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| Life skill | Examples of this skill being practiced when using condoms |
| Decision making |  |
| Creative thinking/ lateral thinking |  |
| Effective communication |  |
| Self-awareness |  |
| Empathy |  |
| Resilience |  |
| Problem solving |  |
| Critical thinking |  |
| Interpersonal relationships |  |
| Assertiveness |  |
| Positive coping |  |