



What Can I Do if my Teen Won't Practice Safer Sex or Use Birth Control?

Some teens have lots of excuses for not using protection. Here are some of the excuses teens use and some things we can say to them:

If our teens say, *"Birth control is too much of a hassle to get."*

We can say, *"I can take you to a health center and get it with you."*

If our teens say, *"I don't always have a condom with me when I'm about to have sex."*

We can say, *"You should always have a couple with you. If you forget your birth control and neither of you have a condom, have sex another time. Don't take chances, not even once."*

If our teens say, *"I don't always have money for condoms."*

We can say, *"There are lots of places — schools, clinics — to get free condoms. And we can buy you a supply so you have some when you're broke."*

If our teens say, *"If I've been drinking, I sometimes forget to use condoms."*

We can say, *"You have to avoid risky situations like that. Too much drinking or using other drugs can cloud your judgment and make you take risks you know you shouldn't take, especially if you are being pressured."*

If our teens say, *"If I suggest we use a condom, my partner might think I have a disease."*

We can say, *"People who care about each other protect each other every time they have sex. Most sexually active people do not know when they are infected, so it is very important for people to use protection every time."*

If our teens say, *"Sex doesn't feel as good with condoms."*

We can say, *"Knowing you won't cause a pregnancy or get an infection will let you be more relaxed."*

If our teens say, *"My partner refuses to use a condom."*

We can say, *"You have right and a responsibility to yourself to say no to anyone who cares so little for you that they won't use protection. He's not showing you respect by refusing to wear one. I'd like you to make a promise to yourself and to me that you won't put your future at risk because someone is pressuring you."*