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| Life skill | Examples of this skill being practiced when using condoms (possible answers, not an exhaustive list) |
| Decision making | *Do I carry a condom?*  *Where can I get them from?*  *What are the consequences of me not using a condom?*  *Do I leave it up to my partner to bring a condom?* |
| Creative thinking/lateral thinking | *What other things can we do if we don’t have a condom?*  *Where can I get a condom from now?* |
| Effective communication | *Listening to your partner’s needs and reasons for wanting to use or not use a condom and responding respectfully and assertively.*  *E.g’s*  *“Are you bringing any condoms along tonight?”*  *“Let me just grab a condom.”*  *“I can only enjoy sex when I know I am/we are protected.”* |
| Self-awareness | *Knowing and understanding why it is important to yourself that you use a condom.*  *E.g’s*  *How can I be sure that my partner has not got an STI?*  *How can I be sure that I don’t have an STI?*  *How can I make sure we don’t get pregnant?*  *How can I be sure that my partner is using other contraception?* |
| Empathy | *Trying to understand your partner’s point of view about using or not using condoms and talking it through.*  *“I understand it is important to you that we use condoms.”*  *“It is important to me that…”* |
| Resilience | *Being able to bounce back from disagreement/rejection/conflict.*  “Urgh, it sucks that we can’t go any further tonight. I still care about you. Let’s go for a walk to the shops to cool off.” |
| Problem solving | *What other things can we do if we don’t have a condom?*  *Where can we get a condom from now?* |
| Critical thinking | What are the risks?  What happens if I do get an STI?  What happens if my partner gets an STI?  What happens if my partner gets pregnant? What say do I have? What are my choices? How will my life change?  What if I get pregnant? What are my choices? How will my partner react? How will my life change? |
| Interpersonal relationships | *“I really care about you and I want you to understand how important it is to me to keep myself and you as safe and healthy as possible.”* |

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| Assertiveness | *Being able to say no to sex without a condom respectfully.*  *Asking a new partner for an STI check.*  *E.g’s*  *“I’m going to book an STI check at SHQ, should we go together?”*  *“I can’t enjoy sex unless I know I am protected with a condom. How about we just cuddle/kiss/make-out tonight?”*  *“I’ll make sure I bring lots of condoms next time!”*  *“I’m not using any other contraception and I don’t want to get pregnant.”*  *“I’ve heard that lots of people don’t realise they have STIs because they have no symptoms, I think it’s best we use a condom to be safer.”* |
| Positive coping | *Being able to be sad and disappointed and still ok with my partner.*  *E.g.*  *“Urgh! I’m gutted, was really looking forward to tonight. Shall we go and see a movie instead?”* |

NB: Many of the life skills overlap and the examples can be listed in more than one area.