

### SESSION 3: WHAT PUTS ME AT RISK AND HOW DO I HELP MY FRIENDS CONSIDER RISK?

#### OBJECTIVES:

1. Participants will be able to determine which sexual acts are definitely safe, probably safe, and definitely unsafe.
2. Participants will identify risky situations for themselves and their consequences.
3. Participants will locate personal triggers which lead to a sequence ending in unsafe sex and practice dealing with the triggers.
4. Participants will develop strategies for exploring with a friend the actions and situations that put them at risk.
5. Participants will improve their skills at helping a friend consider what puts him/her at risk.
6. Participants will learn to use feelings as early warning signs regarding risky situations.
7. Participants will strengthen the group's support of each other.

#### PROCEDURES:

1. Introduce the group leaders, participants, and skills to be learned today.
2. Pass out tokens and take a Feeling Thermometer reading.
3. Review what was covered in the second module and answer any questions about the group's procedures. Refer to the Thumbs Up/Thumbs Down logo and comment on how it will be used as a conversation starter.
4. Use a script to introduce the topic of sexual acts being on a continuum of safety.
5. Have a panel of four participants playing roles with the group trying to guess who is HIV positive to show that it is not who people are but what they do that puts them at risk.
6. Explain how to tell if a sexual act is risky. Give out cards with sexual acts on them (vaginal intercourse with a condom and nonoxynol-9) and have the group members place them in one of three piles - definitely safe, probably safe, and definitely unsafe. Review the piles and discuss.
7. Use scripts to introduce the concept of risky situations: mixing drugs/alcohol with sex; too turned on; depressed; fear of rejection, peer pressure.
8. Use the Feeling Thermometer to help participants recognize when a situation is risky for them. Have them give readings on prototypical risky situations.
9. Have group members write on cards (anonymously) what are risky situations for them. Collect the cards, shuffle them, pass them back out and have group members read them aloud. Explore the consequences of risky situations. Discuss. Take Feeling Thermometer reading.
10. Explain what a trigger is and how it works. Pass out a brief scenario and have group members identify the triggers and path that leads to unsafe sex. Discuss.
11. Ask group members to identify one trigger of their own. Share it with a partner. Check Feeling Thermometer levels.

12. Present strategies for dealing with triggers: recognition; avoidance; alternatives; and self-talk. Use "Dear Abby" letters to present trigger situations and have small groups respond to the letters with advice.
13. Use a script to introduce helping a friend explore what puts him/her at risk. Then ask the group to make a list of do's and don'ts. Discuss.
14. Model discussing risk with a friend. Review how to give feedback. Obtain feedback from the group.
15. Roleplay exploring risk factors with a friend. Give feedback.
16. Assign homework of sharing with a friend any of the areas we have covered so far: a) how you looked at the impact of HIV on you; b) debunking myths and learning new information; and c) what you did to see how much at risk you were. Emphasize that helping means they are trend-setters, special people, and real chillin.
17. Pass out Score Cards and indicate that these will be used to note what kinds of good things each member did between sessions. Score Cards will be reviewed at the beginning of the next session and the group will make a Group Success Poster. Explain practicing safer sex, taking care of yourself, and speaking with a friend.
17. Summarize the session and take a Feeling Thermometer reading.
19. Have group members show their appreciation to each other's contributions.
20. Wrap-up, including thanks, a preview of the next session, evaluations, and payment.

MATERIALS:

Feeling Thermometers  
 Tokens  
 Newsprint and Pens  
 Posters Thumbs  
     Messages  
     Group Success  
 Jerry and Denise  
 Bill, Franco, Cindy, and Fran backgrounds  
 Sexual Acts Cards  
 Slim and Bid Daddy  
 Maria and Eddie  
 Angie and Fred  
 Tina and Felipe  
 Feeling Thermometer for High Risk Acts and Situations  
 Lucy and Carl (Description)  
 Dear Abby Letters  
 Vivian and Justine  
 First Lines for Helping a Friend with Risky Situations  
 Score Cards

Exercise 1: Emphasizing It's What You Do, Not Who You Are  
(20 minutes)

GROUP LEADER SAYS

In the last module we worked on getting rid of myths about how HIV is passed from one person to another and myths about how to prevent getting HIV.

Which of these are myths: 1) you can get HIV from a toilet seat; 2) douching before and after sex can prevent HIV.

ENCOURAGE ANSWERS. GIVE OUT TOKENS.

Those are good answers.

All of them are myths.

We also argued against rationalizations.

How would you argue against this rationalization?

"I didn't use a condom because I didn't have the money to buy one."

ENCOURAGE RESPONSES. GIVE OUT TOKENS.

Thank you for those arguments.

I want to pass out some tokens for everyone so that you 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.

Remember also the Thumbs Up/Thumbs Down sign - that's our way of getting conversations started so we can help our friends.

Before going into the tasks for this module, I would like you to introduce yourselves again and tell us the hardest thing you ever did in your whole life.

Think of something you did that was really difficult, but that you pulled off successfully.

I'll start.

My name is \_\_\_\_\_, and the hardest thing I ever did was \_\_\_\_\_.

HAVE EACH PERSON GIVE HER/HIS NAME AND THE HARDEST THING THEY EVER DID.

To show you what we will work on now, I need two volunteers to read a scene.

Who will be Jerry and who will be Denise?

SELECT VOLUNTEERS, PASS OUT THE SCRIPT, AND HAVE THEM READ IT ALOUD.

### Jerry and Denise

JERRY:I love you.

DENISE: I love you too.

JERRY:Let's have anal sex.

DENISE: That's not safe.

JERRY:What's safe?

DENISE: Using a latex condom with nonoxynol-9 or on you, not in you.

JERRY:Let's see if I've got it. A condom

DENISE: Latex condom.

JERRY:A latex condom with whatever you said

DENISE: Nonoxynol-9

JERRY:Non ox ee nol 8

DENISE: 9

JERRY:9, and something in or on.

DENISE: On you, not in you.

JERRY:I think I got it.

DENISE: Take it from the top.

JERRY:A latex condom with nonoxynol-9 or on you, not in you.

DENISE: Perfect! Let's do it.

JERRY:Do what?

THE END

That was great!

So, what was that all about?

ENCOURAGE ANSWERS.

You are right - it was about safe acts.

Let's make another point here.

I need four volunteers who will serve on a panel.

SELECT FOUR VOLUNTEERS. GIVE EACH ONE A BACKGROUND STATEMENT.

