

SESSION 6: HOW CAN I FEEL COMFORTABLE SPREADING THE WORD ABOUT SAFER SEX?

OBJECTIVES:

1. Participants will understand why "friends educating friends" is effective and can help slow the spread of HIV/AIDS.
2. Participants will be able to identify the factors in an effective "friend-to-friend" discussion.
3. Participants will improve their skills in influencing friends to practice safer sex.
4. Participants will learn more about the nature of sex.
5. Participants will continue to support each other.

PROCEDURES:

1. Introduce the group leaders, participants, and skills to be learned today.
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. Put notes up on the Group Success Poster. Also ask group members to hold up the condoms and dental dams they carry with them. Reward with tokens and then take a Feeling Thermometer reading.
3. Review what was covered in the second session and answer any questions about the group's procedures.
4. Explain that at the end of every session the group worked on helping a friend. State that in the last session they had to initiate a conversation. Ask about that experience in detail and discuss. Have the group member comment on the who, when, where, and what of the conversation. How did the conversation start? What was easy and hard? Which specific steps were recommended? How did the other person react? Did the friend ask any other AIDS questions? Using the Feeling Thermometer, what was the comfort level?
5. Indicate that to be comfortable helping friends in safer sex, it is a good idea to know more about sex. Use scripts to illustrate sexual issues. Have males and females meet separately to seek answers to questions on sex. Go over typical questions.
6. Review the material covered in the first session on people turning most to friends for help and explain why "friends educating friends" works. Remind the participants that helping their friends avoid AIDS not only makes a contribution but puts them in the role of trend-setter, special person, and real chillin. Point to the Thumbs Up/Thumbs Down poster and mention its use as a conversation starter.
7. Explain that today's focus is on how to give advice. Up to now we haven't encouraged giving advice. Review the characteristics of AIDS prevention conversation messages that makes the advice given more effective. a) concern about AIDS is wise; b) "I" statements; c) staying safe is the accepted thing now; d) there are lots of benefits to safer sex; e) say what safe sex means; f) give helpful hints on steps to take to make the change. Have the group define "safer sex."
8. Ask the group what are some other examples of advice they could offer on how to make the change. Review the poster on Steps to Take. Discuss.
9. Model through a video or script an effective conversation. Alert the group to look for the effective

- characteristics. Have the group give feedback. Ask the group where and how each of the effective characteristics occurred. Look also for what could have been done better.
10. Explain that the group will now practice having a prevention conversation. Divide the group into two smaller groups. First model a conversation with a group member. Ask for feedback, starting with positive actions first and then what could have been done better. Discuss.
 11. Have each person try a prevention conversation and give feedback. Check Feeling Thermometer levels.
 12. Discuss how confident participants feel to try a conversation in real life. Look at why it would be good to start talking to friends in this way. Also identify obstacles and discuss.
 13. Give advice on selecting a friend to try it with: one who is sexually active. One who would be interested and who would respond well.
 14. Present ways to start the conversation. Ask for member's suggestions.
 15. Bring in four adolescent volunteers from out side of the group - two males and two females. Divide the participants in to two groups and assign a male and female volunteer to each small group. Have group members practice on the volunteers starting a conversation and giving the HIV message. Give feedback on each participant's practice.
 16. Review again that the friends outside of the group who get the message should be sexually active, someone you will see this week, someone who would respond well, and someone with whom is easy to talk.
 17. Summarize the session and take a Feeling Thermometer reading.
 18. Have group members show their appreciation to each other's contributions.
 19. Handle ending matters around evaluation and payment.

MATERIALS:

Feeling Thermometer
Tokens
Newsprint and Pens
Cards (3 x 5) and pencils
Posters Thumbs
 Messages
 Group Success
 Steps in Being Safer
Jack and Jill
Honey and Herbie
Bill and Bunny
Sid and Sally
George and Grace
Video modeling giving an HIV/AIDS message

Exercise 1: Introducing and Reviewing
(15 minutes)

GROUP LEADER SAYS

Welcome back!

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 you would like to be doing three years from now.

Maybe you would like to be living somewhere else, working on a job you liked, going to school, having a new companion.

Choose anything you want that would give you satisfaction.

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

My name is _____, and three years from now I would to be _____.

HAVE EACH PARTICIPANT GIVE HER/HIS FIRST NAME AND WHAT SHE/HE WOULD LIKE TO BE DOING THREE YEARS FROM NOW. HAVE THE CO-GROUP LEADER GO LAST.

Thank you - that was great.

Today's third session has two modules in it.

