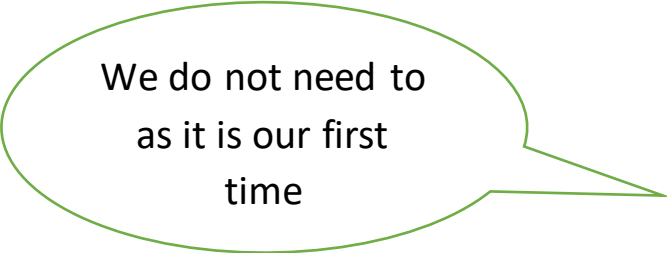


Negotiating Use Of Contraception

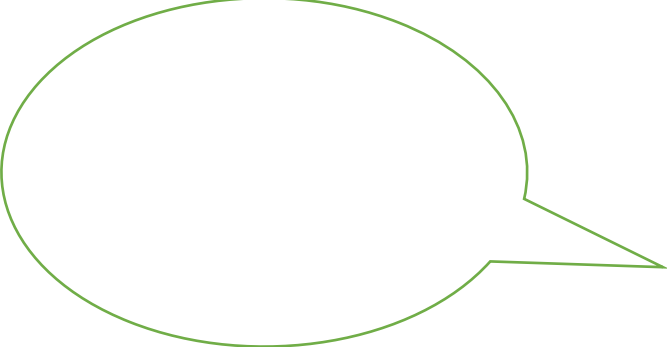
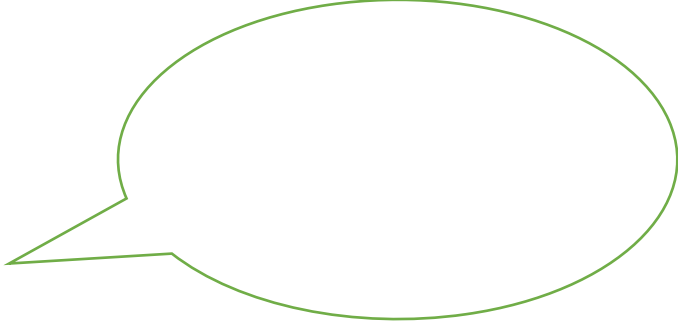
Important

- If you are thinking about having sex you should be prepared to talk about contraception before you get caught up in the moment.
- Talking about condoms may seem a little uncomfortable at first, especially if you don't know how your partner will react. However, healthy relationships are based on trust and communication, so you should be able to talk about how you feel
- Having a face to face talk about using contraception shouldn't be a big deal, but if you feel that it would be easier to chat about it over the phone or via text message, do that instead. Any communication is better than none at all.
- If you are likely to have casual sex always have condoms with you.
- Both partners should be prepared to take responsibility for contraception use