BILL

You are a high school jock. You think girls exist to have sex with. You and your friends keep points for every time you score. You are way ahead of most of your team mates. You are big, handsome and very macho. You must have sex at least several times a week. You often use crack to get girls loose. You are scared to death of getting HIV and always use a condom. You have been tested 3 times and are HIV negative.

FRANCO

You ran away from home when you were 13 and have lived on the streets for two years. You are gay and sell yourself often to make money for food. You refuse to have anal sex, and usually give blow jobs. You try never to swallow cum. You have also engaged in water sports if customers want it. You would like to find someone your own age who you could love and be with for a long time, but so far that hasn't

happened. You are not infected with HIV.

### CINDY

You are sixteen and an intravenous drug user. You have tried to get off of it on your own but have failed every time. In general your life is pretty poor, and four times you made an attempt to kill yourself. You live on the streets and steal to pay for your habit. A year ago your best friend died with AIDS. That really scared you. Since then you haven't shared any needles. Several times you engaged in prostitution to get some money, but you always had the guy pull out before coming. You have been lucky so far and are not HIV positive.

### FRAN

You go with the in-crowd at school. You are good looking and popular. You have dated Harold for three years and have felt safe having unprotected sex together. You are positive that neither of you had sex with anyone else during the three years you have been going together. Neither of you use drugs. Before you, Harold went to prostitutes often. He didn't know that he got HIV. He began to show signs that looked like they might be AIDS. You got scared and were tested in secret. You are HIV positive. Without knowing it Harold passed it on to you.

HAVE THE FOUR PEOPLE SIT AT A TABLE AND FACE THE GROUP. HAVE A NAME SIGN IN FRONT OF EACH PERSON. INTRODUCE EACH PANELIST.

One of these four people is HIV positive.

The rest of you must try to find out who that person is.

You can ask any personal question that you want, but it has to be a question that can be answered with either a "yes" or a "no."

And you cannot ask them directly if they are HIV positive or have had sex with someone who was positive.

You cannot say, "Are you HIV-positive?"

Each of you has two chances to ask a question.

If you are on the panel and someone asks you a question that isn't covered in the background statement, feel free to just make up an answer.

But don't change what the background information says.

Has everybody got the idea?

Go ahead and ask your questions.

GIVE EACH PERSON IN THE GROUP THE CHANCE TO ASK TWO QUESTIONS. IF THE QUESTION CANNOT BE ANSWERED WITH A "YES" OR "NO," HELP THEM TO REPHRASE IT. WHEN ALL THE QUESTIONS HAVE BEEN ASKED, PASS OUT CARDS AND HAVE THEM WRITE THE NAME OF THE PERSON THEY THINK IS HIV POSITIVE ON A CARD AND HAND IT IN.

Let me read out who people think is HIV positive.

READ OUT THE NAMES.

Tell us why you guessed as you did.

DISCUSS THE REASONS GIVEN. GIVE TOKENS FOR GOOD QUESTION AND REASONS.

The person who is HIV positive is Fran.

Fran tell us how it happened.

LISTEN TO FRAN'S STORY.

What do you think of that?

DISCUSS THE CHOICE AND REACTIONS.

There are two main points to what we just did.

First, you can't tell by looking.

Second, it is not who the person is, it is what they do that leads to HIV.

So what are your Feeling Thermometer readings now?

Exercise 2: Identifying Risky Acts  
(15 minutes)

Let's get specific about which sexual acts are risky.

Remember that HIV lives in semen, vaginal fluid, and blood.

Therefore you don't want to get any of those liquids inside you.

Three other points to make.

If you have a sore in your mouth or vagina or on your penis, it is easier for the virus to get into your blood.

Second, even before a man ejaculates, fluid comes out of the penis, and this fluid can contain HIV.

Third, the walls of the vagina are very porous, and the virus can go through them whether or not there are any sores.

I am going to pass out cards with sexual acts written on them.

PLACE THREE SIGNS AT DIFFERENT PLACES IN THE ROOM. THE SIGNS SAY, "DEFINITELY SAFE," "PROBABLY SAFE," AND "DEFINITELY UNSAFE."

When you get a card, decide if the act is definitely safe, probably safe, or definitely unsafe.

Then get up and put the act in the right pile.

### SEX ACTS CARDS

NOT HAVING SEX

MASTURBATING ALONE

HUGGING, MASSAGE, DRY KISSING

MASTURBATING WITH ANOTHER PERSON BUT NOT TOUCHING

DEEP WET KISSING

MUTUAL MASTURBATION WITH ONLY TOUCHING ON THE OUTSIDE

MUTUAL MASTURBATION WITH INSIDE TOUCHING USING A CONDOM

BODY RUBBING

INTERCOURSE BETWEEN THE THIGHS - NOT INSIDE

MUTUAL MASTURBATION WITH ORGASM ON, NOT IN PARTNER

PUTTING SEX TOYS IN WITH CONDOMS ON OR STERILIZED

ORAL SEX ON A WOMAN

ORAL SEX ON A MAN WITHOUT A CONDOM BUT NOT PUTTING THE HEAD OF THE PENIS IN THE MOUTH

ORAL SEX ON A MAN WITH ORGASM AND USING A CONDOM

ORAL SEX ON A MAN WITHOUT A CONDOM, PUTTING THE HEAD IN THE MOUTH, AND PULLING OUT BEFORE EJACULATION

ORAL SEX ON A MAN, NO CONDOM, AND EJACULATING IN THE

MOUT  
H

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND PULLING OUT PRIOR TO EJACULATION

ANAL INTERCOURSE WITH CONDOM, LUBRICANT THAT KILLS HIV, AND PULLING OUT PRIOR TO EJACULATION

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND EJACULATING INSIDE

VAGINAL INTERCOURSE WITH A CONDOM AND EJACULATION INSIDE

ANAL INTERCOURSE WITH A CONDOM, LUBRICANT THAT KILLS, AND INTERNAL EJACULATION

USE OF SEX TOYS BY MORE THAN ONE PARTNER, NO CONDOM OR STERILIZATION

VAGINAL INTERCOURSE WITH FOAM BUT WITHOUT A CONDOM AND PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE USING FOAM THAT KILLS HIV AND WITHOUT PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE WITHOUT FOAM THAT KILLS HIV, WITHOUT CONDOM, AND WITHOUT PULLING OUT BEFORE EJACULATION

ANAL INTERCOURSE WITHOUT A CONDOM AND WITHDRAWAL BEFORE EJACULATION

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM BUT WITH FOAM

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM AND WITHOUT ANY FORM OF BARRIER CONTRACEPTION

ANAL INTERCOURSE WITH INTERNAL EJACULATION AND NO CONDOM

## THE ORDER OF SEX ACTS ACCORDING TO SAFETY

### DEFINITELY SAFE

(NO EXCHANGE OF SEMEN, VAGINAL SECRETIONS OR BLOOD)

