

SESSION 2: WHAT DO I NEED TO KNOW AND BELIEVE TO PROTECT MYSELF, AND HOW CAN I HELP MY FRIENDS?

OBJECTIVES:

1. Participants will be able to discriminate transmission and prevention myths from facts and argue against myths.
2. Participants will learn the facts about HIV/AIDS.
3. Participants will determine what abstinence means to them and explore whether to be abstinent.
4. Participants will identify why people take risks and apply this knowledge to themselves.
5. Participants will increase their skill in arguing against rationalizations leading to unsafe sex.
6. Participants will improve their ability to help a friend with accurate information and beliefs.
7. Participants will increase their ability to identify feelings.
8. Participants will continue building a supportive group.

PROCEDURES:

1. Introduce the group leaders, the participants, and the skills to be learned today.
2. Pass out tokens and take a Feeling Thermometer reading.
3. Review what was covered in the first module and answer any questions about the group's procedures. Point to the Thumbs Up/Thumbs down logo.
4. Use a script to introduce the day's topics.
5. Use practice cards to identify and debunk myths around transmission and prevention. Each person will get a card with a statement on it. The person passes it to another person as instructed. The other person reads the statement on the card and asks if it is myth or fact. The person who passed the card must answer and tell why it is a myth. The person answering can ask one other group member to help with the answer. After the answer is given, the card is turned over and the answer on the back is read.
6. Divide the group into two teams. Each team is given a card with an HIV/AIDS question on it. Teams alternate in trying to answer the questions.
7. Introduce abstinence. Have participants decide what behaviors define abstinence and then explore the issues around maintaining abstinence.
8. Present a model for understanding why people take risks, focusing on what they expect that is positive in taking the risk.
9. Divide the group into three's. Briefly explain the basics of problem solving. Provide each small group with a "Dear Abby" letter about a problem someone has in the way he/she thinks about what he/she expects to get out of unsafe sex. Have the groups come up with a response to the letter writer. Have the groups present their response and discuss.
10. Ask each group member to think of a time when she/he had unsafe sex and to identify what he/she thought were the positive gains from doing it. Then share one reason with the others in

their small group.

11. Use a script to illustrate how people rationalize practicing unsafe sex.
12. Give out rationalization cards and have participants demonstrate debunking these rationalizations, modeling how to argue against a rationalization. Ask for rationalizations not covered in the cards and discuss how to argue against them. Discuss. Take a Feeling Thermometer reading.
13. Model helping a friend who is using inaccurate information or who believes in a myth. Remind participants that by helping our friends we become trend-setters, special people, and real chillin. Explain how to give constructive feedback. Obtain feedback from the group.
14. Give a brief scene to each person. In the scene their friend has inaccurate information or believes in a myth. Have each person role play providing a more useful point of view. Give feedback and discuss.
15. Give homework assignment of sharing with a friend what you have learned about HIV/AIDS myths. Remind the participants that by helping our friends ("brothers and sisters") avoid AIDS we are becoming trend-setters, special people, and real chillin.
16. Pass out Score Cards. Explain that between sessions each person is to write on the score card a) how talking with a friend went; b) what you did to stay safe; and c) any other actions taken to make your life better. Indicate that we will review the Score Cards at the beginning of each session and then write on the group success poster. Show where the group success poster in hung up on the wall.
17. Summarize the session and take a Feeling Thermometer reading.
18. Have group members show their appreciation to each other's contributions.
19. Wrap-up, including thanks, a preview of the next session, evaluations, payment, and putting names in the lottery.

MATERIALS:

Feeling Thermometers
Tokens
Newsprint and Pens
Posters
Thumbs
 Messages
 Group Success
Shorty and Sue
Transmission Cards
Liz and Nat
HIV/AIDS Fact Cards
People's Actions
Dear Abby Letters
Sharon and Phyllis
Rationalization Cards
Statements for Use in Helping a Friend
Score Cards

Exercise 1: Introducing the Session and Participants
(10 minutes)

Welcome back to the second part of today's session.

I am really glad to see you here for the second module of Project LIGHT II.

In this part of the training we plan to get rid of myths about how you spread the AIDS virus and how you prevent getting HIV.

Having better knowledge about AIDS, knowing yourself, being able to argue against rationalizations used to practice unsafe sex, and spreading the word are some of the skills we will be working on.

We will also look at what it means to be abstinent.

We have found that while people may know some of the general facts about HIV/AIDS they are often confused about how the virus is spread.

Before we go any further I would like you to introduce yourself again so that we can get to know everyone's name.

Tell us your first name and tell us one thing about yourself that makes you really proud.

I'll go first to show you what I mean.

My name is _____ and I am really proud of _____."

HAVE MEMBERS GIVE THEIR FIRST NAMES AND ONE THING ABOUT WHICH THEY ARE PROUD.

Thank you.

I want to pass out some tokens for everyone so that you can tell other people in here "That's Great!" or "I really like what you did" or said or who you are or your smile or whatever.

PASS OUT TWENTY TOKENS TO EACH PERSON.

Remember the Feeling Thermometer from last time?

100 means you feel very, very uncomfortable and 0 means you feel totally comfortable - completely chilled out.

What is your Feeling Thermometer level right now?

ENCOURAGE SHARING OF FEELING THERMOMETER READINGS.

We covered a lot in the first module.

QUICKLY BRING UP TOPICS THAT WERE COVERED BY ASKING THE QUESTIONS THAT FOLLOW.

I want to jog your memory about the first session by asking you a couple of questions.

First, will one person tells us how finding out that you were HIV positive would change your plans for yourself?

Just give us a few words about what it would do to your goals for yourself.

ENCOURAGE SHARING AND GIVE OUT A TOKEN. IF NO ONE VOLUNTEERS, INDICATE WHAT YOU THINK THE IMPACT WOULD BE ON YOUR LIFE.

Thanks. Remember last time we worked on how HIV might affect our life.

Next question: What impressed you about the comments made by the person living with AIDS?

OBTAIN REACTIONS AND GIVE OUT TOKENS.

We also talked about the people we knew who were HIV positive or who had AIDS.

When people want to get some advice on AIDS to whom do they go for help?

ENCOURAGE RESPONSES.

That's right - they go to their friends.

What are some of the characteristics of a good HIV/AIDS?

That's the message you give if you are a friend educating a friend of yours.

ENCOURAGE RESPONSES. QUICKLY REVIEW THE POSTER ON THE WALL.

Very good.

That's our review of what we worked on last time.

Exercise 2: Debunking Myths about Transmission
(15 minutes)

To introduce this next topic I need your help in reading a brief script.

Who will volunteer to read Shorty and who will read Sue.

SELECT VOLUNTEERS AND GIVE THEM THE SCRIPT.

Shorty and Sue

SHORTY: Hi, baby. Give me a kiss.

SUE: Are you kidding? I'm not going to get AIDS.

SHORTY: What are you talking about? Are you bugged?

SUE: You get the AIDS virus from body fluids, so you can stop kissing me. None of your saliva is getting in my mouth.

SHORTY: Baby, baby. I'm hot for you.

SUE: That's another thing. Your sweat. You keep your sweat off my body. Sweat is a body fluid. I'm not getting no virus from your sweat.

SHORTY: Hey! Baby, you are making me cry.

SUE: That too. Tears. Tears are a body fluid. Don't drop no tears on me. I'm not getting AIDS from your tears.

SHORTY: What is left?

SUE: Give me a call some time.

THE END

That was great!

GIVE OUT TOKENS.

What about those AIDS facts?

Was their truth or falsehood in what you heard?

DISCUSS AND RELATE TO THE FACT THAT THERE IS HIV IN SALIVA, SWEAT, AND TEARS BUT NOT ENOUGH TO PASS ON. ALSO HIV MUST COME IN CONTACT WITH A PASSAGE INTO THE BLOOD - NOT JUST ON THE SKIN.

Let's move from Shorty and Sue to myths about HIV and AIDS.

We'll start with myths about how HIV/AIDS is spread.

Each person will receive a card with a statement on it.

Decide if the statement is a myth or a fact.

If you don't know, that's ok, and you can ask help from any two people in the group.

We don't expect everyone to know all the answers.

That's why we are going over them.

TRANSMISSION CARDS

CARD 1, FRONT

YOU CAN TELL WHO MIGHT GIVE YOU AIDS BECAUSE THEY LOOK SICK.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 1, BACK

MYTH

CARD 2, FRONT

YOU CAN CATCH AIDS FROM A TOILET SEAT.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 2, BACK

MYTH

CARD 3, FRONT

YOU GET AIDS FROM DIRTY NEEDLES.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 3, BACK

FACT

CARD 4, FRONT

ONLY GAYS OR PEOPLE IN THE INNER CITY GET AIDS.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 4, BACK

MYTH

CARD 5, FRONT

DRINKING CAUSES AIDS.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 5, BACK

MYTH

CARD 6, FRONT

YOU CAN GET THE HIV IF YOU ARE STONED AND HAVE UNPROTECTED SEX.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 6, BACK

FACT

CARD 7, FRONT

GETTING DRUNK AND HAVING SEX INCREASES THE CHANCE OF GETTING HIV.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 7, BACK

FACT

CARD 8, FRONT

YOU CAN GET AIDS FROM KISSING SOMEONE ON THE CHEEK.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 8, BACK

MYTH

CARD 9, FRONT

YOU CAN GET AIDS FROM DOG, CAT, AND INSECT BITES.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 9, BACK

MYTH

CARD 10, FRONT

YOU CAN GET HIV FROM A BLOOD TRANSFUSION.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 10, BACK

FACT

CARD 11, FRONT

YOU CAN GET HIV FROM GIVING BLOOD.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 11, BACK

MYTH

CARD 12, FRONT

A MOTHER CAN INFECTION HER BABY WITH HIV.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 12, BACK

FACT

CARD 13, FRONT

YOU ARE SAFE WITH A 'CLEAN' NEEDLE AT A SHOOTING GALLERY.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 13, BACK

MYTH

CARD 14, FRONT

IF YOU BLEACH YOUR NEEDLES, YOU CAN SHARE WITH YOUR FRIENDS AND NOT SPREAD HIV.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 14, BACK

MYTH

PASS OUT THE CARDS ONE AT A TIME. KEEP GOING UNTIL ALL OF THE CARDS HAVE BEEN PASSED OUT. CLARIFY ANY CONFUSION AT THE TIME THE CARD IS READ AND ANSWERED.

