

SESSION 4: HOW DO I PROTECT MYSELF AND HELP MY FRIENDS PROTECT THEMSELVES?

OBJECTIVES:

1. Participants will be able to use a condom and dental dam correctly.
2. Participants will learn where and how to obtain condoms and dental dams.
3. Participants will be able to make condom use more erotic.
4. Participants will be able to increase their enjoyment of "outercourse."
5. Participants will increase their ability to debunk myths that are barriers to condom and dental dam use.
6. Participants will learn what HIV testing does and its advantages and disadvantages.
7. Participants will be able to help a friend use a condom or dental dam correctly, make condom use erotic, practice outercourse, and provide information on HIV testing.
8. Participants will support each other.

PROCEDURES:

1. Introduce the group leaders, participants, and an overview of the skills to be learned in both of today's modules.
2. Pass out tokens and review the Score Cards showing the good things participants have done between sessions to practice safer sex, to take care of themselves, and to talk with a friend. Have participants write notes on the Group Success Poster and then take a Feeling Thermometer reading.
3. Review what was covered in the last session and answer any questions about the group's procedures. Refer to the Thumbs Up/Thumbs down poster.
4. Use a script to introduce the topic of condoms and dental dams.
5. Provide a handout on how to use a condom. Then demonstrate putting on a condom.
6. Have group members practice putting on a condom, first in the light and then in the dark. Obtain Feeling Thermometer readings and discuss.
7. Pass out a lubricant with nonoxynol-9 and have people try it as a hand cream to see how it feels.
8. Pass out a handout on using dental dams. Model using one. Give out dental dams and have participants put them to their mouths and manipulate them with lips and tongue.
9. Explain that sometimes people don't think that using a condom can be fun or sexy. Divide the group into three small groups. Handout the guide for making condom use erotic. Ask each group to focus on part of the guide and brainstorm examples. Model one idea from several sections of the guide. Have the groups put their ideas on newsprint and report back. Discuss. Check Feeling Thermometer readings.
10. Indicate that people sometimes avoid using condoms and dental dams because of mistaken beliefs about them. To illustrate a mistaken belief use the idea that condoms take away sexual strength, pointing out that for many men condoms help them stay erect longer. Indicate that now

the group knows enough to argue against these mistaken beliefs. Pass out myth cards to each person and have them argue against the myth. They ask for help from one group member if they wish. Ask for other myths and discuss.

11. Explain that people often don't realize that it is possible to have very enjoyable sexual experiences without having penetration. Divide the group into three small groups. Give one a jar of honey, one a bottle of non-oil based hand cream, and one a silk scarf. Ask them to brainstorm as many sexy things as possible that they and their partner could do with these objects as long as there was no penetration of the vagina, mouth or anus. Have the groups put their lists on newsprint and report back. Discuss.
12. Have the group form a line representing the steps in cleaning and needle and the works. Then demonstrate the process. Discuss drugs and high risk.
13. Explain that some people mistakenly use HIV testing as a way to protect themselves. They think that if they come out HIV negative it is ok to practice unsafe sex. Use fact cards to explain what testing can and cannot do and what results mean.
14. Brainstorm the advantages and disadvantages of testing and give out a handout reflecting advantages and disadvantages. Discuss.
15. Do six brief role plays helping a friend: a) show how to use a condom; b) show how to use a dental dam; c) show how to make condom use erotic; d) show how to make outcourse sexy; e) show how to deal with a myth about condom use; and f) show how to provide correct information on HIV testing. Give feedback on each role play and discuss.
16. Divide the group into two smaller groups. Go over how to initiate a conversation and demonstrate showing a new skill. Warn against giving advice - "You should do this." Have the group members practice on each other. Obtain feedback.
17. Summarize the session and take a Feeling Thermometer reading.
18. Have group members show their appreciation for each other and their contributions in this session.
19. Announce the time, date, and place of the next session. Then take care of evaluations and payments.

MATERIALS:

Feeling Thermometers
 Tokens
 Newsprint and Marking Pens
 Posters: Thumbs
 HIV Messages
 Group Success
 Ronald and Holly
 Martha and Roger
 Using a Condom
 Do's and Don'ts of Condoms
 Do's and Don'ts of Dental Dams
 Guidelines for Eroticizing Safer Sex
 Condoms/Dental Dam Cards (lubricated and non-lubricated)
 Lubricant
 Paper towels

Panties with latex crotch
Needle Cards
Needle Cleaning Instructions
HIV Testing Fact Sheet
HIV Test Results Cards
Advantages and Disadvantages of Testing
Protection Scenes

Exercise 1: Introducing the First Session and Reviewing
(15 minutes)

Welcome back to the second session!

I'm very glad to see you here again.

Before I tell you about today's topics and the skills we will practice, I want to go through some introductions.

Tell us your first name as we go around and what part of your physical appearance do you like best.

It could be your eyes, hair, skin, face, shape, smile, muscles - any aspect of your physical body.

To show you what I mean, I'll start first.

My name is _____, and the part of me that I like best is my _____.

HAVE EACH PARTICIPANT GIVE HER/HIS FIRST NAME AND WHAT PART OF HER/HIS BODY IS BEST LIKED. HAVE THE CO-GROUP LEADER GO LAST.

Thank you - that was great.

The first part of the session today will cover how to use a condom and dental dam, how to get rid of myths about using them, how to make condom use more erotic and safer sex more fun, and HIV testing.

Any questions so far?

ANSWER QUESTIONS.

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.

At the end of the last session we gave out Score Cards.

On the Score Cards you were to write notes of talking to a friend about what you learned in here, whatever you did to practice safer sex, or anything you did to make your life a little bit better.

Let's go around the room, and you tell us what is on your Score Card.

When you finish, write up on the Group Success sheet - which is posted on the wall - your successes.

HAND OUT SOME MARKING PENS. ENCOURAGE SHARING. GIVE OUT TOKENS.

Thank you for sharing what you did.

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 session.

I want to review the topics in the last part of that session.

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

Is this act definitely safe, probably safe or definitely unsafe: going down on a man without using a condom but having him pull out before ejaculating in your mouth?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS FOR CORRECT ONES.

Which are common risky situations for unprotected sex?

When a person is high, feeling depressed, sweating a lot, feeling lonely, and feeling like you have to urinate?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS FOR CORRECT ANSWERS.

That's right alcohol and sex, depression and sex, and loneliness and sex can be risky for some people.

Will someone tell us what would be a risky situation for them?

ENCOURAGE SOMEONE TO STATE WHAT WOULD BE A RISKY SITUATION. GIVE TOKENS FOR HAVING INSIGHT INTO THEIR RISKY SITUATIONS.

What is a trigger?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS FOR CLOSE DESCRIPTIONS.

Which statement would be better to use in giving an HIV/AIDS message to friend and why?

"I have been going to Project LIGHT II and trying to figure out how becoming HIV positive would change my life and plans."

Or, "Don't you think it is kind of stupid not to know which sexual acts are risky and which ones are safe?"

ENCOURAGE RESPONSES. LOOK FOR THE CHARACTERISTICS OF A GOOD MESSAGE. GIVE OUT TOKENS FOR UNDERSTANDING WHAT MAKES A GOOD MESSAGE.

Well, that was our quickie review of the kinds of things we covered in the last part of the first session.

You did a great job for being put on the spot like that.

Remember our Thumbs Up/Thumbs Down Symbol.

POINT TO IT ON THE WALL.

We will use it when we get further into giving HIV/AIDS messages to our friends.

It will lead to someone asking you a question, so that you have a way in to a conversation on HIV.

I hope everyone remembers some of our procedures - like how to get paid at the end of the session, where the bathrooms are, and the group rules about confidentiality, participation, coming late, respecting others, and no fighting.

Are there any questions about the rules and procedures?

ANSWER QUESTIONS.

Exercise 2: Using a Condom and Dental Dam Correctly
(20 minutes)

Who will read the part of Ronald and who will read the part of Holly?

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

Ronald and Holly

RONALD: You are so good!

HOLLY: I'm glad I please you. I like sex with you too, but where are you going with that rubber?

RONALD: I'm going to wash it out.

HOLLY: Then what are you going to do with it.

RONALD: Then I'll hang it up to dry. When it's dry, I'll dust it with talcum powder, and roll it back up.

HOLLY: What for?

RONALD: To use again - of course.

HOLLY: Good heavens! Are you crazy? Have we been screwing with used rubbers?

RONALD: New ones are so expensive.

HOLLY: I can't believe this! You've got money. You just don't want to spend it. I never saw anyone so cheap. Here's five bucks. Buy some new condoms. In all my days I never heard of such a thing. Oh! Oh! Oh! Sure as I'm sitting here, I'm going to get HIV, and I've been so careful. Ronald, I love you, but you are really dumb. Listen to me, Ronald. Now go get your used rubbers - all of them. No holding out on me. Get them and put them in this paper bag.

RONALD: What are you going to do with them?

HOLLY: Burn them!

RONALD: I can't part with them.

HOLLY: Ronald, get your behind out of that chair and bring me those condoms. Or you're never doing it with me again. I can't believe this. Washes them out and powders them.

THE END

Thank you for a wonderful reading.

GIVE OUT TOKENS.

Before we talk about it, I want to do one more quick script.

Who will play Martha and who will play Roger?

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

Martha and Roger

MARTHA: What are you doing?

ROGER: I thought you said you were going to feel pretty sexy tonight.

MARTHA: I did, but what are you doing?

ROGER: I know how you like oral sex; so, I am getting ready.

MARTHA: You are embarrassing me.

ROGER: I didn't mean to.

MARTHA: I can see you have a whole box of dental dams, but what are you doing to them?

ROGER: I'm stamping them.

MARTHA: You have a rubber stamp and you are stamping them?

ROGER: Yes.