NOT HAVING SEX

MASTURBATING ALONE

HUGGING, MASSAGE, DRY KISSING

MASTURBATING WITH ANOTHER PERSON BUT NOT TOUCHING

DEEP WET KISSING

MUTUAL MASTURBATION WITH ONLY TOUCHING ON THE OUTSIDE

MUTUAL MASTURBATION WITH INSIDE TOUCHING USING A CONDOM

BODY RUBBING

INTERCOURSE BETWEEN THE THIGHS - NOT INSIDE

MUTUAL MASTURBATION WITH ORGASM ON, NOT IN PARTNER

PUTTING SEX TOYS IN WITH CONDOMS ON OR STERILIZED

### PROBABLY SAFE

(MOST LIKELY THERE WOULD BE NO EXCHANGE OF SEMEN, VAGINAL FLUIDS OR BLOOD)

ORAL SEX ON A WOMAN WITH A DENTAL DAM

ORAL SEX ON A MAN WITHOUT A CONDOM BUT NOT PUTTING THE HEAD OF THE PENIS IN THE MOUTH

ORAL SEX ON A MAN WITH ORGASM AND USING A CONDOM

ORAL SEX ON A MAN WITHOUT A CONDOM, PUTTING THE HEAD IN THE MOUTH, AND PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND PULLING OUT PRIOR TO EJACULATION

ANAL INTERCOURSE WITH CONDOM, LUBRICANT THAT KILLS HIV, AND PULLING OUT PRIOR TO EJACULATION

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND EJACULATING INSIDE

VAGINAL INTERCOURSE WITH A CONDOM AND EJACULATION INSIDE

ANAL INTERCOURSE WITH A CONDOM, LUBRICANT THAT KILLS, AND INTERNAL EJACULATION

## DEFINITELY UNSAFE

(ALMOST CERTAIN DANGEROUS EXCHANGE OF SEMEN, VAGINAL SECRETIONS, OR BLOOD, URINE OR FECES)

USE OF SEX TOYS - INSERTED INTO VAGINA OR ANUS - BY MORE THAN ONE PARTNER, NO CONDOM OR STERILIZATION

ORAL SEX ON A MAN, NO CONDOM, AND EJACULATING IN THE

MOUT  
H

VAGINAL INTERCOURSE WITH FOAM BUT WITHOUT A CONDOM AND PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE USING FOAM THAT KILLS HIV AND WITHOUT PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE WITHOUT FOAM THAT KILLS HIV, WITHOUT CONDOM, AND WITHOUT PULLING OUT BEFORE EJACULATION

ANAL INTERCOURSE WITHOUT A CONDOM AND WITHDRAWAL BEFORE EJACULATION

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM BUT WITH FOAM

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM AND WITHOUT ANY FORM OF BARRIER CONTRACEPTION

ANAL INTERCOURSE WITH INTERNAL EJACULATION AND NO CONDOM

Let's take a look at the piles.

PICK OUT THE ACTS THAT ARE IN THE WRONG PILES AND DISCUSS WHAT MAKES THEM SAFE OR RISKY.

Now we can tell which acts are safer than others.

### Exercise 3: Determining Risky Situations (25 minutes)

We already know that people will take risks even when they know that a sexual act is not safe.

There are certain situations in which each of us is more at risk than in other situations.

That means there are both risky acts and risky situations.

Now we want to find out what those situations are for each of us.

Much of the other sessions that we will have will be devoted to handling those situations.

We figure that if you know what your risky situations are, then you can do something about them.

Let's start with going through some scenes from our homemade TV studio.

Who will play Slim and who will play Big Daddy?

OBTAIN VOLUNTEERS. (REMEMBER TO USE TOKENS) GIVE THEM SCRIPTS TO READ BEFORE THE CLASS.

Go ahead and read.

Slim and Big Daddy

BIG DADDY: How you doing, my man?

SLIM: Pretty good, Big Daddy.

BIG DADDY: What you been up to?

SLIM: Not much. And you?

BIG DADDY: Just my usual. Any pretty girl I can find. You been boning much, Slim?

SLIM: Some.

BIG DADDY: Well, I hope them girls haven't got you under their control - making you wear them jimmy caps. These girls act like they don't know they belong barefoot and pregnant. You're not wearing them things are you?

SLIM: Well..... I .... maybe once. You heard of AIDS?

BIG DADDY: Screw that AIDS noise. I'm disappointed in you, Slim. Never thought you would have turned into a pussy. The boys and me better not hear you are wearing raincoats.

SLIM: OK, Big Daddy, you won't.

BIG DADDY: You don't want people laughing at you. It's not the real thing with a jimmy cap.

SLIM: I don't want anyone laughing at me. If they do, I'll kick some butt. I want the real thing.

THE END

That was great! How about some applause.

GIVE OUT SOME TOKENS

Let's go through a couple more and then we'll talk about them.

Who will be Eddie and who will be Maria?

OBTAIN VOLUNTEERS AND GIVE OUT SCRIPTS.

Maria and Eddie

MARIA: A couple of minutes ago every thing was romantic and wonderful. I felt really warm. What happened?

EDDIE: Don't try that stuff on me. I'm not wearing a rubber. That's what happened. You suddenly tell me no screwing without a rubber. No way!

MARIA: But I don't want to catch anything.

EDDIE: You tell me that I got it? That I'm out sticking it in anything? You don't trust me.

MARIA: I trust you but....

EDDIE: Let's cut the bull shit. You lie on your back, and we do it now - without a rubber - or I'm leaving. It's as simple as that.

MARIA: Don't leave. I love you.

EDDIE: Open up or I'm out of here.

MARIA: Eddie, please, please, please.

EDDIE: What's it going to be? I haven't got all night.

MARIA: Eddie, don't do this to me.... Eddie?... OK, go ahead.

THE END

We have some group of actors and actresses here.

We have two more quickies.

For this next one I need Fred and Angie.

Who will play them?

OBTAIN VOLUNTEERS AND REMEMBER THE TOKENS.

Angie and Fred

ANGIE: Quick! Put the rubber on.

FRED: I can't! I'm too excited. I got to slip it in.

ANGIE: Oh, please!! I can't hold it back. Put the damn thing on.

FRED: I can't wait! I can't wait!

ANGIE: Oh, stop! I'm getting too worked up!

FRED: I can't stop!