The first part will cover how to help a friend and give advice.

Also we will work on learning more about sex so that you can be comfortable giving advice to your friends.

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

PASS OUT TWENTY TOKENS TO EACH PERSON.

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.

Will those people who are carrying a condom or dental dam with them please hold it up?

WAIT FOR PARTICIPANTS TO HOLD UP THEIR CONDOMS AND DENTAL DAMS.

That's really great.

GIVE OUT TOKENS TO THOSE PARTICIPANTS THAT HAVE THEM.

It is important to carry protection with you at all times.

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 last session.

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

Let's quickly check out what we learned from that last part of the session.

If a fourteen year old guy said, "I don't know how to start a conversation with a girl" what would you tell him?

ENCOURAGE RESPONSES AND GIVE OUT TOKENS.

A girl wants to know how to break off a relationship.

What would you tell her?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS.

Good answers to both questions.

We covered all kinds of meeting and dating issues for teenagers.

If someone said to you, "I want to know why you just have to practice safer sex," would you have the right to say, "I don't know."

ENCOURAGE RESPONSES AND GIVE OUT TOKENS.

Last time we went over your rights as a self-confident person.

What kind of a statement is this? "I want you to wear a condom because I will feel a lot safer and freer."

ENCOURAGE RESPONSES AND GIVE OUT TOKENS.

We worked on "I" statements and being assertive.

If a new lover said to you, "I don't want to practice safer sex," what would you say to him or her?

ENCOURAGE RESPONSES AND GIVE OUT TOKENS.

Right! We practiced negotiations with new partners and old partners.

In this quick review we are just scratching the surface of what we worked on last time.

Your homework for between sessions was to initiate an HIV/AIDS conversation with someone who was not a good friend.

And you were to talk to them about being assertive.

Let's take a look at what happened in more detail.

Please tell us a little bit more about your experience.

Try to answer these questions.

WRITE QUESTIONS ON NEWSPRINT.

WHO, WHERE, AND WHEN?

HOW DID YOU START THE CONVERSATION?

HOW EASY OR HARD WAS IT?

WHAT DID YOU RECOMMEND?

HOW DID THE PERSON REACT?

DID THE PERSON ASK YOU QUESTIONS?

USING THE FEELING THERMOMETER, WHAT WAS YOUR COMFORT LEVEL?

Is everybody clear?

Just share with us what you can.

ENCOURAGE EACH PERSON TO TALK ABOUT HIS/HER EXPERIENCE. GIVE OUT TOKENS.

That's a good report, and later in today's session we will work some more on spreading the word.

Exercise 2: Learning What Sex Is All About
(30 minutes)

Most animals automatically know how to have sex.

Human beings are about the only ones who have to learn how to do it.

It doesn't come naturally.

In fact sexuality is very complicated.

We are going to do a few quickie scenes to illustrate that.

In these quickie scenes two actors say a few lines, and you listen to see if you can figure out what this dialogue tells about sex.

Who will read Jack and who will read Jill?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Jack and Jill

JACK: But, baby, how come you don't want to make love with the light on?

JILL: I just don't.

JACK: Come on. I love looking at your beautiful...

JILL: Don't say it. I've told you a hundred times I want it completely dark.

THE END

So what is happening with Jill?

ENCOURAGE ANSWERS.

That's right Jill is uncomfortable with sex and maybe she is ashamed of her body.

Many people have been brought up to feel uncomfortable about sex.

Who will read Honey and Herbie?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Honey and Herbie

HERBIE: Why didn't you come?

HONEY: It just didn't happen.

HERBIE: But I was pumping like crazy.

HONEY: Well, you still didn't stimulate my clitoris enough.

HERBIE: What the hell is that?

THE END

So what is Herbie's problem?

ENCOURAGE ANSWERS.

That's right. Herbie doesn't know a woman's body and how it works.

Also he doesn't realize some of the things that turn a woman on.

Maybe he thinks that having an orgasm is all there is to sex.

Who will read Bill and who will play Bunny?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Bill and Bunny

BILL: But why don't you want to sleep with me? I'm a real stud. I've had more girls than you can imagine. I'm good looking, and I lift weights. What more could you ask for?

BUNNY: Have you got a job?

BILL: Come off it. I'm a hunk!

BUNNY: I'm looking for something else.

BILL: Like what?

BUNNY: Can I trust you?

THE END

What is happening here?

ENCOURAGE ANSWERS.

Men and women often want different things in a relationship.

Sex isn't just sticking it in a hole.

