






# FC2 training manual

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 @FemaleCondomFC2  
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FC2 female condom is manufactured by  
The Female Health Company (FHC).  
Chicago USA/ London UK/Malaysia



## Introduction

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*Welcome to the FC2 training manual. This manual has been thoughtfully developed as a step-by-step guide for facilitators to follow as they teach (non) professionals about the FC2 female condom.*

The FC2 female condom is safe and effective if used correctly and consistently. It has high acceptability among both women and men in many countries and provides protection against both sexually transmitted infections (STIs), including HIV, and unintended pregnancies. The introduction of FC2 leads to more protected and pleasurable sex acts.

FC2 can be made available in a broad range of settings: through family planning clinics for dual protection; through targeted interventions with sex workers; in Reproductive Health (RH) programmes; in programmes for the prevention of STIs/HIV or with MSM (men who have sex with men)<sup>1</sup> and in Primary Health Care and Hospitals.

FC2 female condom activities should focus on both women and men and address their reproductive health needs. Seek to encourage male participation and responsibility for both family planning and STI/HIV prevention by providing men with information on the FC2 female condom.

The way in which FC2 is presented to potential users is essential to its acceptance. We hope that this FC2 training manual will help you and the workshop participants, empower women and their partners to try and properly use FC2. This manual and the annexes can be downloaded from [www.fc2femalecondom.com](http://www.fc2femalecondom.com).

Thank you for joining us!

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<sup>1</sup> MSM might use FC2 for anal sex. There has been no research on the effectiveness of FC2 for anal sex use and it is not approved for anal sex use. However, many public health organizations confidently promote FC2 for anal sex. These organizations advise to insert FC2 inside the anus and to remove the inner ring before having anal sex. It is also possible to first remove the inner ring and then put the condom over the erect penis. Some men put the ring over the penis for a better grip.



# Table of contents

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<b>About this manual</b>	7
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## Modules

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Module 1: Workshop overview and getting to know you .....	11
Module 2: Overview of HIV and Sexual Reproductive Health (SRH) .....	17
Module 3: FC2 Why? What? How? .....	21
Module 4: Talking with clients .....	27

## Annexes

---

Annex 1: Pre/Post questionnaire .....	31
Annex 2: FC2 Resource kit .....	35
• All about the FC2 female condom .....	38
• Female reproductive organs .....	46
• Barrier methods and dual protection .....	48
• Comparison between a male condom and an FC2 female condom .....	50
• Talking with clients - FC2 promotional messages .....	51
• Tips for communicating with your partner about sex .....	52
• Why should you try the FC2 female condom? .....	53
• Glossary.....	54
Annex 3: Evaluation form .....	59
Annex 4: PowerPoint FC2 training .....	63



## About this manual

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## About this manual

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### Purpose of the FC2 training manual

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The purpose of this training manual is to provide facilitators with a step-by-step method as well as a packet of resources that supports them in the provision of FC2 training workshops for family planning service providers, service providers in STI/HIV prevention, health care professionals, health workers, peer educators, community health workers and anyone else who needs training on FC2.

### Objectives for the FC2 training workshop

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As with other reproductive health technologies, the successful introduction of FC2 requires a network of well trained and skilled health care providers. This ensures that women and men are provided with the knowledge, skills and support they need to make informed choices about protection against both unintended pregnancy and STIs, including HIV.

It is expected that facilitators of the FC2 training workshop will transfer their knowledge, skills and attitude to participants, who will in turn educate women and men about FC2. The overall goal of the training workshop is to provide participants with knowledge on the FC2 female condom, and how it can be used to prevent unintended pregnancies and the spread of STIs, including HIV.

At the end of the workshop it would be expected that participants:

- Can discuss, demonstrate and promote FC2 with competence and confidence.
- Have knowledge about how the FC2 female condom is used to prevent unintended pregnancies and the spread of Sexually Transmitted Infections (STIs), including HIV.
- Can demonstrate the correct insertion of FC2.
- Can provide accurate information on FC2 use.
- Have developed a positive attitude about FC2.

## Using this manual

### Structure of the FC2 training manual

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The FC2 training manual has four modules, and between 2 – 6 activities within each module. All four modules have the following sections:

- Module title.
- Module description.
- Estimated time.
- Learning objectives.
- Facilitator preparation.
- Materials.
- Step-by-step instructions of the activities.



### Use of the PowerPoint presentation

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Annex 4 is a PowerPoint (PP) presentation to be used during different activities of the workshop. On the bottom of the PP slides the number of the corresponding module is given as well as the number of the slide.

### Materials needed

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1. A PowerPoint projector is needed for all modules.
2. Name plates or badges on which the participants write their name have to be handed out during the first module.
3. Markers, flip charts and post-it notes are needed for some modules.
4. Handouts are needed for some modules. Copies of these are annexed at the back of this manual.
5. In order to demonstrate the proper use of FC2 (Module 3), FC2 female condoms, demonstration models (if available), tissues and/or wipes are needed.
6. Each participant will receive an FC2 Resource kit. Throughout the training and within most of the modules the Resource kit is referenced and participants are asked to turn to a specific page.

### Time needed

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This entire training is scheduled to take 3 hours and 45 minutes. The sessions can be modified depending on the amount of time available for the training session. Remember to factor in at least one 10-20 minute break for trainings over 2 hours.

### Flow

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Each module was created to complement and build on the content covered in the previous module(s), so it is important to deliver the modules (and the activities within each module) in the order given.

### Participatory learning approach

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The activities in this facilitator manual involve participatory training methods such as group discussion, brainstorming, role play, small group work, and practice demonstration. Participants will have many opportunities to practise using new skills. Participatory training methods increase motivation and help increase a participant's ability to remember facts and skills associated with FC2. The more they know and remember about FC2 the more they will be able to share with their clients.

### Be prepared

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- A. Read the entire manual including annexes before beginning the training; you are the trainer so be knowledgeable on the subject matter and proficient in all the skills.
  - 1. Know all of the modules before delivering them and have materials prepared beforehand.
  - 2. Research and provide local examples and make the activities relevant to the participants' daily lives and concerns.
  - 3. Try and find out participants' names, the organizations they represent, and the work they do in the community ahead of time. Have a working knowledge of this information.
  - 4. Try to create a conducive learning environment. The training room(s) should be well lit, well ventilated, and quiet and should be kept at a comfortable temperature. At least one break for rest and refreshment should be scheduled, but participants should know they can leave the room should they need to.
  - 5. Create an emotional environment that is welcoming and pleasant by having positive attitude to all the participants.
  
- B. Build on the participants' expertise:
  - 1. Recognize the knowledge, skills and attitudes the participants bring to the course. Encourage participants to contribute to discussions.
  - 2. Try and relate new content or information to what participants already know and/or how it relates to their current situation, both individually and as a collective group;
  - 3. Be aware that you should not speak more than the participants. If you find that you are doing most of the talking, encourage participants to answer each other's questions, for example if someone asks a question, open it to the participants, "Does anyone have an answer to that question?"
  
- C. Feedback:
  - 1. Positive feedback increases people's motivation and learning ability. Whenever possible, the facilitator should recognize participants' correct responses and actions by acknowledging them publicly and making such comments as "Excellent answer!" "Great question!" and "Good work!"
  - 2. The facilitator can also validate the participants' responses by making such comments as "I can understand why you would feel that way..." or "we hear that a lot..." and then correct misinformation with facts.
  
- D. Have fun!
  - 1. These sessions should be fun and engaging for both you and the participants.
  - 2. Laughing, giggling and chatter are all allowed. As long as the participants are sticking to the agreed upon ground rules and are not being disruptive to the learning objectives let them have fun, be silly, and giggle. It's a sensitive topic and people need to be able to relax.

## Module I: Workshop overview and getting to know you

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## Module I: Workshop overview and getting to know you

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### About this module

#### Why do we do this module?

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- To introduce facilitator, (co-facilitator) and participants to each other.
- To discuss the objectives of the workshop.
- To help participants identify what they really think about FC2, including any preconceived feelings, beliefs and myths about FC2.
- To encourage participants to commit to learning more about FC2 in order to give their clientele the correct information about FC2.
- The participants play a crucial role in helping their clients recognize risks associated with STIs/HIV and unintended pregnancy and in encouraging behaviour change. A change in mindset about the importance of one's life and health and the role of FC2 is vital to minimize a client's risk of STIs, HIV, and unplanned pregnancy. What the participants say about FC2 and how they say it determines whether their client leaves with a female condom, knowing how to use it, being willing to use it, and then using it correctly and consistently.

#### Time

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45 minutes.

#### Learning objectives

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By the end of this module participants will be able to:

- Describe the objectives for the workshop.
- Explore personal notions, feelings and values regarding the female condom.
- Describe how these notions, feelings and values can affect the promotion of FC2.

#### Facilitator preparation

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- Prepare the materials for the participants: FC2 Resource kits, Pre/Post questionnaires and name plates.
- Record the workshop objectives on flip chart or use the PP presentation.
- Prepare four pieces of flip chart paper, each with one of the four statements from Activity 4 written at the top, and *strongly agree / agree / disagree / strongly disagree* written at the bottom of each of the four pieces of paper.

### Materials

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- PP projector.
- One Pre/Post questionnaire per participant (Annex 1).
- One FC2 Resource kit per participant (Annex 2).
- One nameplate per participant.
- Flipchart paper.
- Markers.
- Sticky notes.

### Activities

#### Activity 1: Welcome (10 minutes)

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- Welcome the participants.
- Introduce yourself and, if applicable, a co-facilitator.
- Distribute Pre/Post questionnaire to participants and ask them to complete the “Before training” section now. Store the questionnaire until the end of the workshop.
- Show the workshop objectives (PP module 1-1), clarify, and answer any questions about the objectives.
- Show and discuss the different activities of the workshop (PP module 1-2 and 1-3).
- Present and discuss the objectives of this module (PP module 1-4).
- Distribute the Resource kit, one per participant (Annex 2). Explain that this kit will be used as a resource throughout the workshop and that each participant will take a copy home with him/her to utilize as a permanent FC2 resource.