ANGIE: Get it on fast... Pull out! Pull out!

FRED: I.....ohhhhh.

ANGIE: You bastard.

FRED: God, that was great.

THE END

That was too much.

GIVE OUT TOKENS.

The last one is Felipe and Tom.

Let's have our two last volunteers.

OBTAIN VOLUNTEERS.

Let's hear this scene.

Tina and Felipe

FELIPE: Who are you?

TINA: What kind of thing is that to say? We make love all night. You wake up naked next to me in the morning and you ask me who I am.

FELIPE: I don't remember a thing.

TINA: Well, you were pretty high.

FELIPE: So what happened?

TINA: I'm standing on my usual corner - about two in the morning. I'm almost ready for bed. It was a lousy night. Business was off, and you staggered along. I liked you. You said you wanted to spend the whole night with me and that you'd give me a fix in the morning.

FELIPE: I said that? Did we have sex?

TINA: Honey, you must have been brain dead. After awhile you kept trying, but couldn't get it up. Now where's the fix?

FELIPE: You're on drugs?

TINA: These little marks on my thighs aren't bed bug bites.

FELIPE: I'm a little sore. Did we use a condom?

TINA: Dear, you must try and remember. It's no fun without remembering it.

FELIPE: Jesus! How did I get into this?

TINA: Where's the fix?

THE END

Soon we'll have to give out academy awards.

ENCOURAGE APPRECIATION AND GIVE OUT TOKENS.

Now let's take a look at these four scenes.

The first scene was risky for Slim, the second one for Maria, the third for both Fred and Angie and the fourth for Felipe.

Why was it risky for them?

Let me give you an example of answering that question.

If when I got depressed and felt lonely and worthless, I went out to pick someone for quick sex - if it made me feel better, then being depressed would start me moving toward a risky situation.

Each of the scenes gave an example of typical risky situations.

So what was the risky situation for each of them?

ENCOURAGE DISCUSSION. TRY TO HELP THE GROUP SEE THAT ADULT AND PEER PRESSURE CREATED A RISK FOR SLIM; BEING REJECTED FOR MARIA; BEING TOO TURNED ON FOR FRED AND ANGIE; AND DRUGS AND ALCOHOL FOR FELIPE.

What are some other kinds of risky situations?

Let's see how many you can think of.

Just call them out and I'll write them down.

WRITE IDEAS ON NEWSPRINT AND POST IT AROUND THE ROOM. TRY TO INCLUDE IDEAS SUCH AS GOING OUT ALONE, GOING TO PLACES WHERE YOU GET PICKED UP, CERTAIN KINDS OF PARTIES, GETTING PICKED UP, NOT HAVING CONDOMS, MAKING OUT IN A BEDROOM.

Next I am will give you a Feeling Thermometer and read some situations to you.

You rate how you would feel in each of these situations.

### FEELING THERMOMETER FOR RISKY SITUATIONS

#### FEELING THERMOMETER

100    VERY, VERY UNCOMFORTABLE  
90  
80  
70  
60  
50  
40  
30  
20  
10  
0       COMPLETELY COMFORTABLE

#### SITUATIONS

#### RATING

1. I AM VERY HIGH AND DECIDE TO HAVE SEX.
2. I AM VERY DEPRESSED AND DECIDE TO HAVE SEX.
3. I AM VERY LONELY AND GO LOOKING FOR SEX.

4. MY NEW PARTNER SAYS HE/SHE WILL DROP ME IF I INSIST ON SAFER SEX.
5. MY LOVER AND I DECIDE THAT BECAUSE WE HAVE BEEN TOGETHER FOR SIX MONTHS IT IS OK TO NOT USE PROTECTION.
6. I AM SO TURNED ON THAT I CAN'T STOP AND GO GET SOME PROTECTION.
7. I AM AT A PARTY WHERE EVERYONE IS HAVING SEX WITHOUT PROTECTION AND I DECIDE I'D BETTER DO THE SAME.

PASS OUT THE FEELING THERMOMETER, READ THE SCENES, AND ALLOW TIME IN BETWEEN EACH FOR PARTICIPANTS TO WRITE DOWN FEELING THERMOMETER READINGS.

Your Feeling Thermometer readings will give you some idea about which situations are risky for you.

Now I want you to think about what is the most risky situation for you?

Again, that means when might you be tempted to have unsafe sex even though you knew it was taking a big chance?

Write the most risky situation on this card and don't put your name on it.

PASS OUT A 3 X 5 CARD TO EVERYONE. ALLOW 3 MINUTES FOR WRITING DOWN THE RISKY SITUATION. THEN COLLECT THE CARDS, SHUFFLE AND PASS OUT.

Read aloud what your card says.

HAVE EVERYONE READ WHAT IS ON THE CARD.

What do you think the consequences would be of the risky situation on your card?

ENCOURAGE COMMENTS ON CONSEQUENCES AND THEN DISCUSS.

OK so now you know what are dangerous situations for you.

Exercise 4: Uncovering Triggers  
(20 minutes)

Some times it almost seems like we put ourselves in risky situations.

When that happens, it often means a trigger is operating.

What is a trigger?

A trigger is a signal that sets off a chain of behavior.

For example, imagine that for me drinking too much at a singles bar named Jackies on 6th Street can lead to getting picked up by someone I don't know and practicing unsafe sex.

Therefore I have been trying to find ways to avoid going there.

One day I am walking along and cross 6th Street.

I think to myself, "Isn't this the street where Jackies is? I wonder who's in there now. It would be nice to have a little drink. I'll bet it's not busy now. No one would be around. Just one little drink wouldn't hurt."

So I wander down to Jackies.

One drink leads to another, and I'm in a risky situation again.

In this case the trigger was 6th Street.

I didn't catch it in time.

A trigger can be a place, a feeling, a thought, pressure from a friend, a sound - like a song my ex-lover and I used to enjoy - almost anything.

Triggers start a sequence of behavior which has consequences.

Once a trigger starts the ball rolling we make lots of little decisions to keep it going in a certain direction.

These little decisions are often not even within our awareness, but, if we are alert and catch them in time, we can change the direction.

I am going to give you a little story.

I want you to find the triggers and the little decisions that were made.

DIVIDE THE GROUP INTO TWO SMALLER GROUPS. PASS OUT "LUCY AND CARL." GIVE EACH GROUP FIVE MINUTES TO IDENTIFY THE TRIGGERS AND DECISIONS.

