

Objections to Condoms

Purpose: Participants will identify ways to negotiate condom use.

Structure: Individual.

Time: 20 minutes.

Materials: “Objection to Condoms” worksheet.

Procedure

1. **Introduce** the activity by saying that you’d like to talk about how people can deal with objections people may have to condoms. Considering these objections beforehand can make it easier for someone to stick to their decision to use condoms.
2. **Distribute** the “Objections to Condoms” worksheet. Have participants read through it, and match up the lettered responses to the “objections” that they feel would be appropriate. If they have time, they can list a few objections and/or responses of their own.
3. When everyone has completed the worksheet, reconvene the group, and **ask** for volunteers to share their responses to each objection. Ask if anyone came up with additional objections or responses.
4. **Conclude** by pointing out that it is often helpful to anticipate possible objections in order to communicate assertively and efficiently.

Extension

Ask participants to form smaller groups and imagine that their school/youth center has recently installed condom machines in the washrooms. Have participants brainstorm for a slogan, to be displayed next to the condom machines, saying something positive about condoms. Share the slogans of the smaller groups with the larger group.

(Adapted with permission from: Social Program Evaluation Group (1994) *Skills for Healthy Relationships*. Queen’s University, Kingston: Author)

Handout

Objections to Condoms

Read through these partner objections to condom use and then the possible responses below. Record the letter (or letters) of appropriate responses to these objections on the line beside each objection. If you have time, list a few objections and/or responses of your own (on the back of this sheet).

Possible Objections:

1. Don't worry; I'm on the pill. _____
2. I'm clean; I don't run around, and I don't have any infections. _____
3. Condoms don't feel good. It won't be natural. _____
4. By the time you put a condom on, you've lost the mood. _____
5. I feel stupid buying condoms, and trying to hide them from my parents. _____
6. I'd be embarrassed to use one. _____
7. Condoms are gross; they're messy; I hate them. _____
8. Just this once; we hardly ever have sex. _____
9. I don't have a condom with me. _____
10. They cost too much. _____

Possible Response(s) to Partner Objections

- A. Maybe I can help by keeping the condoms for you.
- B. Once is all it takes to get pregnant or to get an infection.
- C. I'd like to use a condom anyway. It protects both of us from infections we may not realize we have.
- D. Let's satisfy each other without having sex.
- E. Let's put sex on hold, until we have a chance to work out our differences.
- F. We can buy them together.
- G. Condoms may be a little awkward the first time, but it will get better.
- H. I'll get the condom - it'll only take a few minutes.
- I. I think we could get used to condoms after a while. With a little imagination, it might even be fun.
- J. I can help pay for them, or we can get them for free at a clinic.
- K. Millions of people are infected without knowing it. Isn't it better to be safe?
- L. Maybe we're not ready for sex, if we can't talk about condoms.
- M. Embarrassment never killed anyone.
- N. I know how to turn you back on.

Can you think of any other objections that people may have? List them here with a possible response:

Objection: _____

Response: _____

Objection: _____

Response: _____