#### Activity 2: Ground rules (5 minutes)

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- Ask participants if they know what ground rules or group norms are. If someone knows what these are then ask that person to explain it to the group. If no one knows what ground rules are then explain that these are the rules that they make up that tell them how to conduct themselves during the workshop.
- Ask the group to brainstorm ground rules and record on a flip chart as they are called out and agreed on.
- Post the ground rules on the wall for all to see during the workshop and ask the participants to help each other maintain the rules.
- Explain that maintaining ground rules contributes to the success of the training.

Examples of possible ground rules:

- *No interrupting when someone is talking.*
- *Respect for people and their ideas.*
- *The right to ask questions / but no silly questions.*
- *People should be on time to all sessions.*
- *Confidentiality.*
- *Express opinions without criticizing others.*
- *Right to silence.*
- *No cell phones.*
- *Full participation by all.*
- *Facilitators should end sessions on time.*
- *Have fun and be flexible.*

### Activity 3: Get to know you (10 minutes)

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- Ask participants to write their name on a nameplate and to display it such that the trainer and other participants can read their name.
- Ask participants to introduce themselves and say one thing they know of, or may have heard about the female condom.
- Thank everyone for their introductions.
- Ask participants to summarize what they heard as common themes, record on flipchart paper.
- Note any relevant observations about the common themes. For example, some common themes may be centred on positive aspects of the female condom (i.e. freedom, a woman's choice, pleasure, innovative, etc.) while other common themes may be centred on negative aspects (i.e. scary, big, noisy, hard to sell, expensive, etc.).
- Ask participants how these themes might help or hinder one's ability to promote the female condom to clients.
- Ask participants to keep this conversation in mind, as later we will talk again about how our thoughts and beliefs about the female condom may help or hinder how we promote it to clients.

### Activity 4: What do I really think? (20 minutes)

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Before the activity - facilitator preparation:

- Write each of the four statements, below, on a separate piece of flipchart paper, and write *strongly agree / agree / disagree / strongly disagree* under each statement.
  - Female condoms are difficult to use.
  - Female condoms offer the same protection against STIs and unintended pregnancy as a male condom.
  - Female condoms can be very sexy and enhance sexual pleasure.
  - Having part of a female condom hang out of the vagina is gross (nasty).

- Post the four statements in four opposite corners of the room. Read the statements to the participants so everyone understands them.
- Instruct the participants to walk around the room and put a sticky note (or tick with a pen) beside the word that best describes their response to each statement: strongly agree, agree, disagree, or strongly disagree.
- Instruct the participants to do this as an individual activity and not in pairs or as a group.
- After everyone has completed the task, the facilitator will point out relevant observations regarding the response from the group to the four statements (i.e. “I see the crowd is split down the middle between agreeing that the female condom is sexy and disagreeing that the female condom is sexy.”)
- Discuss by asking:
  - What are your observations when you look at how the group responded to the four different statements?
  - How could these beliefs positively affect how we talk with clients about the product?
  - How could these beliefs negatively affect how we talk with clients about the product?
  - How might our non-verbal communication or non-verbal clues give our clients the idea of how we really feel about the product?
- Summarize by describing the following two possible scenarios:
  - You are meeting with a client who says her boyfriend doesn't like to use a condom. You say “well, there is this other option called the female condom, but I hear it's noisy, some women say it hurts, but here is a freebie if you want to try it”; or
  - You are meeting with a client who says her boyfriend doesn't like to use a condom. You say “we hear that a lot, and we are pleased to report that you have options and one option is called the female condom. I would like to tell you more about this option and provide you with instructions on how to use it properly and also on how to use it in a way that will help increase the pleasure for both you and your partner...”
- Ask participants which scenario will more likely lead to the client trying the female condom. Ask them to explain why.





## Module 2: Overview of HIV and Sexual Reproductive Health (SRH)

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## Module 2: Overview of HIV and Sexual Reproductive Health (SRH)

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### About this module

#### Why do we do this module?

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To remind participants of National STI/HIV and unplanned pregnancy rates and to underscore the importance of FC2 as an effective method of prevention.

#### Time

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45 minutes.

#### Learning objectives

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By the end of this module participants will be able to:

- Summarize national and/or local STI, HIV, and unintended pregnancy statistics.

#### Facilitator preparation

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- Obtain necessary information or arrange for an external resource person.
- Obtain or make fact sheets on the HIV epidemic and other relevant SRH issues in the country, for Activity 2.
- Make enough copies of relevant handouts for all the participants.

#### Materials

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Copies of fact sheets on the HIV epidemic and SRH generally in the host country/community for each participant.

### Activities

#### Activity 1: Introduction (5 minutes)

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- Present and discuss the objectives of this module (PP module 2-1).

#### Activity 2: Overview of HIV and Sexual Reproductive Health (30 minutes)

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- Present an overview of the HIV epidemic and Sexual Reproductive Health in the country. This session will vary widely according to the group's level of knowledge regarding HIV and other Reproductive Health issues. The facilitator or a special resource person should give participants factual information about STIs and HIV; about transmission, re-infection during pregnancy, delivery and breastfeeding; prevention of transmission; anti-retroviral therapy; fertility and other relevant issues related to HIV or STIs. Factual information should also be given on the status of Sexual Reproductive Health in the country, especially relating to maternal health. Ideally, fact sheets should be given to participants beforehand and the session can focus on answering questions.
- It may be useful to present information on STIs, HIV and Sexual Reproductive Health issues in the country, including:
  - HIV incidence and prevalence (disaggregated by sex, age, marital status, employment, education).
  - Contraceptive prevalence (disaggregated by method, sex, age, marital status, employment, education).
  - Infant and child mortality.
  - Maternal morbidity and mortality.
  - Life expectancy.
  - Adult death rates.

#### Activity 3: Short introduction to prevention methods that provide double protection (10 minutes)

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- Explain to the participants that transmission of STIs including HIV can be prevented by consistent and correct use of condoms (male and female). Unintended pregnancy can be prevented through contraceptive methods. Advantage of condoms is that they provide double protection, against STIs including HIV and against unintended pregnancies. Increase of condom use will have a positive effect on the (sexual) health of the population.
- Ask participants to turn, in the Resource kit, to the sections entitled 'Barrier methods and dual protection' and 'Comparison between a male condom and an FC2 female condom' and to use it as background information.



## Module 3: FC2 Why? What? How?

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## Module 3: FC2 Why? What? How?

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### About this module

#### Why do we do this module?

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- To teach participants about the cervix, vagina, and clitoris. Specifically to teach participants where these anatomical parts can be found in a woman's body and the important role these female reproductive parts play in proper FC2 insertion and enjoyment.
- To demonstrate correct insertion, from start to finish, of FC2.
- To give participants the opportunity to practise the correct insertion of FC2.
- To provide factually accurate answers to the most frequently asked questions about FC2.

#### Time

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1.5 hours.

#### Learning objectives

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By the end of this session participants will be able to:

- List who can use FC2.
- List the benefits of FC2.
- Describe important female anatomy and physiology as it relates to the insertion of the FC2.
- Explain and demonstrate correct use of the FC2.

#### Facilitator preparation

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- Prepare the materials for the participants: FC2s (two per participant); FC2 demonstration models (if available, one per two participants); tissues and/or wipes.
- Prepare the PP presentation.

#### Materials

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- PP projector.
- FC2s (at least 2 per participant).
- Demo models (if available).
- Flipchart.
- Markers.

## Activities

### Activity 1: Introduction (5 minutes)

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Present the learning objectives of the module (PP module 3-1).

### Activity 2: An introduction to the FC2 female condom (10 minutes)

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Present and discuss the characteristics and advantages of FC2 and who can use it (PP module 3-2 to 3-11).

### Activity 3: Anatomy (15 minutes)

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- Hold up an FC2 for the group to see.
- Explain that before we come to the step on how to properly insert the FC2, it is very important to do a brief female anatomy lesson. Why? Show the PowerPoint presentation (PP module 3-12) on which the following examples of concerns some women have about the female condom are written:
  - Will it hurt during sex?
  - Will it get lost in me?
  - Will I be able to get it out?
  - Isn't it too big for my vagina?
  - Won't the outside ring hurt?
  - It is too small for my partner's penis.
- Explain to participants that each of these concerns, while valid, can be easily answered and addressed through a simple anatomy lesson. Ask participants to keep these questions in mind as we go through the anatomy lesson.

Procedure for the anatomy lesson:

From the following two options, choose the one most appropriate for your participants:

- Option A:
  - Ask the participants to look at their Resource kit for the section Female reproductive organs. Talk them through each organ.
  - If appropriate, you can use the PP presentation on the female reproductive organs (PP module 3-13 and 3-14) to summarize.
- Option B:
  - Show the PP presentation (PP module 3-13 and 3-14).  
(If a model of the relevant organs is available, use it instead of the presentation, a model is preferable to a diagram).
  - Point out the name of each organ and explain its function.
  - Then ask the participants to look at their Resource kit for the section Female reproductive organs to read it.