That was very good.

Are there any other myths that you have heard about that we didn't cover?

ENCOURAGE IDEAS AND DISCUSS.

Exercise 3: Getting Rid of Myths about Prevention
(10 minutes)

Those myths were all about you get HIV.

Now let's look at myths about preventing yourself from getting HIV.

I want you to listen very carefully to this scene and see how many myths about preventing getting HIV you can find.

For example if someone believed that washing the penis off after intercourse would prevent the spread of AIDS, we would say that is a myth.

Listen and pick out the myths in their conversation.

I need two volunteers to read the scene.

Who will be Liz and who will be Nat?

SELECT THE VOLUNTEERS. GIVE THEM THE SCRIPTS AND HAVE THEM READ THE SCENE.

Liz and Nat

LIZ: Want to hear something funny?

NAT: What?

LIZ: My little brother told me that if he wrapped saran-wrap around his thing he wouldn't get HIV. That would feel terrible.

NAT: It could be true that it works. What do you know about how it would feel? I don't know a thing about safer sex.

LIZ: I hear you don't have to worry about going down on someone if you use mouth wash afterwards.

NAT: That's not why you don't have to worry.

LIZ: Tell me why then.

NAT: A couple that has been true to each other for a whole year doesn't have to worry. If you are in a monogamous relationship, you can have whatever kind of sex you want.

LIZ: My brother says that if a girl douches after sex, she won't get the virus. Is that true?

NAT: You got me. I always thought it was if she peed after sex she couldn't get it.

LIZ: You remember Gladys?

NAT: We used to call her Glad Ass. Wasn't she always getting pregnant?

LIZ: Yes. She told me that using birth control pills prevented you from HIV.

NAT: I never heard that one before.

LIZ: She also told me that you could use ear wax to see if someone already was infected.

NAT: You have to be kidding. She probably believes that if a girl pees on a penny and it turns green, she's infected. Gladys is something else. So what did you tell your brother?

LIZ: I told him to always use a condom. They're 100% safe. No anal sex. And don't worry about oral sex.

THE END

Thank you. That was really good.

OK, what myths were there in that conversation between Liz and Nat?

ENCOURAGE IDENTIFICATION OF MYTHS. MYTHS ARE RELATED TO 100% PROTECTION FROM CONDOMS; PROTECTION FROM MOUTHWASH, URINATING, DOUCHING, MONOGAMY, BIRTH CONTROL PILLS; EAR WAX AND URINATING ON PENNY AS DETECTION DEVICES; AND PREVENTION IN ORAL SEX.

Are there other myths that you heard?

ENCOURAGE SHARING AND DISCUSSION.

Some of the myths we have been getting rid of may have been ones that you held.

Using the Feeling Thermometer - 100 being very, very uncomfortable, and 0 being totally comfortable - how do you feel right now?

OBTAIN READINGS AND ENCOURAGE SHARING.

Exercise 4: Learning the Basic Facts About HIV/AIDS
(15 minutes)

When it comes to HIV and AIDS the more you know and understand, the more you can make smart choices and control where you are going.

We are going to play "The Don't be Stupid About AIDS" game.

There will be two teams.

DIVIDE THE GROUP INTO TWO TEAMS AND HAVE THEM LINE UP FACING EACH OTHER.

I'll give a card to the first member on the team.

That person will read the question on the card to the first person on the other team.

You try to answer it.

You can ask your team members for help if you want to - that's up to you.

After you give your answer, the person who has the card will turn it over and read the answer on the back.

Then it will be your turn to read a question to the other team.

Each team has a turn at asking a question.

I'll give tokens for good answers, good tries, and good support of each other.

Has everyone got the idea?

PASS OUT THE FIRST CARD TO THE FIRST PERSON IN LINE ON THE STARTING TEAM. HAVE THE FIRST PERSON IN LINE ON THE OPPOSITE TEAM ANSWER THE QUESTION. MAKE SURE THE QUESTION SIDE IS UP. DON'T LET ANYONE TURN THE CARD OVER UNTIL THE OTHER TEAM HAS ANSWERED. KEEP GOING DOWN THE LINE SO THAT EACH INDIVIDUAL HAS TO ANSWER QUESTIONS. MAKE SURE YOU GO OVER THE MEANING OF EACH ANSWER. FOR EXAMPLE, ON CARD #2, EMPHASIZE THAT "ACQUIRED" MEANS YOU HAVE TO GET IT FROM ANOTHER PERSON. PLAY UNTIL ALL THE QUESTIONS HAVE BEEN USED UP. GIVE OUT TOKENS AS THE TEAMS PLAY.

That was great!

Has anyone got a question that you would like all of us to try and answer?

HAVE THE ENTIRE GROUP TRY TO ANSWER THE QUESTIONS. IF YOU DON'T KNOW THE CORRECT ANSWER, SAY SO AND INDICATE YOU WILL FIND IT OUT.

HIV/AIDS FACT CARDS

WHAT FOLLOWS IS THE TEXT OF THE CARDS. YOU WANT TO MAKE CARDS TWO SIDED SO THAT PARTICIPANTS DON'T SEE THE ANSWERS UNTIL THE CARDS ARE TURNED OVER. THE EASIEST WAY TO MAKE CARDS IS TO PLACE "1 FRONT" ON THE TOP HALF OF AN 8.5 X 11 PIECE OF PAPER OR CARD STOCK, AND THEN "2 FRONT" ON THE LOWER HALF OF THE PAGE. XEROX ON THE BACK OF THE PIECE OF PAPER "1 BACK" ON THE TOP HALF AND "2 BACK" ON THE BOTTOM HALF. THEN CUT THE PAPER OR CARD STOCK IN HALF, AND YOU HAVE TWO CARDS EACH WITH A BACK AND FRONT. CONTINUE IN THE SAME MANNER.

1,FRONT

WHAT CAUSES AIDS?

1,BACK

A VIRUS CALLED HIV - HUMAN IMMUNODEFICIENCY VIRUS

2,FRONT

WHAT DOES THE "A" IN AIDS STAND FOR?

2,BACK

"ACQUIRED" - PEOPLE ARE NOT BORN WITH IT. THEY GET IT. IT IS PASSED FROM PERSON TO

PERSON.

3,FRONT

WHAT DOES THE "I" IN AIDS STAND FOR?

3,BACK

"IMMUNE" - THE IMMUNE SYSTEM IS THE BODY'S DEFENSE SYSTEM. IT PROTECTS THE BODY FROM DISEASE. THIS SYSTEM IS DESTROYED BY THE VIRUS, ALLOWING OPPORTUNISTIC INFECTIONS AND DISEASES TO ATTACK.

4,FRONT

WHAT DOES THE "D" IN AIDS STAND FOR?

4,BACK

"DEFICIENCY" - TO LACK SOMETHING. IN THIS CASE TO LACK DEFENSES IN THE IMMUNE SYSTEM.

5,FRONT

WHAT DOES THE "S" IN AIDS STAND FOR?

5,BACK

"SYNDROME" - A GROUP OF SIGNS OR SYMPTOMS WHICH WHEN THEY OCCUR TOGETHER MEANS A PERSON HAS A CERTAIN DISEASE.

6,FRONT

IF SOMEONE IS INFECTED WITH HIV, WILL THEY GET SICK RIGHT AWAY?

6,BACK

NO. THEY USUALLY CARRY THE INFECTION FOR MANY YEARS BEFORE THEY SHOW SIGNS OF BEING SICK. MANY SHOW NO SIGNS FOR FIVE YEARS. AFTER 10 YEARS, ABOUT HALF OF THE INFECTED PEOPLE SHOW SIGNS.

7,FRONT

CAN YOU NAME AT LEAST THREE SIGNS OF AIDS?

7,BACK

UNEXPLAINED WEIGHT LOSS. NIGHT SWEATS. SWOLLEN GLANDS. FEVERS.

SEVERE AND LONG LASTING FATIGUE. UNEXPLAINED BLEEDING OR RASHES.
CHRONIC DIARRHEA.

8,FRONT

WHO GETS AIDS?

8,BACK

ANYONE CAN GET THE VIRUS UNDER THE RIGHT CONDITIONS.

9,FRONT

WHAT DOES THE HIV TEST LOOK FOR?

9,BACK

ANTIBODIES IN THE BLOOD THAT ATTACK THE HIV.

10,FRONT

IF A PERSON GETS INFECTED WITH HIV, HOW LONG MIGHT IT TAKE BEFORE THE HIV TEST SHOWS UP POSITIVE?

10,BACK

SIX MONTHS.

11,FRONT

CAN YOU GET HIV THROUGH A KNIFE AND FORK, DISHES, OR TOILETS?

11,BACK

NO. HIV IS NOT TRANSMITTED THROUGH CAUSAL CONTACT.

12,FRONT

DOES HIV LIVE IN THE AIR?

12,BACK

NO. HIV DIES EASILY WHEN IT COMES IN CONTACT WITH AIR OR WATER.

13,FRONT

WHAT BODILY FLUIDS DOES HIV LIVE IN?

13,BACK

BLOOD, SEMEN, VAGINAL FLUIDS, URINE AND FECES.

14,FRONT

WHY CAN'T YOU GET HIV FROM TEARS, SALIVA AND URINE?

14,BACK

BECAUSE THERE ARE NOT A HIGH ENOUGH NUMBER OF VIRUSES IN THESE FLUIDS.

15,FRONT

CAN YOU GET HIV THROUGH ORAL SEX?

15,BACK

YES, IF SEMEN OR VAGINAL FLUIDS GET IN YOUR MOUTH. THERE ARE AN INCREASING NUMBER OF CASES WHERE HIV WAS PASSED THROUGH ORAL SEX.