### LUCY AND CARL

My name is Lucy. I am fifteen years old. I have tried to wait to have sex. When I am older, I think I can make sure I don't get pregnant and keep from getting a disease. Someone else might think I have done pretty good at staying away from sex, but I am ashamed to say that twice I slipped. I don't understand it. Both guys were much older.

I know I am kind of pretty, and, when a guy who is not a kid tells me I am pretty, it seems to go to my head. I guess I am a sucker for sweet talk.

Two nights ago I went to a party with my friend, Maria. We hung out for a while. Some of our friends were there, and we talked to them. This guy kept looking at me. Finally he comes over and says he is Carl. He's good looking, nice clothes. Maybe twenty-seven or eight. Tells me he drives this new BMW. He asks me if I want a drink. I tell him yes, and he gets me one. Later he asks me to dance, and we do. While we dance he keeps telling me how beautiful I am, how nice my hair smells, how good I feel dancing up against him.

He wants to show me his car. We go for a drive. He pulls over in this wooded area. He starts real slow, and before I know it he's inside me. I didn't see him use a condom. He didn't ask for my number, and let me out back at the party. I wish I hadn't slipped again. Now it is three times instead of two. I don't understand it. I definitely want to wait until I am older for sex.

THE END

What was the trigger here?

ENCOURAGE IDENTIFICATION OF THE COMMENTS BY AN OLDER MAN ABOUT BEING BEAUTIFUL AND HER HAIR AS THE TRIGGERS. DISCUSS.

What were the decisions that Maria made?

ENCOURAGE IDENTIFICATION OF THE DECISIONS: LETTING HIM GET HER A DRINK; LETTING HIM DANCE WITH HER; LISTENING TO HIS TALK; GOING IN THE CAR WITH HIM; LETTING HIM TOUCH HER; LETTING HIM HAVE INTERCOURSE WITH HER; LETTING HIM NOT USE A CONDOM.

What were the consequences?

ENCOURAGE DISCUSSION.

Those were very good analysis of triggers, decisions, and consequences.

I think you can see how a behavioral chain gets set up and going.

What are some triggers that you or your friends might have?

ENCOURAGE SHARING. MAKE A LIST ON NEWS PRINT.

Some of the ways you deal with triggers are to be aware of them so that they don't sneak up on you.

Also you can avoid circumstances that might set them off.

Maria could have discouraged Carl's talking with her.

You can find alternatives.

In my example I could have gone back to my apartment for a drink.

You can talk to yourself and talk yourself out of it.

"Hey, wait a minute. Just because I'm on 6th street doesn't mean I have to go to Jackies. You know what happens when you go there."

I want you to practice responding to a person struggling with a trigger situation.

DIVIDE THE GROUP INTO TWO SMALLER GROUPS. GIVE THEM EACH A DEAR ABBY CARD AND HAVE THEM COME UP WITH A RESPONSE. ALLOW FIVE MINUTES TO MAKE UP A RESPONSE.

DEAR ABBY,

ONE DAY MY LOVER OF TWO YEARS JUST UP AND LEFT ME WITHOUT A WORD. I WAS SO HURT AND ANGRY THAT I HAD ANY KIND OF SEX WITH ANY ONE WHO WOULD DO IT. NOT VERY SMART. EVERY TIME I SEE SOMEONE WITH THE SAME FACIAL FEATURES AS MY EX-LOVER I GET THE SAME FEELING AND START PICKING PEOPLE UP. WHAT CAN I DO?

ANGRY ARNOLD

DEAR ABBY,

MY FRIENDS DRINK A LOT. WHEN I GET HIGH, THE NEXT THING I KNOW I AM HAVING UNSAFE SEX. ALL MY FRIENDS HAVE TO SAY IS "COME ON, SHIRLEY, WE ARE ALL GOING FOR DRINKS" AND I FORGET EVERYTHING AND RUN AFTER THEM. THE NEXT DAY I FEEL REALLY HUNG OVER AND ASHAMED THAT I HAD SEX WITHOUT PROTECTION. WHAT SHOULD I DO?

SHAMEFUL SHIRLEY

Figure out you would respond to this person.

WAIT FIVE MINUTES.

What did you come up with?

HAVE EACH GROUP READ THE "DEAR ABBY" AND GIVE THEIR RESPONSE.  
DISCUSS. GIVE OUT TOKENS.

That was really good.

Exercise 5: Helping a Friend Explore Risks  
(20 minutes)

I need two volunteers to illustrate what we are going to do next.

Who will play Vivian and who will play Justine?

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

Vivian and Justine

VIVIAN: Can I ask you something?

JUSTINE: Sure.

VIVIAN: It's about safer sex.

JUSTINE: I'm interested in that too. I have been going to this Project LIGHT II course on protecting yourself against AIDS.

VIVIAN: Then maybe you know. Can birth control pills keep you from getting HIV?

JUSTINE: No. You have to use a condom every time.

VIVIAN: Even with oral sex?

JUSTINE: That's what I learned. If you get cum in your mouth, you can get HIV.

VIVIAN: Damn! I better make some changes.

JUSTINE: It's smart to be worried. I can tell you that I'm taking it really seriously.

THE END

Thank you. That was really good.

What was the topic?

That's right - talking with a friend.

What are some of things you don't want to do when talking with a friend?

ENCOURAGE RESPONSES AND MAKE A LIST ON NEWSPRINT. THE LIST SHOULD INCLUDE SUGGESTIONS LIKE DON'T BE PREACHY, TELL PEOPLE WHAT TO DO, ACT LIKE PEOPLE ARE STUPID, PUT PEOPLE DOWN, ACT LIKE YOU KNOW MORE THAN YOU DO, SUGGEST THAT BEING WORRIED ABOUT AIDS IS DUMB.

What ideas do you have about how to be helpful?

ENCOURAGE RESPONSES SUCH AS GIVE "I" MESSAGES, INDICATE THAT BEING CONCERNED IS SMART, GIVE ADVICE IF ASKED, PRACTICING SAFER SEX IS WISE.

Let's review the points about talking with a friend.

POINT TO THE LIST ON NEWSPRINT WHICH WAS PUT UP EARLIER AND GO OVER IT.

First it says that "concern about AIDS is wise."

We want people to recognize that it is a real threat - something to be taken seriously.

Ignoring AIDS is short-sighted and can be injurious to your health.

On the other hand we know that trying to scare people doesn't work.

Therefore, we praise friends who show signs of concern.

Next is using yourself by making "I" statements.

Referring to yourself can keep you from preaching or telling others what to do.

Let them learn from you.

Instead of saying, "You should stop having sex with so many people," we say, "Since I learned about AIDS, I don't have sex with as many people."

"Whatever sex I have, I always use a condom."

