

**GLOBAL SOLIDARITY, SHARED RESPONSIBILITY**



**The Gentle Art of Persuading your Partner to use a Condom**

**FACTS**

- Learning to negotiate condom use is a difficult skill. It takes practice.
- Every day around the world, at least two young people are infected with HIV.
- You cannot see or smell most sexually transmitted infections (STIs). This means you can't just look at a partner and know whether they are already infected.
- Withdrawal is not effective at preventing pregnancy.
- Having a child costs a lot of money.
- Women are also at risk of pregnancy, so they are often perceived as responsible for contraception. Male condoms offer an opportunity for men to take part in the responsibility of family planning and preventing STIs.
- Condom use can increase sexual pleasure by removing the fear of infections or pregnancy.
- Trying different brands, types and shapes of condoms can help you to find a condom that does not decrease pleasure, and perhaps even enhances it.

**ACTIVITIES: Learning to persuade a partner to use a condom**

1. Watch ["its ok to say no" on the B4H YouTube Channel](#) practice saying "No" with a friend
2. Pair up and READ the lines below between Jo and Sam.
3. Decide who is Jo and who is Sam, then practice saying each line out loud to each other, until you stop laughing.
4. Discuss how easy or difficulty this conversation is between two people negotiating safer sex.
5. Share this activity with a young person you know. Share the link to ["It's OK to Say No"](#) on the B4H YouTube Channel

**Jo:** "What — a condom? Are you trying to say that I've cheated on you?"

**Sam:** "I trust you. I use condoms because I care about you, and me, and our future together."

**Jo:** "I'm on the pill, don't worry."

**Sam:** "I trust you. But I want to protect both of us just in case."

**Jo:** "We already did it without a condom once."

**Sam:** "And that was a mistake. I worried about being pregnant all month!"

**Jo:** "I always pull out in time, don't worry."

**Sam:** "I know, but when we use a condom you don't have to pull out. We can enjoy it together."

**Jo:** "I can't feel anything when you wear a condom."

**Sam:** "That's awful! Let's wait then and try another kind of condom. Lubricant also helps, so let's try that next time. "

**Jo:** "I can't keep a hard on with a condom."

**Sam:** "I can't relax and enjoy sex without a condom. So I'll help you."