- Draw the participants' attention back to the sample of questions from before, (PP module 3-12), and the facilitator will answer using the simple female anatomy lessons as your guide:
  - *Will it hurt during sex?*  
Answer: If the inner ring is rubbing or bumping against the cervix, yes it will feel uncomfortable. This is why correct insertion is key. If it is painful during sex, the inner ring is not properly positioned.
  - *Will it get lost in me?*  
Answer: The vagina is like a closed pouch, the cervix (the gateway between the vagina and uterus) only allows microscopic things to pass like sperm and STIs. The female condom can easily be removed using your fingers.
  - *Will I be able to get it out?*  
Answer: Same as above, see “Will it get lost in me?”
  - *Isn't it too big for my vagina?*  
Answer: The female condom and male condom (when unrolled) are similar in length (approx. 6.5 inches, 17 cm). The FC2 is designed to line the vagina. The average vaginal canal is only as long as the female condom.
  - *Won't the outside ring hurt?*  
Answer: The outer ring, which is soft, actually does the opposite of hurting; it can provide stimulation of the clitoris.
  - *It is too small for my partner's penis.*  
Answer: FC2 has been tested in many clinical studies across several countries and ethnic backgrounds. It has been found that FC2 can accommodate all shapes and sizes of men and women.

#### Activity 4: How to use FC2 female condom (20 minutes)

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- Start by passing around samples of FC2 female condoms. Also pass round tissues or wipes so that people can wipe their hands when they want to.
- Ask the participants to check that the packaging is intact.

#### Notes:

- It may be a good idea to include a small number of samples that are in damaged packaging, to make the point that this is a genuine precaution. If you know exactly how many damaged packages you have distributed, you can ensure that all participants check their samples thoroughly.
- Ask participants to check the dates on the packages.



- Ask participants to open the packets and take out the female condoms, being careful not to damage them with long nails or rings, etc.
- Show the PowerPoint presentation (PP module 3-15 to 3-24) and use the notes at the foot of each slide to explain the procedure for correct insertion of FC2. Use a model to demonstrate FC2 insertion or a clenched fist if a model is not available. Encourage participants to relate what they see on the PowerPoint to the actual FC2 samples in their hands.

### Note to the facilitator

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- Explain to the participants that when a woman uses FC2 and it doesn't feel right or she feels discomfort FC2 is probably not inserted back far enough into the vagina. To remedy this women needs to insert her finger to gently push the FC2 farther into her vagina and to adjust the inner ring as such that it feels comfortable.
  - Show the right position of the FC2 (PP module 3-22).
- Ask participants if they have any questions or comments. Return to earlier slides as needed.

### Activity 5: Insertion practice by participants (15 minutes)

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- Ask participants to work in pairs. Provide each pair with four FC2s and if available one pelvic model.
- Ask each participant to practice inserting one FC2 in a model or in a clenched fist rehearsing all the different steps for themselves.
- Ask the participants to practise insertion with the second female condom, while explaining the steps to their partner, pretending this partner is a client.
- Throughout this entire activity, walk around the room and check participants' progress. As you do this, questions will come up. Take the opportunity to stop and answer these questions for the benefit of the entire group. Use "pause" or "break" to let the participants know you are asking them to stop so that you can answer a question for the benefit of the entire group and then you will allow them to quickly get back to their demonstration practice. Be sure to warn participants of this process of pausing in order to answer questions so that they will not be surprised or irritated by the interruption.
- Ask participants at the end of the demonstration. What was easy? What was challenging? What steps did they leave out?
- Congratulate participants for their great work.

### Activity 6: Potential failure problems and how to fix the problems (10 minutes)

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The following are failure problems that have been reported when using the FC2 during sex:

- a. The penis enters the vagina without FC2 protection (show PP module 3-25).
- b. The penis can push the FC2 condom (including outer ring) inside the vagina (show PP module 3-26).
- c. The FC2 female condom breaks during use.
- d. The FC2 slips completely out of the vagina.

In each of the scenarios described above, the risk of vaginal exposure to semen is increased. If the first scenario (a) occurs, the partner should immediately withdraw his penis and the outer ring needs to be put back in position before the partner slides his penis back in the condom. If any of the other scenarios occur (b,c and d), you should dispose of that female condom and use a new one.

#### How to fix problems

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- Hold the outer ring in place when you insert the penis. This will stop the FC2 from getting pushed inside the vagina AND will also stop the penis from entering on the outside of the FC2. Once the penis is inserted, you can let go. You DO NOT need to hold the FC2 in place during sex.
- If the FC2 is slipping too far out of the vagina (riding on the penis), or if the outer ring is being pushed inside the vagina during sex, add more lubricant to the inside of the FC2 or to the tip of the penis.
- Remember to be careful when handling FC2. While rips and tears are reported in FC2 less than 1% of the time, care should always be taken (e.g. do not open packet with a scissor, knife or teeth, handle appropriately with long nails) when handling any type of condom.

### Activity 7: Closing (10 minutes)

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- Review why it is important for providers and clients to understand basic female anatomy as it relates to the use of FC2. Ask for examples.
- Explain to participants that one of the most important things they can do for their client is to SHOW the client how the FC2 is correctly inserted, through demonstration. In order for a participant to do this he/she needs to learn and be comfortable and confident with the steps. Why would a client try FC2 if the provider makes it look awkward or complicated, during the demonstration?
- Every participant should practise correct FC2 insertion, until she/he can do it proficiently!
- The participant will also need to be able to easily talk the client through his/her own practice FC2 insertion.
- Remind participants that using/inserting FC2 is the same as any other new skills. With practice it becomes easier. It may take a few attempts before clients are fully comfortable with inserting FC2.

**Module 4: Talking with clients**

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## Module 4: Talking with clients

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### About this module

#### Why do we do this module

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To offer participants easy and fun approaches on how to promote FC2 with their clients.

#### Time

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45 minutes.

#### Learning objectives

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By the end of this module participants will be able to:

- Summarize FC2 promotional messages.
- Review lessons learned during the workshop.

#### Facilitator preparation

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- Prepare the PowerPoint presentation.
- Prepare the materials for the participants: Evaluation forms. They will also need their Pre/Post questionnaires from Module 1.

#### Materials

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- PP projector.
- Pre/Post questionnaire part completed from Module 1 and Evaluation form (Annex 3).
- Flipchart.
- Markers.

### Activities

#### Activity 1: Introduction (5 minutes)

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Present the learning objectives of the module (PP module 4-1).

#### Activity 2: Promotional messages - What can FC2 do for me? (15 minutes)

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- Congratulate participants for everything they have covered today and for their hard work. In this training they have discussed facts regarding HIV/STIs/unintended pregnancy, the FC2, female anatomy, how to properly use FC2, and how to demonstrate proper use of FC2. So, what is missing? What is left?
- Explain that the biggest piece of the puzzle still missing is how to encourage clients to try FC2.
- Ask participants to turn to the handout entitled “Talking with clients: FC2 promotional messages” in their Resource kits.
- Ask participants to work in pairs. Beside each promotional message that would appeal to men, write an M, beside each promotional message that would appeal to women, write a W. If the message would appeal to both, write an M and W. Allow a few minutes for this activity.
- Ask participants how they could use these messages in their practice, with their clients?

#### Activity 3: Getting to know FC2 - The 3-times approach (10 minutes)

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- Explain that people are more likely to try and use FC2 if they have had some practice already.
- Explain to participants the importance of the 3-time approach (see below).
  - While you are talking with the client hand her a lubricated FC2 and ask her to: hold it, feel it, squeeze it while you are talking, pinch it, rub it against her arm. Let it warm up against her skin. Show her how it is clearer, more pliable; without smell or taste; it has heated up against her skin.
  - Allow the client several opportunities to do a demonstration in your office, using her hand or a pelvic model.
  - Next suggest that she goes home to “try it”. Insert it, walk around with it. Practice inserting it while in different positions. Figure out which position feels best.
- Now that she has had 3 chances to ‘get to know’ FC2 she is ready to try using FC2 and will be more comfortable and confident in doing so.
- FC2 is not just for women, don’t forget to promote the product to your male clients. Give them the same opportunity to feel the product- to get comfortable with it, so they can take it home to their partners.

#### Activity 4: Other provider skills? (5 minutes)

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- Ask participants to turn in the Resource kit to the page with the handout “Tips for communicating with your partner about sex”. Ask participants how this handout may be

helpful to clients and when they might distribute it to a client.

- Finally, ask participants to turn in the Resource kit to the page with the handout “Why should you try the FC2 female condom?” Explain that this handout lists most of the promotional messages for using FC2 (for men and women) and is similar to the activity they just went through. Ask participants how this handout may be helpful to clients and when they might distribute it to a client.
- Remind participants that the Resource kit is for them to take home and use as a resource as they talk with clients about FC2.

### Activity 5: Summary and closing (15 minutes)

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- Ask participants to think back to those four statements made at the beginning of the Workshop in *Module 1, Activity 4, What do I really think?* Show the participants the four flipcharts from earlier posted on the wall.
  - Female condoms are difficult to use.
  - Female condoms offer the same protection against STIs/HIV and unintended pregnancy as a male condom.
  - Female condoms can be very sexy and enhance sexual pleasure.
  - Having part of a female condom hang out of the vagina is gross (nasty).The facilitator will go through each statement one-by-one and ask the group if they still feel the way they did in the beginning. The facilitator can either ask the participants to come up and physically move their stick-pads around the columns or the facilitator can just ask for group consensus. Either way, the attitudes and beliefs will have surely changed over the past 3 hours and this will become quickly apparent.
- Summarize the following:
  - The female condom is a safe and effective option for women and their partners to use. The male condom is also safe and effective.
  - When used correctly and consistently from start to finish FC2 can decrease the transmission of HIV, other STIs, and unintended pregnancy.
  - The way in which FC2 is presented to clients by you, the provider, is essential to its acceptance. You play a major role in whether clients use FC2, use it correctly or talk with others about using FC2.
- Inform participants how they can learn more. Review any handouts in the Resource kit not previously covered, that you think are important for this group.
- Discuss any “what's next” follow up to this training.
- Ask the participants to complete the “After training” section on their Pre/Post questionnaire that they used during Module 1.
- Discuss with the participants if and how their views are changed.
- Collect the Pre/Post questionnaires in.
- Distribute an Evaluation form and ask participants to fill it in and return it.
- Thank the participants.