MARTHA: What does the stamp say?

ROGER: "This Side Up!"

MARTHA: What's that for?

ROGER: So I'll know which side has been against my mouth and which side has been against your fuzzy.

MARTHA: Well, that makes sense.

ROGER: I thought you'd see my side of it.

THE END

Can you guess what our next topic is?

ENCOURAGE GUESSES.

That's right - we are going to learn the skill of using condoms and dental dams.

Unless when you have sex, you do not have vaginal sex, anal sex, or oral sex with a man with the head of the penis in your mouth, or unless you have no sex at all, then you can't be safe without a condom.

Condoms can be used to make sex toys safe as well.

So the message is you must use a condom during sex to be safe.

That is why today's session is so important.

First, let's have a little fun with them.

THROW OR DUMP OR POUR ON PARTICIPANTS' LAP OR DISTRIBUTE IN WHAT EVER WAY SEEMS LIGHT, SPONTANEOUS, AND SURPRISING 4 OR 5 CONDOMS TO EACH PERSON. MAKE SURE THERE ARE ENOUGH CONDOMS FOR EVERYONE. FOR THIS EXERCISE NON-LUBRICATED CONDOMS ARE BETTER. YOUTHS SHOULD NOT PASS CONDOMS TO EACH OTHER. PASSING THEM TO EACH OTHER CAN CREATE TOO MUCH SOCIAL ANXIETY.

Now open them up and do whatever seems wild and wacky to you, but don't pass yours to anyone else.

Blow them up, stretch them, chew them, put them on your ear, cover your toe with one - do something fun and silly.

MODEL DOING ALL KINDS OF THINGS WITH SOME CONDOMS. YOU WANT PARTICIPANTS TO FEEL AS FREE AND NATURAL AS POSSIBLE. ALLOW TIME FOR PARTICIPANTS TO HAVE FUN WITH THE CONDOMS. MAKE SURE EACH PARTICIPANT HAS OPENED SEVERAL AND TOUCHED THEM IN MANY WAYS. GIVE OUT TOKENS FOR CRAZY DISPLAYS. PUT A CONDOM ON YOUR NOSE AS YOU WALK AROUND AND SEE WHAT'S HAPPENING.

That's great!

How do you feel on your Feeling Thermometer?

ENCOURAGE SHARING FEELING LEVELS AND KINDS OF FEELINGS.

Here are some tips on using a condom that you can take with you.

HAND OUT "USING A CONDOM" AND GO OVER IT. WHEN YOU MAKE THE FIRST POINT ABOUT BUYING LATEX ONLY, SHOW THEM A LAMB SKIN CONDOM WITH A BIG "X" MARKED ON THE PACKAGE.

USING A CONDOM

PUTTING ON A CONDOM

(BUY LATEX ONLY BECAUSE LAMB SKIN LETS HIV THROUGH)

1. OPEN THE PACKAGE CAREFULLY.
2. PUT A DROP OF WATER-BASED LUBRICANT INSIDE THE TIP OF THE CONDOM.
3. ROLL DOWN 1/2 INCH OF CONDOM.
4. PUT THE RUBBER AGAINST THE HEAD OF THE HARD PENIS. (IF THE PENIS IS UNCIRCUMCISED, PULL BACK THE FORESKIN FIRST.)
5. SQUEEZE ANY AIR OUT OF THE RUBBER.
6. ROLL THE RUBBER ALL THE WAY DOWN TO THE BASE OF THE PENIS.
7. GENTLY SMOOTH OUT ANY EXTRA AIR.

TAKING OFF A CONDOM

1. PULL OUT GENTLY WHILE THE PENIS IS STILL HARD.
2. HOLD THE CONDOM AT THE BASE OF THE PENIS WHILE PULLING OUT SO THE RUBBER DOESN'T LEAK OR FALL OFF.
3. STARTING AT THE BASE, ROLL THE RUBBER OFF CAREFULLY SO THE CUM DOESN'T SPILL.
4. THROW THE CONDOM AWAY. (NEVER USE A RUBBER TWICE.)

So that no one panics, it is important to know that the penis may get a little soft at any time during the process of putting on a condom.

There is nothing wrong if this happens.

We don't know exactly why this deflating takes place, but it is completely natural.

One way to look at it is that when it gets a little soft, there is another opportunity to have some fun and make it hard again.

Now everyone here needs to practice putting on a condom.

FOR YOUNGER ADOLESCENTS HAVING THEM PRACTICE ON A PARTNER MAY BE TOO INTERPERSONAL AND CREATE SOCIAL ANXIETY. THEREFORE HAVE THEM PRACTICE ON THEIR OWN HAND OR A SUBSTITUTE SUCH AS A BANANA OR ZUCCHINI. IN ACTUALITY USING ONE HAND WHILE PUTTING THE CONDOM ON THEIR OTHER HAND OR A BANANA MAY BE PHYSICALLY MORE AWKWARD TO DO THAN USING TWO HANDS. FOR THIS EXERCISE USE LUBRICATED CONDOMS. HAVE PAPER TOWELS FOR WIPING OFF HANDS.

We'll have our partner use two fingers for the penis.

Who will volunteer to help me so I can show you how to do it?

SELECT A VOLUNTEER TO HELP YOU DEMONSTRATE. MAKE SURE YOU HAVE PRACTICED PUTTING A CONDOM ON A PARTNER'S FINGERS BEFORE TRYING IT IN THE SESSION. HAVE THE VOLUNTEER HOLD UP THE INDEX FINGER AND MIDDLE FINGER TOGETHER. TALK YOUR WAY THROUGH PUTTING A CONDOM ON.

Here is a latex condom in a package.

HOLD IT UP.

Latex is the only kind that keeps the HIV from going through it.

I am going to tear open the package carefully so that I don't tear the condom.

OPEN IT.

Now I am going to unroll the condom slightly to see if it is unrolling correctly.

UNROLL THE CONDOM SLIGHTLY ONTO ONE FINGER FIRST.

Now I am going to squeeze a small dab of lubricant with nonoxynol-9 inside the tip of the condom.

This helps when putting the condom on, and it increases sensitivity in the penis.

Also the chemicals in the lubricant will kill some of the HIV.

By the way if you have a foreskin or the guy you're putting it on has one, roll it back before putting on the condom.

SQUEEZE ON THE LUBRICANT. BE AWARE THAT SOME ADOLESCENTS THINK THAT LUBRICANTS WILL FEEL "YUCKY" OR BE NASTY TO GET ON THEMSELVES: "DON'T TOUCH ME WITH THAT STUFF!" LATER YOU WILL DO A ROLE PLAY TO DEAL WITH THIS PERCEPTION.

Next I am going to unroll the condom farther, pinching some room at the tip.

Some condoms already have a little extra tip built into them to provide space for the ejaculation.

Squeeze out any excess air because it helps prevent the condom from breaking.

CREATE THE SPACE AT THE TIP AND SQUEEZE OUT ANY AIR.

Now roll it all the way down.

ROLL THE CONDOM ALL THE WAY DOWN.

Now let's say that the man has ejaculated, and you want to take the condom off.

First, take it off while there is still some erection.

If the penis becomes too small and soft, it is easy for the cum to leak out.

Before you take a condom off, grasp it firmly at the base of the penis while withdrawing from your partner.

You don't want it to slip off while withdrawing.

HOLD THE CONDOM AT THE BASE.

Then you slip the condom off and throw it away.

SLIP THE CONDOM OFF AND THROW IT AWAY.

I want to go back to where I put the lubricant on.

Some people may be uncomfortable about touching a lubricant like K-Y Jelly.

WHILE YOU TALK, TAKE SOME AND PUT IN ON YOUR HANDS AND THEN RUB THEM TOGETHER.

Actuality it feels like a hand cream or like something you could use to massage someone.

Who wants to try it as a hand cream or to massage their arm with?

GIVE SOME LUBRICANT TO ANYONE WHO WILL TRY IT. CHECK RESPONSES.

Now how does that feel?

ENCOURAGE POSITIVE REACTIONS.

Who will play Barbara and who will play Martha?

SELECT TWO VOLUNTEERS.

Barbara, touching a lubricant seems "yucky" to you although you have never tried one.

Martha, try to convince Barbara that it feels good.

Martha, take a few moments and see if you can help Barbara feel more comfortable about touching the lubricant.

While you two role play the scene, the rest of us will observe.

We will look for what emotions you are showing and how you handle using a lubricant.

ASSIGN OBSERVER ROLES TO EACH PERSON IN THE GROUP WHO IS NOT PLAYING ONE OF THE PARTS.

You watch the face of the first person, and you watch the face of the second person.

You look for emotion in the voice of the first person, and you the second person.

You watch the posture of the first person, and you the second person.

You watch the hands of the first person, and you watch the hands of the second person.

OK, now let's do the role play.

HAVE THEM ROLE PLAY THE SCENE.

You all did very well.

PASS OUT TOKENS

How do you feel? Check out the Feeling Thermometer.

HAVE THE TWO ACTORS USE THE FEELING THERMOMETER LEVELS.

What did you like about what you did?

WAIT FOR ANSWERS.

What would you do differently?

WAIT FOR ANSWERS.

Now let's hear what the observers picked up.

What emotions did the two people show?

ASK EACH OBSERVER WHAT THEY SAW.

What did you like about how they handled the situation and what would you do differently?

ASK EACH OBSERVER FOR RESPONSES.

Thank you for sharing what you thought.

After having heard those convincing arguments, does anyone want to try using the lubricant as a hand cream?

ENCOURAGE EXPERIMENTING WITH THE LUBRICANT.

Now it is everyone's turn to practice putting on a condom.

REMEMBER TO HAVE YOUNG ADOLESCENTS TRY PUTTING THE CONDOM ON THEIR OWN HAND OR A ZUCCHINI OR BANANA INSTEAD OF ON A PARTNER.

