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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.