

Common excuses for not practicing safer sex

Here are some of the common excuses for not using condoms that we've heard are:

Q. Common excuse for not using condoms: "It destroys the romance and spontaneity" How would you respond?

A. Ways to get around this are to keep condoms close at hand, like in a handbag; strategic places around the house, or a bedside table. This way you don't have to stop and search for it. (Don't keep a condom in a warm place such as a wallet or car for too long or it will get damaged.) You can make putting a condom on a part of your lovemaking. Make it fun by using different types of condoms and lubricant.

Q. "I do not need to use a condom I am a clean person"

A. Catching an STI doesn't mean a person is dirty; it simply means the person has come into contact with someone else who also had an STI. They may have no symptoms or visible signs of the infection.

Q. The person says: "Don't you trust me?"

A. Certainly you may trust your partner, but can you trust her previous partner(s) and their previous partners?

Q. Your partner says: "I thought we loved each other"

A. If a person pressures you this way, and is willing to take these risks with your health, perhaps it's time to rethink what you really want from a lover.

Q. "It's not as good with a condom"

A. So maybe sex with a condom on doesn't feel exactly like sex without one - but people very soon get used to it and enjoy sex just as much. And because you're both safer physically, you feel better and more relaxed emotionally

Q. How many Americans contract sexually transmitted diseases? (1:4, 1:10, 1:100)

A. 1 in 4, one in four Americans will contract an STD in his or her lifetime. More than 10 million new cases are reported each year.

Q. Which of the following is the most common STD in the U.S.? (Chlamydia, Gonorrhea, HIV, or syphilis)

A. Chlamydia, it has the dubious distinction of heading the list of STDs. Gonorrhea ranks second, HIV third and syphilis eighth, according to the CDC.

Q. Which of the STI infects 4 million adolescent women yearly? (Chlamydia, Gonorrhea, HIV, or syphilis)

A. Chlamydia infects 4 million mostly adolescent women in the U.S and 15% of all infertility has been linked to it.

Q. Which of these diseases can a person catch through unprotected oral sex? (HIV, herpes and gonorrhea).

A. all of the above, All three diseases -- HIV, herpes and gonorrhea --can be transmitted through oral, anal and vaginal sex (even if there are no visible signs of herpes and gonorrhea)

Q. The risk of cervical cancer rises with infection with which of the following STDs? (HIV, Herpes, or human papilloma virus (HPV)

A. human papilloma virus (HPV). After years of research into the cause of cervical cancer, scientists say human papilloma virus (HPV) is the culprit. If you've been diagnosed with HPV, get a Pap smear every six months.

Q. Which group of men/women have a higher occurrence of STD/STI and unplanned pregnancies, those who are of a normal BMI or those who are over weight or obese?

A. Those who are over weight or obese tend to use less forms of birth control or condoms. (<http://www.ivillage.com/obesity-increases-unplanned-pregnancies-and-stds/4-a-211886>)

Q. I cannot get pregnant during my minstrel cycle T or F

A. F / There is no safe time to have unprotected sex if you wish to avoid pregnancy and Sexually Transmitted Diseases. STDs can be transmitted whenever an infected person has sex with an uninfected person, and pregnancy is always a possibility, even during a girl's period. Although women are generally only fertile for a few days every month (usually around the middle of the menstrual cycle), most women have no definite way of knowing when this is. Sperm can also survive inside the body for several days, meaning a woman can potentially become pregnant over quite a long period of time. If she has irregular periods, "safe" days can be particularly difficult to predict. Some couples do use the so called 'rhythm' method as a form of contraception, but the success rate is not high, and it also offers no protection from STDs. (<http://www.avert.org/teens-sex-questions.htm>)

Q. I can not get pregnant if my partner pulls out before he ejaculates. True or False

A. False / If a boy pulls his penis out before he ejaculates, the girl can still become pregnant. Sperm can be present in pre-come (the lubricating fluid that leaks from the penis before and during sex) and just a small amount in or around the vagina can be enough to make a woman pregnant.

Q. Is having sex in a pool or hot tube a safe sex action?

A. No. It will can increase a risk of infection and decrease the pleaser ability by decreasing natural or artificial lubricants, and provides no protection against pregnancy or STD's

References:

<http://quiz.ivillage.com/health/tests/wcsafesex.htm>

<http://www.avert.org/teens-sex-questions.htm>