Get a partner of the same sex.

First one person will put the condom on the other person's fingers and then you'll reverse it.

We want both partners to have a chance of putting the condom on.

So put your hand with the three middle fingers together and have your partner put a condom on.

Stop after the first person has put the condom on.

ALLOW TIME FOR ONE PARTNER TO HAVE A CHANCE TO PUT A CONDOM ON.

Now we want to give the other partner a chance to practice putting a condom on, but this time we will make it a little more realistic.

I am going to turn the lights off, and see if you can put the condom on your partner's fingers.

TURN THE LIGHTS OFF MAKING SURE IT IS FAIRLY DARK. HAVE THE SECOND PARTNER PUT THE CONDOM ON. (THIS EXERCISE WAS CREATED BY DRS. KEGELES AND COATES AS REPORTED IN SAN FRANCISCO.)

How did you feel about putting a condom on under both conditions?

Where are you on the Feeling Thermometer?

ENCOURAGE SHARING OF FEELINGS AND REACTIONS.

I appreciate the way you practiced on the condoms.

GIVE OUT TOKENS.

I want to do a quick role play here.

Who will be Fred and who will be Bill, an adult volunteer at the Community Center for Homeless Youth?

SELECT VOLUNTEERS.

Fred, you have been going to Bill for advice on sex since you first went to the Center - two years ago.

You are very comfortable with him.

Ask him to tell you how to use a condom.

Bill, explain to your young friend how to use a condom.

Go ahead and do the role play.

HAVE THE TWO VOLUNTEERS ROLE PLAY THE SCENE.

That was good.

GIVE OUT TOKENS.

How did you feel and what did you like about the way you did the scene?

OBTAIN RESPONSES.

What about the rest of you.

What did you like and what might you have done differently?

OBTAIN RESPONSES.

NOTE: IF YOU HAVE MONEY, YOU MAY WANT TO PAY GROUP MEMBERS TO GO OUT AND TEACH A FRIEND. IF THE FRIEND WILL COME IN AND DEMONSTRATE THE CORRECT WAY OF USING A CONDOM, THE GROUP MEMBER EARNS \$2. SHE/HE CAN EARN UP TO \$10.

You can see that condoms will prevent any exchange of body fluids during vaginal intercourse, anal intercourse, or oral sex on a man.

But what about oral sex on a woman?

How can you keep vaginal fluids from getting in your mouth?

Well, that's what dental dams can be used for.

PASS OUT DENTAL DAMS.

They are called "dental dams" because they are used in dentists' offices, but they can be bought in pharmacies just like condoms can.

You take the dental dam and stretch it over the lips to the vagina and the clitoris.

Your tongue can still stimulate the vagina through the dental dam.

STRETCH THE DAM OVER YOUR MOUTH AND PRESS YOUR TONGUE FORWARD AGAINST THE DAM. PRACTICE THIS EXERCISE BEFORE CLASS, SO THAT YOU ARE COMFORTABLE WITH IT, IN ORDER TO ENCOURAGE THE PARTICIPANTS TO BE COMFORTABLE.

You can also sexually stimulate the clitoris by sucking through the dam.

DEMONSTRATE SUCKING THROUGH THE DAM.

So if a man or another woman has oral sex on a woman, dental dams will prevent an exchange of fluids.

There are sexy underpants with a latex crotch that serve the same purpose.

PASS AROUND A PAIR.

Their advantage is that the person doing the oral stimulation can have her hands free.

Some special lesbian shops and centers can provide these panties.

Protecting yourself is very important because if your partner is HIV positive you can become infected.

The risk of HIV transmission may be increased through those contacts.

Now put the dental dams against your mouths and try both sucking and poking your tongue into the dental dam.

ALLOW TIME FOR EXPERIMENTING WITH THE DENTAL DAM.

Some people cut a condom length-wise and use that instead of a dental dam.

The condom material is thinner than that of the dental dam, but may require more stretching.

What questions do you have about dental dams?

ANSWER QUESTIONS. IF YOU DON'T KNOW THE ANSWER, SAY SO AND INDICATE YOU WILL FIND OUT.

How do you feel on the Feeling Thermometer now?

ENCOURAGE SHARING.

We need to take some time to talk about selecting condoms because there are all different kinds.

First, the basic rule is always buy latex because HIV cannot get through them.

HIV can get through lamb skin condoms.

You need to find the condoms that please you most.

Some condoms have a little tip to hold the ejaculation and some do not.

With the tip you don't have to worry about making a little space.

Some condoms are already lubricated.

The lubrication makes entering easier, but some people don't like the feel of the lubrication or its taste.

On some condoms the sheath is smooth and others it is not - supposedly to increase sensitivity and stimulation.

If your condom didn't have a little tip on the end of it and you were worried about not having room for the semen, would it be a good idea to punch a little hole at the end of a condom?

ENCOURAGE IDEAS THAT WILL SHOWS MISCONCEPTIONS AND MYTHS.

What makes for a good condom and a bad condom?

ENCOURAGE IDEAS THAT WILL SHOWS MISCONCEPTIONS AND MYTHS.

A bad condom is one that is used, has a hole in the end of it, is too small or made of lambskin.

DEMONSTRATE BY HOLDING UP A CONDOM UNROLLED AND OUT OF THE PACKAGE TO SHOW A USED ONE; BLOW AIR IN ONE TO SEE IF IT HAS A HOLE; AND SHOW A LAMBSKIN ONE MARKED "X."

Today we have been working on using condoms and dental dams.

I want you to quickly call out some of the do's and don'ts for condoms and dental dams.

WRITE "DENTAL DAMS" ON ONE SHEET OF NEWS PRINT AND "CONDOMS" ON ANOTHER. WRITE UP SUGGESTED "DO'S AND DON'TS" AS THEY ARE CALLED OUT.

That was good.

How does our list compare to this one?

HAND OUT DO'S AND DON'TS OF CONDOMS AND DENTAL DAMS

DO'S AND DON'TS FOR CONDOMS

DO

1. USE ONLY LATEX CONDOMS
2. USE FOR VAGINAL, ANAL AND VAGINAL SEX
3. USE ONLY WITH WATER-BASED LUBRICANT SUCH AS K-Y JELLY NOT VASELINE.
4. CHECK OUT THE CONDOM PACKET FOR PUNCTURES
5. PUT ON CONDOM BEFORE PENIS EVEN TOUCHES ANUS, VAGINA OR MOUTH
6. PULL BACK FORESKIN
7. PLACE SMALL AMOUNT OF LUBRICANT WITH NONOXYNOL-9 IN CONDOM TIP
8. ROLL CONDOM ALL THE WAY TO BASE OF PENIS

9. LEAVE ROOM IN END OF CONDOM FOR CUM
10. SQUEEZE OUT ANY AIR POCKETS.
11. HOLD ON TO THE RIM OF THE CONDOM AT THE BASE WHEN PULLING OUT
12. CAREFULLY REMOVE CONDOM
13. THROW CONDOM AWAY

DON'T

1. USE AN OIL-BASED LUBRICANT
2. USE A CONDOM MORE THAN ONCE
3. PUNCTURE THEM
4. USE LAMB SKIN CONDOMS
5. STORE THEM IN A WARM PLACE
6. USE PAST THE EXPIRATION DATE

THE DOS' AND DON'T OF DENTAL DAMS

DO

1. USE FOR MOUTH TO VAGINA OR MOUTH TO ANUS SEXUAL CONTACT
2. USE ONLY WITH WATER-BASED LUBRICANTS SUCH AS K-Y JELLY, NOT VASELINE.
3. PLACE DENTAL DAME COMPLETELY OVER THE ANUS OR VAGINA
4. USE THE SAME SIDE OF THE DAM AGAINST THE VAGINA OR ANUS IF YOU MOVE IT.
5. USE A DIFFERENT DENTAL DAM FOR EACH PARTNER

DON'T

1. USE MORE THAN ONE TIME
2. USE IT FOR VAGINAL OR ANAL INTERCOURSE OR ANILINGUS
3. USE IT WITH PETROLEUM-BASED LUBRICANTS SUCH AS VASELINE
4. PUNCTURE IT

On the handout about condoms in number five it talks about not even touching the penis to the vagina, anus or mouth unless there is a condom on it.

Why is that?

GO OVER ANSWERS.

The reason is that a long time before a man ejaculates a liquid comes up through the penis and a drop or two will appear on the head of the penis.

In that little drop can be sperm, sexually transmitted diseases and HIV.

The do's and don'ts also refer to not using an oil-based lubricant.

Oil can weaken the latex and produce a hole.

Can anyone give me examples of oil-based lubricants?

GO OVER ANSWERS.

Right, oil-based lubricants include vaseline, baby oil, and vegetable oil.

Let's talk a moment about where you can get condoms and dental dams.

Here is a list of local places that will give them out free.

HAND OUT LIST OF SOURCES OF FREE CONDOMS AND DENTAL DAMS.

What would your Feeling Thermometer reading be if you went into a drug store and said to the clerk, "Where are the condoms kept?"

ENCOURAGE SHARING OF READINGS.

Close your eyes for a moment, and picture going into a drug store.

You walk up to the clerk and ask where the condoms or dental dams are.

You go to the place where they are kept and look them over.

You select one.

Now imagine going up to the clerk and asking how much they cost.

Ask also for where the lubricants - nonoxynol-9 - are kept.

Select one, and walk up to the cashier's counter.

Pay for the condoms or dental dams and lubricants.

You leave the store having successfully purchased what you needed.

How did you feel doing that rehearsal?

ENCOURAGE SHARING.

Exercise 3: Making Condom Use Sexy
(10 minutes)

Often you will hear someone say that condoms aren't sexy, that's it no fun using a condom.

I want you to think of ways to make using a condom very erotic.