Sex is about two whole human beings having a sexual relationship.

Now who will read Sid and who will read Sally?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

Sid and Sally

SID: How did I do? How did I do?

SALLY: What do you mean?

SID: Did you like it? Were you really turned on? Did I put you out of your mind?

SALLY: It was OK.

SID: OK!? OK!? I kept watching you. You seemed to be enjoying it.

THE END

What is going on with Sid?

ENCOURAGE ANSWERS.

Men are often worried about their performance.

Sid is even a spectator while he's making love.

It can be difficult to be really into sex when you are also up on the ceiling watching what is happening.

While men worry about performance, women worry about why they can't let themselves be really turned on.

Who will read George and who will read Grace?

SELECT VOLUNTEERS, GIVE THEM THEIR SCRIPTS, AND HAVE THEM READ.

George and Grace

GEORGE: Oh, I like that!

GRACE: Should I keep doing it?

GEORGE: Yes, yes.

GRACE: Now you touch me here.... gently.

GEORGE: Is that good?

GRACE: Wonderful!

THE END

So what are George and Grace doing that makes for good sex?

ENCOURAGE ANSWERS.

They are communicating what they like during sex.

What people like changes from day to day.

Many couples don't know that they need to communicate during sex or how to tell their partner what they like.

Obviously what people think, believe, know and communicate greatly influences sex.

That means the biggest sexual organ is our brain.

It also means that sex is a big, complex topic.

It can cover feeling good about sex, knowing how to attract and keep a sexual partner, gay and lesbian relationships, how to give and receive pleasure, how to practice safer sex, and how to practice birth control.

Now we want to give you a chance to ask your own questions about sex.

The girls will meet in one room and the boys in another.

Each of you will receive a card and a pencil.

PASS OUT A 3 X 5 CARD AND A PENCIL TO EACH PARTICIPANT.

When you get in your room, write down any questions that you want to know the answer to but that you are uncomfortable asking in public.

Do not put your name on the cards.

Everyone is to turn in a card even if you didn't put a question on it.

You can ask questions aloud also.

HAVE A MALE LEADER GO WITH THE BOYS AND A FEMALE LEADER WITH GIRLS. ENCOURAGE ASKING QUESTIONS AND ALSO SHUFFLE THE CARDS AND HAVE PARTICIPANTS READ THE QUESTIONS ON THE CARDS. USE THE "SEX QUESTIONS AND ANSWERS GUIDE" TO HELP YOU ANSWER QUESTIONS. IF YOU DON'T KNOW THE ANSWER, INDICATE THAT YOU DON'T KNOW AND WILL FIND OUT. YOU MAY WANT TO ASSIGN A VOLUNTEER TO RESEARCH THE QUESTION. IF PARTICIPANTS ARE RELUCTANT TO START, YOU CAN ASK THEM HOW THEY MIGHT ANSWER A QUESTION ASKED BY A FRIEND, AND THEN MAKE UP A QUESTION BASED ON THE GUIDE. AFTER FIFTEEN MINUTES, BRING THE BOYS AND GIRLS BACK TOGETHER AGAIN.

How are you feeling now on the Feeling Thermometer?

ENCOURAGE SHARING.

After having your questions answered, is there anything that the girls want to say to the boys or the boys to the girls?

What questions do you have for each other?

ENCOURAGE ASKING QUESTIONS OF EACH OTHER.

That was a good exchange.

GIVE OUT TOKENS FOR SUPPORTIVE AND UNDERSTANDING COMMENTS.

SEX QUESTIONS AND ANSWERS GUIDE

Female Sexuality

What is the hymen?

A covering inside the vagina. It is often broken prior to the first sexual intercourse or sexual penetration experience. It is likely that youths are interested in what it means to have an unbroken hymen.

How difficult is it to break the hymen?

It can be broken playing sports or during the first sexual penetration. The difficulty varies for different people.

How much blood does a girl lose during a period?

It varies a great deal depending on the girl. It is generally about two tablespoons.

Do girls want guys to know when they are on their period? Why or why not?

While some girls would not care if boys knew, many girls in our society would probably consider it a private matter. Girls vary a great deal.

What's the clitoris for?

Pleasure.

Why is one breast sometimes bigger than the other?

Hormonal differences. Many people have different size feet as well.

Can a girl's vagina be too small for a penis?

Have you ever seen a penis that is bigger than the head of a baby? Fear and nervousness many cause a vagina to contract. The girl may not be relaxed.

Do girls masturbate?

Many do.

Male Sexuality

What's the average length of a penis when it's hard?