16,FRONT

IF HIV LIVES IN BLOOD, SEMEN AND VAGINAL FLUID, HOW DO YOU USUALLY GET IT?

16,BACK

VAGINAL INTERCOURSE, ANAL INTERCOURSE, ORAL SEX, SHARED NEEDLES FOR DRUG USE, AND INFECTED MOTHER'S PASSING IT TO UNBORN BABIES THROUGH THEIR SHARED BLOOD SUPPLY.

17,FRONT

WHAT ARE THE ILLNESSES THAT AFFECT PEOPLE WITH AIDS?

17,BACK

MOST COMMON FOR MEN ARE A SKIN CANCER AND AN UNUSUAL PNEUMONIA. WE DON'T KNOW WHAT ILLNESSES USUALLY AFFECT WOMEN. WE DO KNOW THAT A CHRONIC YEAST INFECTION AND VAGINAL INFECTIONS CAN BE A CAUSE FOR CONCERN. MANY WOMEN ARE MISDIAGNOSED.

(KAPOSI'S SARCOMA IS THE SKIN CANCER, AND THE PNEUMONIA IS PNEUMOCYSTIS CARINII PNEUMONIA - CALLED PCP.)

18,FRONT

DOES EVERYONE WITH AIDS DIE?

18,BACK

YES, SO FAR.

19,FRONT

WHAT IS THE LONGEST SOMEONE WITH AIDS HAS LIVED?

19,BACK

A FEW CASES HAVE LIVED FOUR YEARS OR MORE. MOST PEOPLE DIE WITHIN 6 MONTHS TO 2 YEARS AFTER HAVING BEEN DIAGNOSED.

20,FRONT

IS THERE A VACCINE THAT CAN KEEP YOU FROM GETTING AIDS?

20,BACK

TO DATE NO VACCINE HAS BEEN DEVELOPED, AND THE GUESSES IN 1991 ARE THAT IT WILL BE 10 YEARS BEFORE ONE IS DEVELOPED.

21,FRONT

CAN PEOPLE GET AIDS FROM INSECT BITES?

21,BACK

THE BEST ANSWER TO DATE IS "NO" BECAUSE THERE IS NO EVIDENCE THAT WHERE LOTS OF MOSQUITOS LIVE THERE ARE MANY AIDS CASES. ALSO MOSQUITOS SUCK BLOOD OUT NOT PUT BLOOD IN. THERE IS NOT ENOUGH BLOOD IN THE MOSQUITO FOR THE VIRUS TO LIVE IN.

22,FRONT

WHEN DID WE FIRST REALIZE AIDS WAS A PROBLEM?

22,BACK

AIDS WAS FIRST RECOGNIZED AS A DISEASE IN 1981.

23,FRONT

HOW FAST IS AIDS SPREADING?

23,BACK

VERY FAST. IN 1981 THERE WERE 316 PEOPLE IN THE U.S. WITH AIDS. BY JANUARY OF 1990 THERE WERE 120,000 CASES IN THE U.S.

24,FRONT

CAN HETEROSEXUALS GET HIV?

24,BACK

ANY ONE CAN GET HIV IF HE OR SHE ENGAGES IN UNSAFE SEX AND SHARES IV NEEDLES.

25,FRONT

CAN LESBIANS GET HIV?

25,BACK

YES. THERE ARE CASES WHERE HIV HAS BEEN PASSED ALONG SEXUALLY BETWEEN LESBIANS, AND, LIKE EVERYONE ELSE, IF THEY ENGAGE IN UNSAFE SEX OR SHARE NEEDLES, THEY CAN BECOME INFECTED.

That was a great game.

Here are some copies of the questions and answers which were on the cards.

PASS OUT COPIES OF THE TEXT OF THE CARDS

Exercise 5: Figuring Out What Abstinence Means To Me

Sometimes you will hear people say that there are three basic ways to avoid HIV.

One, always use protection - a condom and dental dam.

Two, have sex with one partner only who has only had sex with you.

Three, be abstinent.

When you ask what being abstinent means, the usual answer is "don't do it."

Don't do what?

Don't have sex.

What does "don't have sex mean?"

Years ago there was a movie called "Tom Jones" and one of the sexiest scenes in it was man and woman eating dinner.

The way they ate the food and looked at each other really turned the two of them on.

Were they engaging in sex?

Whatever abstinence means to you, it is often recommended as a way of avoiding pregnancy, sexually transmitted diseases and AIDS.

I want you to figure out what abstinence could be for you.

I am going to pass out an abstinence questionnaire.

Please check off the actions that would be OK for you to do if your were practicing abstinence.

The list of behaviors does not include vaginal or anal intercourse because most people would agree that those actions are "having sex."

HAND OUT THE QUESTIONNAIRE. ALLOW A FEW MINUTES TO COMPLETE IT.

ABSTINENCE QUESTIONNAIRE

PLACE A CHECK BESIDE THE ACTIONS THAT WOULD BE OK FOR YOU TO DO IF YOUR WERE PRACTICING ABSTINENCE.

_____ YOU AND YOUR PARTNER ARE UNDRESSED AND CARESS EACH OTHER

_____ YOU AND YOUR PARTNER HAVE PROTECTED ORAL SEX

_____ YOU AND YOUR PARTNER ARE UNDRESSED AND WATCH EACH OTHER MASTURBATE

_____ YOU AND YOUR PARTNER GIVE EACH OTHER A BUBBLE BATH

- _____ YOU AND YOUR PARTNER HOLD HANDS
- _____ YOU AND YOUR PARTNER FEEL EACH OTHER ALL OVER WITH YOUR CLOTHES ON
- _____ YOU AND YOUR PARTNER MASTURBATE EACH OTHER
- _____ YOU AND YOUR PARTNER ARE LYING ON TOP OF THE BED, ARE DRESSED, AND ARE TELLING EACH OTHER SEXUAL FANTASIES
- _____ YOU AND YOUR PARTNER ARE UNDRESSED IN BED AND ARE TELLING EACH OTHER SEXUAL FANTASIES
- _____ YOU AND YOUR PARTNER ARE UNDRESSED AND GIVING EACH OTHER A MASSAGE
- _____ YOU AND YOUR PARTNER ARE DRESSED AND HUGGING EACH OTHER
- _____ YOU AND YOUR PARTNER ARE KISSING AND LICKING EACH OTHER ALL OVER
- _____ YOU AND YOUR PARTNER ARE DANCING TOGETHER NAKED
- _____ YOU AND YOUR PARTNER ARE DEEP KISSING
- _____ YOU AND YOUR PARTNER ARE UNDRESSED WATCHING AN EROTIC FILM
- _____ YOU AND YOUR PARTNER ARE DRESSED AND WATCHING AN EROTIC FILM
- _____ YOU AND YOUR PARTNER ARE UNDRESSED AND READING AN EROTIC BOOK TOGETHER
- _____ YOU AND YOUR PARTNER ARE DRESSED AND READING AN EROTIC BOOK TOGETHER
- _____ YOU AND YOUR PARTNER ARE KISSING EACH OTHER ON THE LIPS

Now that you have indicated the actions that would make up abstinence, I want you to think about self-control.

Sometimes people recommend not kissing, feeling, seeing each other undressed, and similar things because a person can get so aroused that it is impossible to avoid going further and having penetration.

If you did the actions that you checked on the questionnaire, could you stop yourself from continuing on and having vaginal intercourse?

Circle those actions that you think would lead you to vaginal or anal intercourse even though you had promised yourself you wouldn't do it.

ALLOW A FEW MINUTES TO COMPLETE CIRCLING THOSE ITEMS THAT WOULD LEAD TO LOSS OF CONTROL.

Now tell me - how would you define abstinence?

ENCOURAGE SHARING AND DISCUSSION.

Let's carry this one step further.

Who will play Fay and who will play Esther?

SELECT VOLUNTEERS.

Fay, you are 13 years old.

You think you may be too young to have sex, and you don't want to get AIDS.

Ask Esther - who is 17 for advice.

Should you not have sex?

So, Fay, what is your goal?

HAVE FAY REPEAT HER GOAL - TO GET ADVICE ON HAVING SEX.

Esther, your goal is to give Fay good advice on whether she should avoid sex and to help her figure out what actions are best for her.

Esther, tell me what your goal is.

HAVE ESTHER REPEAT HER GOAL OF GIVING GOOD ADVICE AND HELPING FAY FIGURE OUT WHAT ACTIONS ARE BEST FOR HER.

The rest of us will be observers.

You will each have a specific task.

ASSIGN OBSERVER TASKS.

You watch....

- Their facial expressions
- Their tone of voice
- Their postures
- Their words
- Their gestures
- Their voice level

Their eye contact

After the role play we will give feedback.

First, tell us what you liked about the way they handled the situation.

Next tell us one thing you observed.

Last tell us what you would have done differently if you had been in the role play - don't tell us what they "should" have done.

OK, let's start the role play.

HAVE FAY AND ESTHER DO THE ROLE PLAY. ALLOW IT TO GO ON FOR A FEW MINUTES - NOT TOO LONG.

That was great!

GIVE OUT TOKENS.

Fay and Esther, how do you feel now on the Feeling Thermometer?

OBTAIN RESPONSES.

Fay, what did you like about the way you handled it and tell us one change you would have made.

OBTAIN RESPONSE.

Esther, what did you like about the way you handled it and tell us one change you would have made.

OBTAIN RESPONSE.

Now let's hear from the observers: what you liked, observed, and would do differently.

OBTAIN FEEDBACK AND DISCUSS.

Exercise 6: Understanding Why I Take Risks
(20 minutes)

Lots of people know what to do to protect themselves from AIDS.

But for some reason they expose themselves to HIV anyway.

Why do they do it?

I am going to hand out a brief description of what makes people act as they do.

HAND OUT DESCRIPTION EXPLAINING PEOPLE'S ACTIONS AND GO OVER IT.