It might help you to look at an outline which was developed from hundreds of ideas on making condom use sexy.

When you start working on your own list, be sure to include both condoms and dental dams.

PASS OUT "GUIDELINES FOR EROTICIZING SAFER SEX."

GUIDELINES FOR EROTICIZING SAFER SEX

1. USE TOUCH

TOUCH WITH

TOUCH WHERE

TOUCH HOW

2. USE WORDS
 - SWEET TALK
 - DIRTY TALK
 - READING SEXY STORIES
3. USE LOOKING
 - AT EROTIC VIDEOS AND MOVIES
 - AT OTHER PEOPLE HAVING SEX
4. USE CLOTHING
 - THE KIND OF CLOTHING
 - PUTTING IT ON
 - TAKING IT OFF
5. USE FANTASY
 - COMBINE SITUATIONS
 - WITH SEXUAL ACTS
6. USE FUN
 - FOOD
 - WATER
7. USE SEX HELPERS
 - THOSE YOU PUT IN
 - THOSE YOU PUT ON
8. USE CONDOMS INVENTIVELY

THE END

Take a quick look at the outline and then put it away and let your imagination do the rest.

DIVIDE THE GROUP INTO TWO SMALLER GROUPS.

In five minutes come up with as a many ideas as you can.

And be specific. For example, if you are talking about food, say, "Put just the tip of the condom on, spread

whipped cream on it and then lick it off. Then put the condom on a little farther and use more whip cream. Keep going until the condom is completely on."

Write the ideas on newsprint, and we'll go over them.

ALLOW FIVE MINUTES FOR BRAINSTORMING.

Let's hear what your ideas were.

HAVE GROUPS REPORT BACK. GIVE OUT TOKENS.

Exercise 4: Arguing Against Condom and Dental Dam Myths
(10 minutes)

People will tell you all kinds of reasons why they won't use a condom or dental dam.

I want you to practice your skill of arguing against these reasons.

For example, if someone said to me, "Condoms break very easily," I would say, "Condoms don't usually break unless you put them on wrong, use oil based lubricants, keep them past the expiration date, leave them where it gets too hot - like in your wallet - or tear a hole in them."

We will use practice cards.

You get a card and pass it as instructed.

The person who receives the card will read a statement to you, and you try arguing against it.

PASS OUT THE CARDS ONE AT A TIME. AFTER EACH PERSON HAS FINISHED, ASK HOW OTHER GROUP MEMBERS MIGHT HAVE RESPONDED.

CONDOM/DENTAL DAM MYTH CARDS

CARD 1, FRONT

PASS TO THE PERSON WHO IS VERY DEEP

"CONDOMS AND DENTAL DAMS KILL THE MOOD FOR SEX."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 1, BACK

POSSIBLE ARGUMENT: ONLY IF YOU LET THEM. USE YOUR IMAGINATION AND CONDOMS AND DENTAL DAMS CAN MAKE SEX REALLY EXCITING.

CARD 2, FRONT

PASS TO THE PERSON WHO IS VERY WISE

"CONDOMS DON'T FEEL AS GOOD AS THE REAL THING."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 2, BACK

POSSIBLE ARGUMENT: TODAY'S THIN LATEX CONDOMS FEEL QUITE NATURAL. PUTTING A DROP OF LUBRICANT INSIDE THE TIP OF THE CONDOM MAY GIVE EXTRA FEELING. YOU COULD ALWAYS EXPERIMENT WITH SOME OTHER BRANDS.

CARD 3, FRONT

PASS TO THE PERSON WHO IS VERY HONEST

"DENTAL DAMS ARE TOO THICK AND REDUCE THE FEELING."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 3, BACK

POSSIBLE ARGUMENT: DENTAL DAMS WERE NOT CREATED FOR SAFER SEX, BUT YOU CAN STILL STIMULATE YOUR PARTNER WHILE YOU USE ONE. CONDOMS HAVE A THINNER LATEX; SO, TRY USING ONE AS YOU WOULD A DENTAL DAM BY CUTTING IT OPEN THE LONG WAY. ALSO TRY A PAIR OF PANTIES WITH A LATEX CROTCH WHICH ARE DESIGNED FOR SEX. WHAT ABOUT A SEX TOY WITH A CONDOM ON IT?

CARD 4, FRONT

PASS TO THE PERSON WHO IS VERY NEAT

"PEOPLE WHO USE CONDOMS OR DENTAL DAMS DON'T TRUST EACH OTHER."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 4, BACK

POSSIBLE ARGUMENT: IT'S NOT A MATTER OF TRUST. IT IS A MATTER OF CARING FOR YOURSELF AND THE PERSON YOU ARE WITH. BOTH PARTNERS SHARE A RESPONSIBILITY FOR OBTAINING AND USING CONDOMS AND DENTAL DAMS - WHETHER THEY TRUST EACH OTHER OR NOT. NOT USING A CONDOM OR DENTAL DAM COULD BE A WAY OF SAYING, "I DON'T REALLY CARE ABOUT MY PARTNER THAT MUCH." BEING RESPONSIBLE BY USING CONDOMS

AND DENTAL DAMS MAKES ME FEEL GOOD ABOUT MYSELF.

CARD 5, FRONT

PASS TO THE PERSON WHO IS VERY FRIENDLY

"I CANNOT FEEL ANYTHING WHEN I WEAR A CONDOM. IT'S LIKE SHAKING HANDS WITH A RUBBER GLOVE."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 5, BACK

POSSIBLE ARGUMENT: IT'S TRUE THERE MAY BE A SMALL LOSS OF FEELING, BUT YOU CAN DEFINITELY FEEL SOMETHING. OTHERWISE YOU WOULD NOT HAVE AN ORGASM. ALSO MANY MEN STAY UP LONGER WITH A CONDOM IN PLACE.

CARD 6, FRONT

PASS TO THE PERSON WHO IS VERY GENEROUS

"CONDOMS ARE MESSY AND SMELL FUNNY."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 6, BACK

POSSIBLE ARGUMENT: CONDOMS NOW COME IN ALL DIFFERENT KINDS OF FRAGRANCES AND TASTES. FIND WHAT YOU LIKE. REMEMBER THAT A LITTLE MESSINESS MAY BE A SMALL PRICE FOR STAYING SAFE.

CARD 7, FRONT

PASS TO THE PERSON WHO IS HUMOROUS

"DENTAL DAMS REQUIRE USING TWO HANDS, SO YOU CAN'T BE FEELING AROUND."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 7, BACK

POSSIBLE ARGUMENT: THAT'S TRUE. TRY THE PANTIES WITH THE LATEX CROTCH. SWITCH TO SEX TOYS WITH A CONDOM ON.

CARD 8, FRONT

PASS TO THE PERSON WHO IS VERY KIND

"CONDOMS AND DENTAL DAMS DESTROY THE ROMANTIC ATMOSPHERE."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 8, BACK

POSSIBLE ARGUMENT: IT IS NOT VERY ROMANTIC WHEN YOU AND YOUR PARTNER ARE CONSTANTLY WORRIED ABOUT GETTING HIV AND AIDS. BEING SAFE LET'S YOU BE FREE AND REALLY GET INVOLVED SEXUALLY.

CARD 9, FRONT

PASS TO THE PERSON WHO IS VERY THRIFTY

"PUTTING A CONDOM ON BREAKS THE MOOD."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 9, BACK

POSSIBLE ARGUMENT: PUTTING IT ON IN A SEXY FASHION DOESN'T BREAK THE MOOD, AND EVEN IF IT DID, THINK OF HOW MUCH FUN CAN BE HAD GETTING ALL WORKED UP AGAIN. IF YOU ARE AWKWARD PUTTING IT ON, WITH A LITTLE PRACTICE YOU'LL GET BETTER.

CARD 10, FRONT

PASS TO THE PERSON WHO IS VERY BRAVE

"CONDOMS ARE EXPENSIVE."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 10, BACK

POSSIBLE ARGUMENT: THEY ARE FREE AT MANY CLINICS AND CENTERS. YOU CAN BUY THEM IN BULK WITH A FRIEND. CONDOMS ARE CHEAPER THAN SOME FORMS OF BIRTH CONTROL. SPENDING A LITTLE MONEY NOW CAN SAVE YOU A LOT OF MISERY LATER. BESIDES CONDOMS ALSO KEEP YOU FROM GETTING MANY KINDS OF OTHER SEXUALLY TRANSMITTED DISEASES. CONDOMS ARE A "BEST BUY."

Good job!

Are there myths that we need to argue against that weren't covered?

ENCOURAGE SHARING OF OTHER MYTHS. HAVE THE GROUP WORK ON HOW TO ARGUE AGAINST THEM.

Exercise 5: Enjoying Sexual Pleasure Without Intercourse
(10 minutes)

There is another way to stay safe besides using condoms and dental dams.

Have sex without penetration.

That means neither partner sticks the penis, tongue, or a sex toy in the other partner's vagina, mouth or anus.

Can you still receive pleasure this way?

Definitely.

DIVIDE THE CLASS INTO THREE SMALLER GROUPS. GIVE ONE GROUP A JAR OF HONEY, ANOTHER GROUP A SILK SCARF, AND THE THIRD GROUP A TUBE OR CONTAINER OF WATER BASED MASSAGE OR HAND CREAM. (EXERCISE DEVELOPED BY KONSTANCE MCCAFFREE).

Each group has an object: jar of honey; a scarf; and a tube of massage cream.

I want you to come up with as many erotic, sexy, hot things a couple could do with these objects, as long as there is no penetration.

No penetration means that nothing goes in the vagina, anus or mouth.

It doesn't mean you can't eat the honey.

You have five minutes to come up with as big a list as you can.

ALLOW FIVE MINUTES TO WORK ON THEIR LISTS. HAVE THE GROUPS REPORT BACK. GIVE TOKENS.