**Annex I: Pre/Post questionnaire**

---

## Pre/Post questionnaire

**Thank you for taking the time to complete this survey. Your answers will help us determine how well this training prepared you to discuss FC2 with clients and where we need to improve. Please provide us with your most honest feedback.**

1. Location (city) where workshop is being held	
2. Date	
3. Put a check next to the job (volunteer or paid) that best describes your role within the organization: (Check all that apply)	<input type="checkbox"/> nurse <input type="checkbox"/> health educator <input type="checkbox"/> peer educator <input type="checkbox"/> social worker <input type="checkbox"/> management <input type="checkbox"/> intern <input type="checkbox"/> fundraising <input type="checkbox"/> mental health <input type="checkbox"/> healthcare provider <input type="checkbox"/> volunteer <input type="checkbox"/> other (describe other) _____

**Please respond to the following statements by checking the box that best reflects your opinion:**

Statements:	Before training			After training		
	disagree	somewhat agree	agree	disagree	somewhat agree	agree
4. A provider's attitude regarding FC2 can greatly impact a client's willingness to try the product.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Prejudices of service providers can negatively affect their ability to discuss FC2 with clients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. The personal values and attitudes of service providers can impact negatively on clients' decisions to try FC2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. It is important for providers to distinguish between their personal and professional views when communicating with clients regarding FC2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## Pre/Post questionnaire

Statements:	Before training			After training		
	disagree	somewhat agree	agree	disagree	somewhat agree	agree
8. The service provider is the best judge of whether or not a client is ready to try FC2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. If a client says "FC2 is not for me" it is best to stop the discussion and not continue with the demonstration and information regarding FC2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please respond to the following statements by checking True or False:

Statements:	Before training		After training	
	True	False	True	False
10. When used correctly and consistently, female condoms prevent pregnancy, STIs, and HIV.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Female condoms can be inserted in advance of sexual intercourse.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. The female condom is about the same length as the male condom.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. The inner ring can be removed after the female condom is inserted in the vagina.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. The female condom can be used during pregnancy, menstruation, and after hysterectomy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. The female condom is noisy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Female condom insertion requires some practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Female condom use can increase sexual pleasure for both men and women.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. The female condom does not need to be removed immediately after ejaculation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Female condoms should not be re-used.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Only the woman should insert and remove the female condom.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. There is a chance that the female condom could get lost or stuck inside a woman's body.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. The female condom can only be used during sex if the woman is on her back.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pre/Post questionnaire

Statements:	Before training		After training	
	True	False	True	False
23. The female condom is made from a material that warms to the body's temperature so sex can feel more natural with a barrier.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. The female condom is made of latex.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. The female condom cannot be used with a male condom (at the same time).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please respond to the following statements by checking the box that best reflects your opinion:

Statements:	Before training			After training		
	disagree	somewhat agree	agree	disagree	somewhat agree	agree
26. I feel confident in <b>answering</b> questions from clients about the FC2 product.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I feel confident <b>describing</b> step-by-step correct female condom insertion with clients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I feel confident <b>demonstrating</b> step-by-step correct female condom insertion (using a pelvic model) in front of client or group of clients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I feel confident <b>describing</b> how effective FC2 is at preventing STIs, HIV, and pregnancy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I feel confident <b>describing</b> the benefits (promotional messages), including sexual pleasure benefits, of FC2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. I feel confident <b>encouraging</b> clients to try the female condom.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. Overall, I feel confident in my ability to <b>educate</b> clients on FC2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33. If a client expresses hesitation in trying the FC2 or worries that his/her partner will not be willing to try it, I feel I have <b>resources</b> (i.e. handouts, information, etc.) to provide him/her with.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Feel free to explain or clarify any answers:

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Thank you.

**Annex 2: FC2 Resource kit**

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### Introduction

*Welcome to the FC2 Resource kit. The purpose of this Resource kit is to provide participants of the FC2 female condom training workshop information and knowledge needed to promote the proper use of FC2.*

The FC2 female condom is safe and effective if used correctly and consistently. It has high acceptability among both women and men in many countries and provides protection against both sexually transmitted infections (STIs), including HIV, and unintended pregnancies. The introduction of FC2 leads to more protected and pleasurable sex acts.

The successful introduction of FC2 requires a network of well trained and skilled health care providers. This ensures that women and men are provided with the knowledge, skills and support they need to make informed choices about protection against both unintended pregnancy and STIs, including HIV.

The way in which FC2 is presented to potential users is essential to its acceptance. We hope that the FC2 training manual and this FC2 Resource kit will help you, the provider, empower women and their partners to try and properly use FC2. This FC2 Resource kit and the FC2 training manual can be downloaded from [www.fc2femalecondom.com](http://www.fc2femalecondom.com)

Thank you for joining us!

[www.fc2femalecondom.com](http://www.fc2femalecondom.com)  
[info@fc2femalecondom.com](mailto:info@fc2femalecondom.com)

## Table of contents

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### **All about the FC2 female condom** 38

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Provides FAQs and other important information about the FC2. All about the FC2 female condom is developed for health care providers who can use it as resource material. All about the FC2 female condom is also available as separate leaflet.

### **Female reproductive organs** 46

---

Gives basic information about the female reproductive organs and where they are positioned in the body, as relevant for the insertion and use of the FC2 female condom.

### **Barrier methods and dual protection** 48

---

Provides information about the functioning of the barrier methods male and female condoms. Furthermore it explains what dual protection means and it gives different examples of dual protection methods.

### **Comparison between a male condom and an FC2 female condom** 50

---

Outlines some of the differences and benefits of FC2 when compared to the male condom.

### **Talking with clients – FC2 promotional messages** 51

---

Gives arguments and messages that health care providers can use when talking with clients about the advantages of FC2 use.

### **Tips for communicating with your partner about sex** 52

---

Is developed for clients and gives advice on how and under which circumstances to talk with a partner about sex. The health care provider can discuss the tips with clients and/or can hand-out a copy directly to the clients. Like the other documents in this Resource kit it can be downloaded from [www.fc2femalecondom.com](http://www.fc2femalecondom.com).

### **Why should you try the FC2 female condom?** 53

---

Gives arguments for the use of FC2 and can be handed-out to clients.

### **Glossary** 54

---

Gives an explanation of terminology used in the context of the promotion of FC2.

***All the hereby mentioned materials are downloadable as separate documents from [www.fc2femalecondom.com](http://www.fc2femalecondom.com). On this website you can find more background information on the FC2 female condom, the use, the promotion and programming.***

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## All about the FC2 female condom

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*When you talk to people about FC2 female condoms for the first time, they often have many questions about it. And when they actually start using FC2s, they may have many more questions.*

This document gives you the answers to all those questions. To help you access the right answers easily we have divided them into the following sections:

- FC2 information.
- FC2 users.
- FC2 insertion.
- FC2 during sex.
- FC2 combined with other contraceptives.
- Instructions with illustrations on how to insert and use the FC2 female condom.

### FC2 information

#### What is the FC2 female condom?

---

FC2 is a soft, smooth and strong condom, made from a synthetic material, which is worn inside the vagina. It's a transparent sheath that is 17 centimetres or about 6.5 inches long, with a flexible inner ring and a rolled outer ring. The inner ring, at the closed end of the condom, is used to insert FC2. It also holds the condom in place during sex. The larger outer ring, at the open end of the condom, remains outside the vagina.

- FC2 lines the vagina and covers the cervix. It holds sperm after ejaculation, preventing unintended pregnancy, and acts as a barrier to viruses and bacteria that cause STIs, including HIV.
- FC2 also provides extra protection against STIs by covering the woman's external sex organs and the base of the penis.

#### Is FC2 safe?

---

- Testing has shown that FC2 is a safe and effective method for preventing unintended pregnancy and STIs, including HIV.
- FC2 is as effective as other barrier methods when used correctly and consistently.
- Each FC2 female condom is tested electronically to assure quality.
- FC2 has been tested to ISO 10993 which includes tests for biocompatibility, cytotoxicity (destructive action on certain cells), mutagenicity (causing cell mutation), sensitization, irritation and systemic toxicity (potential adverse effects on the body's organs and tissues).
- FC2 female condom meets high quality standards set by international health agencies like FDA and WHO.

### Why should we use FC2?

---

There are lots of pleasurable and exciting reasons to use FC2; here are some of them:

- FC2 is a dual protection method. This means it provides protection against both pregnancy and sexually transmitted infections (STIs), including HIV. FC2 allows women and men to have relaxed sex without fear of negative consequences.
- FC2 can be inserted before sex. This means you don't need to interrupt foreplay to put on a condom.
- FC2 is designed to fit inside the vagina and allows the penis to move freely inside the condom during sex.
- FC2 adjusts quickly to body temperature so it feels warm and natural.
- FC2 is lubricated. If you want to, you can add more oil or water based lubricant either on the inside or outside of the condom or directly on to the penis. This can make insertion easier and allows the penis to move smoothly in and out during sex.
- FC2 is non-allergenic and a great option for men and women who have an allergy to latex.
- The penis doesn't need to be erect to use FC2, and doesn't have to be withdrawn immediately after sex.
- Men and women can have fun together inserting FC2. The two rings can also increase pleasure during sex. Some men enjoy bumping against the inner ring inside the condom, while women might like the feeling of the outer ring touching their clitoris.

### Does FC2 require special storage conditions?

---

FC2 does not deteriorate in high temperatures or humidity so does not require special storage conditions.

### Does FC2 come in different sizes?

---

No, FC2 fits all women regardless of their size or shape.

### Why does FC2 look different from a male condom?

---

FC2 is designed to fit inside and line the wall of the vagina, allowing the penis to move freely inside it during sex. It also provides extra protection against STIs by covering part of the woman's external sex organs and the base of the penis.

