

B.Y.O.C. – Bring Your Own Condom

About using condoms.....

First things first!!!! – BE PREPARED!

There are definitely 2 ways to approach using condoms depending on whether you're with a steady partner that you trust, or someone you just met.

TIPS:

For someone you just met. ALWAYS use a condom every time with no exceptions.

With a steady partner (someone you've been with at least 6 months) use a condom unless:

- You both agree to get tested for STDs including HIV, and follow-through.
- You're really sure that you are both only having sex with each other and not other partners.
- You trust your method of birth control
- You've talked about all of the above with your partner

How do I talk about using condoms???????

Discuss safer sex *BEFORE* you have sex!

Talk about it before the heat of the moment. Waiting until you're having sex will make it harder to stop the act and will make it harder to use them.

Some partners will be glad you brought it up because they wanted to and were afraid. Others may be upset.

Raising the subject?

- "Don't you think that people these days need to always practice safer sex?"
- "If our relationship is going to become sexual, we should use condoms."
- "This feels really good but I want to talk about how we can have safer sex before we go any further."
- "I want to talk about using condoms when we have sex. I think it's important for both of us to be safe and I want to use them."

Some responses you may get are:

"It's not natural."

REPLY: "It may feel unnatural or weird, but it'll help us feel safer."

"Do you think I'm dirty?"

REPLY: "I don't think you're dirty. It's just that we both have had other partners and sometimes you can have an STD and not know it. I just want to be careful because I care about you and me."

"Have you been cheating on me?"

REPLY: "No, I haven't. I just know about all the STDs that are going around and I want to protect you and me from getting them."

“Don’t you trust me?”

REPLY: “I do trust you, but either of us could have an STD and not know it.”

“Condoms don’t feel good.”

REPLY: “Let’s try it a few times. It’ll be more fun if we can both relax.”

“Aren’t you on the pill?”

REPLY: “Yes, but that doesn’t stop sexually transmitted infections.”

Resistance still?

Try:

- “I find putting on condoms very exciting.”
- “Using condoms helps me relax and enjoy sex rather than worry about the consequences.”
- “I’ve heard that condoms help a man last longer.”
- “Using condoms shows that we respect ourselves and each other.”

If you and your partner can’t agree, consider your options carefully. If you still want to have sex, consider lower risk sexual activities that do not involve vaginal or anal intercourse.

Resources:

www.cpha.ca/en/portals/hiv/prevention/faq07.aspx

www.menshealthgarage.com

Send a signal:

Have condoms or dental dams available and visible in your bedroom, bathroom, pocket or purse.

Who should have a condom?

- a) Him
- b) Her
- c) Both

Both is the best answer. Make sure you bring your own.

Lower risk sexual activities:

- Dry kissing
- Masturbation with a partner with no open skin or sores
- Oral sex with a condom or dental dam
- Touching
- Fantasy
- Massage

Nice girls and guys can have STDs. How someone dresses, how much money they have, who they hang out with, or where they live are not guides for whether they have an infection.

Condoms come in all kinds of sizes, colours, flavours and textures. Try lots of condoms until you find the ones you like. Have fun!!!!

WHERE TO GET FREE CONDOMS:

On Campus – Health and Wellness Office (Campus Health) MUSC B106; SHEC Office MUSC 202

Off Campus – City of Hamilton www.myhamilton.ca (Public Health and Social Services – topics AtoZ)