Tell us what your ideas were.

ENCOURAGE SHARING.

It sounds to me like you can think of lots of ways to have sexual pleasure without putting yourself at risk.

Exercise 6: Cleaning a Needle and the Works
(5 minutes)

We have worked on using a condom and dental dam to protect us.

We also explored having sex without penetration.

Another thing you can do to protect yourself is to stay away from drugs and alcohol.

We know that getting high can lead to unsafe sex and that sharing a needle when using IV drugs can lead to HIV and AIDS.

I want to make sure you know how to clean a needle and your works.

Even if you don't shoot up, you can help a friend who does.

Clean needles slow the spread of HIV.

Bleach kits can be obtained from most Health Departments.

SHOW A BLEACH KIT AND GIVE OUT A LIST OF WHERE THEY CAN BE OBTAINED.

Here is a list of where you can get them.

The next question is how do you clean a needle.

I will pass out a card to each person.

On each card is written a step in cleaning a needle.

See if you can get the right order of cards and then form a line.

The person with the first step will be at the head of the line and the person with the last step will be at the end of the line.

PASS OUT THE CLEAN NEEDLE CARDS. THE CARDS ARE AS FOLLOWS:

POUR LIQUID BLEACH INTO A GLASS

FILL THE SYRINGE WITH BLEACH

EMPTY BLEACH FROM SYRINGE INTO A SINK

FILL GLASS WITH CLEAN WATER

FILL THE SYRINGE WITH WATER

EMPTY WATER FROM SYRINGE INTO A SINK

REPEAT PUTTING WATER IN SYRINGE AND EMPTYING IT

THROW AWAY USED BLEACH

(THE CARDS ARE LISTED IN THE CORRECT ORDER.)

For those of you who don't know, liquid bleach is a household cleaner which kills HIV.

You don't want to drink it or inject it into your veins by mistake, but if you do make a mistake, you would be OK.

Now see if you can figure out the correct order of the steps for cleaning a needle.

HAVE GROUP FORM A LINE WITH THE CORRECT STEPS. WHEN THEY ARE FINISHED, SHOW THEM THE RIGHT ORDER.

That was good.

Now let me demonstrate the process of cleaning a needle that you just described.

DEMONSTRATE CLEANING A NEEDLE FOLLOWING THE STEPS THE GROUP JUST WORKED ON.

Has everybody got it?

Exercise 7: Using HIV Testing As A Way To Stay Safe
(15 minutes)

Because some people don't understand what HIV testing is all about they use testing as a way of protecting themselves.

They think that if they get a negative result they don't need to practice safer sex.

Therefore we need to spend a few minutes on what testing does and what test results mean.

First, let's look at what testing does.

HAND OUT FACT SHEET ON TESTING AND GO OVER IT.

THE HIV ANTIBODY TEST FACT SHEET

BACKGROUND

1. THE HIV ANTIBODY TEST DETECTS ANTIBODIES IN YOUR BLOOD.
2. ANTIBODIES ARE MADE BY YOUR BLOOD WHEN SOMETHING FROM OUTSIDE, LIKE HIV, ENTERS IT.
3. ANTIBODIES USUALLY PROTECT YOU.
4. EVEN THOUGH THERE ARE ANTIBODIES IN YOUR BLOOD, THEY ARE NOT EFFECTIVE IN STOPPING HIV.

THE TEST

1. TO TAKE THE TEST A SMALL SAMPLE OF BLOOD IS DRAWN FROM YOUR ARM.
2. THERE IS A DELAY FROM WHEN YOU BECOME INFECTED WITH HIV UNTIL THE ANTIBODIES ARE MADE.
3. THE HIV ANTIBODY TEST PREDICTS ABOUT AS WELL AS OTHER WIDELY USED TESTS.
4. SOME PEOPLE WHO TEST NEGATIVE (NO ANTIBODIES IN THE BLOOD) ARE ACTUALLY POSITIVE.
5. MOST PEOPLE WHO TEST POSITIVE (ANTIBODIES WERE FOUND IN THE BLOOD) ARE REALLY POSITIVE.
6. TO BE SURE ABOUT THE RESULTS, THE TEST SHOULD BE TAKEN SEVERAL TIMES WITH A WAIT OF SIX MONTHS IN BETWEEN EACH TESTING.
7. THE HIV ANTIBODY TEST DOES NOT DETECT WHETHER YOU HAVE AIDS.
8. THE TEST ONLY TELLS YOU IF YOUR BODY HAS PRODUCED ANTIBODIES IN RESPONSE TO THE VIRUS THAT CAUSES AIDS.
9. THERE IS A DELAY OF YEARS IN MANY CASES BETWEEN GETTING INFECTED WITH HIV AND SHOWING SIGNS OF AIDS.
10. THE HIV ANTIBODY TEST CAN BE USED TO TELL IF A NEWBORN BABY HAD RECEIVED HIV FROM ITS MOTHER'S BLOOD BEFORE BIRTH.
11. THE TEST CAN BE TAKEN CONFIDENTIALLY (THE RESULTS ARE SECRET) OR ANONYMOUSLY (NO ONE KNOWS YOU TOOK IT).

The overall idea of the test is this: When HIV enters the body, the body produces antibodies in response

to the virus.

The test detects the presence of these antibodies in your blood.

So now you have some idea about what the test does and doesn't do.

But what does it mean if you get positive results or negative results?

I know there are a lot of wrong answers to these questions.

So we will try and clear up the incorrect ideas through using our practice cards.

Because you have probably heard so many wrong answers from friends and all kinds of people, I don't expect you to know the right answer.

So take your best guess.

This is a safe place - there's no penalty for incorrect answers.

Take a risk and guess.

I'll give you a card; you pass it as the cards says; the person who gets it asks you a questions and you try to answer it.

Then the person turns over the card and reads what is on the back.

Let me give you an example.

My card says, "Pass to the person who is good at teaching" so I pass it to that person.

That person reads the card, "If your test results are negative, does that guarantee that you are free of the virus?"

Well, I'm going to take a guess. "No, I don't think negative results are a guarantee."

The person who asked me the question turns over the back and reads a suggested answer: "You may have taken the test before your body had a chance to make antibodies."

Has everybody got the idea?

PASS OUT THE CARDS ONE AT A TIME. AFTER THE FIRST PERSON ANSWERS, GO ONTO THE NEXT PERSON. MAKE SURE DIFFERENT PEOPLE ACCEPT THE "PASS TO" PART EACH TIME. FIND THE PERSON WHO IS CLOSEST TO THE CHARACTERISTIC ON THE CARD. KEEP GOING UNTIL ALL THE CARDS ARE USED UP.

THE HIV TEST RESULTS CARDS

1,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT LISTENING TO OTHERS

DOES BEING HIV-POSITIVE MEAN THAT YOU NOW HAVE AIDS?

1,BACK

POSSIBLE ANSWER: NO. IT MEANS THAT I HAVE BEEN EXPOSED TO THE VIRUS AND HAVE BEEN INFECTED WITH HIV.

2,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT ASKING QUESTIONS

DOES BEING HIV-POSITIVE MEAN THAT YOU WILL DEFINITELY DEVELOP AIDS IN THE FUTURE?

2,BACK

POSSIBLE ANSWER: SOME PEOPLE REMAIN HEALTHY FOR LONG PERIODS OF TIME. SOME PEOPLE DEVELOP A CONDITION WITH SOME OF THE SIGNS OF AIDS BUT NOT ALL OF THEM.

3,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT SOLVING PROBLEMS

IF YOU ARE HIV-POSITIVE, HOW LONG MIGHT IT TAKE TO DEVELOP FULL-BLOWN AIDS?

3,BACK

POSSIBLE ANSWER: ANYWHERE FROM A FEW MONTHS TO MORE THAN TEN YEARS AFTER INFECTION.

4,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT FIXING THINGS

IF YOU ARE HIV-POSITIVE AND HAVE ANTIBODIES IN YOUR BLOOD, YOU ARE NOT IMMUNE TO THE VIRUS. IS THAT A TRUE STATEMENT?

4,BACK

POSSIBLE ANSWER: YES, THAT IS A TRUE STATEMENT. EVEN IF I HAVE HIV ANTIBODIES IN MY BLOOD, THE ANTIBODIES DO NOT KILL THE VIRUS.

5,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT ANSWERING QUESTIONS

IF YOU ARE HIV-POSITIVE, SHOULD A SECOND TEST BE PERFORMED?

5,BACK

POSSIBLE ANSWER: YES. A SECOND TEST IS NEEDED TO CONFIRM THE FINDINGS OF THE FIRST ONE. MISTAKES CAN BE MADE, AND SOME MEDICINES LIKE BIRTH CONTROL PILLS CAN PRODUCE A WRONG RESULT.

6,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT GOSSIPING

DOES BEING HIV-POSITIVE MEAN THAT YOU CAN NO LONGER HAVE SEX?

6,BACK

POSSIBLE ANSWER: YOU CAN HAVE SEX BUT MAKE SURE YOU ALWAYS PRACTICE SAFER SEX.

7,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT ANALYZING THINGS

IF YOU ARE HIV-NEGATIVE, DOES IT MEAN THAT YOU ARE FREE OF THE VIRUS?

7,BACK

POSSIBLE ANSWER: NO. YOU WOULD NEED TO HAVE ANOTHER TEST SIX MONTHS TO A YEAR LATER.

8,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT EXPRESSING FEELINGS

IF YOU TESTED HIV-NEGATIVE, WHY MIGHT YOU STILL HAVE THE VIRUS?

8,BACK

POSSIBLE ANSWER: BECAUSE IT CAN TAKE THE BODY ANYWHERE FROM SIX WEEKS TO A YEAR AFTER BEING INFECTED TO MAKE ANTIBODIES. IF YOU TAKE THE TEST AFTER BEING INFECTED, BUT BEFORE THE BODY HAD ENOUGH TIME TO PRODUCE ANTIBODIES, YOU WILL TEST NEGATIVE.