### What type of lubricant can be used with FC2?

---

FC2 comes lubricated with a non-spermicidal, silicone based lubricant. You can add extra oil or water-based lubricants either on the inside or outside of the condom or directly on the penis.

## FC2 Users

### Who can use FC2?

---

FC2 is a great and enjoyable safer sex option for all women and men who are sexually active. Moreover FC2 can be used by:

- Men and women who are sensitive to latex.
- Women who are menstruating.
- Women who are pregnant.
- Women who have recently given birth.
- Women who are (pre or post) menopausal.
- Women who have had a hysterectomy.

### Why does FC2 need to be available to women?

---

In many places, women have little or no say in sexual matters and they are in no position to ask their partner to abstain from sex with others or to negotiate the use of the male condom. The female condom is currently the only method that can be applied by women themselves to provide double protection against STIs, including HIV, and unintended pregnancies. FC2, therefore, contributes to women's sense of personal control and empowerment and increases their knowledge about their bodies. FC2 helps improve communication between men and women.

### Can FC2 be used by people who are sensitive to latex?

---

FC2 is made from nitrile polymer which is a synthetic material which has been tested extensively and shown to be non-allergenic. It is a great option for men and women who are sensitive to latex.

### Can FC2 be used during menstruation?

---

FC2 can be used during menstruation but you may want to insert it just before sex and remove it soon afterwards as it will not necessarily prevent the escape of menstrual fluid.

### Can FC2 be used during pregnancy?

---

It is quite safe to use FC2 when you are pregnant.

### Can FC2 be used for anal sex?

---

There has been no research on the effectiveness of FC2 for anal sex use and it is not approved for anal sex use. However, many public health organizations confidently promote FC2 for anal sex. These organizations advise to insert FC2 inside the anus and to remove the inner ring before having anal sex. It is also possible to first remove the inner ring and then put the condom over the erect penis. Some men put the ring over the penis for a better grip.

---



### How soon can FC2 be used after giving birth?

---

FC2 can be used as soon as you feel ready for sex after giving birth. It can be an especially good option at this time when some other contraceptives are not suitable.

### Can FC2 be used when the man has a longer than average penis?

---

FC2 has been tested in many clinical studies across several countries and ethnic backgrounds. It has been found that FC2 can accommodate all shapes and sizes of men and women.

## FC2 insertion

### Is FC2 easy to use?

---

Just like anything new, it may take a little practice but remember practice makes perfect. Try FC2 at least 3 times. Find a comfortable position to insert FC2. This may be standing, sitting, squatting or lying down. Either partner can insert FC2. Have fun putting it in!

### When can FC2 be inserted?

---

FC2 can be inserted either a few hours or just before sex and does not need to be taken out immediately after sex.

### How do you know if FC2 is inserted correctly?

---

You can feel whether it is comfortable. The outer ring should lie flat around the opening of the vagina. FC2 should be lying smoothly against the vaginal wall.

### Can FC2 disappear inside the body?

---

No. FC2 can't disappear inside the body. FC2 covers the cervix and the opening to this is so small that it is impossible for FC2 to pass through this space. The cervix only opens up during childbirth.

### What do I do if the inner ring does not feel comfortable?

---

- Remove the female condom.
- Reinsert the female condom. Try to do it in a different position. You can either do it standing, sitting, squatting or lying down.

### What do I do if the female condom slips out of my hand during insertion?

---

Dab your fingers on a tissue to remove the excess lubrication and continue to insert the female condom.

---

### Will FC2 break the hymen?

---

It is possible that FC2 may break the hymen when it is inserted.

### Can you urinate once FC2 is inserted?

---

Yes, you can urinate when FC2 is inserted. Make sure the outer ring doesn't cover the urethra. If necessary push the outer ring a bit backwards before urinating. Clean yourself afterwards and ensure the outer ring is repositioned correctly before sex.

## FC2 during sex

### Is it true that FC2 can increase pleasure during sex?

---

Yes. Some men find bumping the inner ring during sex exciting and erotic. Some women like the sensation of the outer ring rubbing against their clitoris. Either partner can insert FC2 which can be sexy. The material is also very soft and smooth and warms quickly to body temperature, making sex feel natural.

### How does the inner ring feel during sex?

---

Many women and men say the inner ring increases pleasure for them during sex. If the inner ring feels uncomfortable, try repositioning or reinserting the condom.

### Does the outer ring have to be held during sex?

---

No, once the penis is inside the condom, you don't need to hold the outer ring.

### Is FC2 noisy during sex?

---

No, FC2 is a very soft and smooth condom. If you hear noise and it bothers you, add extra lubricant either on the inside or outside of the condom or directly on to the penis. Also try inserting FC2 a few minutes before sex.

### Can FC2 be used in different sexual positions?

---

Yes. You may want to try other positions once you're comfortable using FC2.

### Can FC2 be reused?

---

No. Use a new FC2 for every sex act.

### Can FC2 break during use?

---

As with any condom, care should always be taken when inserting the female condom. Do not open the packet with scissors, a knife or your teeth, and handle the condom appropriately if you have long nails. Rips and tears are reported in FC2 less than 1% of the time. If FC2 breaks, remove it and immediately insert a new condom.

### What do I do if the penis slips between the sheath and the vagina wall?

---

- The man should immediately withdraw his penis.
- It's important to hold the outer ring in place as the man (or the woman) guides his penis back inside the condom. Once his penis is inside, you do not have to continue holding the outer ring.

### What do I do if, during intercourse, the outer ring slips inside the vagina or the condom is pushed into the vagina?

---

- The man should immediately withdraw his penis.
- Remove the female condom.
- Insert a new FC2 female condom.

### What do I do if the condom is slipping too far out of the vagina (riding with the penis)?

---

- Remove the female condom.
- Insert a new one.
- Use more lubrication inside the female condom or directly on the penis.

## FC2 combined with other contraceptives

### Can FC2 be used with other contraceptives?

---

- Yes. FC2 can be used with the pill, injections, intrauterine device (IUD), implants, post sterilization and post vasectomy to provide protection against STIs, including HIV.
- FC2 cannot be used with the diaphragm or with the NuvaRing as the inner ring of FC2 fits into the same place as the ring of these contraceptive devices.

### Can FC2 and a male condom be used together?

---

No, never use a male and female condom at the same time. Using the two condoms together does not increase protection but does increase the chances of either one or both of them breaking.

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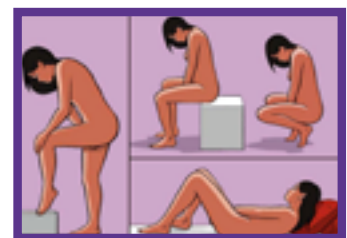
## How to use FC2 female condom

*These instructions show step by step how to insert the FC2 female condom in the vagina. FC2 can be inserted either a few hours or just before sex. When FC2 is used for the first time, people might need to practise insertion. Advise them to make time for it. FC2 can be inserted by women themselves but their partner can also do it for them.*

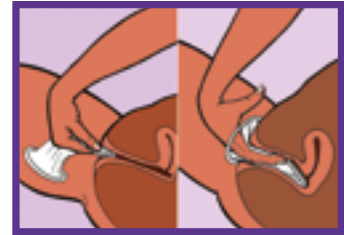
### How to insert FC2

---

- 1** Before opening your FC2:
  - Check the expiry date which is stamped on the front or on the side of the FC2 packet.
  - Spread the lubrication inside around by rubbing the packet with your hands.
- 2**
  - To open the packet, tear straight down from the arrow at the top and remove the condom.
  - Do not use scissors, a knife or your teeth to open the packet.
- 3** Hold the inner ring between your thumb and forefinger. Then squeeze the sides of the inner ring together to form a point.
- 4** You can insert FC2 in lots of different ways. Find a position that is comfortable. This may be standing, sitting, squatting or lying down.
- 5** Feel for the outer lips of your vagina and spread them.



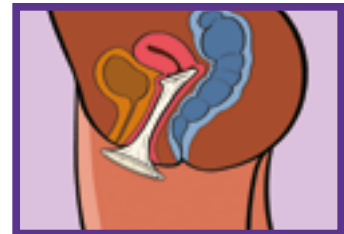
- 6** Use the squeezed inner ring to push FC2 into your vagina. Slide your index finger or middle finger inside the condom and push it in your vagina as far as possible, using the inner ring. Make sure the condom is not twisted and lies smoothly against your vaginal wall.



- 7** A small part of the condom, including the outer ring, stays outside your body and lies over the lips of your vagina, partially protecting your external sex organs and covering the base of your partner's penis.



- 8** FC2 lines the inside of your vagina and covers your cervix. The opening of your cervix is so small that it is impossible for FC2 to pass through this space.



### How to use FC2 during intercourse (sex)

---

- 9** Hold the outer ring in place as your partner guides his penis inside the condom. Once his penis is inside the condom, you do not have to continue holding the outer ring. For extra pleasure you may want to add more lubricant either on the inside or outside of FC2 or directly onto your partner's penis once the condom is inserted.



- 10** Please notice! Your partner needs to immediately withdraw his penis if:
- His penis enters between the condom and the vagina wall. In this case you should put the outer ring back in position before he slides his penis back inside the condom.
  - The outer ring has been pushed into your vagina. In this case you should use a new FC2.



- 11** To take FC2 out, hold the outer ring and twist it to keep the semen inside. It's best to do this before standing up. Gently pull the condom out, wrap it in a tissue or the empty packet, and throw it in a rubbish bin.



