8 million people were living with HIV as of 2014. The region accounts for 70% of all new HIV infections. Condom programs are vital to slowing the spread of HIV. Condoms are also an integral part of family planning programming in Africa, home to 18 of the 20 countries with the highest fertility rates in the world.

The materials in this section of the Condom Use Toolkit shed light on the condom policies and programmatic experiences of a range of African countries. These documents highlight common barriers, evidence-based approaches, success stories, lessons learned, and recommendations for building and strengthening condom policy and programs in Africa and beyond.

Resources:

- **Expanding Effective Contraceptive Options in Malawi to Include the Woman's Condom: Understanding the Provider**

The female condom (FC) is the only woman-initiated contraceptive that offers triple protection against unintended pregnancy, HIV, and other sexually transmitted infections (STIs).

However, global use of female condoms remains low, due in part to inconsistent supply and promotion. Under the USAID-funded Expanding Effective Contraceptive Options (EECO) project, WCG Cares (WCG) launched the Woman's Condom in Malawi under the brand name Whisper. EECO partner Population Services International (PSI) led a marketing campaign for potential users while WCG led a medical detailing program for providers. Medical detailers visited providers to educate them on the product and address stigma and other barriers at the retail and clinic levels. From 2015 - 2018, the EECO project distributed a total of 23,400 units of Whisper in health clinics, pharmacies, kiosks, and other outlets in Malawi. This case study highlights the EECO strategy and lessons learned from the Whisper medical detailing program.

- **Expanding Effective Contraceptive Options in Zambia and Malawi: Lessons Learned from the Woman's Condom Introduction in Zambia and Malawi**

The Expanding Effective Contraceptive Options (EECO) project, funded by the U.S. Agency for International Development (USAID) through the U.S. President's Emergency Plan for AIDS Relief (PEPFAR), seeks to introduce new contraceptive and dual protection methods to better meet the reproductive health needs of women and girls worldwide. The EECO partnership team, led by WCG and including Population Services International (PSI), emphasizes engagement at all levels of the value chain, while putting the needs and preferences of the end user first. A deep understanding of the consumer and market environment is critically important in product introduction. This case study focuses on the process of gathering and analyzing consumer insights and market data to develop a marketing strategy for the Woman's Condom in Malawi and Zambia.

- **Review of the History of Price Revisions of Social-Marketed Brands of Male Condoms in Select Countries**

In Africa, social-marketed brands of condoms are usually sold at a subsidized price. This review assessed the prices of social-marketed condom brands in five countries—Kenya, Nigeria, South Africa, Zambia, and Zimbabwe. Ultimately, almost all brands adjusted their prices to national consumer price indices and gross national incomes across all five countries.

- **Total Market Approach: Swaziland**

This case study describes the market for male condoms in Swaziland, and the roles of the public, social marketing, and commercial sectors in the market. It illustrates the universe of need for condoms, levels of use, socioeconomic equity among users, and the market

presence of condoms for reproductive health and HIV prevention (dual protection). It also proposes a set of recommendations for improving the effectiveness, efficiency, and sustainability of condom markets.

- **Total Market Approach: Uganda**

This case study describes the market for male condoms in Uganda, and the roles of the public, social marketing, and commercial sectors in the market. It illustrates the universe of need for condoms, levels of use, socioeconomic equity among users, and the market presence of condoms for reproductive health and HIV prevention (dual protection). It also proposes a set of recommendations for improving the effectiveness, efficiency, and sustainability of condom markets.

- **Total Market Approach: Mali**

This case study describes the market for male condoms in Mali, and the roles of the public, social marketing, and commercial sectors in the market. It illustrates the universe of need for condoms, levels of use, socioeconomic equity among users, and the market presence of condoms for reproductive health and HIV prevention (dual protection). It also proposes a set of recommendations for improving the effectiveness, efficiency, and sustainability of condom markets.

- **Total Market Approach: Lesotho**

This case study describes the market for male condoms in Lesotho, and the roles of the public, social marketing, and commercial sectors in the market. It illustrates the universe of need for condoms, levels of use, socioeconomic equity among users, and the market presence of condoms for reproductive health and HIV prevention (dual protection). It also proposes a set of recommendations for improving the effectiveness, efficiency, and sustainability of condom markets.

- **Total Market Approach: Botswana**

This case study describes the market for male condoms in Botswana, and the roles of the public, social marketing, and commercial sectors in the market. It illustrates the universe of need for condoms, levels of use, socioeconomic equity among users, and the market presence of condoms for reproductive health and HIV prevention (dual protection). It also

proposes a set of recommendations for improving the effectiveness, efficiency, and sustainability of condom markets.

- **Total Market Approach: South Africa**

This case study describes the market for male condoms in South Africa, and the roles of the public, social marketing, and commercial sectors in the market. It illustrates the universe of need for condoms, levels of use, socioeconomic equity among users, and the market presence of condoms for reproductive health and HIV prevention (dual protection). It also proposes a set of recommendations for improving the effectiveness, efficiency, and sustainability of condom markets.

- **Female Condoms Work! (handout)**

The handout (4 pages) contains stories about successful female condom activities in Kenya and South Africa. The examples are interesting for anyone who is working in the field of reproductive health.

Americas & Caribbean



The Caribbean has the second highest HIV prevalence in the world, after sub-Saharan Africa, with 1.1% of the region's population living with HIV. Women account for more than half of those living with HIV in the Caribbean, where heterosexual sex is the main route of transmission.

While HIV prevalence in the rest of Latin America is relatively low, the number of people living with HIV in this region is predicted to grow. In the coming years, more attention must be paid to the epidemic in Latin America, where men who have sex with men account for the largest proportion of HIV infections. The extent of this problem is often downplayed in countries where homophobia and machismo are widespread and sex between men is stigmatized.

Comprehensive condom programming and supportive policy is essential to curbing the HIV epidemic in the Americas and the Caribbean. The materials in this section of the Condom Use Toolkit shed light on condom policies and programmatic experiences in Latin America and the Caribbean. These documents highlight:

- Common barriers
- Evidence-based approaches
- Success stories
- Lessons learned
- Recommendations for building and strengthening condom policy, programs, and promotional efforts in this region

Asia Pacific



In Asia, nearly five million people are living with HIV today. In much of the region, HIV prevalence is largely concentrated among populations considered most at risk of HIV: people who sell sex, people who inject drugs, and men who have sex with men. In many Asian countries, condom use during transactional sex is low, putting not only the two people involved in the transaction at high risk but also affecting their other partners. Amfar reports that as of 2013, women comprise 35% of people living with HIV in Asia and that marriage is often the biggest risk factor for women.

A number of Asian countries have led successful large-scale HIV prevention programs that focused largely on promoting condom use. However, prevention efforts often neglect the needs

of most-at-risk populations and their partners. The rising HIV prevalence in a number of Asian countries makes it clear that more needs to be done to promote safer practices such as correct and consistent condom use.

The materials in this section of the Condom Use Toolkit share policy implementation and programmatic experiences in Asia and the Pacific. These documents highlight common barriers, evidence-based approaches, success stories, lessons learned, and recommendations for building and strengthening condom policy, programs, and promotional efforts in this region.

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