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# Healthy Relationship:

The following is a list of conditions necessary for a healthy, happy relationship, that each partner must be committed to:

## **1. WILLING TO TAKE RESPONSIBILITY FOR MY OWN HAPPINESS:**

Taking care of myself when I need to, instead of expecting my partner to make me feel better

## **2. RESPECTING MY PARTNER'S IDENTITY/ INDEPENDENCE:**

Allowing my partner to be who he or she is, including faults, without having to criticize or control him or her. Letting my partner make own decisions and trusting that he or she knows what is best for him or her

## **3. ROLE FLEXIBILITY:**

Willing to change roles when necessary, such as helping out with tasks I don't normally do

## **4. MAINTAINING GOOD COMMUNICATION:**

Being a good listener, expressing myself with respect, and generally trying to maintain an open, two-way flow of communication

## **5. WILLING TO NEGOTIATE AND OPEN TO BEING INFLUENCED:**

Open to finding compromise rather than always trying to "win" an argument. Committed to finding a solution that works for everyone. Being part of a "team."

## **6. STRIVING FOR RELATIONSHIP INTIMACY:**

Knowing my partner, his or her habits, friends, likes, and dislikes. Having them in my thoughts. Wanting to maintain an emotional, intellectual, spiritual, and sexual connection to my partner, and willing to do the hard work of making this happen





# Common Male Partner concerns about oral PrEP

1. You're having other partners or want to
2. You don't trust me
3. It will cause me to have health problems or is unsafe
4. It will affect future fertility
5. It will interfere with sex
6. We don't have to use condoms now
7. I don't need to test for HIV now that you're testing

**For detailed information about PrEP please refer to the PrEP flyer**

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# Reasons cited by men

who are encouraging their sexual partners to use PrEP

## 1. SHARED PROTECTIVE BENEFIT

## 2. HAVING HEALTHY RELATIONSHIP

- PrEP is a lifestyle choice and not a sign of infidelity or promiscuity
- PrEP in secret could end relationships

## 3. ADEQUATE KNOWLEDGE ABOUT THE EFFECT OF RELATIONSHIP DYNAMICS ON PrEP USE BY WOMEN

- Woman can use oral PrEP without a partner's knowledge or agreement. However, women often want the support of male partners
- Women have more difficulty using PrEP consistently if:
  - o Their partner is unsupportive of using it
  - o They are experiencing partner abuse