

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Wrap it before you
tap it.*

(16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Having sex whilst
wearing a condom.*

(>16/Dundee/Female)

WHAT DO
YOU NEED
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*Safe sex was drilled into me
at school, I'm terrified to try
other methods other than
condoms.*

(21+/Angus/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*I feel like everyone that I've
spoken to about sex all expect
to use protection, it's just like
a thing that goes with having
sex.*

(Focus Group 1/Angus)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*You should use a condom,
unless you want a
child.....or an STD.*

(16/Dundee/Male)

WHAT DO
YOU NEED
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*I wouldn't have sex without
using something, I think I'm
more afraid of getting
pregnant than catching an STI
though. They seem a lot less
stressful!*

(Focus Group 5/PK)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

I use the contraceptive pill.

(21+/Angus/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Safe sex is using protection
to prevent pregnancy and
STIs.*

(16/Angus/Female)

WHAT DO
YOU NEED
TO
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*Sex without the danger of
surprise pregnancy.*

(16/Dundee/Male)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*When you use
contraception while having
sex with someone.*

(>16/Dundee/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

*Condoms, the pill,
abstinence, implants.*

(16/Dundee/Male)

WHAT DO
YOU NEED
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#MAKEITGOOD?

*Safe sex is extremely
important for both partners as
it prevents sexually
transmitted infections and
helps prevent unwanted
pregnancy. Preventing these
situations can save a lot of
stress and family problems.*

(20/PK/Male)

WHAT DO
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It is up to both of you to make sure you are having safe sex, it is not one person's responsibility over the others. You should always use condoms. If you are having sex, I would recommend getting a back-up contraceptive method too such as the pill, IUD or the rod.
(19/Dundee/Female)

WHAT DO
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I think it's quite difficult for a girl to persuade a guy to use contraception. I think if she wants to use contraception she needs to sort it out herself.
(Focus Group 2/Angus)

WHAT DO
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Safe sex means using a condom while actually doing it, and beforehand the girl either taking the pill or using the rod or another version of contraception.
(16/Dundee/Female)

WHAT DO
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I mean we talk about it in our close friends, but I don't really talk to other people about it. I haven't, you know, yet. But when I do I think I will want to use one. But then the girls I know who are in a relationship and having sex with their boyfriends they don't use anything, or if they do now, they didn't for a long time. So, I think the importance of it is maybe over-emphasised in school. Like if they aren't using them and they aren't you know dying of AIDS or getting pregnant then maybe it doesn't matter.
(Focus Group 2/Angus)

WHAT DO
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Cautious and sensible practice surrounding sex, the use of condoms and contraceptives but also people should be informed about abstinence (if you do want to become pregnant do not have sex).
(17/Dundee/Male)

WHAT DO
YOU NEED
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Aye, it's funny 'cos it's...you might be the big man 'cos you've had loads of birds but actually when it comes to it, there's not much pride in protecting yourself.

(Focus Group 7)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Better to stay safe than sorry, embarrassing to buy condoms.

(18/PK/Male)

WHAT DO
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TO
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There is a real thing that guys don't think it's manly to use condoms, you never hear people talking about condoms unless it's like a joke or making fun of someone.

(Focus Group 2/Angus)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

You can't feel it. I'm against it. You can't do it, they freak me out, feel dodgy It's the smell of it, man the room reeks. You're not gonna get oral after your dick smells of rubber.

(Focus Group 14)

WHAT DO
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I have an implant but only ever used a condom a couple of times. I have had sex over 200 times. The only time I used one was when I was in a long term relationship and we both wondered what it would be like. I've never had the confidence to ask if the person I am having sex with would use a condom.

(>16/Dundee/Female)

WHAT DO
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Me and my boyfriend have been going out for 9 years now and we don't have safe sex.

(21+/Dundee/Male)

WHAT DO
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I am currently in a lesbian relationship and I have been for the past two years, the first few times we had sex we used 'dams' and after that we were both clinically checked, I have had the same sexual partner for two years!

(16/Dundee/Female)

WHAT DO
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If you are with a girl for a while, like a couple of months or that, and you think you can trust her and she's no got the clap them, aye, lower your defenses. But it's your body, so if you want to be healthy then make the good choices.

(Focus Group 7)

WHAT DO
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Contraception. Consent on both sides.

(16/Dundee/Female)

WHAT DO
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There's information on it but really? Hardly anyone knows anything. Sure EVERYONE knows of condoms, but knowing where to get them? Getting them free? C cards? There's lots of ignorance. Don't get me started on OTHER contraceptives. Like, for example, the contraceptive implant for females. There's also the whole stigma of it's not cool to go get condoms.

For the guys anyways. I understand that it should be an equal contribution from both sides but when a guy wants to get it going he's way to embarrassed to go get condoms, even if you offer your c card and it's a youth clinic (with very friendly staff I might add). We need rid of the ignorance and the awkwardness. ASAP.

(16/PK/Female)

WHAT DO
YOU NEED
TO
#MAKEITGOOD?

Consensual, happy, good.

(>16/Dundee/Female)