

## How to Talk about Safe Sex with your Partner

Whether you choose to have sex or not, it is important to talk about it. We normally think that sex is supposed to be physically safe only; we do not consider the safety of our emotions in sexual relationships. As much as we try to be physically safe when involved in sex, we should also try to consider our emotions by looking out for risk factors in advance and safeguarding ourselves, our partners and those around us from needless hurt and harm.

There are some problems which need to be dealt with for you to prevent emotional hurt in a sexual relationship. Lies, secrecy and dishonesty which surround more sexual activities as a taboo in our culture really affects the sexual relationship with our partners. This can cause shame and regret. In addition sex that is performed under great secrecy can lead to more risks that could be avoided if it were to be honest. Sex that's performed under great secrecy can lead to more risks that could be avoided if it were to be honest. Such risks include not setting emotional limits and boundaries, taking chances by not using birth control or sex measures and by putting friendship or other people's feelings at risk.

Unsuitable relationship models and unsuitable partners can also lead to unhealthy emotional relationship. This can occur when we involve ourselves with a person who has a partner as well as when we have relationships with a partner with whom we have nothing in common and hence you cannot assert yourself strongly. Agreeing in a relationship model or rules that you know you can't stay with can also affect us emotionally. We should therefore be more careful when choosing partners and relationship models.

There are rough times to be experienced in any of our relationships. During such times sex can sometimes feel like a real comfort which can sometimes help us from thinking about the problem. So during this time, it's better to talk about your sex life together with your partners in order for us to come to an agreement on what might be best for a given situation.

Sexual intercourse always involves some risk of pregnancy or sexually transmitted diseases. You could also make the sexual experience with your partner safer by being honest with your feelings, discussing sex and birth control measures and whether you want to have sex or not. Avoid drug abuse which could influence your decision making rendering you unable to state your stand in regard to use of contraceptives that can prevent both pregnancy and sexually transmitted diseases. Respect your partner's decisions always. In the company of friends or when you go out, be prepared for sex emergency by carrying a condom. Practice abstinence when in doubt, which is the most effective way of protecting against sexually transmitted infections and pregnancy.

Sometimes, there are some visible situations you can base on whether to have sex or not rather than depending on your partner's willingness. There are a few physical signs that can be seen on your partner if they aren't forthcoming with information like red sores, blisters near the genital or rectum or mouth sores. Also, make sexual health a priority by having regular check-ups to be sure that you are healthy.

For more information visit: [How to Talk about Safe Sex with your Partner](#)

### About the Author

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