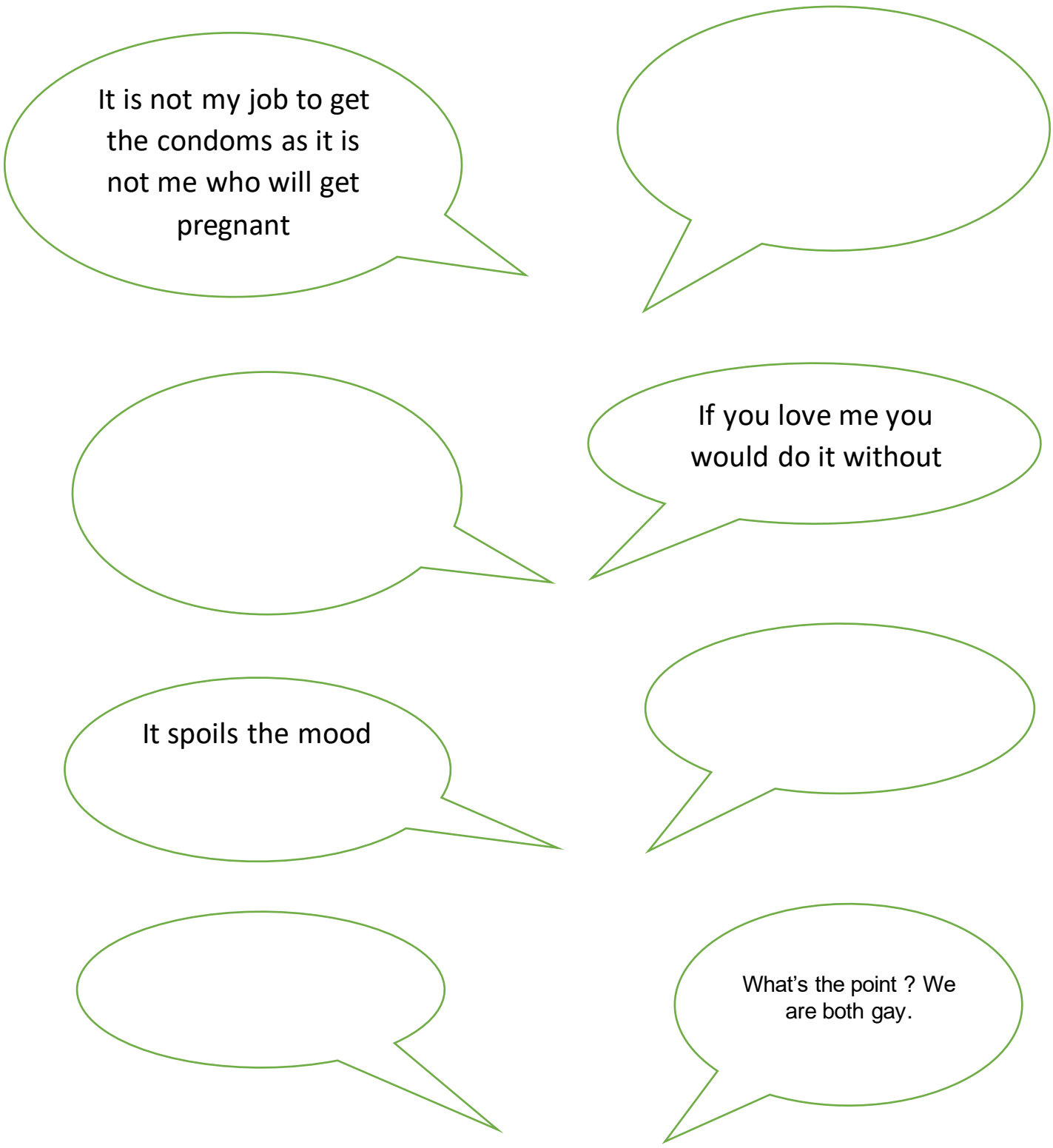
How could you respond in the following conversations about contraception?:



We do not need to
as it is our first
time



Don't you trust
me?



It is not my job to get
the condoms as it is
not me who will get
pregnant

If you love me you
would do it without

It spoils the mood

What's the point ? We
are both gay.

What advice would you give to a friend who says:

- I feel uncomfortable talking about contraception use
- I am afraid of my partner's reaction if I say I want to use condoms
- What if my partner still says no to condoms

Example Responses

My partner said that we don't need to use condoms because I'm on the Pill.

If you're taking birth control pills, you can tell your partner the Pill is *not* 100% effective and you don't want to be one of the 1-3% that gets pregnant while on birth control pills.

What if I feel uncomfortable talking about condom use?

What if I'm afraid of my partner's reaction when I tell him I want to use condoms?

In healthy relationships, when partners have problems, they discuss them and work together to find a solution. If you're afraid of how your partner might react, it might be a sign that you're in an unhealthy relationship.

What if I already know my partner doesn't want to use condoms?

- Relationships involve two people, so why should your partner get to make the decision regarding condom use? Even if you already know that your partner doesn't want to use condoms, you need to have a conversation about it. Be honest and state your concerns and the reasons *you* want to use condoms. You can also say "No glove, no love".

How can I respond to my partner's excuses?

- **If he/she/they say:** "*If you love me, you'd let me have sex with you without a condom.*"
You can: Make it clear that this isn't a valid reason. For instance, you could have used the same line and said "If you love me, you'd use a condom"
- **If he/they/say:** "*Stopping to put on a condom will ruin the mood.*"
You can: Say that this doesn't have to be true. If you keep condoms nearby and/or come up with a fun way of putting them on, it can actually *add* to the mood instead of taking away from it.
- **If he says:** "*My penis is too big for condoms.*" (Some guys actually say this, but it's not true.)
You can: Tell him that condoms stretch to accommodate different sizes. If he's putting the condom on correctly and it really is too tight, there are brands of condoms that come in extra-large. You can even offer to buy a pack for him.

What if my partner still says no to condoms?

If your partner still says no to using condoms after you've made it clear that it's very important to you, you have an important decision to make. Ask yourself if you're willing to take the risks that unprotected sex involves, and think long and hard about whether you really want to be with someone who doesn't respect what is really important to you.