The next line reads, "Staying safe is the accepted thing to do now."

We want to establish that more people are protecting themselves.

It is true that the figures are much lower than we want them to be, but it is important to make it clear people agree on the value of safer sex.

Then we refer to the benefits: you don't have to worry about HIV; men stay up longer; sex is cleaner; you are protected from other sexually transmitted diseases as well.

We let people know what safer sex means - using condoms and dental dams, using a lubricant with a spermicide, cleaning sex toys.

And when we know helpful hints, we give them.

Now let's practice talking with a friend about the areas covered in this module: risky acts, risky situations, and triggers.

DIVIDE THE GROUP IN HALF. A GROUP LEADER GOES WITH EACH HALF AND MODELS THE FIRST SITUATION, ASKING FOR FEEDBACK FROM THE GROUP. HAVE EACH PAIR DO A SCENE SO THAT EVERYONE HAS A CHANCE TO HELP A FRIEND. HAVE THE GROUP GIVE FEEDBACK AFTER EACH TRY. GIVE OUT TOKENS. THE FIRST LINES SPOKEN BY THE FRIEND ARE ON THE FOLLOWING PAGE:

#### FIRST LINES FOR HELPING A FRIEND ON RISKY BEHAVIOR AND SITUATIONS

SCENE 1: FRIEND SAYS, "I THINK IT IS SAFE TO SUCK A MAN'S PENIS AS LONG AS HE DOESN'T CUM IN YOUR MOUTH."

SCENE 2: FRIEND SAYS, "IF I GET DRUNK, I AM FREER SEXUALLY."

SCENE 3: FRIEND SAYS, "WHEN I GET REALLY TURNED ON, IT EASY TO FORGET USING PROTECTION."

SCENE 4: FRIEND SAYS, "FEELING LONELY IS WHEN I TEND TO LOOK FOR SEX WITH ANYONE."

SCENE 5: FRIEND SAYS, "I DON'T KNOW IF I DO RISKY THINGS OR NOT."

That was a good practice session.

Ending the Session  
(10 minutes)

First I want to give you some homework.

Between now and the next session talk with a friend about any of the areas covered so far.

Those areas are looking at the impact of HIV on your friend's life; debunking myths and learning correct HIV/AIDS information; and seeing what puts your friend at risk.

Here is a Score Card.

PASS OUT SCORE CARDS.

On the Score Card make a note of your contact with a friend.

Also put down what you did to stay safe and anything else that you did to make your life better.

We want to know what good things each member of the group did between sessions.

When you come back, we will make a list of all the successes group members had.

POINT TO THE GROUP SUCCESS POSTER.

During this last module we worked on what sexual acts are safe, risky situations, and dealing with triggers.

Let's take a few moments and give appreciation to each other for all the contributions made today.

HAVE MEMBERS GIVE STOKES TO EACH OTHER. MODEL GIVING OUT TOKENS.

Thank you for coming and your participation.

The next session will be on \_\_\_\_\_ (date) at \_\_\_\_\_ (time) in \_\_\_\_\_ (location).

Now we need to fill out the evaluations.

HAND OUT EVALUATIONS AND HAVE THE GROUP MEMBERS FILL THEM OUT.

Finally we will take care of your payments for being here and working so hard.

TAKE CARE OF PAYMENTS.

Thanks again and I'll see you next time.

THE END OF SESSION 3

Jerry and Denise

JERRY:I love you.

DENISE: I love you too.

JERRY:Let's have anal sex.

DENISE: That's not safe.

JERRY:What's safe?

DENISE: Using a latex condom with nonoxynol-9 or on you, not in you.

JERRY:Let's see if I've got it. A condom

DENISE: Latex condom.

JERRY:A latex condom with whatever you said

DENISE: Nonoxynol-9

JERRY:Non ox ee nol 8

DENISE: 9

JERRY:9, and something in or on.

DENISE: On you, not in you.

JERRY:I think I got it.

DENISE: Take it from the top.

JERRY:A latex condom with nonoxynol-9 or on you, not in you.

DENISE: Perfect! Let's do it.

JERRY:Do what?

THE END

## BILL

You are a high school jock. You think girls exist to have sex with. You and your friends keep points for every time you score. You are way ahead of most of your team mates. You are big, handsome and very macho. You must have sex at least several times a week. You often use crack to get girls loose. You are scared to death of getting HIV and always use a condom. You have been tested 3 times and are HIV negative.

## FRANCO

You ran away from home when you were 13 and have lived on the streets for two years. You are gay and sell yourself often to make money for food. You refuse to have anal sex, and usually give blow jobs. You try never to swallow cum. You have also engaged in water sports if customers want it. You would like to find someone your own age who you could love and be with for a long time, but so far that hasn't happened. You are not infected with HIV.

## CINDY

You are sixteen and an intravenous drug user. You have tried to get off of it on your own but have failed every time. In general your life is pretty poor, and four times you made an attempt to kill yourself. You live on the streets and steal to pay for your habit. A year ago your best friend died with AIDS. That really scared you. Since then you haven't shared any needles. Several times you engaged in prostitution to get some money, but you always had the guy pull out before coming. You have been lucky so far and are not HIV positive.

## FRAN

You go with the in-crowd at school. You are good looking and popular. You have dated Harold for three years and have felt safe having unprotected sex together. You are positive that neither of you had sex with anyone else during the three years you have been going together. Neither of you use drugs. Before you, Harold went to prostitutes often. He didn't know that he got HIV. He began to show signs that looked like they might be AIDS. You got scared and were tested in secret. You are HIV positive. Without knowing it Harold passed it on to you.

