

# Condom Negotiation Activity

## Goals:

- To have youth identify responses they can use when encountering resistance to condom use.
- To address unequal power dynamics that exist in sexual decision making.
- To normalize and practice communication between partners, increasing the likelihood of safer sex.

## Have Ready:

- Flipcharts with two or three excuses written on each, leave space in between for youth to write their responses.
- Additional flipchart paper
- Markers and tape

## Instructions:

- Divide youth into small groups (if it's already a small group, this activity can be done as a large group brainstorm, or individual reflection).
- Ask youth to imagine a situation where they are ready to have sex and want to use a condom.
- Pass out the flipcharts and have them to come up with responses to the excuses. Encourage youth to write helpful responses that could encourage condom use.
- Depending on time (and barring any offensive responses) ask for volunteers to read out their flipcharts (or read them out yourself if the group is quiet). Debrief the responses, adding the responses on the next page if needed.

## Sample Excuses:

1. I can't feel anything/It doesn't feel as good
2. I'm on the pill/You're on the pill
3. We don't have to worry about getting pregnant
4. Don't you trust/Don't you love me?
5. I'm allergic to latex
6. I'll pull-out
7. I don't have anything (STIs)
8. The condom won't fit
9. It's our first time
10. Condoms aren't fun

## Sample Responses:

1. We can relax and enjoy *more* with condoms because we don't have to worry as much; Adding lube can make it more fun; Sex with a condom will feel better than no sex; I won't have sex without one.
2. Condoms can make us safer, the pill doesn't protect us from STI/HIV.
3. I'm worried about STIs.
4. I do trust you and I want to be safer; You can't tell by looking if one of us has an STI.
5. Lots of condoms are non-latex (internal or for a penis).
6. Pulling-out doesn't always work because of pre-cum, I want to be extra sure.  
FYI: You might need to explain the pull-out method: unprotected sex where someone "pulls-out" before ejaculating. It's not a reliable method of birth control and doesn't protect against STIs.
7. Let's get tested together, but until then we'll use condoms and sex dams.
8. Let's try anyway or get another size or brand; The internal (Female Condom) fits everyone.
9. We've never been tested; I want to be safe; I'm worried about pregnancy.
10. We can make it fun!; We can add extra lube; Safer sex is more fun than not doing anything.

## Debrief:

- Ask the group, **“Why would we get you to play this activity?”**
- Conversations with a partner about safer sex can be difficult, and we don’t always see examples in TV/videos/movies, etc. In fact, we usually see kissing and making-out that turns into sex without talking about safer sex (or consent). Many of us don’t know what negotiating safer sex could sound like or we might not have thought about it before.
- This exercise allows us to practice communicating our need to have safer sex with a partner. (Even if we have condoms/sex dams, and know how to use them, we need to be able to get our partners on board.)
- Remind youth that in healthy relationships partners respect each other’s need to have safer sex, i.e. by using condoms/sex dams, etc. and not making it harder.
- Ask youth, **“Where can you get free condoms?”**

## Additional Activities:

Ideally, this activity can be followed by:

- Condom Demo
- Internal Condom Demo
- Sex Dam Demo
- Condom Competition
- Condom Play Stations