There is great variation: from 4.9 inches to 9.2 inches in length and 1.25 to 1.5 inches in diameter.

How can boys get an erection when they're not thinking about sex?

Hormonal fluctuation, tension, embarrassment, and anxiety can be associated with an erection.

How often it is normal for a boy to have a wet dream?

Varies greatly. Some boys might not have them, and others may have them several times each week.

Is there something wrong if one testicle is lower than the other?

Not likely.

How can you tell if a boy is old enough to have sperm?

Not by looking. Typically sperm is produced between 12 and 18 years of age.

Is masturbation dangerous?

No; anxiety and guilt that often come with masturbation can be uncomfortable and cause problems.

Does a boy have to ejaculate before he can get his penis back to its normal size again?

No.

Masturbation

Is masturbation normal?

Both masturbating and not masturbating is normal.

Will masturbation cause problems in intercourse?

Masturbation has no negative effects. Some people feel masturbation enhances pleasure during intercourse.

How do girls masturbate?

Many different ways. Each girl is different. Usually the clitoris is stimulated. For example, touching, with a vibrator.

How often do girls (boys) masturbate?

Varies wildly. The average frequency in adolescence is just under twice a week. Doing it a great deal is not harmful.

Can a doctor tell by examining a girl whether or not she masturbates?

No.

Homosexuality

What causes a person to be homosexual?

We do not know for sure. There is evidence that suggests it may be genetic. People do not choose to be homosexual.

How can you be sure whether you are gay or not?

As you get to know yourself better, you will recognize that you are consistently turned on by members of the same sex.

How many times can you have oral sex with a guy before it makes you gay?

You may never be "gay" by having oral sex.

What are the laws about homosexuality?

This varies by state. In most states homosexuality is considered illegal, although the laws are not usually enforced.

What is a lesbian?

Lesbians are girls who are attracted to, fantasize about, and are turned on by other girls.

What do homosexuals do to each other?

Care for each other; take care of each other,; and make love in many different ways.

How can two females have sex together?

In every way that heterosexuals have sex minus the penis.

Can a homosexual lead a healthy life?

Yes.

If you are gay, how do you find other people who are?

Many different places. In large cities there are many gay and lesbian organizations. There are also social settings where gay and lesbian people hang out. You can consult your local community resource agency.

Is it actually against the law for two men to dance together?

Yes, in some states it is. Laws vary depending on community standards. You need check local laws.

Why are homosexuals kicked out of the service?

They are thought to be a security risk and that they would be susceptible to blackmail.

What are gay rights?

This is a movement to fight discrimination based on sexual orientation.

Bisexuality

Is a person bisexual if they have had sex with a boy and a girl?

Bisexual orientation is not based on behavior alone, but includes fantasies, thoughts, attraction patterns, and actions.

Is it normal to think about having sex with both sexes?

It is common.

Is everybody either gay or straight?

No.

Can a married man with kids be homosexual?

Yes.

Why would someone want to have sex with both sexes?

Because their desires and fantasies are for both sexes.

If a person has two best friends - a boy and a girl - does that mean he or she is a bisexual?

No.

Reproduction

How do you know you won't give your child too many chromosomes?

You do not know.

What happens to the sperm that doesn't enter the egg cell?

It disintegrates.

Can a girl have a baby before she starts having periods?

This is a very difficult question to answer. In some cases the monthly period has not been noticed. It is very uncommon.

Does giving birth hurt?

It is hard work and can feel painful, especially if the woman is not relaxed. Anesthesia and training in "natural birth" which includes both relaxation and exercises are used to make the process easier.

Can you really decide which sex baby you will have?

There are many theories, with little proof.

Birth Control

Will drugstores sell condoms to kids?

Most will.

Does a boy ever have a "safe" period?

No, not after he has started to produce sperm.

What's wrong with Saran Wrap as a contraceptive?

It can easily leak, and it is difficult to hold in place during sexual activity. It also does not have a reservoir tip.

At what time during a girl's cycle can she actually get pregnant?

A girl can get pregnant when she ovulates. This is usually half-way through the time between her periods, but this can be very difficult to detect. It lasts about 3-5 days.

What are some positions in intercourse that won't get a girl pregnant?

There are no positions in intercourse that can't get a girl pregnant.

What's the best kind of birth control to use - besides not doing it?

The best kind of birth control is one that fits your religious beliefs, your lifestyle, and your doctor's recommendations.

Sexually Transmitted Diseases

What are they?

