



How to **stay in control** of the **condom conversation**

Too often women are given conflicting information about sex and their bodies. The truth? **It's up to you** to arm yourself with information (and a condom or two). And even though you may not have all the facts straight, you have a voice! **Whether or not to have unprotected sex should be your decision.**

Take charge. Informed decision-making is the key to good decision-making. No one is better able to make decisions about your health than YOU, fully informed and empowered to take charge of your own health care and sexual life.

Don't let anyone take away your choices. With good information and the right attitude, we encourage you to have the condom conversation.

It's your move.

1. They say: "But you're on the pill."
You say: "Pills don't protect us from STI's, so I want to be safe, for both of us."
2. They say: "We're not using a condom, and that's it."
You say: "OK. Do you know how to play checkers?"
3. They say: "I know I'm clean. I haven't had sex with anyone in X months."
You say: "Great. Herpes lasts forever. I'd still like to use a condom since either of us could have an infection and not even know it."
4. They say: "But we've never used protection before."
You say: "I know, but I don't want to take any more risks."
5. They say: "I'll lose my erection by the time I stop and put it on."
You say: "If you can't keep an erection long enough to put a condom on, I'm guessing the sex isn't going to be that great anyway. How about those checkers?"
6. They say: "I can't feel a thing when I use a condom. It's like wearing a raincoat in the shower."
You say: "Ultra-thin condoms are just as effective and a far cry from a raincoat. Let's go and pick some out together. Trust me, you won't be feeling anything if you don't wear a condom."
7. They say: "Just this once without it, what's the worst that could happen?"
You say: "Hm... unplanned pregnancy, chlamydia, genital warts...just to name a few."
8. They say: "I don't have a condom with me."
You say: "Lucky for you I'm sexy AND safe and have one right here!"
OR if you don't have a condom "So... do you want to be the black checkers or the red checkers?"
9. They say: "If you really loved me, you wouldn't ask me to use one."
You say: "I love you so much that I want us to both be safe and protect each other."
10. They say: "Condoms put me out of the mood."
You say: "Not using a condom puts me out of the mood. Permanently. I don't know if I even want to play checkers with you anymore."

Keepin' it **smart, sexy** and **safe.**

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