NOT HAVING SEX

MASTURBATING ALONE

HUGGING, MASSAGE, DRY KISSING

MASTURBATING WITH ANOTHER PERSON BUT NOT TOUCHING

DEEP WET KISSING

MUTUAL MASTURBATION WITH ONLY TOUCHING ON THE OUTSIDE

MUTUAL MASTURBATION WITH INSIDE TOUCHING USING A CONDOM

BODY RUBBING

INTERCOURSE BETWEEN THE THIGHS - NOT INSIDE

MUTUAL MASTURBATION WITH ORGASM ON, NOT IN PARTNER

PUTTING SEX TOYS IN WITH CONDOMS ON OR STERILIZED

ORAL SEX ON A WOMAN

ORAL SEX ON A MAN WITHOUT A CONDOM BUT NOT PUTTING THE HEAD OF THE PENIS IN THE MOUTH

ORAL SEX ON A MAN WITH ORGASM AND USING A CONDOM

ORAL SEX ON A MAN WITHOUT A CONDOM, PUTTING THE HEAD IN THE MOUTH, AND PULLING OUT BEFORE EJACULATION

ORAL SEX ON A MAN, NO CONDOM, AND EJACULATING IN THE

MOUT  
H

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND PULLING OUT PRIOR TO EJACULATION

ANAL INTERCOURSE WITH CONDOM, LUBRICANT THAT KILLS HIV, AND PULLING OUT PRIOR TO EJACULATION

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND EJACULATING INSIDE

VAGINAL INTERCOURSE WITH A CONDOM AND EJACULATION INSIDE

ANAL INTERCOURSE WITH A CONDOM, LUBRICANT THAT KILLS, AND INTERNAL EJACULATION

USE OF SEX TOYS BY MORE THAN ONE PARTNER, NO CONDOM OR STERILIZATION

VAGINAL INTERCOURSE WITH FOAM BUT WITHOUT A CONDOM AND PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE USING FOAM THAT KILLS HIV AND WITHOUT PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE WITHOUT FOAM THAT KILLS HIV, WITHOUT CONDOM, AND WITHOUT PULLING OUT BEFORE EJACULATION

ANAL INTERCOURSE WITHOUT A CONDOM AND WITHDRAWAL BEFORE EJACULATION

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM BUT WITH FOAM

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM AND WITHOUT ANY FORM OF BARRIER CONTRACEPTION

ANAL INTERCOURSE WITH INTERNAL EJACULATION AND NO CONDOM

#### THE ORDER OF SEX ACTS ACCORDING TO SAFETY

##### DEFINITELY SAFE

(NO EXCHANGE OF SEMEN, VAGINAL SECRETIONS OR BLOOD)

NOT HAVING SEX

MASTURBATING ALONE

HUGGING, MASSAGE, DRY KISSING

MASTURBATING WITH ANOTHER PERSON BUT NOT TOUCHING

DEEP WET KISSING

MUTUAL MASTURBATION WITH ONLY TOUCHING ON THE OUTSIDE

MUTUAL MASTURBATION WITH INSIDE TOUCHING USING A CONDOM

BODY RUBBING

INTERCOURSE BETWEEN THE THIGHS - NOT INSIDE

MUTUAL MASTURBATION WITH ORGASM ON, NOT IN PARTNER

PUTTING SEX TOYS IN WITH CONDOMS ON OR STERILIZED

##### PROBABLY SAFE

(MOST LIKELY THERE WOULD BE NO EXCHANGE OF SEMEN, VAGINAL FLUIDS OR BLOOD)

ORAL SEX ON A WOMAN WITH A DENTAL DAM

ORAL SEX ON A MAN WITHOUT A CONDOM BUT NOT PUTTING THE HEAD OF THE

PENIS IN THE MOUTH

ORAL SEX ON A MAN WITH ORGASM AND USING A CONDOM

ORAL SEX ON A MAN WITHOUT A CONDOM, PUTTING THE HEAD IN THE MOUTH,  
AND PULLING OUT BEFORE EJACULATION

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND PULLING  
OUT PRIOR TO EJACULATION

ANAL INTERCOURSE WITH CONDOM, LUBRICANT THAT KILLS HIV, AND PULLING  
OUT PRIOR TO EJACULATION

VAGINAL INTERCOURSE WITH A CONDOM, FOAM THAT KILLS HIV, AND  
EJACULATING INSIDE

VAGINAL INTERCOURSE WITH A CONDOM AND EJACULATION INSIDE

ANAL INTERCOURSE WITH A CONDOM, LUBRICANT THAT KILLS, AND INTERNAL  
EJACULATION

DEFINITELY UNSAFE

(ALMOST CERTAIN DANGEROUS EXCHANGE OF SEMEN, VAGINAL SECRETIONS,  
OR BLOOD, URINE OR FECES)

USE OF SEX TOYS - INSERTED INTO VAGINA OR ANUS - BY MORE THAN ONE  
PARTNER, NO CONDOM OR STERILIZATION

ORAL SEX ON A MAN, NO CONDOM, AND EJACULATING IN THE

MOUT  
H

VAGINAL INTERCOURSE WITH FOAM BUT WITHOUT A CONDOM AND PULLING  
OUT BEFORE EJACULATION

VAGINAL INTERCOURSE USING FOAM THAT KILLS HIV AND WITHOUT PULLING  
OUT BEFORE EJACULATION

VAGINAL INTERCOURSE WITHOUT FOAM THAT KILLS HIV, WITHOUT CONDOM,  
AND WITHOUT PULLING OUT BEFORE EJACULATION

ANAL INTERCOURSE WITHOUT A CONDOM AND WITHDRAWAL BEFORE  
EJACULATION

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM  
BUT WITH FOAM

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM  
AND WITHOUT ANY FORM OF BARRIER CONTRACEPTION

ANAL INTERCOURSE WITH INTERNAL EJACULATION AND NO CONDOM



Slim and Big Daddy

BIG DADDY: How you doing, my man?

SLIM: Pretty good, Big Daddy.

BIG DADDY: What you been up to?

SLIM: Not much. And you?

BIG DADDY: Just my usual. Any pretty girl I can find. You been boning much, Slim?

SLIM: Some.

BIG DADDY: Well, I hope them girls haven't got you under their control - making you wear them jimmy caps. These girls act like they don't know they belong barefoot and pregnant. You're not wearing them things are you?

SLIM: Well..... I .... maybe once. You heard of AIDS?

BIG DADDY: Screw that AIDS noise. I'm disappointed in you, Slim. Never thought you would have turned into a pussy. The boys and me better not hear you are wearing raincoats.

SLIM: OK, Big Daddy, you won't.

BIG DADDY: You don't want people laughing at you. It's not the real thing with a jimmy cap.

SLIM: I don't want anyone laughing at me. If they do, I'll kick some butt. I want the real thing.

THE END

Maria and Eddie

MARIA: A couple of minutes ago every thing was romantic and wonderful. I felt really warm. What happened?

EDDIE: Don't try that stuff on me. I'm not wearing a rubber. That's what happened. You suddenly tell me no screwing without a rubber. No way!

MARIA: But I don't want to catch anything.

EDDIE: You tell me that I got it? That I'm out sticking it in anything? You don't trust me.

MARIA: I trust you but....

EDDIE: Let's cut the bull shit. You lie on your back, and we do it now - without a rubber - or I'm leaving. It's as simple as that.

MARIA: Don't leave. I love you.

EDDIE: Open up or I'm out of here.

MARIA: Eddie, please, please, please.

