

- Help people make individual choices about spacing methods.
- Keep stock of condom and show how to use it, and make condom available.

If situation is suitable, you can show the couple how condom is used. Use a flip chart and a condom piece. Sometimes you will have to show it to the woman and ask her to share it with the man. You may use a banana (as a penis model) for demonstrating it.

Many brands are available in market. Some brands have a soft grainy surface to enhance pleasure. More expensive brands are also available in different colours and fragrance.

Some myths and misconceptions about condoms need to be answered. The misconceptions are: a) Condoms reduce pleasure of sex b) A condom user is a promiscuous person.

The female condom is now available in cities. With this even women can use a condom. That is helpful when men are unwilling to put on condom. It empowers women in risky sex situations.

Think about this:

- Free condoms are not of "good" quality.
- Nurses always talk about sterilizations of women.
- Men can't use condoms properly under the influence of alcohol.