

# REFUSING SEX AND REFUSING UNSAFE SEX

(USE WITH HIV III: Prevention)

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## 1. Clearly state your request

Lets your partner know that you really mean NO

No, I can't have sex with you  
No, I don't want to fool around  
I want to use a condom  
I want to only have safe sex

## 2. Give a reason why

Helps your partner understand your position

I don't have sex if it's not safe  
I don't know you that well  
I don't want to get pregnant  
I don't feel right about it  
I don't have sex  
I don't want to do anything risky

## 3. Suggest a safe alternative

Let's just cuddle and watch TV  
Let's wait and talk about it some more  
Why don't you let me put a condom on first  
Let's go for pizza instead

**OR**

## 4. Leave the situation

If things become violent or you think things may get violent

I have to leave now  
You need to leave now

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