## People value \_\_\_\_\_\_\_\_\_ so might use condoms

* not getting an STI
* their lifestyle (e.g., raising a child has financial and time commitments for 18+ years)
* not getting someone pregnant
* not getting pregnant
* their reputation (e.g., want to be known as someone who cares about their health and the health of their partners)
* their relationship (e.g., care about their partners’ health; want to do what their partner wants; knows it’s important to their partner)
* their health
* keeping themselves safe
* keeping their partner safe
* convenience (e.g., people don't need to go to the doctor to get condoms, unlike other contraception)
* peace of mind
* pleasure (e.g., they are not able to enjoy sex if they don't feel safe/protected from risk)

## People value \_\_\_\_\_\_\_\_\_\_ so might NOT use condoms

* their reputation (e.g., concerned about being judged for having condoms)

**Note:** It is important to address the gendered differences in concerns about reputation. Typically carrying condoms is seen as a positive for men ('stud') and negative for women ('slut') in line with gender stereotypes and gendered expectations about sex and relationships. These expectations can limit people’s potential, impact health and wellbeing and get in the way of respectful relationships. It is everyone’s responsibility to look after the health of themselves and their partners.

* what other people think of them (e.g., embarrassment buying condoms)

**Note:** Similar to above, it is important to address the gendered differences in concerns. Protecting the health and wellbeing of yourself and your partner is a positive, empowering action. Remind students there are places they can access free condoms.

* their relationship (e.g., partner does not want to use a condom)

**Note:** Foundations of respectful relationships include safety, trust, being valued and cared for, and being able to disagree and say no without fear of being unsafe, hurt or like their partner will leave. Safer sex, including condom use, is an important discussion between sexual partners. It is ok for partners to have different opinions and respectful conversation about safer sex is an important part of sexual relationships. Provide an example (or ask students to give examples) of what respectful safer sex negotiation can look like e.g.,

Partner 1: “I don’t do condoms”

Partner 2: “Looking after myself and you are important to me. If you don’t want to use condoms, let’s just make out.”

OR:

Partner 2: “I know I’m on the pill but that won’t protect us from STIs. If you don’t want to use condoms we both need to get an STI test and commit to only having one partner”

* monogamy - having one sexual partner

**Note:** Things to consider:

Q: How can someone be sure they are in a monogamous relationship?

A: Communicate with their partner, trust, may not be easy to be sure.

Q: How can someone be sure their partner doesn't have an STI?

A: they can’t by looking - STIs are often asymptomatic, someone might not know they have an STI. The only way to know for sure is to have an STI test.

Q: How can I be sure I don't have an STI?

A: the only way to be sure is to have an STI test.

Q: How do we prevent unwanted pregnancies?

A: there are a range of contraception options, however condoms are the only option that also provide protection against STIs.

* that there is no/low risk of pregnancy (e.g., they may be in a same-sex relationship or using other contraceptives)

**Note:** Low risk of pregnancy does not equal low risk of STIs. Condoms are the only contraceptive that also provides protection against STIs, protecting themselves and their partner.

* pleasure

**Note:** Some people think that sex with a condom is less pleasurable however there are many ways to have pleasurable sex with condoms. Protecting your sexual health and the health of your partner by using condoms helps you to relax and have safe and pleasurable sex.

* family (e.g. they may want to have a baby)

**Note:** It can be useful to facilitate a discussion about parenthood and the decision to have a baby at any age e.g., responsibilities, lifestyle changes, finances, support systems.

* religion/culture (e.g. using condoms is against their religion; having sex before marriage is against their culture but they want to have sex and take the risk rather than being caught buying/carrying condoms)

**Note:** everyone is influenced by their values, culture, society, religion, peers and a range of other factors. These influences can be weighted differently and can result in positive or negative outcomes. Young people can experience this differently, sometimes more acutely and sometimes without adult perspective. It can be useful to facilitate a discussion about influences, how they can impact young people (including feelings) and strategies for making positive decisions (including help seeking).