PEOPLE'S ACTIONS

PEOPLE WILL CONTINUE TO BEHAVE IN A CERTAIN WAY IF.....

1. THEY EXPECT SOMETHING GOOD TO COME OUT OF IT.
2. SOMETHING THAT THEY WANT DOES COME OUT OF IT.
3. SOMETHING GOOD COMES OUT OF IT OFTEN.
4. ANYTHING NEGATIVE THAT COMES OUT OF IT HAPPENS A LONG TIME AFTER THE GOOD PART.

PEOPLE WILL BEHAVE EFFECTIVELY IN THEIR BEST INTERESTS IF.....

1. THEY KNOW WHAT IS IN THEIR BEST INTEREST.
2. THEY HAVE THE SKILLS.
3. THEY HAVE OPPORTUNITIES TO LEARN SKILLS IN MANY WAYS: OBSERVING, IMITATING, AND PRACTICING.

4. THEY BELIEVE THEY CAN BE EFFECTIVE AND HAVE EFFECTIVE TOOLS.

5. THEY FIT INTO THE ENVIRONMENT IN WHICH THEY LIVE AND THE ENVIRONMENT SUPPORTS THEM.

One thing this tells us is that people have unprotected sex because they expect to get something good out of it.

That expectation of something good can outweigh the negative consequences, particularly when they happen so far in the future.

Remember, AIDS takes years to show up.

Think of a time that a friend of yours or you had unprotected sex.

What did your friend or yourself expect to get out of it?

Let's make a list.

WRITE ON NEWSPRINT AS THE SUGGESTIONS ARE MADE.

I had a friend who was often depressed.

He thought sex would make him feel better - less depressed.

What are your ideas?

ENCOURAGE SHARING. POSSIBLE ITEMS MIGHT INCLUDE THE FOLLOWING: KEEP MY PARTNER FROM LEAVING ME; STAY LIKED; AVOID A FIGHT; FEEL PLEASURE; HAVE A FRIEND; RELIEVE BOREDOM; FORGET MY PROBLEMS; OBTAIN APPROVAL FROM MY FRIENDS; FEEL LESS LONELY. MAKE THE LIST AND DISCUSS.

I want you to practice helping another person deal with his or her expectations from having unsafe sex.

This person will have a problem, and you are to help them solve it.

In solving a problem first get clear what the problem is.

Then decide what is important and what the goal is.

Look for some alternative ways of solving the problem, select one, and try it.

DIVIDE THE GROUP INTO THREE SMALLER GROUPS.

Each group will receive a "Dear Abby" letter.

Figure out what you would say to the letter writer.

Make up a response.

GIVE OUT "DEAR ABBY" LETTERS - ONE TO A GROUP. ALLOW FIVE MINUTES TO WORK ON A RESPONSE.

DEAR ABBY,

I DON'T THINK I AM THE MOST ATTRACTIVE PERSON, SO I STAY BY MY SELF. I HAVE FEW FRIENDS. I RECENTLY MET THIS GIRL WHO LIKES ME AND WANTS ME. SHE TALKS ABOUT HOW MUCH SHE WANTS TO MAKE LOVE. SHE'S DONE IT BEFORE. I DON'T WANT TO GET HIV, BUT I CAN'T STAND THE THOUGHT OF BEING LONELY AGAIN. WHAT SHOULD I DO?
ALONE ALBERT

DEAR ABBY,

MY NEW BOY FRIEND THINKS THAT BEING REALLY, REALLY CLOSE MEANS SCREWING WITHOUT A CONDOM. I LOVE HIM. I KNOW HE WAS BISEXUAL BEFORE ME AND AT LEAST ONE OF HIS FRIENDS IS HIV+. I AM AFRAID OF GETTING HIV AND AIDS. WHAT CAN I DO TO KEEP HIS LOVE AND STAY SAFE?

IN LOVE LUCINDA

DEAR ABBY,

I GET WORRIED ABOUT MANY THINGS AND THEN FEEL AWFUL. WHEN I AM DEPRESSED LIKE THAT, I SEEK OUT SEX. IT DOESN'T REALLY MATTER WHO THE PERSON IS OR WHAT WE DO. I KNOW I SHOULD PROTECT MYSELF, BUT I CAN'T HELP IT. WHAT SHOULD I DO?

DEPRESSED DAVID

Now tell us what your letter was and how you responded.

HAVE GROUP REPORT BACK AND DISCUSS.

Exercise 7: Fighting Rationalizations

To start this next section off I need someone to play Sharon and someone to play Phyllis.

SELECT VOLUNTEERS, GIVE THEM THE SCRIPT, AND HAVE THEM READ THEIR LINES ALOUD.

Sharon and Phyllis

SHARON: How was your date last night?

PHYLLIS: Same old thing. Wants sex immediately.

SHARON: Men are muck.

PHYLLIS: He wasn't that good either.

SHARON: You mean you did it with him?

PHYLLIS: Yes. I had to push him to use a condom.

SHARON: Did he do it?

PHYLLIS: No.

SHARON: So why did you have sex with him?

PHYLLIS: He told me he couldn't find a job, his mother was sick, and his car broke down.

SHARON: So what?

PHYLLIS: So I felt sorry for him.

THE END

What do you think of the reason that Phyllis gave?

ENCOURAGE COMMENTS.

Her explanation is an example of a rationalization.

It is easy to rationalize unsafe sex: "I was so turned on that I just couldn't get up and get my condoms from the bath room."

So, we are going to take a few minutes and practice how we might argue against a rationalization.

Why?

Sometimes we tell ourselves that having unsafe sex is OK.

A rationalization is the word used to describe making an excuse for ourselves.

It is how we explain away the fact that we did something that wasn't too smart.

When you start telling yourself that unsafe sex is OK, one way to deal with that is to argue against your rationalizations.

Let's say I told myself, "Nothing else is going right in my life now, so what have I got to loose?"

How would you shoot that idea down?

ENCOURAGE SUGGESTIONS. GIVE OUT TOKENS.

I was thinking of saying to myself, "First, you got your life to lose. Second, if you keep telling yourself that life sucks, instead of doing something to make it better, you'll work yourself into a big depression."

Each person will get a card.

The card will tell you who to pass it to.

The person who gets the card will read you a rationalization.

Your job is to argue against that rationalization.

When you are finished, the person will turn the card over and read the suggestion on the back.

PASS OUT THE CARDS ONE AT A TIME. WHEN THE FIRST PERSON HAS ANSWERED, GIVE A CARD TO THE SECOND PERSON. KEEP GOING UNTIL EVERYONE HAS HAD A CHANCE TO ARGUE AGAINST A RATIONALIZATION.

RATIONALIZATION CARDS

CARD 1,FRONT RATIONALIZATION

PASS TO THE PERSON WHO IS AN AQUARIUS (1/20-2/21) OR CLOSEST TO IT

"I'VE WAITED SO LONG TO HAVE SEX THAT I'M SURE NOTHING WILL HAPPEN JUST THIS ONE TIME."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 1, BACK

SUGGESTION: WHY WAIT UNTIL YOU ARE FRUSTRATED AND STARVED? YOU CAN HAVE GOOD SEX WITHOUT TAKING A RISK. BESIDES ALL IT TAKES IS ONE TIME TO GET HIV.

CARD 2,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A PISCES (2/21-3/20) OR CLOSEST TO IT

"I DIDN'T INSIST THAT MY PARTNER USE A CONDOM (OR DENTAL DAM) BECAUSE MY PARTNER WAS SO GOOD LOOKING. I MAY NEVER HAVE THE CHANCE AGAIN."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 2,BACK

SUGGESTION: THERE ARE PLENTY OF GOOD LOOKING PEOPLE WHO PRACTICE SAFER SEX. ALSO IT IS NOT LOGICAL TO SAY "YOU'LL NEVER HAVE THE CHANCE AGAIN." DOES IT MAKE SENSE TO PUT YOURSELF AT RISK FOR "GOOD LOOKS?"

CARD 3,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS AN ARIES (3/21-4/20) OR CLOSEST TO IT

"I WANT TO PRACTICE SAFER SEX, BUT I'LL HURT MY PARTNER'S FEELINGS IF INSIST ON MY PARTNER USING A RUBBER (OR DENTAL DAM)."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 3,BACK

SUGGESTION: ARE YOU HIDING YOUR FEAR OF GETTING IN A CONFLICT? WHAT ABOUT YOUR FEELINGS? IT'S HARD, BUT YOU CAN SAY "NO." IS HURTING YOUR PARTNER'S FEELINGS MORE IMPORTANT THAN PUTTING YOURSELF AT RISK?

CARD 4,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A TAURUS (4/21-5/20) OR CLOSEST TO IT

"I WANTED TO PRACTICE SAFER SEX, BUT MY PARTNER WAS IN ME BEFORE I KNEW WHAT WAS HAPPENING."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 4,BACK

SUGGESTION: MAYBE YOU DIDN'T KNOW WHAT WAS HAPPENING UNTIL IT WAS ALREADY

DONE. AREN'T YOU MORE RESPONSIBLE FOR WHAT YOU DO THAN YOUR PARTNER IS?

CARD 5,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A GEMINI (5/21-6/20) OR CLOSEST TO IT

"I HAD PLANNED TO PRACTICE SAFER SEX, BUT IT WAS THE DRUGS. I DIDN'T THINK I'D GET SO MESSED UP."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 5, BACK

SUGGESTION: IF YOU DON'T KNOW WHAT DRUGS DO TO YOU, THEN MAYBE BEING MORE CAREFUL IS A GOOD IDEA. AREN'T YOU AWARE OF HOW HARD IT IS FOR YOU TO SAY "NO" WHEN USING DRUGS?

