

15 How do I talk about using condoms?



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It can be very difficult to talk about condoms or other safer sex practices, but it is very important.

Talk about safer sex before you have sex!

Send a signal:

- have condoms or dental dams available and visible, in your bedroom, bathroom, pocket or purse
- give a bouquet or a card expressing the wish to make love, and attach a condom or dental dam

How can I raise the subject with my partner?

You can try these:

- “Don’t you think that people these days need to always practice safer sex?”
- “If our relationship is going to become sexual, we should use condoms.”
- “This feels really good but I want to talk about how we can have safer sex before we go any further.”

What do I say if my partner does not want to use condoms?

You can try these:

- “I find putting on condoms very exciting.”
- “Using condoms helps me relax and enjoy lovemaking rather than worry about the consequences.”
- “I’ve heard that condoms help a man last longer.”
- “Using condoms shows that we respect ourselves and each other.”

Here are some other examples of how to talk about using condoms

Question: “Don’t you trust me?”

Reply: “I do trust you but either of us could have a virus and not know it.”

Comment: “Condoms don’t feel good.”

Reply: “Let’s try it a few times. It’ll be more fun if we can both relax.”

Question: “Aren’t you on the pill?”

Reply: “Yes, but that doesn’t stop sexually transmitted infections.”

Other Suggestions:

- Put a drop of water-based lubricant inside the condom to increase sensation.
- Try using flavoured or coloured condoms (make sure they are made of latex); they may make condom use seem sexier and more fun.
- Try using a female condom (see Question 17 “What is a female condom?”)

If you and your partner can’t agree, consider your options carefully. If you still want to have sex, consider other safer sexual activities that do not involve vaginal or anal intercourse (see Question 11 “How can I have sex more safely?”).

For more information, contact your local AIDS service organization or health care practitioner.

For more copies of this fact sheet or other documents on HIV/AIDS, contact the Canadian HIV/AIDS Clearinghouse, 400-1565 Carling Avenue, Ottawa, ON K1Z 8R1
☎ 877-999-7740 ☎ 613-725-1205 ✉ aidssida@cpha.ca www.clearinghouse.cpha.ca
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