

## **Female Condom Module: Case Study 1**

Shimi is an 18-year-old who has just finished high school. She has a new boyfriend who is much older than she is. She does not want to become pregnant, and is very interested in using female condoms.

### **Question Set A:**

During counseling, Shimi says that her boyfriend travels for work and she is worried that she might get an STI or HIV from him. She knows he has had other girlfriends and does not think he has used condoms with them. She asks several questions:

1. How well do female condoms work to prevent pregnancy? How well do they work to prevent STIs, including HIV?
2. Will female condoms protect me against all STIs?
3. What are some advantages of female condoms? (List at least three).
4. What are the limitations of female condoms? (List at least three).

### **Question Set B:**

Earlier in the counseling session, you answered Shimi's questions and assessed her risk for STI/HIV infection. You counseled her on dual method use and discussed other methods that interested her: injectables and the IUD. Shimi decided to use injectables for extra pregnancy protection. She wants to use female condoms, too, but she has heard some things about female condoms that concern her and wants to know if these are true:

1. I heard that a female condom can get lost inside my body. Is this true?
2. My boyfriend says condoms are only for sex workers and promiscuous people.
3. I heard that condoms have holes that let HIV get through.
4. Aren't female condoms difficult to use?

### **Question Set C:**

After you address Shimi's concerns, she decides she will use female condoms.

1. What issues or topics should you cover when counseling a client who has not previously used female condoms?
2. What are the steps of correct use of female condoms?
3. What practices will help ensure effectiveness of female condoms?

### **Question Set D:**

Shimi decides to tell her boyfriend that she wants to use female condoms, but she is not sure how to approach the topic with him. Recently, when she asked her boyfriend if he would use male condoms, he told her that if he has to stop to put it on, he won't be in the mood anymore, and he doesn't feel as much pleasure when he uses a condom.

1. What are some guidelines for negotiating condom use?
2. What should Shimi decide before having the conversation?
3. What are some possible responses to the concerns that her boyfriend expressed?
4. How will you help Shimi plan to talk with her boyfriend about using female condoms?