CARD 6, FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A CANCER (6/21-7/22) OR CLOSEST TO IT

"I HAVE BEEN SO DEPRESSED LATELY. WHEN MY PARTNER SAID, 'I REALLY WANT YOU,' I DIDN'T CARE ABOUT BEING SAFE. I JUST KNEW THAT GOOD SEX WOULD RAISE MY SPIRITS."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 6, BACK

SUGGESTION: HAVING SOMEONE TO WANT YOU MAY MAKE YOU FEEL BETTER FOR THE MOMENT, BUT YOU KNOW THAT UNPROTECTED SEX WON'T DO MUCH IN THE LONG RUN FOR YOUR DEPRESSION. ARE YOU FORGETTING THAT UNSAFE SEX IS POOR MEDICINE?

CARD 7, FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A LEO (7/23-8/22) OR CLOSEST TO IT

"WE JUST SAW EACH OTHER ON THE STREET AND KNEW WE WERE GOING TO DO IT. NO ONE SPOKE. TALKING ABOUT UNSAFE SEX IS THE LAST THING WE WANTED TO DO. HOW COULD I SAY I WOULDN'T DO IT WITHOUT A RUBBER (OR DENTAL DAM)?

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 7, BACK, RATIONALIZATION

SUGGESTION: HOW ABOUT SOME SIGN LANGUAGE, LIKE PUSHING IT AWAY. YOU COULD ALSO PUT A RUBBER ON WITHOUT SAYING A WORD. THE RUBBER SPEAKS PRETTY LOUD.

CARD 8, FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A VIRGO (8/23-9/22) OR CLOSEST TO IT

"WE'VE BEEN TOGETHER FOR A YEAR AND NEITHER OF US HAS SLEPT WITH ANYONE ELSE. BESIDES, WE'RE IN LOVE. WE DON'T USE ANY PROTECTION. WHAT COULD GO WRONG?"

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 8, BACK

SUGGESTION: THINK OF WHAT COULD REALLY GO WRONG. IF YOU LOVE EACH OTHER SO MUCH, WHY PUT EACH OTHER AT RISK? TOGETHER THE TWO OF YOU COULD SOLVE THE PROBLEM OF LOVE AND SAFER SEX.

CARD 9, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A LIBRA (9/23-10/22) OR CLOSEST TO IT

"I WAS SO TURNED ON I JUST COULDN'T BREAK AWAY AND GET A RUBBER (OR DENTAL DAM) FROM THE BATHROOM."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 9, BACK

SUGGESTION: WOULDN'T IT HAVE BEEN FUN TO GET TURNED ON AGAIN AFTER YOU WENT AND GOT THE RUBBER OR DENTAL DAM? WHY WEREN'T THERE RUBBERS OR DENTAL DAMS IN THE BEDROOM? COULDN'T YOU DO SOMETHING THAT WAS SAFE AND DIDN'T REQUIRE A CONDOM OR DENTAL DAM?

CARD 10, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A SCORPIO (10/23-11/22) OR CLOSEST TO IT

"MY PARTNER WANTS TO DO IT THIS ONE TIME WITHOUT A RUBBER OR DENTAL DAM. I GUESS ONCE WON'T HURT ME."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 10, BACK

SUGGESTION: MAYBE THIS ONCE YOU'LL BE LUCKY AND IT WON'T HURT YOU, BUT WHAT IF YOU'RE NOT LUCKY? WHY TAKE THE CHANCE? AND WHAT MAKES YOU THINK IT'S GOING TO STOP AFTER ONE TIME?

CARD 11, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A SAGITTARIUS (11/23-12/21) OR CLOSEST TO IT

"NOBODY I KNOW USES PROTECTION. THEY WOULD LAUGH AT ME IF THEY FOUND OUT."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 11, BACK

SUGGESTION: IT IS HARD GOING AGAINST THE CROWD, BUT SOMETIMES YOU HAVE TO PUT YOURSELF FIRST AND BE THE SMART ONE. WHICH IS BETTER LIVING OR NOT BEING LAUGHED AT? AND HOW SURE ARE YOU THAT EVERYONE WILL LAUGH? BESIDES WHERE WILL THEY BE SEVEN YEARS FROM NOW?

You all did very well.

PASS OUT TOKENS

How do you feel? Check out the Feeling Thermometer.

OBTAIN RESPONSES ON FEELINGS.

So what did you think of practicing on the rationalizations?

Did they sound familiar and can you think of other ones?

ENCOURAGE DISCUSSION AND PUT UP NEW RATIONALIZATIONS THAT ARE SUGGESTED ON THE NEWSPRINT.

Exercise 8: Spreading the Word
(20 minutes)

Now that we have worked on knowledge, myths about getting and protecting yourself from getting HIV, and rationalizations, it is time to turn to helping our friends.

Remember the guidelines for a good AIDS message.

HAVE THEM POSTED AND REVIEW THEM.

First, communicate that being concerned about AIDS is wise - it makes sense.

Second, use your self as an example - use "I" statements like "I'm learning about safer sex."

Third, indicate that staying safe is the accepted thing to do.

Fourth, make it clear there are lots of benefits to safer sex.

Fifth, say what safer sex means.

Sixth, give helpful hints on steps to take to make a change.

This time I want you to practice giving a message when your friend comes up with a statement about knowledge, myths or rationalizations.

You will be in small groups with a partner.

Your partner will say something to you, and you respond with an AIDS message.

Then the group leader and others in the group will give you feedback.

When you give feedback, start with what you liked.

Then say what you would have done, not what the other person should have done.

DIVIDE THE GROUP IN HALF. A GROUP LEADER GOES WITH EACH SMALL GROUP. LET THE PERSON WHO WILL PLAY THE FRIEND FIRST READ THE FIRST STATEMENT, AND THEN THE OTHER PARTNER RESPONDS WITH AN AIDS MESSAGE. GIVE FEED BACK. USE TOKENS FREELY. REVERSE ROLES WITH A NEW STATEMENT READ. KEEP GOING UNTIL EVERYONE HAS HAD A CHANCE TO PRACTICE. THE SCENES ARE AS FOLLOWS:

STATEMENTS FOR USE IN HELPING A FRIEND PRACTICE

SCENE 1

SAY TO PARTNER: "SOMEONE TOLD ME THAT IF YOU ONLY HAVE SEX WITH ONE PARTNER AT A TIME, YOU CAN'T GET HIV."

SCENE 2

SAY TO PARTNER: "LESBIANS DON'T REALLY HAVE TO WORRY ABOUT GETTING HIV FROM EACH OTHER."

SCENE 3

SAY TO PARTNER: "I CAN TELL BY LOOKING IF SOMEONE HAS GOT THE VIRUS."

SCENE 4

SAY TO PARTNER: "I GET SO EXCITED BY SEX THAT I FORGET TO HAVE CONDOMS CLOSE BY."

SCENE 5

SAY TO PARTNER: "I HEAR YOU CAN GET HIV FROM KISSING ON THE MOUTH."

SCENE 6

SAY TO PARTNER: "IF I INSISTED ON SAFER SEX, NO ONE WOULD HAVE SEX WITH ME."

That was very good practicing.

Exercise 9: Ending Up (5 minutes)

We are near the end of the second part of the day's program.

In this section we worked on myths about getting HIV and protecting yourself.

We learned HIV/AIDS facts, and we dealt with why people do unsafe sex when they know it isn't good for them.

We also worked on fighting rationalizations.

We practiced spreading the word too.

Now I would like you to take a few minutes and show your appreciation to other group members.

ENCOURAGE GIVING STROKES TO EACH OTHER. SET THE EXPECTATION BY THE WAY YOU MODEL GIVING STROKES.

We will take a break now before starting the last section.

In that section we will look at what we do to put ourselves at risk.

Remember it is not who we are but what we do that puts us at risk.

END OF THE SECOND SESSION

Shorty and Sue

SHORTY: Hi, baby. Give me a kiss.

SUE: Are you kidding? I'm not going to get AIDS.

SHORTY: What are you talking about? Are you bugged?

SUE: You get the AIDS virus from body fluids, so you can stop kissing me. None of your saliva is getting in my mouth.

SHORTY: Baby, baby. I'm hot for you.

SUE: That's another thing. Your sweat. You keep your sweat off my body. Sweat is a body fluid. I'm not getting no virus from your sweat.

SHORTY: Hey! Baby, you are making me cry.

SUE: That too. Tears. Tears are a body fluid. Don't drop no tears on me. I'm not getting AIDS from your tears.

SHORTY: What is left?

SUE: Give me a call some time.

THE END

CARD 1, FRONT

YOU CAN TELL WHO MIGHT GIVE YOU AIDS BECAUSE THEY LOOK SICK.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 2, FRONT

YOU CAN CATCH AIDS FROM A TOILET SEAT.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 1, BACK

MYTH

CARD 2, BACK

MYTH

CARD 3, FRONT

YOU GET AIDS FROM DIRTY NEEDLES.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 4, FRONT

ONLY GAYS OR PEOPLE IN THE INNER CITY GET AIDS.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 3, BACK

FACT

CARD 4, BACK

MYTH

CARD 5, FRONT

DRINKING CAUSES AIDS.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 6, FRONT

YOU CAN GET THE HIV IF YOU ARE STONED AND HAVE UNPROTECTED SEX.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 5, BACK

MYTH

CARD 6, BACK

FACT

CARD 7, FRONT

GETTING DRUNK AND HAVING SEX INCREASES THE CHANCE OF GETTING HIV.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 8, FRONT

YOU CAN GET AIDS FROM KISSING SOMEONE ON THE CHEEK.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 7, BACK

FACT

CARD 8, BACK

MYTH

CARD 9, FRONT

YOU CAN GET AIDS FROM DOG, CAT, AND INSECT BITES.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 10, FRONT

YOU CAN GET HIV FROM A BLOOD TRANSFUSION.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 9, BACK

MYTH

CARD 10, BACK

FACT

CARD 11, FRONT

YOU CAN HIV FROM GIVING BLOOD.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 12, FRONT

A MOTHER CAN INFECT HER BABY WITH HIV.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 11, BACK

MYTH

CARD 12, BACK

FACT

CARD 13, FRONT

YOU ARE SAFE WITH A 'CLEAN' NEEDLE AT A SHOOTING GALLERY.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 14, FRONT

IF YOU BLEACH YOUR NEEDLES, YOU CAN SHARE WITH YOUR FRIENDS AND NOT SPREAD HIV.