9,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT GETTING OTHERS TO COOPERATE WITH THEM

IF YOU HAVE BEEN EXPOSED TO THE VIRUS BUT TESTED NEGATIVE, CAN YOU PASS THE VIRUS TO SOMEONE ELSE?

9,BACK

POSSIBLE ANSWER: YES. YOU NEED PERIODIC TESTING TO KNOW IF YOU ARE COMPLETELY FREE OF THE VIRUS.

10,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT FINDING BARGAINS

IF YOU SHOOT UP WITH DRUGS AND HAVE TESTED HIV-NEGATIVE, IS IT ALL RIGHT TO SHARE NEEDLES?

10,BACK

POSSIBLE ANSWER: NO. YOU COULD STILL GET INFECTED FROM THE NEEDLES AND YOU CAN STILL PASS THE VIRUS ON IF THE TEST WAS TAKEN BEFORE THE BODY HAD TIME TO MAKE ANTIBODIES.

That was great!

GIVE OUT TOKENS.

Are there any other questions that you have or points that you are confused about?

ANSWER QUESTIONS.

We've learned about the HIV Antibody test and what either positive or negative results mean.

From what you know now, tell me what the advantages and disadvantages might be of getting tested.

ENCOURAGE BRAINSTORMING ADVANTAGES AND DISADVANTAGES.

Here is a list of advantages and disadvantages of getting tested.

The list takes what you said and adds some more.

PASS OUT THE LIST AND GO OVER IT BRIEFLY.

ADVANTAGES AND DISADVANTAGES OF GETTING TESTED

ADVANTAGES

1. BEGIN NEW THERAPIES AS SOON AS POSSIBLE.
2. KEEP FROM BRINGING AN AIDS BABY INTO THE WORLD.
3. KEEP FROM PASSING THE VIRUS TO YOUR FRIENDS AND PARTNERS.

DISADVANTAGES

1. PERSON WITH POSITIVE STATUS MAY FEEL DEPRESSED AND DO SELF-DESTRUCTIVE THINGS.
2. PERSON WITH NEGATIVE STATUS MAY DEVELOP A FALSE SENSE OF SECURITY.
3. POSITIVE PEOPLE MAY DEVELOP A SENSE OF HELPLESSNESS.
4. PERSON WITH POSITIVE STATUS MAY FACE DISCRIMINATION.

5. PEOPLE WITH POSITIVE STATUS MAY BE EXCLUDED FROM JOBS AND SERVICES.
6. SOMEONE MAY NOT KEEP THE STATUS A SECRET AND BLAB IT AROUND.
7. CAN'T GET INSURANCE IF HAVE HIV POSITIVE STATUS.
8. TREATMENTS MAY NOT HELP.
9. CAN'T PAY FOR IT.
10. TEENAGER MAY NOT BE ABLE TO COMPLY WITH THE TREATMENT REQUIREMENTS.
11. THERE MAY NOT BE ADEQUATE FOLLOW-UP AND SUPPORT.
12. A PERSON WITH POSITIVE STATUS MAY BECOME SO ANGRY THAT HE OR SHE TAKES IT OUT ON OTHERS BY SPREADING HIV AROUND.

Exercise 8: Talking with Friends
(20 minutes)

We have covered a lot of ground today.

Now I want you to get the feel for talking with a friend about what you have learned.

The point is not to be perfect, but to practice answering your friend's question.

I will keep each scene brief, so you won't have to go on very long.

Each person will have a question to answer.

After you answer it, the rest of the group will tell you what they liked.

PICK A PERSON WHO WILL GO FIRST. HAVE THE PARTICIPANT SITTING NEXT TO THEM READ THE FIRST QUESTION. AFTER THE ANSWER, OBTAIN FEEDBACK FROM TWO PEOPLE. THEN GO ON. KEEP GOING UNTIL EVERYONE HAS HAD A CHANCE TO ANSWER A QUESTION. REMEMBER TO GIVE OUT TOKENS.

PROTECTION SCENES

READ THE QUESTION TO THE PERSON SITTING NEXT TO YOU.

SCENE 1: HOW DO YOU PUT ON A CONDOM?

SCENE 2: HOW DO YOU USE A DENTAL DAM?

SCENE 3: HOW CAN YOU MAKE USING A CONDOM OR DENTAL DAM MORE EXCITING?

SCENE 4: WHAT WOULD YOU SAY TO ME IF I TOLD YOU THAT CONDOMS DON'T FEEL NATURAL?

SCENE 5: HOW CAN YOU MAKE SEX WITHOUT PENETRATION FUN?

SCENE 6: HOW DO YOU CLEAN A NEEDLE AND THE WORKS?

SCENE 7: IF I TOOK THE HIV TEST AND IT CAME BACK NEGATIVE, IS IT OK TO HAVE UNPROTECTED SEX?

SCENE 8: SEX SOUNDS SO RISKY. DO YOU THINK I SHOULD JUST STOP HAVING SEX?

THE END

You all did a great job.

Exercise 9: Initiating an HIV/AIDS Message

We will divide the group in half and then we can practice starting a conversation with an HIV/AIDS message.

I want each of you to pair up and start a conversation with your partner.

Simply say, "My name is _____. I am in Project LIGHT II where we are learning about safer sex. One thing I got out of today's session is _____."

Let me show you.

MODEL THE BEHAVIOR WITH THE CO-GROUP LEADER.

That's all you have to do.

Up on the wall are the main points about giving an HIV/AIDS message.

Let's review them:

Concern about AIDS is wise - anyone could get it.

"I" statements - "I learning..." "I've changed..."

Staying safe is the accepted thing now - people in the know are making changes.

There are lots of benefits to safer sex - no worry, protects against other diseases as well.

Say what safer sex means - using condoms, dental dams, no penetration.

Give helpful hints on steps to take to make change.

You won't have to give a complete HIV/AIDS message today, but it is good to have the guidelines in mind.

After one partner has had a chance to practice the message, it will be the other partner's turn.

DIVIDE THE GROUP IN HALF. A GROUP LEADER SHOULD GO WITH EACH SMALL GROUP. HAVE EACH PROJECT LIGHT II PARTICIPANT START A CONVERSATION WITH HIS OR HER PARTNER. THE EMPHASIS IS ON STARTING THE CONVERSATION, SO IT NEED NOT CONTINUE VERY LONG. AFTER EACH PERSON TRIES, HAVE THE GROUP GIVE FEEDBACK.

I want to tell you how well you started the conversation.

We are at the end of the first part of today's session.

As you can see, we focused on protecting ourselves: condoms, dental dams, making safer sex erotic, cleaning needles, sex without penetration, myths about using condoms, HIV testing, and then practice in telling others.

You really worked hard.

Let's take a minute and give each other some strokes.

HAVE THE GROUP MEMBERS SHOW APPRECIATION TO EACH OTHER.

Now it is time for a break between the two modules in this session.

END OF SESSION FOUR

Ronald and Holly

RONALD: You are so good!

HOLLY:I'm glad I please you. I like sex with you too, but where are you going with that rubber?

RONALD: I'm going to wash it out.

HOLLY:Then what are you going to do with it.

RONALD: Then I'll hang it up to dry. When it's dry, I'll dust it with talcum powder, and roll it back up.

HOLLY:What for?

RONALD: To use again - of course.

HOLLY:Good heavens! Are you crazy? Have we been screwing with used rubbers?

RONALD: New ones are so expensive.

HOLLY:I can't believe this! You've got money. You just don't want to spend it. I never saw anyone so cheap. Here's five bucks. Buy some new condoms. In all my days I never heard of such a thing. Oh! Oh! Oh! Sure as I'm sitting here, I going to get HIV, and I've been so careful. Ronald, I love you, but you are really dumb. Listen to me, Ronald. Now go get your used rubbers - all of them. No holding out on me. Get them and put them in this paper bag.

RONALD: What are you going to do with them?

HOLLY:Burn them!

RONALD: I can't part with them.

HOLLY:Ronald, get your behind out of that chair and bring me those condoms. Or you're never doing it with me again. I can't believe this. Washes them out and powders them.

THE END

Martha and Roger

MARTHA: What are you doing?

ROGER: I thought you said you were going to feel pretty sexy tonight.

MARTHA: I did, but what are you doing?

ROGER: I know how you like oral sex; so, I am getting ready.

MARTHA: You are embarrassing me.

ROGER: I didn't mean to.

MARTHA: I can see you have a whole box of dental dams, but what are you doing to them?

ROGER: I'm stamping them.

MARTHA: You have a rubber stamp and you are stamping them?

ROGER: Yes.

MARTHA: What does the stamp say?

ROGER: "This Side Up!"

MARTHA: What's that for?

ROGER: So I'll know which side has been against my mouth and which side has been against your fuzzy.

MARTHA: Well, that makes sense.

ROGER: I thought you'd see my side of it.

THE END

USING A CONDOM

PUTTING ON A CONDOM

(BUY LATEX ONLY BECAUSE LAMB SKIN LETS HIV THROUGH)

1. OPEN THE PACKAGE CAREFULLY.
2. PUT A DROP OF WATER-BASED LUBRICANT INSIDE THE TIP OF THE CONDOM.
3. ROLL DOWN 1/2 INCH OF CONDOM.
4. PUT THE RUBBER AGAINST THE HEAD OF THE HARD PENIS. (IF THE PENIS IS UNCIRCUMCISED, PULL BACK THE FORESKIN FIRST.)
5. SQUEEZE ANY AIR OUT OF THE RUBBER.
6. ROLL THE RUBBER ALL THE WAY DOWN TO THE BASE OF THE PENIS.
7. GENTLY SMOOTH OUT ANY EXTRA AIR.

