



## Questions and Answers (Condoms)

Q. Why use a condom?

A. The condom can protect you and your partner from exchanging HIV as well as STIs.

Q. Do condoms actually work?

A. If they are used properly and within their expiring date, yes.

Q. Should I use two condoms if it is someone I don't know?

A. No, this may actually result in a tear in the condom.

Q. How can I talk about condoms with my partner?

A. We can send small signals when appropriate. These signals can be as simple as having condoms around. However, a conversation with your partner may be the best way to approach the topic. This too may be subtle: "Don't you think that these days everyone should be having safe sex?" Or, you might say in general that "if I were to begin a sexual relationship I'd use condoms" so that your partners knows your stance. These things may not always work, so there are other ways that we might be able to convince our partner to use condoms: "Do you know that I feel putting on condoms is very exciting" or "using condoms helps me enjoy and relax better." The latter may be related to STIs and HIV or even about pregnancy as condoms are birth control options – the only birth control option that can prevent HIV transmission to date. There are many other types of comments one can try with a partner: "those who use condoms must really respect and love each other to ensure that they are both safe" or "I think that men use who condoms are better at sex because they can last longer."

Q. What if my partner says I must not trust them?

A. A simple response to this is that "well, you know that I care for you and either of us could have the virus and not be aware of it."

Q. What if my partner says condoms don't feel good?

A. Many times males will say that condoms reduce their pleasure and so they do not want to use them. When talking about this issue, we can use above-mentioned ways of talking to our partner, such as "but we love each other and we don't know if either of us has the virus." It is also possible to say, "well, let us try for a few times – they we do not have to worry." If your partner continues you can say that you'd heard men last longer when they use a condom, making sex better. In the end, one can also refuse to have sex without a condom. There are also some new condoms that were made to increase feeling and sensitivity, these may overcome the idea that condoms don't feel good. 'Pronto Condoms' are said to be able to be put on in one second.