The main sexually transmitted diseases are AIDS, herpes, syphilis, gonorrhea, and chlamydia. There are many other kinds of STDs as well. People can get them by having sexual contact with an infected partner.

Do you get the disease from doing it wrong?

No. You get diseases by having unprotected sexual contact with someone who is infected.

Which would be worse to have: AIDS, Syphilis, Gonorrhea, or Herpes?

AIDS, it causes death and currently there is no cure. There are treatments for Syphilis and Gonorrhea. Herpes is a virus that stays with you your entire life, but there are treatments to reduce the symptoms.

Can you get STDs from petting? From oral sex?

You can get STDs from petting that includes genital touching and touching of sores. Oral sex can transmit STDs as well.

Can they cure STDs?

Some STD's, such as syphilis and gonorrhea, can be cured. Others, like herpes, can be treated and managed effectively, but not cured. Others, like AIDS, can not be cured.

How can you tell if a girl (guy) has an STD?

It is not always possible to tell if someone has an STD. Both girls and guys can have a disease without showing outward signs. However, if someone has an open sore on his or her genitals, chances are that they have some kind of STD.

Opposite Sex Friendships

How can a girl stop a boy when she doesn't want to go any further?

A girl always has the option of saying no to a boy that she doesn't want to go any farther. She can talk to him about her feelings, or simply leave the situation.

How can a boy stop a girl?

A boy can also say no to a girl who wants him.

Why is it that some parents don't like to see boys and girls "go steady"?

Some parents are afraid that boys and girls who go steady may get involved too quickly in sexual behavior that they are not emotionally ready for. Parents are also concerned that their children may get and STD, or that their daughters may get pregnant.

How much does a girl really want you to do to her and how can you tell?

You can only tell what a girl wants you to do by what she tells you and asks for.

Do girls like to french kiss?

Most do when they are comfortable with their partner.

Are there any boys who remain virgins until they are married?

Yes.

I think I should be interested in boys (girls) like my friends, but I'm not. Is there something wrong with me?

No, there is nothing wrong with you. Everyone develops different interests at different ages. You don't have to feel a certain way just because everyone else seems to. Chances are that many of your friends feel just the same way you do.

Same Sex Love Relationships

How can one person stop another when he or she doesn't want to go any farther sexually?

Respect the other person's desires but state what you want. Talk about it. Leave if you have to - when the other person wants to go farther than you do.

How can you tell what the other person is willing to do sexually?

Ask. You can only tell by what the person says and does. If the person says, "No," accept it at face value.

How would a person know if his or her partner likes things like deep kissing or genital stimulation?

Ask them. Talk about it. In close relationships people feel more comfortable being sexual.

Are their gay and lesbian teenagers who remain virgins until they get into a committed long term relationship?

Yes.

Same Sex Friendships

Why can't two teenagers of the same sex be good friends without people making jokes about them?

Many people are scared of things they do not understand or experience themselves. They may be jealous, or afraid of their feelings toward their own sex. People make fun of two guys that are good friends in order to feel better about themselves. Although it happens more with boys, making fun can also occur when two girls seem especially close.

If a boy asks you out when you planned something with your best friend, what should you do?

You should tell the boy that you had plans with your best friend, and try to find another time that you can go out together. Your best friend will feel badly if she is blown off at the last minute because a boy asked you out.

Is there something wrong with you if you just want friends of the same sex?

No.

What do you do if your best friend tells you she's a lesbian?

You should talk to her about your feelings and questions, and try to accept her sexual orientation without ending the friendship.

Is it normal to think about having sex with a friend even if you don't?

Yes.

If you have sex with your own sex would you be gay or lesbian?

Not necessarily. Many people experiment with people of their own sex, especially when they are young. Remember, though, that some people have self-identified as gay or lesbian. The label of gay or lesbian, however, is not applied to behavior. Sexual orientation is different than behavior.

Do all boys "play around" with their buddies sometimes?

Many boys do, but not all.

Is it normal to have a crush on a female teacher?

Yes.

Can a man love another man without being gay?

Yes. Gay refers to sexual orientation.

Lovemaking

What happens in sexual intercourse?

There is intense petting and erotic arousal. This usually results in penetration by a penis with rubbing or thrusting until ejaculation.

What is oral and anal sex?

Oral sex is when one person's mouth is in contact with another person's genitals. Anal sex is when a man inserts his penis into another person's rectum or when a woman inserts a sex toy or finger into her partner's rectum. Oral and anal sex can be between people of the same, or opposite sexes.

Are there some men and women who never have intercourse?

Yes.

