

## Resource 1b

## Why Some Young People Don't Use Birth Control, or Why They Don't Use It Correctly

- Girls think that if they use contraception or supply a guy with a condom, guys will think they planned to have sex. And they don't want to look like "that kind of a girl."
- Guys may be afraid to come prepared with condoms because they worry that the girl will think, "He must think I'm easy. He expected it."
- Many teens can't admit, even to themselves, that they are going to have sex, so they don't have any plan for contraception.
- Both sexes are too guilty or embarrassed to buy condoms or to bring up the subject with their partners.
- Both sexes are too embarrassed or timid to bring up the subject of contraceptives with their doctor.
- Both sexes have the feeling that discussing contraception is unromantic, shameful, or disgusting.
- Both may think that condoms spoil the spontaneity of sex.
- Although he (player) uses a condom to protect himself from his sex partners on the side—knowing full well they may be infected—he thinks his main girl is clean and doesn't feel the need to use them with her.
- Some guys insist that condoms interfere with sensitivity, and some girls are too insecure or embarrassed to argue. Or a girl says it's irritating and he's too embarrassed to argue.
- Older guys dating younger girls may simply refuse to wear a condom. Young girls may not have the nerve to argue when an older boy or man says, "Don't worry about it. Nothing will happen."
- Girls don't know how to respond when a guy says, "I've never been exposed to AIDS, so we don't need to use a condom. Anyway, I promise to withdraw."
- Guys may fear embarrassment if they can't apply a condom easily, so, rather than appear inexperienced, they skip the condom.
- A guy says, "You asking me to use a condom? Are you accusing me of messing around with others?" His partner has no response and goes along.
- Each partner assumes the other is using or will use protection when neither is.

Some adapted with permission from *Sex Smart* by Susan Pogany, p. 54–55.