# Female reproductive organs

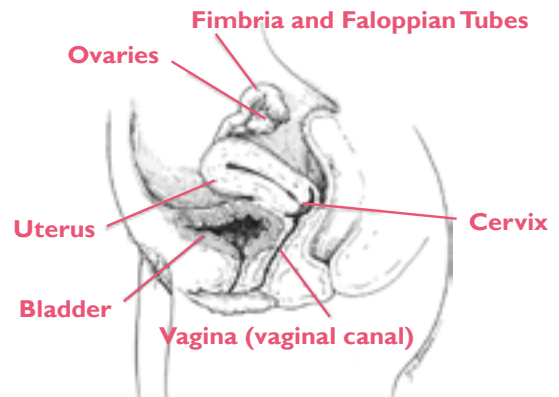
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## Internal

### Ovaries

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The ovaries are the two female glands or sex glands. Ovaries are the “store-room” for human eggs. The ovaries produce female hormones and mature eggs. When a girl baby is born she already has thousands of eggs and these eggs will begin to mature when the girl reaches puberty. Each egg is capable of producing a child if a man’s sperm fertilizes it.



### Fimbria and Fallopian Tubes

---

Each month an egg develops and leaves the ovary. The fimbria, which is somewhat like a hand with fingers, is attached to the end of the fallopian tube. The fimbria motions the egg into the fallopian tube and the egg then proceeds down the tube until it reaches the uterus.

### Uterus

---

The uterus is a hollow muscular organ shaped like a pear. It is the place where a baby grows before birth. Each month the uterus prepares to receive a fertilized egg. Inside the uterus there is a build-up of tissue and blood that will make a soft lining where the fertilized egg can attach and grow. Even though a woman releases an egg each month, that egg will not become a baby unless it meets with a man’s sperm (fertilization). If there is no baby growing in the uterus, it is about the size of your closed fist. When a woman is pregnant, the uterus stretches and grows to contain the baby.

### Cervix

---

The cervix is a semi-hard tissue that separates the uterus from the vagina. It has a very small opening (only 1-2mm) where menstrual blood comes out. This small opening enlarges when a baby is about to be born.

### Vagina (vaginal canal)

---

The vagina is a muscular canal which passes upwards and downwards. It is very elastic (it can stretch). It has three functions:

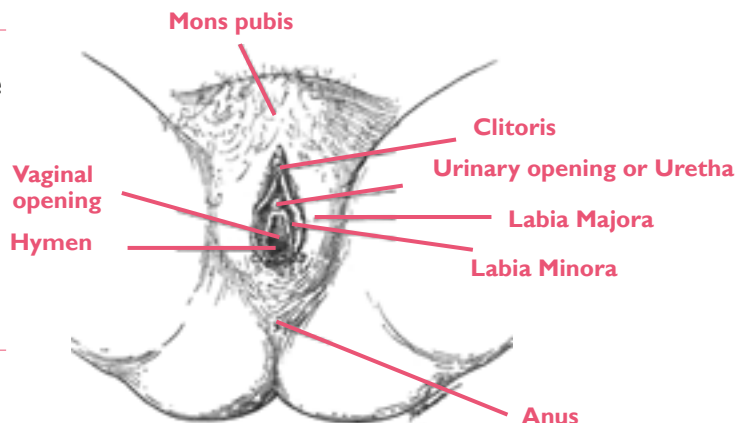
- It is a passageway for menstruation
- It can stretch to provide a place for the man to put his penis during sexual intercourse
- It can stretch to become the channel through which a baby is born. If you have never felt the inside of your vagina, you can try it in private.

## External

### Vulva

---

The vulva is the name for the entire outside part of the female genitals. There are 5 separate parts of the vulva: i) labia majora ii) labia minora iii) clitoris iv) urethra opening and v) vaginal opening.



### Labia Majora

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The Labia Majora are two thick folds of skin which form the boundary of the vulva. They are covered with hair on their outer surfaces.

### Labia Minora

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The Labia Minora are two smaller folds of skin and fatty tissue which lie between the labia majora. Where the labia minora meet is a small “peak” about the size of a small groundnut. This is the clitoris.

### Clitoris

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The clitoris is the most sensitive and erotic part of a woman’s body. It plays a very important role during sexual excitement.

### Urinary opening or Urethra

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The urinary opening or urethra is a small opening just below the clitoris. This is where urine is passed out from the bladder.

### Vaginal opening

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The Vaginal Opening is just below the urinary opening.

### Hymen

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The Hymen is a thick layer of mucous membrane which covers the opening of the vagina. It has an opening which allows the menstrual flow to escape. The hymen is usually torn when sexual intercourse takes places and may also be torn by a finger or tampon.

## Barrier methods and dual protection

---

### Barrier methods

Barrier methods (male or female condoms) are methods of contraception that prevent pregnancy physically by blocking the entry of sperm into the cervix. They also protect against infections by similarly blocking the transmission of infection microbes between couples. Condoms are the only barrier method that protect against both pregnancy and STIs (including HIV), provided they are used correctly and consistently.

### How condoms work

---

The condoms create a physical barrier that prevents semen or vaginal fluids and micro-organisms (e.g. those which cause gonorrhoea, herpes and HIV) from passing from one partner to the other during sex (vaginal, anal and oral). They also prevent contact with genital ulcers on the penis, vagina and anus where these exist.

### Indications for barrier methods (male and female condoms)

---

Male and female condoms can be used:

- By all persons who are sexually active, regardless of age, marital status, sexual orientation or gender who want to protect themselves from STIs and HIV.
- By women who wish to avoid contraceptive methods that have systemic effects i.e. methods which affect the body as a whole.
- For extra protection with emergency contraception.
- For extra protection when commencing other contraceptive methods that may take a while before providing full protection.
- By women who have contraindications to other contraceptive methods
- As a dual protection method.
- As extra protection when women have defaulted on other contraceptive methods.

### Dual protection

Dual protection means a contraceptive method that prevents both pregnancy and sexually transmitted infections including HIV.

Some contraceptive methods are very effective in preventing pregnancy but do not protect against sexually transmitted infections (STIs) or HIV e.g. the oral contraceptive, injectables, IUDs and sterilization. However barrier methods protect against both. So they are called 'dual protection' methods.

Barrier methods (male or female condoms) can be used alone to protect against both pregnancy and infection. A male condom and a female condom should never be used together since this may cause friction creating rips and tears. However, either condom can be used



## Barrier methods and dual protection

---

together with other contraceptive methods. Their main purpose then is to protect against STIs, whilst the hormonal method is used to prevent pregnancy.

Examples of condom use in combination with other methods include: a condom and a pill, a condom and an injectable, a condom and intrauterine device (IUD) and a condom during emergency contraception use or after female sterilization, a hysterectomy or vasectomy.

## Various strategies for dual protection

---

There are different strategies for dual protection against unintended pregnancies and prevention of STIs, including HIV. Here are some examples:

- Male or female condom use.
- Using two methods (e.g. condom + any other contraceptive method).
- Avoiding all forms of penetrative sexual relationships.
- Being faithful and using a contraceptive method to prevent pregnancy.
- Do it yourself (self-stimulation).
- Abstinence.

## Why it is important for condoms to be accepted as an effective family planning method

---

- They protect against unintended pregnancies while also protecting against STIs and HIV.
- Men and women, especially youth, may be more concerned about the immediate consequences of pregnancy, but also at risk of acquiring STIs including HIV.

## Comparison between a male condom and an FC2 female condom

---

*The following chart outlines some of the difference and benefits of FC2 when compared to the male condom.*

	Latex male condom	FC2 female condom
1.	Rolled on the man's penis	Inserted into the woman's vagina
2.	Made from latex	Made from nitrile polymer, a synthetic material
3.	Fits on the penis	Loosely lines the vagina
4.	Can only be put on an erect penis	Can be inserted prior to intercourse – not dependent on an erection
5.	Must be removed immediately after ejaculation	Does not need to be removed immediately after ejaculation but should be removed before the woman gets up
6.	Covers most of the penis and protects the woman's internal genitalia	Covers both the woman's internal and external genitalia and the base of the penis, thus provides greater protection
7.	Little lubrication	Highly lubricated, helps during insertion and intercourse
8.	Should only be used with only water based lubricants	Can be used with oil or water based lubricants

## Talking with clients - FC2 promotional messages

---

*FC2 can be an exciting and sexually satisfying alternative for couples. Below is a list of promotional messages that you can discuss with clients.*

- FC2 can increase a woman's sense of empowerment as she is taking the initiative to protect herself and her partner.
- FC2 Increases sexual stimulation because the material adjusts to body temperature and stays warm.
- External ring rubs against clitoris and increases pleasure for many women.
- Men do not have to have/ maintain an erection to use FC2. FC2 is a good option for men who are unable to maintain an erection with the male condom.
- Men do not have to withdraw right after ejaculation, which may lead to more intimacy when using FC2.
- FC2 can be inserted ahead of time so there are no interruptions to "spoil the mood".
- Insertion of FC2 can be incorporated into sexual play, the partner can watch as it is put in place or can help insert it.
- FC2 is a great choice for people with sensitivities to latex.
- FC2 can be used with any kind of lubricant (water or oil-based lubricants).
- FC2 provides an option for those times when a couple does not want to use the male condom (NOTE: Clients should never use a male condom and FC2 at the same time).
- FC2 is not tight or constricting around the penis; some men prefer FC2 to the male condom.
- The inner ring of FC2 can stimulate the tip of the penis during intercourse.
- The man does not have to worry about wearing a condom.
- FC2 provides effective dual protection, reducing the worry during sex about pregnancy and STIs/HIV.
- Increased sensation compared to latex male condom because nitrile is very thin.

