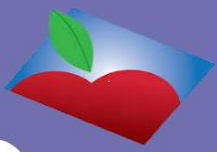


How to Insist on Using a Condom



Always be ready



Carry condoms with you. Be mindful to store them in a place that they won't get damaged.

You can get FREE condom at the Student Health Center. Or, most grocery stores, convenience stores, and health clinics have them. Shopping for condoms can be fun. There are different styles and flavors.

Use a new condom each time you have sex.

Convo starters

- I am not comfortable doing that without a condom. Will you put a condom on?
- I am on birth control. How do you plan to use protection?
- Even though we cannot get pregnant, I think we need to talk about what we are comfortable with and risks.
- I think protection is really important, so are you okay with always using protection?

You should be able to say no and walk away if your partner(s) won't use a condom. But what if you still want to have sex and your partner won't use protection? Consider how you can protect yourself. There are internal condoms for vaginal and anal sex, which protect against STIs. There are also dental dams for oral sex.

CONDOM CHECKLIST

Where am I getting condoms?

- Student Health Center
- Store
- Online

Don't forget lube!

What kind of condoms/barrier methods do I need?

For oral sex:

- Dental dam for vagina or anus
- Condom (flavored ok) for penis
- Cape for t-penis

For vaginal penetration:

- External (male) condom
- Internal (female) condom

For anal sex:

- External condom (preferable)
- Internal condom

Tough talks



You should be able to communicate with your partner(s) about using a condom without feeling like you are being shut-down or ignored. Don't be embarrassed or shy. Unprotected sex comes with real risks.

Talk about condoms before things get physical! It can be harder when you are in the moment. You could try saying, "I am excited, but before we do more, let's talk about protection so we are on the same page."

Already in the moment? No worries! It is never too late. You can simply stop, and pull out protection, or try saying something like, "Did you bring protection? If not, I have some."



Tips to Insist

01.

Don't let them make you feel guilty

Why do I have to wear a condom?

- >I do not want to get an STI or get pregnant (if applicable)
- >Condoms protect us both

Don't you trust me?

- >It is not a trust thing. It is about being safe.

Condoms don't feel as good.

- >I think I can show you how good it can feel.

Condoms don't fit me.

- >I can stretch a condom to my elbow. I think we can find the right size for you. We can also order custom sizes.

Can't you use the pill or something?

- >That won't help with STIs and we should be as safe as possible



02.

Don't let them make it just about them

03.

Stand your ground

You get to decide



I'm allergic to latex

- >We will get a condom that doesn't have latex, like a plastic condom.

I will just pull out.

- >With a condom, you won't have to. And pulling out does not stop STIs or eliminate the risk of pregnancy (if applicable).

Why are you being so weird? We cannot even get pregnant.

- >It is not just about getting pregnant. Condoms help prevent STIs.

I am not using a condom

- >Then, I guess we are not having sex right now.
- > I am not going to argue with you about a condom. I think we should talk about it later when we have both had time to think.