When your boyfriend wants to stop using condoms

Fast facts: Condoms and relationships

Condoms work really well at preventing HIV, pregnancy and most sexually transmitted infections (STIs). In fact, they are the only form of contraception that protect against pregnancy and STIs.

Many health clinics offer condoms free of charge to anyone who wants them, no questions asked, condoms are also available to buy in most pharmacies and many supermarkets.

You can make putting on a condom a fun part of foreplay, textured condoms can add to the pleasure for both partners, and flavoured condoms can make oral sex more fun.

Female condoms (which are placed in the vagina or anus before sex) can also be a good option for many couples and work just as well as male condoms.

Wanting to use a condom when you have sex with your partner isn’t a sign that you don’t trust them – it’s a way of showing you care and that you want to protect each other. Not using a condom is not a guarantee that you are faithful only to one another, nor does it make someone more of a man. It does, however, put you at risk of HIV, other STIs and unplanned pregnancies.

If you stop using condoms it’s a good idea to think about other contraceptives such as the pill or
implant – these will not protect you from HIV and other STIs, but they will stop unplanned pregnancies. Your healthcare professional will be able to give you more information about options available where you are.

Whatever you decide to do, if you are having sex, it's a good idea to have regular sexual health check-ups, including testing for HIV.

Explore this issue

Condoms - how to use a male (external) condom

Female condoms - how to use a female (internal) condom

Challenge yourself to our condoms quiz

Condoms are worn by a man to stop pregnancy and STIs from unprotected sex.

Find out how to use a female condom and why you should try them.

Put yourself to the test, with our condoms quiz.

HIV testing

HIV testing personal stories

Contraception

Everything you need to know about getting an HIV test in one place.

It's normal to feel worried about going for an HIV test. Hear from others about their experiences.

There are many different types of contraception available. Here's how to choose the right one for you.
Sexually transmitted infections (STI)

Learn about the different types of STIs and how to prevent, recognise, test and treat them.

Healthy relationships

All relationships should be based on respect, honesty, trust and communication.