Can a girl tell by having intercourse if she's frigid?

Frigid is a sexist word that people sometimes use to describe someone who does not appear to be sexually responsive. There are many reasons why sex may not be pleasant. For example, her partner may not know how to stimulate her or may not use a lubricant. Also a girl can tell by having sex if she has a condition called vaginismus that makes intercourse painful or difficult. However, she can't tell if she is unable to feel sexually stimulated simply by having intercourse.

How does a guy know if a girl has come?

In general, a guy can't know if a girl has come.

What is orgasm like?

Orgasm is a different sensation for men and women. Men experience intense throbbing and release of the ejaculate. The immediate relaxation is intensely pleasurable. Women have a more varied experience. Some have a spreading warm feeling in the genital region, a series of frequent, rhythmical, muscular contractions, and a deep sense of letting go - a highly pleasurable release.

Exercise 3: Preparing for a Conversation (20 minutes)

You may remember that in the very first session we asked who people went to when they wanted to talk about AIDS.

And we reported that studies showed people didn't go to their doctor, minister or government official.

They didn't pay much attention to radio or television information.

They sought out their friends.

Because you know so much about HIV/AIDS and have practiced all different ways to protect yourselves and handle high risk situations, you can be of great help to other people.

In being of great help to other people, you also become a trend-setter, an opinion leader, a special

person.

Just think of all the power in this room.

If everyone here talked with ten other people, you could change 100 people's lives so that they would be safer too.

Is everyone here willing to give it a try?

Good!

IF SOMEONE DOES NOT AGREE TO TRY, DO NOT SINGLE THEM OUT OR PRESSURE THEM. ACT AS IF THEY ARE STILL CONTRIBUTING PARTICIPANTS TO THE GROUP AND CONTINUE ON.

There's a theory behind this approach of friends educating friends.

The theory is that, most of the time, people do things that they think are accepted by others.

You may have a piece of clothing on or jewelry that you wear because that's what other wear.

In some countries people urinate openly in the street, but the chances are you wouldn't do that very often here.

The same thing holds true for AIDS risk.

If people think that having protected sex is what is accepted, is the right thing to do when you have sex, and hear that message from their friends, they are more likely to avoid unprotected sex.

The best way to let people know about being safe is through word of mouth - through their friends telling them.

The other part of the theory is that sometimes people want to have some advice on how to make changes.

They are ready to listen.

It's not like somebody is telling them what to do.

Here's where you use yourself as an example.

Instead of saying, "Do this," you are saying, "Here's what I am doing or trying to do."

All you have to do is to be willing to share your own experience - as much of it as you are comfortable doing.

A little bit of sharing can go a long way.

Remember the main points of giving an HIV/AIDS message.

POINT TO THE POSTER WITH THE MAIN POINTS ON IT AND GO OVER THEM.

"Concern about AIDS is wise."

Don't try to scare somebody.

Just let them know that in this day and age with more and more people getting HIV ignoring AIDS is not too good an idea.

"I'm learning about AIDS and I've changed my behavior."

Use "I" statements.

Talk about yourself instead of preaching.

Don't use the "should" word - "you should be using a condom."

Not "You are really stupid fooling around with....."

A good message is "Sometimes I just decide not to have sex - that's my choice."

The third point is "Staying safe is the accepted thing now."

Obviously practicing safer sex is not accepted enough.

We are trying to change that.

We don't want to see our brothers and sister dead - our communities destroyed.

People in the know accept the need for safer sex.

"There are lots of benefits to safer sex."

What are some?

ENCOURAGE RESPONSES AND GIVE OUT TOKENS.

We can talk about less worry, being freer because we aren't afraid, protecting ourselves from herpes, syphilis, clap, staying up longer, showing our partner we care about them.

Next it says, "Say what safer sex means."

Sometimes the person you are talking to may not know what "safer sex" is all about.

Saying "be safe" or "use precautions" might confuse them.

DIVIDE THE GROUP INTO PAIRS AND HAVE THEM TAKE TWO MINUTES TO COME WITH A DEFINITION OF SAFER SEX.

I would like you to work together to develop a brief definition of safer sex.

AFTER SEVERAL MINUTES ASK THE GROUP TO REPORT. GIVE OUT TOKENS.

Those were some good definitions.

Safer sex means using a latex condom every time the penis is inserted in the vagina, anus, or mouth and using a dental dam when having oral sex with a woman.

Safer sex can also be sex where people rub, massage, caress or masturbate without penetration.

Last it says, "Give helpful hints on steps to take to make change."