## Tips for communicating with your partner about sex

---

*The timing, place, knowing what you want to say and how you say it are key to effective negotiation. Know what to say and do should the outcome be negative such as aggression or violence.*

- Choose a relaxing environment in a neutral location, preferably outside the bedroom, where neither of you feel pressured.
- Do not wait until you or your partner is sexually aroused to discuss safer sex. In the heat of the moment, you and your partner may be unable to talk effectively.
- Use “I” statements when talking. For example, “I would feel more comfortable if we used a condom”.
- Be a good listener. Let your partner know that you hear, understand, and care about what she/he is saying and feeling.
- Be “ask-able” – let your partner know that you are open to questions and that you won’t jump on him/her or be offended by questions.
- Be patient and remain firm in your decision that talking is important.
- Recognize your limits. You don’t have to know all the answers.
- Understand that success in talking does not mean one person getting the other person to do something. It means that you have both said what you think and feel respectfully and honestly.
- Avoid making assumptions. Ask open-ended questions to discuss expectations, past and present sexual relationships, contraceptive use, HIV testing, etc. For example, “What do you think about us both going for an HIV test?”
- Ask questions to clarify what you believe you heard. For example, “I think you said you want us to use condoms. Is that right?”.
- Avoid judging, labelling, blaming, threatening, bribing or manipulating your partner.
- Don’t let your partner judge, label, threaten, coerce or bribe you.

## Why should you try the FC2 female condom?

---

- FC2 can increase a woman's sense of empowerment as she is taking the initiative to protect herself and her partner.
- FC2 increases sexual stimulation because the material is very thin and warms to body temperature.
- External ring rubs against clitoris and increases pleasure for many women.
- Men do not have to have/ maintain an erection to use FC2. FC2 is a good option for men who are unable to maintain an erection with the male condom.
- Men do not have to withdraw right after ejaculation, which may lead to more intimacy when using FC2.
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- FC2 is not tight or constricting around the penis; some men prefer FC2 to the male condom.
- The inner ring of FC2 can stimulate the tip of the penis during intercourse.
- The man does not have to worry about wearing a condom.
- FC2 provides effective dual protection, reducing the worry during sex about pregnancy and STIs/HIV.

## Glossary

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*The following words are defined for your easy reference. The words are defined within the context of this training and the promotion of FC2.*

### AIDS

---

Acquired immunodeficiency syndrome, a human viral disease that ravages the immune system, undermining the body's ability to defend itself from infection and disease.

### Anatomy

---

The human body and all of its parts and systems.

### Attitudes

---

How we act, carry ourselves, feel, and function based on our values and beliefs.

### Cervix

---

This part of the female anatomy is on the inside of the body. The cervix is the opening between the vagina and the uterus. When inserted properly FC2 covers the cervix.

### Clitoris

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This small body of smooth spongy tissue is highly sexually sensitive, containing around 8,000 nerve endings tightly packed together. During sexual excitement, the clitoris may become erect and the hood will retract to make the clitoris more accessible.

### Demonstration model

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A somewhat life-like teaching tool (made of soft plastic or silicone) that generally displays the external genitalia of a woman and the vaginal opening and that is used to demonstrate insertion of the FC2 female condom.

### Dual protection

---

When a medically approved product provides protection against both unintended pregnancy and sexually transmitted infections (STIs), including HIV/AIDS. FC2 provide dual protection.

### Effective (Efficacy)

---

The ability for a product to achieve its desired effect. When used correctly, the FC2 has been clinically proven to be effective in protecting sexual partners from unintended pregnancy and STIS, including HIV.

### Empower

---

To give power or authority to. The FC2 empowers women to have more control and authority over their sexual health.

### FC2

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Female Condom 2. Second generation female condom. FCI (first generation female condom) is out of distribution and is no longer manufactured.

### Female Health Company

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The Female Health Company (“FHC” or the “Company”) manufactures markets and sells the FC2 female condom, the only currently available prevention product under a woman’s control that is approved for market by the U.S. Food and Drug Administration (FDA). FHC is based in Chicago, Illinois.

### Food and Drug Administration (FDA)

---

The Food and Drug Administration (FDA) is a regulatory agency in the United States which is responsible for ensuring the safety of an array of consumer products, including medical devices such as FC2. The FDA is within the Department of Health and Human Services.

### Hinder

---

Not helpful. Slows progress. In this case, when providers share or show their biases or negative attitudes and beliefs about FC2 and its use with client, clients are less likely to try FC2.

### HIV Human Immunodeficiency Virus

---

The virus that causes AIDS. HIV is transmitted through blood, semen, vaginal fluid, and breast milk. HIV CAN be prevented and is NOT transmitted through casual contact (hugging, sharing an apartment, playing basketball, etc.).

### Insertion

---

To put in.

### Intercourse

---

In this context, the insertion of the penis into the vagina.

### Lubricant (lubrication, lubricated)

---

A moist substance that comes on condoms, it makes the condom moist to increase sexual pleasure and to decrease condom breakage. Latex condoms can only be used with water based lubricants, such as KY, Astroglide, etc. FC2, made of nitrile, can be used with oil-based or water-based lubricant.

### Male condom

---

A thin sheath worn over the penis during sexual intercourse. When used correctly and consistently, condoms made of latex or polyurethane protect against pregnancy and sexually transmitted infections, including HIV.

### Menstruation

---

The monthly discharge of blood and tissue from the lining of the uterus.

### Myths

---

Not true. False.

### Negotiate

---

The process of negotiation involves at least two people with two different views on an issue, in this case, sexual behavior. Each person tries to persuade the other person to support his/her view, or at least to agree on a compromise or middle position. In this situation the goal is safer sex.

### Non-lubricated

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No lubricant (see definition above) included.

### NuvaRing

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The NuvaRing, a hormonal birth control method, is a ring about two inches in diameter which is placed into the vagina and left in place for 21 days. The ring continuously releases small amounts of synthetic hormones into the woman's body, preventing ovulation. After 21 days the ring is removed to allow for a menstrual period. After a week a new ring is inserted.

### Pelvic model

---

A somewhat life-like teaching tool (made of soft plastic or silicone) that generally displays the external genitalia of a woman and the vaginal opening.



### Penetration

---

In this context inserting the penis into the vagina.

### Physiology

---

The functions of biological part. In this context it is the workings of the female anatomy. How the female anatomy functions, what it does.

### Promotion (promotional messages)

---

A specific marketing approach and messages developed by a company in order to make sure the public is receiving the most accurate and appealing information and facts about a product.

### Provider

---

Someone that provides services to the community. For example, outreach worker, nurse, health educators, etc.

### Sexual intercourse

---

A variety of sexual or intimate contact, including vaginal, anal, and oral genital intercourse. Usually in this context, it is referring to vaginal sex.

### Sexually Transmitted Infections (STIs)

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Infections that are transmitted through sexual contact: anal, vaginal, or oral. STIs are generally divided into two categories, bacterial (i.e. gonorrhea, Chlamydia, and syphilis) and viral (i.e. genital warts, herpes, Hepatitis, and HIV). Bacterial infections can be cured if detected early. Although new strains of antibiotic resistant bacterial STIS are emerging. Viral infections are incurable but the symptoms are controllable if detected early.

### Sexual Reproductive Health

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According to the UN, “Reproductive health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters related to the reproductive system and to its functions and processes.”

### Sexual pleasure

---

When sexual intercourse feels good.

### Sperm

---

Male reproductive cells that can unite with (fertilize) a female's egg, leading to pregnancy.

### Transmission

---

To pass from person to person

### Unintended pregnancy

---

A pregnancy that was not planned for.

### Vagina

---

The passage that goes from the cervix to the outside of the female body. The penis is inserted into the vaginal canal during sexual intercourse; the vagina is also the birth canal through which the baby passes during child birth. FC2 lines the vaginal canal and adheres to the vaginal walls.

### Values

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Enduring, important beliefs held by an individual, family, community or culture.

### World Health Organization (WHO)

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A United Nations agency to coordinate international health activities and to help governments improve health services.

**Annex 3: Evaluation form**

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## Evaluation form

Location (city) where workshop is being held	_____																									
Date	_____																									
<p>Put a check next to the job (volunteer or paid) that best describes your role within the organization: (Check all that apply).</p>	<input type="checkbox"/> nurse <input type="checkbox"/> health educator <input type="checkbox"/> peer educator <input type="checkbox"/> social worker <input type="checkbox"/> management <input type="checkbox"/> intern <input type="checkbox"/> fundraising <input type="checkbox"/> mental health <input type="checkbox"/> healthcare provider <input type="checkbox"/> volunteer <input type="checkbox"/> other (describe other)																									
<p>1. Please check the choice that best reflects your overall evaluation of this training:</p>	<input type="checkbox"/> Very poor <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good <input type="checkbox"/> Very good																									
<p>2. Please score to what extent the workshop objectives were met, using the following rating scale:            4 = This objective was more than adequately met            3 = This objective was adequately met            2 = This objective was partially met            1 = This objective was not met</p> <p>Workshop objectives:</p> <ul style="list-style-type: none"> <li>• Can discuss, demonstrate and promote FC2 with competence and confidence.</li> <li>• Have knowledge about how the FC2 female condom is used to prevent unintended pregnancies and the spread of Sexually Transmitted Infections (STIs), including HIV.</li> <li>• Can demonstrate the correct insertion of FC2.</li> <li>• Can provide accurate information on FC2 use.</li> <li>• Have developed a positive attitude about FC2.</li> </ul>	<table border="1"> <thead> <tr> <th></th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		1	2	3	4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Evaluation form**