EDDIE: What's it going to be? I haven't got all night.

MARIA: Eddie, don't do this to me.... Eddie?... OK, go ahead.

THE END

Angie and Fred

ANGIE: Quick! Put the rubber on.

FRED: I can't! I'm too excited. I got to slip it in.

ANGIE: Oh, please!! I can't hold it back. Put the damn thing on.

FRED: I can't wait! I can't wait!

ANGIE: Oh, stop! I'm getting too worked up!

FRED: I can't stop!

ANGIE: Get it on fast... Pull out! Pull out!

FRED: I.....ohhhhh.

ANGIE: You bastard.

FRED: God, that was great.

THE END

Tina and Felipe

FELIPE: Who are you?

TINA: What kind of thing is that to say? We make love all night. You wake up naked next to me in the morning and you ask me who I am.

FELIPE: I don't remember a thing.

TINA: Well, you were pretty high.

FELIPE: So what happened?

TINA: I'm standing on my usual corner - about two in the morning. I'm almost ready for bed. It was a lousy night. Business was off, and you staggered along. I liked you. You said you wanted to spend the whole night with me and that you'd give me a fix in the morning.

FELIPE: I said that? Did we have sex?

TINA: Honey, you must have been brain dead. After awhile you kept trying, but couldn't get it up. Now where's the fix?

FELIPE: You're on drugs?

TINA: These little marks on my thighs aren't bed bug bites.

FELIPE: I'm a little sore. Did we use a condom?

TINA: Dear, you must try and remember. It's no fun without remembering it.

FELIPE: Jesus! How did I get into this?

TINA: Where's the fix?

THE END

## FEELING THERMOMETER FOR RISKY SITUATIONS

### FEELING THERMOMETER

100 VERY, VERY UNCOMFORTABLE  
90  
80  
70  
60  
50  
40  
30  
20  
10  
0 COMPLETELY COMFORTABLE

### SITUATIONS

### RATING

1. I AM VERY HIGH AND DECIDE TO HAVE SEX.
2. I AM VERY DEPRESSED AND DECIDE TO HAVE SEX.
3. I AM VERY LONELY AND GO LOOKING FOR SEX.
4. MY NEW PARTNER SAYS HE/SHE WILL DROP ME IF I INSIST ON SAFER SEX.
5. MY LOVER AND I DECIDE THAT BECAUSE WE HAVE BEEN TOGETHER FOR SIX MONTHS IT IS OK TO NOT USE PROTECTION.
6. I AM SO TURNED ON THAT I CAN'T STOP AND GO GET SOME PROTECTION.
7. I AM AT A PARTY WHERE EVERYONE IS HAVING SEX WITHOUT PROTECTION AND I DECIDE I'D BETTER DO THE SAME.

## LUCY AND CARL

My name is Lucy. I am fifteen years old. I have tried to wait to have sex. When I am older, I think I can make sure I don't get pregnant and keep from getting a disease. Someone else might think I have done pretty good at staying away from sex, but I am ashamed to say that twice I slipped. I don't understand it. Both guys were much older.

I know I am kind of pretty, and, when a guy who is not a kid tells me I am pretty, it seems to go to my head. I guess I am a sucker for sweet talk.

Two nights ago I went to a party with my friend, Maria. We hung out for a while. Some of our friends were there, and we talked to them. This guy kept looking at me. Finally he comes over and says he is Carl. He's good looking, nice clothes. Maybe twenty-seven or eight. Tells me he drives this new BMW. He asks me if I want a drink. I tell him yes, and he gets me one. Later he asks me to dance, and we do. While we dance he keeps telling me how beautiful I am, how nice my hair smells, how good I feel dancing up against him.

He wants to show me his car. We go for a drive. He pulls over in this wooded area. He starts real slow, and before I know it he's inside me. I didn't see him use a condom. He didn't ask for my number, and let me out back at the party. I wish I hadn't slipped again. Now it is three times instead of two. I don't understand it. I definitely want to wait until I am older for sex.

THE END

DEAR ABBY,

ONE DAY MY LOVER OF TWO YEARS JUST UP AND LEFT ME WITHOUT A WORD. I WAS SO HURT AND ANGRY THAT I HAD ANY KIND OF SEX WITH ANY ONE WHO WOULD DO IT. NOT VERY SMART. EVERY TIME I SEE SOMEONE WITH THE SAME FACIAL FEATURES AS MY EX-LOVER I GET THE SAME FEELING AND START PICKING PEOPLE UP. WHAT CAN I DO?

ANGRY ARNOLD

DEAR ABBY,

MY FRIENDS DRINK A LOT. WHEN I GET HIGH, THE NEXT THING I KNOW I AM HAVING UNSAFE SEX. ALL MY FRIENDS HAVE TO SAY IS "COME ON, SHIRLEY, WE ARE ALL GOING FOR DRINKS" AND I FORGET EVERYTHING AND RUN AFTER THEM. THE NEXT DAY I FEEL REALLY HUNG OVER AND ASHAMED THAT I HAD SEX WITHOUT PROTECTION. WHAT SHOULD I DO?

SHAMEFUL SHIRLEY

Vivian and Justine

VIVIAN: Can I ask you something?

JUSTINE: Sure.

VIVIAN: It's about safer sex.

JUSTINE: I'm interested in that too. I have been going to this Project LIGHT II course on protecting yourself against AIDS.

VIVIAN: Then maybe you know. Can birth control pills keep you from getting HIV?

JUSTINE: No. You have to use a condom every time.

VIVIAN: Even with oral sex?

JUSTINE: That's what I learned. If you get cum in your mouth, you can get HIV.

VIVIAN: Damn! I better make some changes.

JUSTINE: It's smart to be worried. I can tell you that I'm taking it really seriously.

THE END

## FIRST LINES FOR HELPING A FRIEND ON RISKY BEHAVIOR AND SITUATIONS

SCENE 1: FRIEND SAYS, "I THINK IT IS SAFE TO SUCK A MAN'S PENIS AS LONG AS HE DOESN'T CUM IN YOUR MOUTH."

SCENE 2: FRIEND SAYS, "IF I GET DRUNK, I AM FREER SEXUALLY."

SCENE 3: FRIEND SAYS, "WHEN I GET REALLY TURNED ON, IT EASY TO FORGET USING PROTECTION."

SCENE 4: FRIEND SAYS, "FEELING LONELY IS WHEN I TEND TO LOOK FOR SEX WITH ANYONE."

SCENE 5: FRIEND SAYS, "I DON'T KNOW IF I DO RISKY THINGS OR NOT."