



Healthy Teen Network

CHEAT SHEET **RESPONDING TO CONCERNS** **ABOUT DUAL PROTECTION**

Use this cheat sheet to remember easy responses for people's concerns about dual protection.

Accompanying elearning available online: www.healthyteennetwork.org/resources/dual-protection/

When someone says...

“CONDOMS REDUCE PLEASURE.”

- ✓ “Try using more lube! On both the inside and outside of the condom.”
- ✓ “Try condoms with different textures.”

“BUT I’M IN A MONOGAMOUS RELATIONSHIP.”

- ✓ “It’s common to unknowingly have an STI from a past relationship because many STIs don’t have symptoms.”

“CONDOMS ARE A SIGN OF INFIDELITY.”

- ✓ “You can tell your partner that it’s more effective to prevent pregnancy if you use a condom in addition to birth control.”
- ✓ “It is common to unknowingly have an STI from a past relationship because many STIs don’t have symptoms.”

“CONDOMS RUIN THE MOMENT.”

- ✓ “Try to sexualize putting on a condom.”
- ✓ “You can try to put the condom on for your partner or use your mouth to make the process more fun.”