



EVENT AND ACTIVITY IDEAS

Do you want to promote National Condom Day (NCD) 2018 but need some inspiration? It may be helpful to focus your events around the 'Got CAKE?' theme and the following main messages:

C – Consent

A – Ask first

Both partners of legal age actively agree to take part in sexual activities without fear, coercion or intimidation.

K – Keep safe

Both partners have the right to use condoms and other contraception to protect themselves from sexually transmissible infections (STIs) and unplanned pregnancies.

E – Every time

Both partners have the freedom to choose when and what sexual activities to take part in, and the freedom to change their mind at any time.

CONNECT WITH US THIS NATIONAL CONDOM DAY

- ▶ Use our free online resources, including posters, banners and bunting. Our social media toolkit is also available to assist with your online promotions.
- ▶ Connect with us on Facebook, Instagram or sign up to our Newsletter through shq.org.au for National Condom Day ideas and updates.
- ▶ Show us your preparations and celebrations for National Condom Day. Simply tag SHQ in your posts and use #CondomDay2018 #gotCAKE.
- ▶ Visit our National Condom Day webpage for activity ideas, useful links and statistics.

EVENT IDEAS

Here is a list of event ideas for promoting healthy sexual relationships and reminding people about the importance of getting and giving consent:

- Incorporate National Condom Day into your existing plans for Valentine's Day or WA Sexual Health Week (visit wasexualhealthweek.com.au for more information).
- Hold an interactive information/education stall in your workplace, school or community. Consider high traffic areas i.e. reception areas, clinics, local pubs, youth centres or shopping centres.
- Create an interesting 'Got CAKE?' themed display in your workplace, school or community i.e. window displays, posters on noticeboards or in toilets. Tip: download the bunting template from shq.org.au

- Organise a morning tea, afternoon tea or cake bake off within your workplace or community to promote the 'Got CAKE?' theme. Tip: anything CAKE related will be a winner!
- Organise sexual health workshops or presentations with a focus on the different aspects of the CAKE acronym. Collaborate with other health professionals or organisations in your area if you are unable to facilitate this yourself.
- Partner with your local newspaper or radio to promote consent and other sexual health messages (see our general media release).
- Host a girls or boys night in, with a focus on the different aspects of the CAKE acronym.
- Run a poster or art design competition to promote consent and other sexual health messages
- Host a bigger event (i.e. community day or health expo) in collaboration with other organisations in your local area.
- Hold a raffle or a competition with 'prize packs' and giveaways i.e. anything CAKE related will be a winner!
- Focus on the 'Keep Safe' message and run a condom Olympics similar to tes.com/teaching-resource/condom-olympics-6145626

ACTIVITY IDEAS

Here is a list of activity ideas for promoting healthy sexual relationships and reminding people about the importance of getting and giving consent:

Tip: offer giveaways as an incentive for participation in your activities and contact local businesses for support i.e. anything CAKE related will be a winner!

- Ask participants what consent means and provide examples to highlight the CAKE acronym (also see consent definition from the Sexual Assault Resource Centre kemh.health.wa.gov.au/services/sarc/consent.htm)
- Sexual Assault Resource Centre – includes posters, brochures, video clips and information sheets on consent, respectful relationships and other topics kemh.health.wa.gov.au/services/sarc/publications.htm
- Thumbs up, thumbs down – Get participants to read out some scenarios and decide whether they think the people consented i.e. "I have been going out with someone for six months now. We went to a party and had too much to drink. I woke up to find them having sex with me"
- If someone has not given consent, or was not able to give consent, that is sexual assault. Do an activity around common sexual assault myths and facts available from kemh.health.wa.gov.au/services/sarc/documents/myths.pdf
- Keep activities fun by incorporating examples that your participants can identify with i.e. YouTube clips, social media, popular culture. E.g. Tea and Consent - A video that compares consent to drinking a cup of tea. vimeo.com/128105683

- Keep activities related to the 'Got CAKE?' theme and focus on the different aspects of the CAKE acronym, i.e:
 - **Chocolate negotiation** – give everyone a chocolate and get them to negotiate with consent to get their preferred chocolate from someone else in the room.
 - **Give it, Get it, Don't give it** – brainstorm ways that someone might show/say that they are giving consent, getting consent and not giving consent.
- condom demonstrations (resources can be hired or purchased from shq.org.au) or clips i.e. how to use a condom getthefacts.health.wa.gov.au/condoms-contraception/how-to-use-a-condom-animation
- competitions such as 'guess the number of condoms in the jar', a lucky dip, 'steps for putting on a condom' or the 'saucy sex' cards (resources can be hired or purchased from shq.org.au).
- Create a condom tree or something else to grab attention.
- Hire or make a condom costume as an activity or wear the costume during your event.
- Organise participants to make a CAKE out of condoms - let their imagination run wild! (This may be a great photo opportunity to tag #CondomDay2018 #gotCAKE).
- Make a piñata filled with condoms, lollies and consent facts, questions or quotes.
- Get participants to create CAKE recipe activity cards and make up their own ingredients i.e. ingredients for a healthy relationship may include a tablespoon of trust etc.
- Theatre or role-play about consent as well as negotiating condom use i.e. excuses for not wearing a condom and comebacks.
- Offer an incentive to complete a consent or safe sex quiz - giveaways, prizes and CAKE!
- Love, Sex and Relationships - A teaching resource from the Australian Research Centre in Sex, Health and Society, La Trobe University, with activities exploring relationships, sexual consent, equity and sexual and reproductive health lovesexrelationships.edu.au
 - **When is the right time?** static1.squarespace.com/static/5678f534d8af10364e1c847f/t/56b2b3c259827e873d5ca59e/1454552005518/Topic+5+%E2%80%93+When%27s+the+right+time.pdf
 - **Communication** static1.squarespace.com/static/5678f534d8af10364e1c847f/t/56b2b3f959827e873d5ca75c/1454552063894/Topic+7+%E2%80%93+Communication.pdf
 - **Consent** static1.squarespace.com/static/5678f534d8af10364e1c847f/t/56b2b2a6c2ea5190d7b3a991/1454551719342/Topic+8+%E2%80%93+Consent+%26+the+law.pdf
 - **What's OK and what's not OK – Sexual Harassment** static1.squarespace.com/static/5678f534d8af10364e1c847f/t/56b2c89b859fd0e7da867773/1454557358031/Topic+6+%E2%80%93+What%27s+Ok+And+What%27s+Not+Ok.pdf

- Ask Grandad - The Ask Grandad program is designed to build on the sexual education that adolescents receive in schools and extend the conversation into home settings. sexed.ansellcondoms.com.au/askgrandad
- Tagged - A short film that addresses cyberbullying and issues of consent. esafety.gov.au/education-resources/classroom-resources/tagged