TAKING OFF A CONDOM

1. PULL OUT GENTLY WHILE THE PENIS IS STILL HARD.
2. HOLD THE CONDOM AT THE BASE OF THE PENIS WHILE PULLING OUT SO THE RUBBER DOESN'T LEAK OR FALL OFF.
3. STARTING AT THE BASE, ROLL THE RUBBER OFF CAREFULLY SO THE CUM DOESN'T SPILL.
4. THROW THE CONDOM AWAY. (NEVER USE A RUBBER TWICE.)

DO'S AND DON'TS FOR CONDOMS

DO

1. USE ONLY LATEX CONDOMS
2. USE FOR VAGINAL, ANAL AND VAGINAL SEX
3. USE ONLY WITH WATER-BASED LUBRICANT SUCH AS K-Y JELLY NOT VASELINE.
4. CHECK OUT THE CONDOM PACKET FOR PUNCTURES
5. PUT ON CONDOM BEFORE PENIS EVEN TOUCHES ANUS, VAGINA OR MOUTH
6. PULL BACK FORESKIN
7. PLACE SMALL AMOUNT OF LUBRICANT WITH NONOXYNOL-9 IN CONDOM TIP
8. ROLL CONDOM ALL THE WAY TO BASE OF PENIS
9. LEAVE ROOM IN END OF CONDOM FOR CUM
10. SQUEEZE OUT ANY AIR POCKETS.
11. HOLD ON TO THE RIM OF THE CONDOM AT THE BASE WHEN PULLING OUT
12. CAREFULLY REMOVE CONDOM
13. THROW CONDOM AWAY

DON'T

1. USE AN OIL-BASED LUBRICANT
2. USE A CONDOM MORE THAN ONCE
3. PUNCTURE THEM
4. USE LAMB SKIN CONDOMS
5. STORE THEM IN A WARM PLACE
6. USE PAST THE EXPIRATION DATE

THE DOS' AND DON'T OF DENTAL DAMS

DO

1. USE FOR MOUTH TO VAGINA OR MOUTH TO ANUS SEXUAL CONTACT
2. USE ONLY WITH WATER-BASED LUBRICANTS SUCH AS K-Y JELLY, NOT VASELINE.
3. PLACE DENTAL DAME COMPLETELY OVER THE ANUS OR VAGINA
4. USE THE SAME SIDE OF THE DAM AGAINST THE VAGINA OR ANUS IF YOU MOVE IT.
5. USE A DIFFERENT DENTAL DAM FOR EACH PARTNER

DON'T

1. USE MORE THAN ONE TIME
2. USE IT FOR VAGINAL OR ANAL INTERCOURSE OR ANILINGUS
3. USE IT WITH PETROLEUM-BASED LUBRICANTS SUCH AS VASELINE
4. PUNCTURE IT

GUIDELINES FOR EROTICIZING SAFER SEX

1. USE TOUCH
 - TOUCH WITH
 - TOUCH WHERE
 - TOUCH HOW
2. USE WORDS
 - SWEET TALK
 - DIRTY TALK
 - READING SEXY STORIES
3. USE LOOKING
 - AT EROTIC VIDEOS AND MOVIES
 - AT OTHER PEOPLE HAVING SEX
4. USE CLOTHING
 - THE KIND OF CLOTHING
 - PUTTING IT ON
 - TAKING IT OFF
5. USE FANTASY
 - COMBINE SITUATIONS
 - WITH SEXUAL ACTS
6. USE FUN
 - FOOD
 - WATER
7. USE SEX HELPERS
 - THOSE YOU PUT IN
 - THOSE YOU PUT ON
8. USE CONDOMS INVENTIVELY

CARD 1, FRONT

PASS TO THE PERSON WHO IS VERY DEEP

"CONDOMS AND DENTAL DAMS KILL THE MOOD FOR SEX."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 2, FRONT

PASS TO THE PERSON WHO IS VERY WISE

"CONDOMS DON'T FEEL AS GOOD AS THE REAL THING."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 1, BACK

POSSIBLE ARGUMENT: ONLY IF YOU LET THEM. USE YOUR IMAGINATION AND CONDOMS AND DENTAL DAMS CAN MAKE SEX REALLY EXCITING.

CARD 2, BACK

POSSIBLE ARGUMENT: TODAY'S THIN LATEX CONDOMS FEEL QUITE NATURAL. PUTTING A DROP OF LUBRICANT INSIDE THE TIP OF THE CONDOM MAY GIVE EXTRA FEELING. YOU COULD ALWAYS EXPERIMENT WITH SOME OTHER BRANDS.

CARD 3, FRONT

PASS TO THE PERSON WHO IS VERY HONEST

"DENTAL DAMS ARE TOO THICK AND REDUCE THE FEELING."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 4, FRONT

PASS TO THE PERSON WHO IS VERY NEAT

"PEOPLE WHO USE CONDOMS OR DENTAL DAMS DON'T TRUST EACH OTHER."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 3, BACK

POSSIBLE ARGUMENT: DENTAL DAMS WERE NOT CREATED FOR SAFER SEX, BUT YOU CAN STILL STIMULATE YOUR PARTNER WHILE YOU USE ONE. CONDOMS HAVE A THINNER LATEX; SO, TRY USING ONE AS YOU WOULD A DENTAL DAM BY CUTTING IT OPEN THE LONG WAY. ALSO TRY A PAIR OF PANTIES WITH A LATEX CROTCH WHICH ARE DESIGNED FOR SEX. WHAT ABOUT A SEX TOY WITH A CONDOM ON IT?

CARD 4, BACK

POSSIBLE ARGUMENT: IT'S NOT A MATTER OF TRUST. IT IS A MATTER OF CARING FOR YOURSELF AND THE PERSON YOU ARE WITH. BOTH PARTNERS SHARE A RESPONSIBILITY FOR OBTAINING AND USING CONDOMS AND DENTAL DAMS - WHETHER THEY TRUST EACH OTHER OR NOT. NOT USING A CONDOM OR DENTAL DAM COULD BE A WAY OF SAYING, "I DON'T REALLY CARE ABOUT MY PARTNER THAT MUCH." BEING RESPONSIBLE BY USING CONDOMS AND DENTAL DAMS MAKES ME FEEL GOOD ABOUT MYSELF.

CARD 5, FRONT

PASS TO THE PERSON WHO IS VERY FRIENDLY

"I CANNOT FEEL ANYTHING WHEN I WEAR A CONDOM. IT'S LIKE SHAKING HANDS WITH A RUBBER GLOVE."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 6, FRONT

PASS TO THE PERSON WHO IS VERY GENEROUS

"CONDOMS ARE MESSY AND SMELL FUNNY."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 5, BACK

POSSIBLE ARGUMENT: IT'S TRUE THERE MAY BE A SMALL LOSS OF FEELING, BUT YOU CAN DEFINITELY FEEL SOMETHING. OTHERWISE YOU WOULD NOT HAVE AN ORGASM. ALSO MANY MEN STAY UP LONGER WITH A CONDOM IN PLACE.

CARD 6, BACK

POSSIBLE ARGUMENT: CONDOMS NOW COME IN ALL DIFFERENT KINDS OF FRAGRANCES AND TASTES. FIND WHAT YOU LIKE. REMEMBER THAT A LITTLE MESSINESS MAY BE A SMALL PRICE FOR STAYING SAFE.

CARD 7, FRONT

PASS TO THE PERSON WHO IS HUMOROUS

"DENTAL DAMS REQUIRE USING TWO HANDS, SO YOU CAN'T BE FEELING AROUND."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 8, FRONT

PASS TO THE PERSON WHO IS VERY KIND

"CONDOMS AND DENTAL DAMS DESTROY THE ROMANTIC ATMOSPHERE."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 7, BACK

POSSIBLE ARGUMENT: THAT'S TRUE. TRY THE PANTIES WITH THE LATEX CROTCH. SWITCH TO SEX TOYS WITH A CONDOM ON.

CARD 8, BACK

POSSIBLE ARGUMENT: IT IS NOT VERY ROMANTIC WHEN YOU AND YOUR PARTNER ARE CONSTANTLY WORRIED ABOUT GETTING HIV AND AIDS. BEING SAFE LET'S YOU BE FREE AND REALLY GET INVOLVED SEXUALLY.

CARD 9, FRONT

PASS TO THE PERSON WHO IS VERY THRIFTY

"PUTTING A CONDOM ON BREAKS THE MOOD."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 10, FRONT

PASS TO THE PERSON WHO IS VERY BRAVE

"CONDOMS ARE EXPENSIVE."

HOW WOULD YOU ARGUE AGAINST THIS STATEMENT?

CARD 9, BACK

POSSIBLE ARGUMENT: PUTTING IT ON IN A SEXY FASHION DOESN'T BREAK THE MOOD, AND EVEN IF IT DID, THINK OF HOW MUCH FUN CAN BE HAD GETTING ALL WORKED UP AGAIN. IF YOU ARE AWKWARD PUTTING IT ON, WITH A LITTLE PRACTICE YOU'LL GET BETTER.

CARD 10, BACK

POSSIBLE ARGUMENT: THEY ARE FREE AT MANY CLINICS AND CENTERS. YOU CAN BUY THEM IN BULK WITH A FRIEND. CONDOMS ARE CHEAPER THAN SOME FORMS OF BIRTH CONTROL. SPENDING A LITTLE MONEY NOW CAN SAVE YOU A LOT OF MISERY LATER. BESIDES CONDOMS ALSO KEEP YOU FROM GETTING MANY KINDS OF OTHER SEXUALLY TRANSMITTED DISEASES. CONDOMS ARE A "BEST BUY."

note: one step to a card and then hand out list with all the steps on it.