IS THIS STATEMENT A MYTH OR A FACT?

CARD 13, BACK

MYTH

CARD 14, BACK

MYTH

Liz and Nat

LIZ: Want to hear something funny?

NAT: What?

LIZ: My little brother told me that if he wrapped saran-wrap around his thing he wouldn't get HIV. That would feel terrible.

NAT: It could be true that it works. What do you know about how it would feel? I don't know a thing about safer sex.

LIZ: I hear you don't have to worry about going down on someone if you use mouth wash afterwards.

NAT: That's not why you don't have to worry.

LIZ: Tell me why then.

NAT: A couple that has been true to each other for a whole year doesn't have to worry. If you are in a monogamous relationship, you can have whatever kind of sex you want.

LIZ: My brother says that if a girl douches after sex, she won't get the virus. Is that true?

NAT: You got me. I always thought it was if she peed after sex she couldn't get it.

LIZ: You remember Gladys?

NAT: We used to call her Glad Ass. Wasn't she always getting pregnant?

LIZ: Yes. She told me that using birth control pills prevented you from HIV.

NAT: I never heard that one before.

LIZ: She also told me that you could use ear wax to see if someone already was infected.

NAT: You have to be kidding. She probably believes that if a girl pees on a penny and it turns green, she's infected. Gladys is something else. So what did you tell your brother?

LIZ: I told him to always use a condom. They're 100% safe. No anal sex. And don't worry about oral sex.

THE END

HIV/AIDS QUESTIONS AND ANSWERS

1,FRONT

WHAT CAUSES AIDS?

1,BACK

A VIRUS CALLED HIV - HUMAN IMMUNODEFICIENCY VIRUS

2,FRONT

WHAT DOES THE "A" IN AIDS STAND FOR?

2,BACK

"ACQUIRED" - PEOPLE ARE NOT BORN WITH IT. THEY GET IT. IT IS PASSED FROM PERSON TO PERSON.

3,FRONT

WHAT DOES THE "I" IN AIDS STAND FOR?

3,BACK

"IMMUNE" - THE IMMUNE SYSTEM IS THE BODY'S DEFENSE SYSTEM. IT PROTECTS THE BODY FROM DISEASE. THIS SYSTEM IS DESTROYED BY THE VIRUS, ALLOWING OPPORTUNISTIC INFECTIONS AND DISEASES TO ATTACK.

4,FRONT

WHAT DOES THE "D" IN AIDS STAND FOR?

4,BACK

"DEFICIENCY" - TO LACK SOMETHING. IN THIS CASE TO LACK DEFENSES IN THE IMMUNE SYSTEM.

5,FRONT

WHAT DOES THE "S" IN AIDS STAND FOR?

5,BACK

"SYNDROME" - A GROUP OF SIGNS OR SYMPTOMS WHICH WHEN THEY OCCUR TOGETHER

MEANS A PERSON HAS A CERTAIN DISEASE.

6,FRONT

IF SOMEONE IS INFECTED WITH HIV, WILL THEY GET SICK RIGHT AWAY?

6,BACK

NO. THEY USUALLY CARRY THE INFECTION FOR MANY YEARS BEFORE THEY SHOW SIGNS OF BEING SICK. MANY SHOW NO SIGNS FOR FIVE YEARS. AFTER 10 YEARS, ABOUT HALF OF THE INFECTED PEOPLE SHOW SIGNS.

7,FRONT

CAN YOU NAME AT LEAST THREE SIGNS OF AIDS?

7,BACK

UNEXPLAINED WEIGHT LOSS. NIGHT SWEATS. SWOLLEN GLANDS. FEVERS. SEVERE AND LONG LASTING FATIGUE. UNEXPLAINED BLEEDING OR RASHES.

CHRONIC DIARRHEA.

8,FRONT

WHO GETS AIDS?

8,BACK

ANYONE CAN GET THE VIRUS UNDER THE RIGHT CONDITIONS.

9,FRONT

WHAT DOES THE HIV TEST LOOK FOR?

9,BACK

ANTIBODIES IN THE BLOOD THAT ATTACK THE HIV.

10,FRONT

IF A PERSON GETS INFECTED WITH HIV, HOW LONG MIGHT IT TAKE BEFORE THE HIV TEST SHOWS UP POSITIVE?

10,BACK

SIX MONTHS.

11,FRONT

CAN YOU GET HIV THROUGH A KNIFE AND FORK, DISHES, OR TOILETS?

11,BACK

NO. HIV IS NOT TRANSMITTED THROUGH CAUSAL CONTACT.

12,FRONT

DOES HIV LIVE IN THE AIR?

12,BACK

NO. HIV DIES EASILY WHEN IT COMES IN CONTACT WITH AIR OR WATER.

13,FRONT

WHAT BODILY FLUIDS DOES HIV LIVE IN?

13,BACK

BLOOD, SEMEN, VAGINAL FLUIDS, URINE AND FECES.

14,FRONT

WHY CAN'T YOU GET HIV FROM TEARS, SALIVA AND URINE?

14,BACK

BECAUSE THERE ARE NOT A HIGH ENOUGH NUMBER OF VIRUSES IN THESE FLUIDS.

15,FRONT

CAN YOU GET HIV THROUGH ORAL SEX?

15,BACK

YES, IF SEMEN OR VAGINAL FLUIDS GET IN YOUR MOUTH. THERE ARE AN INCREASING NUMBER OF CASES WHERE HIV WAS PASSED THROUGH ORAL SEX.

16,FRONT

IF HIV LIVES IN BLOOD, SEMEN AND VAGINAL FLUID, HOW DO YOU USUALLY GET IT?

16,BACK

VAGINAL INTERCOURSE, ANAL INTERCOURSE, ORAL SEX, SHARED NEEDLES FOR DRUG USE, AND INFECTED MOTHER'S PASSING IT TO UNBORN BABIES THROUGH THEIR SHARED BLOOD SUPPLY.

17,FRONT

WHAT ARE THE ILLNESSES THAT AFFECT PEOPLE WITH AIDS?

17,BACK

MOST COMMON FOR MEN ARE A SKIN CANCER AND AN UNUSUAL PNEUMONIA. WE DON'T KNOW WHAT ILLNESSES USUALLY AFFECT WOMEN. WE DO KNOW THAT A CHRONIC YEAST INFECTION AND VAGINAL INFECTIONS CAN BE A CAUSE FOR CONCERN. MANY WOMEN ARE MISDIAGNOSED.

(KAPOSI'S SARCOMA IS THE SKIN CANCER, AND THE PNEUMONIA IS PNEUMOCYSTIS CARINII PNEUMONIA - CALLED PCP.)

18,FRONT

DOES EVERYONE WITH AIDS DIE?

18,BACK

YES, SO FAR.

19,FRONT

WHAT IS THE LONGEST SOMEONE WITH AIDS HAS LIVED?

19,BACK

A FEW CASES HAVE LIVED FOUR YEARS OR MORE. MOST PEOPLE DIE WITHIN 6 MONTHS TO 2 YEARS AFTER HAVING BEEN DIAGNOSED.

20,FRONT

IS THERE A VACCINE THAT CAN KEEP YOU FROM GETTING AIDS?

20,BACK

TO DATE NO VACCINE HAS BEEN DEVELOPED, AND THE GUESSES IN 1991 ARE THAT IT WILL BE 10 YEARS BEFORE ONE IS DEVELOPED.

21,FRONT

CAN PEOPLE GET AIDS FROM INSECT BITES?

21,BACK

THE BEST ANSWER TO DATE IS "NO" BECAUSE THERE IS NO EVIDENCE THAT WHERE LOTS OF MOSQUITOS LIVE THERE ARE MANY AIDS CASES. ALSO MOSQUITOS SUCK BLOOD OUT NOT PUT BLOOD IN. THERE IS NOT ENOUGH BLOOD IN THE MOSQUITO FOR THE VIRUS TO LIVE IN.

22,FRONT

WHEN DID WE FIRST REALIZE AIDS WAS A PROBLEM?

22,BACK

AIDS WAS FIRST RECOGNIZED AS A DISEASE IN 1981.

23,FRONT

HOW FAST IS AIDS SPREADING?

23,BACK

VERY FAST. IN 1981 THERE WERE 316 PEOPLE IN THE U.S. WITH AIDS. BY JANUARY OF 1990 THERE WERE 120,000 CASES IN THE U.S.

24,FRONT

CAN HETEROSEXUALS GET HIV?

24,BACK

ANY ONE CAN GET HIV IF HE OR SHE ENGAGES IN UNSAFE SEX AND SHARES IV NEEDLES.

25,FRONT

CAN LESBIANS GET HIV?

25,BACK

YES. THERE ARE CASES WHERE HIV HAS BEEN PASSED ALONG SEXUALLY BETWEEN LESBIANS, AND, LIKE EVERYONE ELSE, IF THEY ENGAGE IN UNSAFE SEX OR SHARE NEEDLES, THEY CAN BECOME INFECTED.

THE END

1,FRONT

WHAT CAUSES AIDS?

2,FRONT

WHAT DOES THE "A" IN AIDS STAND FOR?

1,BACK

A VIRUS CALLED HIV - HUMAN IMMUNODEFICIENCY VIRUS

2,BACK

"ACQUIRED" - PEOPLE ARE NOT BORN WITH IT. THEY GET IT. IT IS PASSED FROM PERSON TO PERSON.

3,FRONT

WHAT DOES THE "I" IN AIDS STAND FOR?

4,FRONT

WHAT DOES THE "D" IN AIDS STAND FOR?

3,BACK

"IMMUNE" - THE IMMUNE SYSTEM IS THE BODY'S DEFENSE SYSTEM. IT PROTECTS THE BODY FROM DISEASE. THIS SYSTEM IS DESTROYED BY THE VIRUS, ALLOWING OPPORTUNISTIC INFECTIONS AND DISEASES TO ATTACK.

