

How to Talk About Condoms

When it comes to getting real close with someone, communication is key. Don't be afraid or embarrassed to insist that you, or your partner wear a condom. The best time to discuss this is before you have sex – not during the heat of the moment!

Excuse: I'm on the pill. You don't need a condom.

Answer: The pill doesn't protect 100% against pregnancy... and it doesn't provide any protection against STDs that we might not even know we have.

Excuse: I can't feel a thing when I wear one.

Answer: Some new condoms may actually make sex feel better for both of us. Plus, we can relax because we won't be worried about STDs or pregnancy.

Excuse: Just this once.

Answer: Once is all it takes to get an STD or get pregnant.

Excuse: I don't have a condom with me.

Answer: "I do." or "Then let's not take the risk." or "Let's go buy some and try out different styles."

Excuse: It's embarrassing to buy and carry condoms.

Answer: It is a lot more embarrassing to get or pass on an STD, and if we're too embarrassed to deal with condoms, then we're probably not ready to deal with sex anyway.

Excuse: It's up to him. It's his decision.

Answer: It's your health. It's your future. It's your body. It's your decision, too. ***Protect yourself!***