I have put a new poster up.

POINT TO IT AND GO OVER IT.

STEPS TO BEING SAFER

"I ALWAYS CARRY CONDOMS WITH ME AND KEEP THEM AT HOME, TOO."

"I ALWAYS KEEP A BOX OF DENTAL DAMS BY THE BED."

"IF I'VE HAD TOO MUCH TO DRINK OR AM HIGH ON DRUGS, I WON'T HAVE SEX."

"IT'S OK TO SAY NO TO SEX."

"I STOPPED THINKING I COULD TELL IF SOMEONE WAS HIV POSITIVE BY LOOKING AT THEM."

"IT'S OK TO SAY NO TO SEX UNLESS A CONDOM IS USED."

"I DRAW A LINE IN MY MIND OF UNSAFE SEX, AND I WON'T LET MYSELF CROSS THAT LINE."

"IF I START TO RATIONALIZE WHY HAVING UNSAFE SEX THIS ONE TIME WON'T HURT ME, I YELL 'STOP!' AND ARGUE AGAINST THE RATIONALIZATION."

"I TRY TO GET MOST OF MY SEXUAL ENJOYMENT OUT OF KISSING, CARESSING AND PLAYING AROUND."

If a friend of yours said, "I stopped having anal sex, but what can I do about oral sex?" what would you tell your friend?

ENCOURAGE RESPONSES AND DISCUSS THEM.

Let's take a look at a video of a person giving an HIV/AIDS message.

SHOW A VIDEO WITH SEVERAL SCENES OF A YOUTH COMPETENTLY GIVING AN HIV/AIDS MESSAGE.

Please point out what positive actions of how to give a message were shown here and which ones were not.

How would you evaluate the approaches taken?

ENCOURAGE FEEDBACK AND DISCUSS.

Exercise 4: Practicing a Prevention Conversation (30 minutes)

Now we are going to spend some time practicing a prevention conversation.

DIVIDE THE GROUP IN HALF. A GROUP LEADER GOES WITH EACH SMALL GROUP AND FOLLOWS THE SAME INSTRUCTIONS. MAKE SURE THE POSTERS ARE WHERE EVERYONE CAN SEE THEM.

We are going to give everyone a chance to start a prevention conversation.

I'll go first, and I need a volunteer to help me.

I'll do most of the talking so the volunteer doesn't need to worry about what to say.

SELECT A VOLUNTEER.

What I am going to do is to pretend that I'm having a conversation with _____.

Let's pretend that _____ is a friend of mine.

She/he is sexually active, and I'm concerned about whether she/he knows to take precautions against HIV/AIDS.

I want to have an HIV/AIDS prevention conversation with _____, and I'm going to try to incorporate the characteristics on the poster.

POINT OUT AND REVIEW.

I probably won't do it exactly as you saw on the video because everyone has a different style of communicating.

But, I will try to use the characteristics of a good message that we have been talking about.

GIVE INSTRUCTIONS TO THE VOLUNTEER.

_____, what I want you to say to me is "I worry about AIDS, but don't let it bother me that much."

After you say that, I will start my conversation.

You don't have to say anything else, but just look interested in what I have to say. OK?

So, go ahead and say "I worry about AIDS, but don't let it bother me much."

CARRY ON A TWO-THREE MINUTE CONVERSATION. DO IT IN YOUR OWN WAY BUT TRY TO COVER THE MAIN POINTS OF A GOOD MESSAGE.

Thank you for helping me.

GIVE OUT A TOKEN.

Now what did you like about my conversation?

What parts of the effective message did I do well?

ENCOURAGE DISCUSSION.

What improvements could I have made?

ENCOURAGE DISCUSSION.

Now we will let someone else have this kind of practice, and we will go around until everyone has had two turns.

USE THE SAME APPROACH:

TWO OR THREE MINUTES.

THE PERSON BEING SPOKEN TO STARTS OFF WITH THE SENTENCE ABOUT WORRYING,
YET NOT DOING ANYTHING.

THE PERSON LISTENING SAYS LITTLE.

EVERYONE GIVES FEEDBACK STARTING WITH THE POSITIVE.

CONTINUE UNTIL EVERYONE HAS HAD A TURN. GIVE OUT TOKENS.

That was really good practice.

How do you feel right now on the Feeling Thermometer?

OBTAIN READINGS.

How comfortable would you feel talking to a friend of yours?

OBTAIN ESTIMATES OF COMFORT TALKING WITH A FRIEND.

What are some ideas that people have about making themselves more comfortable?