4,BACK

"DEFICIENCY" - TO LACK SOMETHING. IN THIS CASE TO LACK DEFENSES IN THE IMMUNE SYSTEM.

5,FRONT

WHAT DOES THE "S" IN AIDS STAND FOR?

6,FRONT

IF SOMEONE IS INFECTED WITH HIV, WILL THEY GET SICK RIGHT AWAY?

5,BACK

"SYNDROME" - A GROUP OF SIGNS OR SYMPTOMS WHICH WHEN THEY OCCUR TOGETHER MEANS A PERSON HAS A CERTAIN DISEASE.

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7,FRONT

CAN YOU NAME AT LEAST THREE SIGNS OF AIDS?

8,FRONT

WHO GETS AIDS?

7,BACK

UNEXPLAINED WEIGHT LOSS. NIGHT SWEATS. SWOLLEN GLANDS. FEVERS.
SEVERE AND LONG LASTING FATIGUE. UNEXPLAINED BLEEDING OR RASHES.

CHRONIC DIARRHEA.

8,BACK

ANYONE CAN GET THE VIRUS UNDER THE RIGHT CONDITIONS.

9,FRONT

WHAT DOES THE HIV TEST LOOK FOR?

10,FRONT

IF A PERSON GETS INFECTED WITH HIV, HOW LONG MIGHT IT TAKE BEFORE THE HIV TEST SHOWS UP POSITIVE?

9,BACK

ANTIBODIES IN THE BLOOD THAT ATTACK THE HIV.

10,BACK

SIX MONTHS.

11,FRONT

CAN YOU GET HIV THROUGH A KNIFE AND FORK, DISHES, OR TOILETS?

12,FRONT

DOES HIV LIVE IN THE AIR?

11,BACK

NO. HIV IS NOT TRANSMITTED THROUGH CAUSAL CONTACT.

12,BACK

NO. HIV DIES EASILY WHEN IT COMES IN CONTACT WITH AIR OR WATER.

13,FRONT

WHAT BODILY FLUIDS DOES HIV LIVE IN?

14,FRONT

WHY CAN'T YOU GET HIV FROM TEARS, SALIVA AND URINE?

13,BACK

BLOOD, SEMEN, VAGINAL FLUIDS, URINE AND FECES.

14,BACK

BECAUSE THERE ARE NOT A HIGH ENOUGH NUMBER OF VIRUSES IN THESE FLUIDS.

15,FRONT

CAN YOU GET HIV THROUGH ORAL SEX?

16,FRONT

IF HIV LIVES IN BLOOD, SEMEN AND VAGINAL FLUID, HOW DO YOU USUALLY GET IT?

15,BACK

YES, IF SEMEN OR VAGINAL FLUIDS GET IN YOUR MOUTH. THERE ARE AN INCREASING NUMBER OF CASES WHERE HIV WAS PASSED THROUGH ORAL SEX.

16,BACK

VAGINAL INTERCOURSE, ANAL INTERCOURSE, ORAL SEX, SHARED NEEDLES FOR DRUG USE, AND INFECTED MOTHER'S PASSING IT TO UNBORN BABIES THROUGH THEIR SHARED BLOOD SUPPLY.

17,FRONT

WHAT ARE THE ILLNESSES THAT AFFECT PEOPLE WITH AIDS?

18,FRONT

DOES EVERYONE WITH AIDS DIE?

17,BACK

MOST COMMON FOR MEN ARE A SKIN CANCER AND AN UNUSUAL PNEUMONIA. WE DON'T KNOW WHAT ILLNESSES USUALLY AFFECT WOMEN. WE DO KNOW THAT A CHRONIC YEAST INFECTION AND VAGINAL INFECTIONS CAN BE A CAUSE FOR CONCERN. MANY WOMEN ARE MISDIAGNOSED.

(KAPOSI'S SARCOMA IS THE SKIN CANCER, AND THE PNEUMONIA IS PNEUMOCYSTIS CARINII PNEUMONIA - CALLED PCP.)

18,BACK

YES, SO FAR.

19,FRONT

WHAT IS THE LONGEST SOMEONE WITH AIDS HAS LIVED?

20,FRONT

IS THERE A VACCINE THAT CAN KEEP YOU FROM GETTING AIDS?

19,BACK

A FEW CASES HAVE LIVED FOUR YEARS OR MORE. MOST PEOPLE DIE WITHIN 6 MONTHS TO 2 YEARS AFTER HAVING BEEN DIAGNOSED.

20,BACK

TO DATE NO VACCINE HAS BEEN DEVELOPED, AND THE GUESSES IN 1991 ARE THAT IT WILL BE 10 YEARS BEFORE ONE IS DEVELOPED.

21,FRONT

CAN PEOPLE GET AIDS FROM INSECT BITES?

22,FRONT

WHEN DID WE FIRST REALIZE AIDS WAS A PROBLEM?

21,BACK

THE BEST ANSWER TO DATE IS "NO" BECAUSE THERE IS NO EVIDENCE THAT WHERE LOTS OF MOSQUITOS LIVE THERE ARE MANY AIDS CASES. ALSO MOSQUITOS SUCK BLOOD OUT NOT PUT BLOOD IN. THERE IS NOT ENOUGH BLOOD IN THE MOSQUITO FOR THE VIRUS TO LIVE IN.

22,BACK

AIDS WAS FIRST RECOGNIZED AS A DISEASE IN 1981.

23,FRONT

HOW FAST IS AIDS SPREADING?

24,FRONT

CAN HETEROSEXUALS GET HIV?

23,BACK

VERY FAST. IN 1981 THERE WERE 316 PEOPLE IN THE U.S. WITH AIDS. BY JANUARY OF 1990 THERE WERE 120,000 CASES IN THE U.S.

24,BACK

ANY ONE CAN GET HIV IF HE OR SHE ENGAGES IN UNSAFE SEX AND SHARES IV NEEDLES.

25,FRONT

CAN LESBIANS GET HIV?

25,BACK

YES. THERE ARE CASES WHERE HIV HAS BEEN PASSED ALONG SEXUALLY BETWEEN LESBIANS, AND, LIKE EVERYONE ELSE, IF THEY ENGAGE IN UNSAFE SEX OR SHARE NEEDLES, THEY CAN BECOME INFECTED.

ABSTINENCE QUESTIONNAIRE

PLACE A CHECK BESIDE THE ACTIONS THAT WOULD BE OK FOR YOU TO DO IF YOUR WERE PRACTICING ABSTINENCE.

- YOU AND YOUR PARTNER ARE UNDRESSED AND CARESS EACH OTHER
- YOU AND YOUR PARTNER HAVE PROTECTED ORAL SEX
- YOU AND YOUR PARTNER ARE UNDRESSED AND WATCH EACH OTHER MASTURBATE
- YOU AND YOUR PARTNER GIVE EACH OTHER A BUBBLE BATH
- YOU AND YOUR PARTNER HOLD HANDS
- YOU AND YOUR PARTNER FEEL EACH OTHER ALL OVER WITH YOUR CLOTHES ON
- YOU AND YOUR PARTNER MASTURBATE EACH OTHER
- YOU AND YOUR PARTNER ARE LYING ON TOP OF THE BED, ARE DRESSED, AND ARE TELLING EACH OTHER SEXUAL FANTASIES
- YOU AND YOUR ARE UNDRESSED IN BED AND ARE TELLING EACH OTHER SEXUAL FANTASIES
- YOU AND YOUR PARTNER ARE UNDRESSED AND GIVING EACH OTHER A MASSAGE
- YOU AND YOUR PARTNER ARE DRESSED AND HUGGING EACH OTHER
- YOU AND YOUR PARTNER ARE KISSING AND LICKING EACH OTHER ALL OVER
- YOU AND YOUR PARTNER ARE DANCING TOGETHER NAKED
- YOU AND YOUR PARTNER ARE DEEP KISSING
- YOU AND YOUR PARTNER ARE UNDRESSED WATCHING AN EROTIC FILM
- YOU AND YOUR PARTNER ARE DRESSED AND WATCHING AN EROTIC FILM
- YOU AND YOUR PARTNER ARE UNDRESSED AND READING AN EROTIC BOOK TOGETHER
- YOU AND YOUR PARTNER ARE DRESSED AND READING AN EROTIC BOOK TOGETHER
- YOU AND YOUR PARTNER ARE KISSING EACH OTHER ON THE LIPS

PEOPLE'S ACTIONS

PEOPLE WILL CONTINUE TO BEHAVE IN A CERTAIN WAY IF.....

1. THEY EXPECT SOMETHING GOOD TO COME OUT OF IT.
2. SOMETHING THAT THEY WANT DOES COME OUT OF IT.
3. SOMETHING GOOD COMES OUT OF IT OFTEN.
4. ANYTHING NEGATIVE THAT COMES OUT OF IT HAPPENS A LONG TIME AFTER THE GOOD PART.

PEOPLE WILL BEHAVE EFFECTIVELY IN THEIR BEST INTERESTS IF.....

1. THEY KNOW WHAT IS IN THEIR BEST INTEREST.
2. THEY HAVE THE SKILLS.
3. THEY HAVE OPPORTUNITIES TO LEARN SKILLS IN MANY WAYS: OBSERVING, IMITATING, AND PRACTICING.
4. THEY BELIEVE THEY CAN BE EFFECTIVE AND HAVE EFFECTIVE TOOLS.
5. THEY FIT INTO THE ENVIRONMENT IN WHICH THEY LIVE AND THE ENVIRONMENT SUPPORTS THEM.

DEAR ABBY,

I DON'T THINK I AM THE MOST ATTRACTIVE PERSON, SO I STAY BY MY SELF. I HAVE FEW FRIENDS. I RECENTLY MET THIS GIRL WHO LIKES ME AND WANTS ME. SHE TALKS ABOUT HOW MUCH SHE WANTS TO MAKE LOVE. SHE'S DONE IT BEFORE. I DON'T WANT TO GET HIV, BUT I CAN'T STAND THE THOUGHT OF BEING LONELY AGAIN. WHAT SHOULD I DO?

