



Questions and Answers (Condoms) 问与答(安全套)

Q. Why use a condom?

问：为什么要用安全套？

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

答：安全套可以保护你和你的伴侣并防止 HIV 病毒和性疾病的传播。

Q. Do condoms actually work?

问：安全套真的有用吗？

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

答：在正确并在有效期内使用的前提下，是的。

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

问：如果我不认识对方，我是否应该使用两只安全套？

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

答：不可以，因为安全套可能会摩擦而撕裂。

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

问：我怎样才能与我的伴侣谈论安全套呢？

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."

答：你可以给他（她）一些暗示。最简单的暗示是购买一些安全套。不过，与你的伴侣交谈是最好的方式。你可以状似无意地问：“你不觉得现在所有人都应该注意性安全吗？”或者你也可以概括性地说：“如果我要开始一段性关系的话，我一定会使用安全套的”，来让你的伴侣明白你的意见。如果这些不行的话，你可以换一种方式来说服你的伴侣：“我觉得戴安全套使我感到兴奋”或着“使用安全套能让我放松下来而享受到更多”。最后一点与性疾病，HIV，还有使用安

全套避孕相关--安全套是唯一可以防止 HIV 病毒传播的避孕方式。除此之外还有很多值得一试的诱导方式，例如“使用安全套来保护双方的伴侣一定很相爱”或“我认为用安全套的男人在性方面更加出色，因为他们更加持久”。

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

问：如果我的伴侣说我不信任他（她）怎么办？

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.”

答：最简单的回答是：“你知道我很关心你。你我都可能携带着病毒而毫不知情。”

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

问：如果我的伴侣说安全套感觉不好怎么办？

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.

答：有时男人会说安全套降低他们的快感而不愿意使用安全套。谈论这个问题的时候，你可以使用上面讲过的方式来说服你的伴侣，例如说“但是我们彼此相爱护，而你我都可能携带着病毒”。你也可以说：“我们先试几次，之后就不用担忧了。”如果你的伴侣仍然不愿意，你可以暗示你听说戴安全套的男人比较持久。实在不行的话，你可以拒绝不安全的性行为。现在一些新的安全套能够增加敏感性，从而克服安全套影响快感的理论。“Pronto”便捷安全套在一秒钟内便可戴上。