POUR LIQUID BLEACH INTO A GLASS

FILL THE SYRINGE WITH BLEACH

EMPTY BLEACH FROM SYRINGE INTO A SINK

FILL GLASS WITH CLEAN WATER

FILL THE SYRINGE WITH WATER

EMPTY WATER FROM SYRINGE INTO A SINK

REPEAT PUTTING WATER IN SYRINGE AND EMPTYING IT

THROW AWAY USED BLEACH

THE HIV ANTIBODY TEST FACT SHEET

BACKGROUND

1. THE HIV ANTIBODY TEST DETECTS ANTIBODIES IN YOUR BLOOD.
2. ANTIBODIES ARE MADE BY YOUR BLOOD WHEN SOMETHING FROM OUTSIDE, LIKE HIV, ENTERS IT.
3. ANTIBODIES USUALLY PROTECT YOU.
4. EVEN THOUGH THERE ARE ANTIBODIES IN YOUR BLOOD, THEY ARE NOT EFFECTIVE IN STOPPING HIV.

THE TEST

1. TO TAKE THE TEST A SMALL SAMPLE OF BLOOD IS DRAWN FROM YOUR ARM.
2. THERE IS A DELAY FROM WHEN YOU BECOME INFECTED WITH HIV UNTIL THE ANTIBODIES ARE MADE.
3. THE HIV ANTIBODY TEST PREDICTS ABOUT AS WELL AS OTHER WIDELY USED TESTS.
4. SOME PEOPLE WHO TEST NEGATIVE (NO ANTIBODIES IN THE BLOOD) ARE ACTUALLY POSITIVE.
5. MOST PEOPLE WHO TEST POSITIVE (ANTIBODIES WERE FOUND IN THE BLOOD) ARE REALLY POSITIVE.
6. TO BE SURE ABOUT THE RESULTS, THE TEST SHOULD BE TAKEN SEVERAL TIMES WITH A WAIT OF SIX MONTHS IN BETWEEN EACH TESTING.
7. THE HIV ANTIBODY TEST DOES NOT DETECT WHETHER YOU HAVE AIDS.
8. THE TEST ONLY TELLS YOU IF YOUR BODY HAS PRODUCED ANTIBODIES IN RESPONSE TO THE VIRUS THAT CAUSES AIDS.
9. THERE IS A DELAY OF YEARS IN MANY CASES BETWEEN GETTING INFECTED WITH HIV AND SHOWING SIGNS OF AIDS.
10. THE HIV ANTIBODY TEST CAN BE USED TO TELL IF A NEWBORN BABY HAD RECEIVED HIV FROM ITS MOTHER'S BLOOD BEFORE BIRTH.
11. THE TEST CAN BE TAKEN CONFIDENTIALLY (THE RESULTS ARE SECRET) OR ANONYMOUSLY (NO ONE KNOWS YOU TOOK IT).

1,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT LISTENING TO OTHERS

DOES BEING HIV-POSITIVE MEAN THAT YOU NOW HAVE AIDS?

2,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT ASKING QUESTIONS

DOES BEING HIV-POSITIVE MEAN THAT YOU WILL DEFINITELY DEVELOP AIDS IN THE FUTURE?

1,BACK

POSSIBLE ANSWER: NO. IT MEANS THAT I HAVE BEEN EXPOSED TO THE VIRUS AND HAVE BEEN INFECTED WITH HIV.

2,BACK

POSSIBLE ANSWER: SOME PEOPLE REMAIN HEALTHY FOR LONG PERIODS OF TIME. SOME PEOPLE DEVELOP A CONDITION WITH SOME OF THE SIGNS OF AIDS BUT NOT ALL OF THEM.

3,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT SOLVING PROBLEMS

IF YOU ARE HIV-POSITIVE, HOW LONG MIGHT IT TAKE TO DEVELOP FULL-BLOWN AIDS?

4,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT FIXING THINGS

IF YOU ARE HIV-POSITIVE AND HAVE ANTIBODIES IN YOUR BLOOD, YOU ARE NOT IMMUNE TO THE VIRUS. IS THAT A TRUE STATEMENT?

3,BACK

POSSIBLE ANSWER: ANYWHERE FROM A FEW MONTHS TO MORE THAN TEN YEARS AFTER INFECTION.

4,BACK

POSSIBLE ANSWER: YES, THAT IS A TRUE STATEMENT. EVEN IF I HAVE HIV ANTIBODIES IN MY BLOOD, THE ANTIBODIES DO NOT KILL THE VIRUS.

5,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT ANSWERING QUESTIONS

IF YOU ARE HIV-POSITIVE, SHOULD A SECOND TEST BE PERFORMED?

6,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT GOSSIPING

DOES BEING HIV-POSITIVE MEAN THAT YOU CAN NO LONGER HAVE SEX?

5,BACK

POSSIBLE ANSWER: YES. A SECOND TEST IS NEEDED TO CONFIRM THE FINDINGS OF THE FIRST ONE. MISTAKES CAN BE MADE, AND SOME MEDICINES LIKE BIRTH CONTROL PILLS CAN PRODUCE A WRONG RESULT.

6,BACK

POSSIBLE ANSWER: YOU CAN HAVE SEX BUT MAKE SURE YOU ALWAYS PRACTICE SAFER SEX.

7,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT ANALYZING THINGS

IF YOU ARE HIV-NEGATIVE, DOES IT MEAN THAT YOU ARE FREE OF THE VIRUS?

8,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT EXPRESSING FEELINGS

IF YOU TESTED HIV-NEGATIVE, WHY MIGHT YOU STILL HAVE THE VIRUS?

7,BACK

POSSIBLE ANSWER: NO. YOU WOULD NEED TO HAVE ANOTHER TEST SIX MONTHS TO A YEAR LATER.

8,BACK

POSSIBLE ANSWER: BECAUSE IT CAN TAKE THE BODY ANYWHERE FROM SIX WEEKS TO A YEAR AFTER BEING INFECTED TO MAKE ANTIBODIES. IF YOU TAKE THE TEST AFTER BEING INFECTED, BUT BEFORE THE BODY HAD ENOUGH TIME TO PRODUCE ANTIBODIES, YOU WILL TEST NEGATIVE.

9,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT GETTING OTHERS TO COOPERATE WITH THEM

IF YOU HAVE BEEN EXPOSED TO THE VIRUS BUT TESTED NEGATIVE, CAN YOU PASS THE VIRUS TO SOMEONE ELSE?

10,FRONT,HIV

PASS TO THE PERSON WHO IS GOOD AT FINDING BARGAINS

IF YOU SHOOT UP WITH DRUGS AND HAVE TESTED HIV-NEGATIVE, IS IT ALL RIGHT TO SHARE NEEDLES?

9,BACK

POSSIBLE ANSWER: YES. YOU NEED PERIODIC TESTING TO KNOW IF YOU ARE COMPLETELY FREE OF THE VIRUS.

10,BACK

POSSIBLE ANSWER: NO. YOU COULD STILL GET INFECTED FROM THE NEEDLES AND YOU CAN STILL PASS THE VIRUS ON IF THE TEST WAS TAKEN BEFORE THE BODY HAD TIME TO MAKE ANTIBODIES.

ADVANTAGES AND DISADVANTAGES OF GETTING TESTED

ADVANTAGES

1. BEGIN NEW THERAPIES AS SOON AS POSSIBLE.
2. KEEP FROM BRINGING AN AIDS BABY INTO THE WORLD.
3. KEEP FROM PASSING THE VIRUS TO YOUR FRIENDS AND PARTNERS.

DISADVANTAGES

1. PERSON WITH POSITIVE STATUS MAY FEEL DEPRESSED AND DO SELF-DESTRUCTIVE THINGS.
2. PERSON WITH NEGATIVE STATUS MAY DEVELOP A FALSE SENSE OF SECURITY.
3. POSITIVE PEOPLE MAY DEVELOP A SENSE OF HELPLESSNESS.
4. PERSON WITH POSITIVE STATUS MAY FACE DISCRIMINATION.
5. PEOPLE WITH POSITIVE STATUS MAY BE EXCLUDED FROM JOBS AND SERVICES.
6. SOMEONE MAY NOT KEEP THE STATUS A SECRET AND BLAB IT AROUND.
7. CAN'T GET INSURANCE IF HAVE HIV POSITIVE STATUS.
8. TREATMENTS MAY NOT HELP.
9. CAN'T PAY FOR IT.
10. TEENAGER MAY NOT BE ABLE TO COMPLY WITH THE TREATMENT REQUIREMENTS.
11. THERE MAY NOT BE ADEQUATE FOLLOW-UP AND SUPPORT.
12. A PERSON WITH POSITIVE STATUS MAY BECOME SO ANGRY THAT HE OR SHE TAKES IT OUT ON OTHERS BY SPREADING HIV AROUND.

PROTECTION SCENES

READ THE QUESTION TO THE PERSON SITTING NEXT TO YOU.

SCENE 1: HOW DO YOU PUT ON A CONDOM?

SCENE 2: HOW DO YOU USE A DENTAL DAM?

SCENE 3: HOW CAN YOU MAKE USING A CONDOM OR DENTAL DAM MORE EXCITING?

SCENE 4: WHAT WOULD YOU SAY TO ME IF I TOLD YOU THAT CONDOMS DON'T FEEL NATURAL?

SCENE 5: HOW CAN YOU MAKE SEX WITHOUT PENETRATION FUN?

SCENE 6: HOW DO YOU CLEAN A NEEDLE AND THE WORKS?

SCENE 7: IF I TOOK THE HIV TEST AND IT CAME BACK NEGATIVE, IS IT OK TO HAVE UNPROTECTED SEX?

SCENE 8: SEX SOUNDS SO RISKY. DO YOU THINK I SHOULD JUST STOP HAVING SEX?

THE END