



**FACILITATOR'S GUIDE**

# When your boyfriend wants to stop using condoms

## Key facts and discussions



### What do you think Mutale should do?

#### FACILITATOR'S NOTES

This is the opening and main question for discussion. This would be a good time to reassure the group that there are no wrong answers. Throughout the session, continue to encourage everyone to share their viewpoints if they want to for an open and honest debate.

While no answers are wrong, it's a good idea throughout the session to highlight what is fact and what is opinion. This list of key facts might help you with this:

## Key facts

Are you thinking about stopping using condoms with your regular partner? Has the subject come up in your conversations? It's a good idea to know the facts and think through your options before making any decisions.

**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.

## Ideas for discussion

Here are some questions to think about yourself or discuss in a group.

- **Do you think there's a right time for couples to stop using a condom? If so, what is it and are there any steps you should take beforehand?**

### FACILITATOR'S NOTES

It might be helpful to discuss why couples use a condom in the first place (e.g. to avoid unplanned pregnancy and for protection from HIV and STIs), and what might happen to change these aims. Groups might talk about getting to a different stage in a relationship, about showing more commitment or wanting to have a baby. They might also raise issues around sexual pleasure and the idea that condoms might reduce this.

Let the group know that many couples in long term relationships continue to use condoms to have safer sex and that condoms should not stand in the way of pleasure during sex.

If couples are thinking about not using condoms, it is important to have open and honest conversations to ensure both people are happy with the decision. Couples should consider getting tested for HIV and other STIs as part of a regular sexual health check and looking at other contraceptive options.

- **What advice would you give a friend whose partner is pressuring them to stop using condoms?**

### FACILITATOR'S NOTES

The group might give various advice and as the facilitator it's good to let everyone who wants to voice their opinion – there is no wrong answer here!

It's important to emphasise that no-one should feel pressured into having unprotected sex. Sex should be something fun and enjoyable – remember you always have the right to decide whether or not to have sex.



- **There are lots of myths about using condoms. Do you know any?**

#### FACILITATOR'S NOTES

Some of the myths around condoms are mentioned in the video – the idea that wearing a condom is not manly, or that not using a condom proves your commitment and love for your partner. You could ask the group to discuss these – are these beliefs they have heard? What do they think about these?

- **Do you know where you can get a condom from in your area?**

#### FACILITATOR'S NOTES

Before your session, make sure you know where young people can get condoms in the area you are working in. You should be able to buy condoms in most pharmacies and get them for free from some health clinics.

- **Do you know where you can get tested for HIV and other STIs in your area?**

#### FACILITATOR'S NOTES

Before your session, make sure you know where young people can access HIV and STI tests in the area you are working in.

## Facilitator tips

Remember that these videos cover topics that could bring up trauma for some young people taking part in the discussion. Let everyone know that they do not have to take part or answer any questions they feel uncomfortable with. Have a plan for how you will respond if a young person discloses abuse or trauma.

Come prepared! Before the discussion read through the information here to make sure you understand the issues and know the facts. Find out where young people can access HIV and sexual health services in their area so you can share this information with them.



## Useful resources

### How to use a condom

<https://www.avert.org/sex-stis/safer-sex-hiv/condoms>

### How to use a female condom

<https://www.avert.org/sex-stis/safer-sex-hiv/female-condoms>

### How to use a condom (infographic)

<https://www.avert.org/infographics/how-use-condom>

### How to use a female condom (infographic)

<https://www.avert.org/infographics/how-use-female-condom>

### HIV testing

<https://www.avert.org/hiv-testing>

### HIV testing – real life stories

<https://www.avert.org/hiv-testing/stories>

### Where can I get an HIV test (infographic)

<https://www.avert.org/infographics/where-can-i-get-hiv-test>

This guide is part of the Young Voices package of resources on sex and relationships. For more details please visit:  
[www.avert.org/hubs/young-voices-africa](http://www.avert.org/hubs/young-voices-africa)