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<p>3. How well did the workshop content meet your expectations:</p>	<p><input type="checkbox"/> Not well  <input type="checkbox"/> To some extent  <input type="checkbox"/> Very well</p>																																			
<p>4. The level of the workshop was:</p>	<p><input type="checkbox"/> Too difficult for me  <input type="checkbox"/> About right for me  <input type="checkbox"/> Too simple for me</p>																																			
<p>5. The pace of the workshop was:</p>	<p><input type="checkbox"/> Too fast for me  <input type="checkbox"/> About right for me  <input type="checkbox"/> Too slow for me</p>																																			
<p>6. Please respond to the following statements using the rating scale:  <i>4 = Strongly agree</i>  <i>3 = Agree</i>  <i>2 = Disagree</i>  <i>1 = Strongly disagree</i>  <i>Questions about the workshop:</i></p> <ul style="list-style-type: none"> <li>• The workshop learning objectives were clear.</li> <li>• The information presented was mostly new to me.</li> <li>• The facilitator(s) used various types of engaging materials and participatory methods.</li> <li>• The facilitator(s) was engaging and energetic.</li> <li>• The facilitator(s) communicated effectively.</li> <li>• The content was relevant to my work with clients (related to the female condom).</li> <li>• The activities made me feel more competent in working with clients (related to the female condom).</li> </ul>	<table border="0"> <thead> <tr> <th></th> <th style="text-align: center;"><i>1</i></th> <th style="text-align: center;"><i>2</i></th> <th style="text-align: center;"><i>3</i></th> <th style="text-align: center;"><i>4</i></th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>		<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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7. Which activities were the most useful, and why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

8. Which activities were the least useful, and why? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Evaluation form**

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9. In what ways do you think the workshop could be improved? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10. Please tell us which kinds of activities or materials you found helpful by using the rating scale:

4 = *Very helpful*

3 = *Helpful*

2 = *Somewhat helpful*

1 = *Not helpful*

N/A = *Not applicable*

*Questions about activities and materials:*

- The product description of FC2 given by the facilitator (what is FC2, how is it different, etc.).
- The demonstration of how to use a female condom, step-by-step, given by the facilitator.
- The opportunity to practise step-by-step correct insertion of the female condom.
- The discussion and handouts regarding how to encourage clients to try FC2.
- The FC2 Resource kit.

	1	2	3	4	N/A
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11. Suggestions/Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Thank you for your time. We value your feedback and will utilize your comments in order to improve our workshops in the future.**

**Annex 4: PowerPoint FC2 training**

---



**LEARNING OBJECTIVES  
FC2 FEMALE CONDOM TRAINING**

At the end of the workshop it would be expected that participants:

- > Can discuss, demonstrate and promote FC2 with competence and confidence.
- > Have knowledge about how the FC2 female condom is used to prevent unintended pregnancies and sexually transmitted infections (STIs), including HIV.
- > Can demonstrate proper insertion and use of FC2.
- > Can provide accurate information on FC2 use.
- > Have developed a positive attitude about FC2.

**module 1-1**

**WORKSHOP ACTIVITIES (1)**

Module 1: Workshop overview and getting to know you.

- > Welcome.
- > Ground rules.
- > Get to know you.
- > What do I really think?

Module 2: Overview of HIV epidemic and sexual reproductive health.

- > Introduction to prevention methods that provide double protection.

**module 1-2**

**WORKSHOP ACTIVITIES (2)**

Module 3: FC2 Why? What? How?

- > Introduction to FC2 female condom.
- > Female anatomy and FC2.
- > The use of FC2.
- > Insertion practice.
- > Potential failure problems and how to fix them.

Module 4: Talking with clients.

- > Promotional messages.
- > Education skills.

**module 1-3**

**LEARNING OBJECTIVES MODULE 1  
OVERVIEW AND GETTING TO KNOW YOU**

By the end of this module participants will be able to:

- > Describe the objective for the workshop.
- > Explore personal notions, feelings, values regarding the female condom.
- > Describe how these notions, feelings and values can affect the promotion of FC2.

**module 1-4**

**LEARNING OBJECTIVES MODULE 2  
OVERVIEW OF HIV AND SRH**

By the end of this module participants will be able to:

- > Summarize national and/or local STI, HIV and unintended pregnancy statistics.

**module 2-1**



**LEARNING OBJECTIVES MODULE 3  
FC2 WHY? WHAT? HOW?**

By the end of this module participants will be able to:

- > List who can use FC2.
- > List the benefits of FC2.
- > Describe important female anatomy and physiology as it relates to the insertion of FC2.
- > Explain and demonstrate the use of FC2.

**module 3-1**

**FC2 – THE LOOK**



**module 3-2**

**WHAT IS FC2 FEMALE CONDOM?**

- > FC2 is a strong, soft, nitrile sheath or pouch of 17 cm (6.5 inches- the same size as the male condom) in length. Nitrile polymer (non-latex), is thin and strong and warms up to body temperature.
- > FC2 can be inserted prior to sex since it is worn by the woman and the man doesn't need to be erect.
- > FC2 cannot be used simultaneously with a male condom.
- > FC2 contains a silicone-based lubricant on the inside of the condom, but additional lubrication can be used for extra pleasure. FC2 does not contain spermicide.

**module 3-3**

**HOW FC2 WORKS (1)**

- > FC2 has a flexible ring at the closed end of the pouch with a slightly larger ring at the open end.
- > At the closed end of the sheath, the flexible ring is inserted into the vagina to keep the female condom in place.
- > At the open end of the sheath, the ring stays outside the vulva at the entrance of the vagina.

**module 3-4**

**HOW FC2 WORKS (2)**

The outer ring:

- > Acts as a guide during penis penetration.
- > Prevents the sheath from bunching up inside the vagina.
- > Covers the genitalia and base of the penis and adds extra protection against transmission of STIs

**module 3-5**

**WHY FC2 IS IMPORTANT?**

- > Female condoms work to prevent pregnancy and STIs, including HIV, by lining the inside of the vagina, preventing skin touching skin.
- > They collect pre-cum and semen when a man ejaculates, keeping sperm from entering the vagina and thereby preventing pregnancy and reducing the risk of STIs.
- > Women have options available to them to increase protected sex acts and decrease the transmission of STIs and unintended pregnancy. Providers play an important role in presenting all the options of protection to their clients.

**module 3-6**

### WHO CAN USE FC2?

- > All women and men who want to prevent unintended pregnancies and protect themselves against STIs, including HIV.
- > Women/men who don't want to use the male condom.
- > People who are allergic/sensitive to latex.
- > People who are HIV positive.
- > Women who are menstruating.
- > Women who have recently given birth.
- > Women who have a retroverted uterus.
- > Women who have had a hysterectomy.
- > Women who are (peri and post) menopausal.

module 3-7

### ADVANTAGES OF FC2 (1)

- > Prevents pregnancy, STIs and HIV infection.
- > Provides pleasure for both men and women (double pleasure rings).
- > Female and male can initiate use.
- > Facilitates communication, instills confidence and assertiveness in women.
- > Provides another option for women and men.
- > Lubrication makes sex more pleasurable for (peri and post) menopausal women.

module 3-8

### ADVANTAGES OF FC2 (2)

- > Can be inserted in advance and does not require immediate removal.
- > Option for women and men who are allergic to latex.
- > Can be used during menstruation.
- > Covers external genitalia partially in women, giving a wider protection area.
- > A woman can urinate with the condom in the vagina.

module 3-9

### HOW EFFECTIVE IS FC2?

- > Over 17 years of study have shown the female condom is an effective barrier against many common STIs, including HIV.
- > It is estimated that correct and consistent use of the female condom for one year with an HIV+ partner could reduce a woman's risk of acquiring HIV by 90%.
- > Studies in the U.S. and internationally have found that the prevalence of STIs decline and the rate of protected sex acts increase when female condoms are made available alongside the male condom.

module 3-10

### FC2 REGULATORY APPROVALS

- > In March 2009, FC2 was approved for market by the United States Food and Drug Administration (USFDA). FC2 is the only female condom that is FDA approved for market.
- > In 2006, WHO judged FC2 to be acceptable for purchase by UN agencies.
- > In 2005, FC2 received the CE mark in Europe.
- > Registration in approximately 120 countries.

module 3-11

### CONCERNS ABOUT FC2

- > Will it hurt during sex?
- > Will it get lost in me?
- > Will I be able to get it out?
- > Isn't it too big for my vagina?
- > Won't the outside ring hurt?
- > Is it too small for my partner's penis?

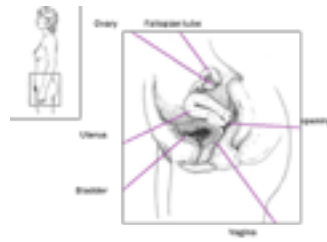
module 3-12

EXTERNAL FEMALE REPRODUCTIVE ORGANS



module 3-13

INTERNAL FEMALE REPRODUCTIVE ORGANS



module 3-14

BEFORE OPENING FC2



module 3-15

FC2 INSERTION (1)



module 3-16

FC2 INSERTION (2)



module 3-17

FC2 INSERTION (3)



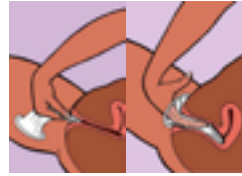
module 3-18

FC2 INSERTION (4)



module 3-19

FC2 INSERTION (5)



module 3-20

FC2 INSERTION (6)



module 3-21

FC2 INSERTION (7)



module 3-22

FC2 USE DURING SEX



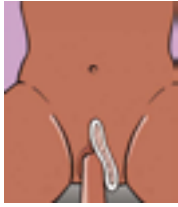
module 3-23

FC2 AFTER USE



module 3-24

**FC2 FAILURE PROBLEMS (1)**



**module 3-25**

**FC2 FAILURE PROBLEMS (2)**



**module 3-26**

**LEARNING OBJECTIVES MODULE 4  
TALKING WITH CLIENTS**




By the end of this module participants will be able to:

- > Summarize FC2 promotional messages.
- > Review lessons learned during the workshop.

**module 4-1**

**THANK YOU FOR YOUR ATTENTION  
AND PARTICIPATION!**

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FC2 female condom is manufactured by  
The Female Health Company (FHC).  
Chicago USA/ London UK/Malaysia