ENCOURAGE SHARING OF IDEAS. LOOK FOR TAKING A FEW DEEP BREATHS BEFORE HAND,
MAKING SOME NOTES TO FROM WHICH TO WORK, VISUALIZING GOING THROUGH THE
CONVERSATION.

Are there other obstacles that would keep you from doing this?

IDENTIFY OBSTACLES AND THEN BRAINSTORM HOW TO OVERCOME THEM.

What kind of person would be a good one to start with?

ENCOURAGE IDEAS.

I think it is important to look for a person who is sexually active, who would be interested in what you had to say, and someone who would respond well.

Remember that right now we are learning the skills and building our confidence.

We want to make it easy on ourselves.

Exercise 5: Practicing on Strangers
(20 minutes)

Now we have some volunteers to help us out.

In the past exercise the person gave us a lead into the conversation by saying, "I worry about AIDS, but don't let it bother me much."

Many people may not give you an opening.

You have to figure out how to start the conversation with them.

That's what we will do now.

BRING IN FOUR VOLUNTEERS. A MALE AND FEMALE FOR EACH SMALL GROUP. MODEL STARTING A CONVERSATION ON A GROUP MEMBER.

Will someone in the group help me demonstrate starting a conversation?

SELECT SOMEONE TO HELP.

Now, _____, here isn't going to come to me and ask about AIDS.

I have to start the process.

There are many ways to begin, so pick a way that feels good to you.

Here's what I might do.

TURN TO THE GROUP MEMBER WHO IS HELPING AND THEN SAY

Hello. This AIDS business has been worrying me a lot. So, you know what I did? I started taking this course on safer sex. Now I'm trying to make some changes.

What do you think of that approach?

ENCOURAGE FEEDBACK FOLLOWING THE POSITIVE FIRST, AND WHAT THE OBSERVER WOULD DO DIFFERENTLY SECOND.

Let's give everyone a chance.

HAVE THE GROUP MEMBERS TALK TO A SAME SEX VOLUNTEER. FOLLOW THE SAME PROCEDURE AS BEFORE. ONE PERSON AT A TIME STARTS THE CONVERSATION AND THEN RECEIVES FEEDBACK. CONTINUE UNTIL EVERYONE HAS HAD A CHANCE.

First, I want to thank our volunteers.

I want to tell you what a good practice session that was.

You are picking up the approach and doing fine.

Exercise 6: Ending and Giving Appreciation
(10 minutes)

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

We have practiced spreading the word, and we learned more about sex.

Now let's take some time and give each other strokes for our contributions to the session.

GO AROUND AND MAKE SURE EVERYONE GETS SOME APPRECIATION FOR THEIR CONTRIBUTIONS OR PRESENCE. ENCOURAGE GIVING EACH OTHER STROKES. MODEL GIVING OUT TOKENS AND COMMENTING ON PARTICIPANTS' CONTRIBUTIONS.

In the next half we will be working on some more on giving HIV/AIDS messages to our friends.

And we will be dealing what to do if you slip backwards in your practice of safer sex.

I really enjoyed working with you today in this first half.

Thanks a lot.

Let's take a break.

END OF SESSION 6

Jack and Jill

JACK: But, baby, how come you don't want to make love with the light on?

JILL: I just don't.

JACK: Come on. I love looking at your beautiful....

JILL: Don't say it. I've told you a hundred times I want it completely dark.

THE END

Honey and Herbie

HERBIE: Why didn't you come?

HONEY: It just didn't happen.

HERBIE: But I was pumping like crazy.

HONEY: Well, you still didn't stimulate my clitoris enough.

HERBIE: What the hell is that?

THE END

Bill and Bunny

BILL: But why don't you want to sleep with me? I'm a real stud. I've had more girls than you can imagine. I'm good looking, and I lift weights. What more could you ask for?

BUNNY: Have you got a job?

BILL: Come off it. I'm a hunk!

BUNNY: I'm looking for something else.

BILL: Like what?

BUNNY: Can I trust you?

THE END

Sid and Sally

SID: How did I do? How did I do?

SALLY: What do you mean?

SID: Did you like it? Were you really turned on? Did I put you out of your mind?

SALLY: It was OK.

SID: OK!? OK!? I kept watching you. You seemed to be enjoying it.

THE END

George and Grace

GEORGE: Oh, I like that!

GRACE: Should I keep doing it?

GEORGE: Yes, yes.

GRACE: Now you touch me here.... gently.

GEORGE: Is that good?

GRACE: Wonderful!

THE END