**BETWEEN THE SHEETS**

**Condoms keep marriage happy**

**HOW TO ADD SPICE TO YOUR SEX LIFE**

Dimakatso Motau

WHILE many married people would raise an eyebrow if one partner suddenly suggested using condoms, celebrity couple Queenie and Mio Khondlela say this gives them control over their future.

The Power FM hosts, who have been married for nine years, say using condoms adds a little spice to their marriage.

“We are still young and insist on being in control of our future by being extra careful while also keeping some of our date nights interesting,” says 35-year-old Queenie.

Her husband says that they use condoms to prevent pregnancy, along with other contraception methods.

Though for this couple agreeing to use condoms did not ruffle their relationship, for Bongekile Nkosana it was different. She decided to part with the father of her child because he refused to use condoms.

The 28-year-old from Germiston on the East Rand says after falling pregnant with her now six-year-old son, she wanted to use condoms as contraceptives and stop taking the pill because it was making her overeat.

She says when her long-time partner refused she decided to part ways with him.

“It was difficult when I found out I was pregnant but after I had the baby and the father — who is now my ex — insisted on not using condoms, I had to let him go because using pills as contraceptives was having side effects,” Nkosana says.

Clinical psychologist Yumna Zubi says that married and long-term relationship couples might see the introduction of condoms as an indication of a lack of trust in the other partner.

“While there are practical reasons for using condoms, there are numerous emotional factors that come into play. Generally people are unsure of how their partner may react.

“I think this uncertainty and possibly the awkwardness of bringing up the topic means that many couples avoid talking about contraceptives altogether,” she says.

Zubi also says that some people fear that by introducing or discussing the use of condoms it implies they do not trust their partner to be faithful, especially if they are in a long-term relationship or marriage.

Sex expert Dr Elna McIntosh says that trust issues become a problem because people are lazy, do not communicate, hate condoms and use the same old reasons such as being allergic to latex (a product used to make some condoms).

“For those allergic to latex there are other condoms on the market. It is about finding the best condom for you,” McIntosh says.

Zubi says people should attend sexual education workshops.

Justice Monareng, 35, says that it was a challenge when he introduced condoms to his relationship. He said his girlfriend of eight years at first suspected he was cheating on her.

“But now we have adjusted to having sex with them and life is good.”

Queenie says condoms should be a part of every and any relationship.

“We enjoyed the nervousness of walking up to a counter and buying condoms and figuring out the different sizes.

“Sometimes you do not have to get so serious about things, but if you find that you are struggling then go and find professional help.

“When in doubt, we make an appointment with our clinical sexologist and we urge every couple to consider consulting with experts,” Queenie says. – motau@source.co.za