ALONE ALBERT

DEAR ABBY,

MY NEW BOY FRIEND THINKS THAT BEING REALLY, REALLY CLOSE MEANS SCREWING WITHOUT A CONDOM. I LOVE HIM. I KNOW HE WAS BISEXUAL BEFORE ME AND AT LEAST ONE OF HIS FRIENDS IS HIV+. I AM AFRAID OF GETTING HIV AND AIDS. WHAT CAN I DO TO KEEP HIS LOVE AND STAY SAFE?

IN LOVE LUCINDA

DEAR ABBY,

I GET WORRIED ABOUT MANY THINGS AND THEN FEEL AWFUL. WHEN I AM DEPRESSED LIKE THAT, I SEEK OUT SEX. IT DOESN'T REALLY MATTER WHO THE PERSON IS OR WHAT WE DO. I KNOW I SHOULD PROTECT MYSELF, BUT I CAN'T HELP IT. WHAT SHOULD I DO?

DEPRESSED DAVID

Sharon and Phyllis

SHARON: How was your date last night?

PHYLLIS: Same old thing. Wants sex immediately.

SHARON: Men are muck.

PHYLLIS: He wasn't that good either.

SHARON: You mean you did it with him?

PHYLLIS: Yes. I had to push him to use a condom.

SHARON: Did he do it?

PHYLLIS: No.

SHARON: So why did you have sex with him?

PHYLLIS: He told me he couldn't find a job, his mother was sick, and his car broke down.

SHARON: So what?

PHYLLIS: So I felt sorry for him.

THE END

CARD 1,FRONT RATIONALIZATION

PASS TO THE PERSON WHO IS AN AQUARIUS (1/20-2/21) OR CLOSEST TO IT

"I'VE WAITED SO LONG TO HAVE SEX THAT I'M SURE NOTHING WILL HAPPEN JUST THIS ONE TIME."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 2,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A PISCES (2/21-3/20) OR CLOSEST TO IT

"I DIDN'T INSIST THAT MY PARTNER USE A CONDOM (OR DENTAL DAM) BECAUSE MY PARTNER WAS SO GOOD LOOKING. I MAY NEVER HAVE THE CHANCE AGAIN."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 1, BACK

SUGGESTION: WHY WAIT UNTIL YOU ARE FRUSTRATED AND STARVED? YOU CAN HAVE GOOD SEX WITHOUT TAKING A RISK. BESIDES ALL IT TAKES IS ONE TIME TO GET HIV.

CARD 2, BACK

SUGGESTION: THERE ARE PLENTY OF GOOD LOOKING PEOPLE WHO PRACTICE SAFER SEX. ALSO IT IS NOT LOGICAL TO SAY "YOU'LL NEVER HAVE THE CHANCE AGAIN." DOES IT MAKE SENSE TO PUT YOURSELF AT RISK FOR "GOOD LOOKS?"

CARD 3,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS AN ARIES (3/21-4/20) OR CLOSEST TO IT

"I WANT TO PRACTICE SAFER SEX, BUT I'LL HURT MY PARTNER'S FEELINGS IF INSIST ON MY PARTNER USING A RUBBER (OR DENTAL DAM)."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 4,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A TAURUS (4/21-5/20) OR CLOSEST TO IT

"I WANTED TO PRACTICE SAFER SEX, BUT MY PARTNER WAS IN ME BEFORE I KNEW WHAT WAS HAPPENING."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 3,BACK

SUGGESTION: ARE YOU HIDING YOUR FEAR OF GETTING IN A CONFLICT? WHAT ABOUT YOUR FEELINGS? IT'S HARD, BUT YOU CAN SAY "NO." IS HURTING YOUR PARTNER'S FEELINGS MORE IMPORTANT THAN PUTTING YOURSELF AT RISK?

CARD 4,BACK

SUGGESTION: MAYBE YOU DIDN'T KNOW WHAT WAS HAPPENING UNTIL IT WAS ALREADY DONE. AREN'T YOU MORE RESPONSIBLE FOR WHAT YOU DO THAN YOUR PARTNER IS?

CARD 5,FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A GEMINI (5/21-6/20) OR CLOSEST TO IT

"I HAD PLANNED TO PRACTICE SAFER SEX, BUT IT WAS THE DRUGS. I DIDN'T THINK I'D GET SO MESSED UP."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 6, FRONT,RATIONALIZATION

PASS TO THE PERSON WHO IS A CANCER (6/21-7/22) OR CLOSEST TO IT

"I HAVE BEEN SO DEPRESSED LATELY. WHEN MY PARTNER SAID, 'I REALLY WANT YOU,' I DIDN'T CARE ABOUT BEING SAFE. I JUST KNEW THAT GOOD SEX WOULD RAISE MY SPIRITS."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 5, BACK

SUGGESTION: IF YOU DON'T KNOW WHAT DRUGS DO TO YOU, THEN MAYBE BEING MORE CAREFUL IS A GOOD IDEA. AREN'T YOU AWARE OF HOW HARD IT IS FOR YOU TO SAY "NO" WHEN USING DRUGS?

CARD 6, BACK

SUGGESTION: HAVING SOMEONE TO WANT YOU MAY MAKE YOU FEEL BETTER FOR THE MOMENT, BUT YOU KNOW THAT UNPROTECTED SEX WON'T DO MUCH IN THE LONG RUN FOR YOUR DEPRESSION. ARE YOU FORGETTING THAT UNSAFE SEX IS POOR MEDICINE?

CARD 7, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A LEO (7/23-8/22) OR CLOSEST TO IT

"WE JUST SAW EACH OTHER ON THE STREET AND KNEW WE WERE GOING TO DO IT. NO ONE SPOKE. TALKING ABOUT UNSAFE SEX IS THE LAST THING WE WANTED TO DO. HOW COULD I SAY I WOULDN'T DO IT WITHOUT A RUBBER (OR DENTAL DAM)?"

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 8, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A VIRGO (8/23-9/22) OR CLOSEST TO IT

"WE'VE BEEN TOGETHER FOR A YEAR AND NEITHER OF US HAS SLEPT WITH ANYONE ELSE. BESIDES, WE'RE IN LOVE. WE DON'T USE ANY PROTECTION. WHAT COULD GO WRONG?"

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 7, BACK, RATIONALIZATION

SUGGESTION: HOW ABOUT SOME SIGN LANGUAGE, LIKE PUSHING IT AWAY. YOU COULD ALSO PUT A RUBBER ON WITHOUT SAYING A WORD. THE RUBBER SPEAKS PRETTY LOUD.

CARD 8, BACK

SUGGESTION: THINK OF WHAT COULD REALLY GO WRONG. IF YOU LOVE EACH OTHER SO MUCH, WHY PUT EACH OTHER AT RISK? TOGETHER THE TWO OF YOU COULD SOLVE THE PROBLEM OF LOVE AND SAFER SEX.

CARD 9, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A LIBRA (9/23-10/22) OR CLOSEST TO IT

"I WAS SO TURNED ON I JUST COULDN'T BREAK AWAY AND GET A RUBBER (OR DENTAL DAM) FROM THE BATHROOM."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 10, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A SCORPIO (10/23-11/22) OR CLOSEST TO IT

"MY PARTNER WANTS TO DO IT THIS ONE TIME WITHOUT A RUBBER OR DENTAL DAM. I GUESS ONCE WON'T HURT ME."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 9, BACK

SUGGESTION: WOULDN'T IT HAVE BEEN FUN TO GET TURNED ON AGAIN AFTER YOU WENT AND THE GOT THE RUBBER OR DENTAL DAM? WHY WEREN'T THERE RUBBERS OR DENTAL DAMS IN THE BEDROOM? COULDN'T YOU DO SOMETHING THAT WAS SAFE AND DIDN'T REQUIRE A CONDOM OR DENTAL DAM?

CARD 10, BACK

SUGGESTION: MAYBE THIS ONCE YOU'LL BE LUCKY AND IT WON'T HURT YOU, BUT WHAT IF YOU'RE NOT LUCKY? WHY TAKE THE CHANCE? AND WHAT MAKES YOU THINK IT'S GOING TO STOP AFTER ONE TIME?

CARD 11, FRONT, RATIONALIZATION

PASS TO THE PERSON WHO IS A SAGITTARIUS (11/23-12/21) OR CLOSEST TO IT

"NOBODY I KNOW USES PROTECTION. THEY WOULD LAUGH AT ME IF THEY FOUND OUT."

HOW WOULD YOU ARGUE AGAINST THIS RATIONALIZATION?

CARD 11, BACK

SUGGESTION: IT IS HARD GOING AGAINST THE CROWD, BUT SOMETIMES YOU HAVE TO PUT YOURSELF FIRST AND BE THE SMART ONE. WHICH IS BETTER LIVING OR NOT BEING LAUGHED AT? AND HOW SURE ARE YOU THAT EVERYONE WILL LAUGH? BESIDES WHERE WILL THEY BE SEVEN YEARS FROM NOW?

STATEMENTS FOR USE IN HELPING A FRIEND PRACTICE

SCENE 1

SAY TO PARTNER: "SOMEONE TOLD ME THAT IF YOU ONLY HAVE SEX WITH ONE PARTNER AT A TIME, YOU CAN'T GET HIV."

SCENE 2

SAY TO PARTNER: "LESBIANS DON'T REALLY HAVE TO WORRY ABOUT GETTING HIV FROM EACH OTHER."

SCENE 3

SAY TO PARTNER: "I CAN TELL BY LOOKING IF SOMEONE HAS GOT THE VIRUS."

SCENE 4

SAY TO PARTNER: "I GET SO EXCITED BY SEX THAT I FORGET TO HAVE CONDOMS CLOSE BY."

SCENE 5

SAY TO PARTNER: "I HEAR YOU CAN GET HIV FROM KISSING ON THE MOUTH."

SCENE 6

SAY TO PARTNER: "IF I INSISTED ON SAFER SEX, NO ONE WOULD HAVE SEX WITH ME."