

SESSION 7: HOW CAN I CONTINUE SPREADING THE WORD AND PRACTICING SAFER SEX?

OBJECTIVES:

1. Participants will improve their skills in talking with friends.
2. Participants will learn how to deal with relapse.
3. Participants will make a commitment to change.

PROCEDURES:

1. Introduce the group leaders, participants, and the skills to be learned in the seventh session.
2. Review what was covered in the last session and answer any questions about the group's procedures.
3. Review Score Cards and make a group success list. Pass out tokens and take a Feeling Thermometer reading.
4. Review of Thumbs Up/Thumbs Down system as a conversation starter. Ask who will wear a button. Encourage everyone wearing one.
5. Use a script to introduce the notion of relapse.
6. Explain what relapse is and how to deal with it. Go over ways to talk to yourself when relapse occurs. Present guidelines on dealing with relapse.
7. Divide the group in two. Provide each with a "Dear Abby" letter regarding relapse. Ask each group to use problem solving to come up with a response to the letter writer. Have the groups present and discuss.
8. Bring in volunteers again and have the group members practice responding to questions about the Thumbs Up/Thumbs Down buttons. Give feedback.
9. Break into sub-groups again for practice. Explain that this time we will respond to questions about specific steps and give practical tips advice. Model responding. Obtain feedback.
10. Emphasize how important spreading the word is. It saves friends' lives and makes them a special person. Seek a commitment to speak to four more people.
11. Brainstorm ways to find more people with whom to have a conversation.
12. Ask each participant to agree to giving the HIV/AIDS message to four more people.
13. Summarize the main themes of the training.
14. Ask each person to think of one step he/she plans to take in the next month that will reduce the risk of exposure to HIV/AIDS. In pairs have participants share what that step will be.
15. Give out and explain resource lists. Discuss access to services.
16. Indicate that the time is almost over and ask for a Feeling Thermometer reading.
17. Have group members show their appreciation to each other and then say goodbyes.

18. Give strokes to the group for their hard work and for their supporting each other.
19. Wrap-up including certificates, payments, evaluations, and how to get in touch with each other.

MATERIALS:

Feeling Thermometer
Tokens
Newsprint and Pens
Posters Thumbs
 Messages
 Group Success
 Steps in Being Safer
Bruce and Daniel
Lima and Sally
Brian and Ziggy
Pam and Dot
Thoughts About Causes
Examples of Self-talk
Self-Talk Cards
Dear Abby Letter
Questions About Specific Steps

Exercise 1: Introducing and Reviewing
(15 minutes)

I hope you had a pleasant break between sessions.

This training session is the last time we will be meeting in Project LIGHT II.

For the remainder of the time we will be learning how to give advice on steps to take in practicing safer sex.

Also we will practice the skills needed to continue being safe.

What do you do when you slip backwards?

How do you encourage yourself to keep protecting yourself?

That's what we'll be learning about.

As it is the last session, please tell us your first name and give us a word or two that describes how you

want us to remember you.

For example, someone might say, "I'm Jane, and I want you to remember me as a very caring person."

Or "I'm Bill, and I want you to remember me as very funny."

I'll start. My name is _____ and I want you to remember me as _____.

GO AROUND THE ROOM WITH EACH PERSON SAYING HIS/HER FIRST NAME AND HOW SHE/HE WANTS TO BE REMEMBERED. HAVE THE CO-GROUP LEADER GO LAST.

Before we continue, are there any questions about the group's procedures that need to get answered?

At the end of the session we will take care of evaluations and payments.

ANSWER ANY PROCEDURAL QUESTIONS.

I want to pass out some more tokens so that you have plenty to give out during this last session.

PASS OUT TWENTY TOKENS TO EACH PERSON.

Let's take a few minutes and review some of the areas we covered in the first part of today's session.

What is a human being's biggest sexual organ?

ENCOURAGE ANSWERS. GIVE OUT TOKENS. LOOK FOR "THE BRAIN."

That was very good.

What is the purpose of the clitoris?

ENCOURAGE RESPONSES AND GIVE OUT TOKENS. LOOK FOR "PLEASURE."

Those answers show you picked up a lot earlier.

Does masturbating hurt you?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS. LOOK FOR ANSWERS THAT IT IS COMMON, NATURAL AND NOT HARMFUL.

How big is the average penis when it is hard or erect?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS. LOOK FOR RESPONSES THAT SAY THERE IS A GREAT DEAL OF VARIATION, THE AVERAGE BEING FROM 4.9 TO 9.2 INCHES.

Do people choose to be gay or lesbian?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS. LOOK FOR "NO." THEY MAY CHOOSE TO COME OUT.

Can a guy tell if a girl has had an orgasm?

ENCOURAGE ANSWERS AND GIVE OUT TOKENS. LOOK FOR ANSWERS THAT INDICATE HE CANNOT TELL.

Tell me one of the main points of giving an HIV/AIDS message.

ENCOURAGE ANSWERS. IF PARTICIPANTS USE THE POSTER ON THE WALL WITH THE CHARACTERISTICS OF A GOOD MESSAGE, THAT IS POSITIVE AND ALL RIGHT.

Can you give me an example of a step in starting to practice safer sex that you could recommend to a friend?

ENCOURAGE ANSWERS, GIVE OUT TOKENS, AND IF SOMEONE READS OFF THE POSTER THAT YOU WENT OVER EARLIER, THAT IS ALL RIGHT.

Learning more about sex and giving HIV/AIDS messages were the two areas we worked on in the last session.

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.

Remember we talked about the Thumbs Up/Thumbs Down poster and how we would have buttons made?

Here are the buttons.

Please take one and put it on for today's session.

PASS OUT THE THUMBS UP/THUMBS DOWN BUTTONS.

We will plaster Thumbs Up/Thumbs down posters all over the area.

That way people will be curious about what the posters mean, and, when they see you wearing a button, they will ask you about it and you can give them an HIV/AIDS message.

I want to make it really clear that if you don't want to wear a button that is up to you.

There won't be any pressure on you to wear one.

We will get into using them later.

Exercise 2: Preventing Relapse (30 minutes)

To start us off on the first big topic for this last session I need a volunteer to read Bruce and a volunteer to read Daniel.

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

Bruce and Daniel

BRUCE: I am really mad at myself.

DANIEL: Why is that?

BRUCE: I have been doing so good practicing safer sex, and then last night I messed up.

DANIEL: How did it happened?

BRUCE: Big party with lots of crack, a sexy girl who was high - really cute, and I had too much crack. I had been staying away from those kinds of parties for just that reason. I simply can't mix crack and sex.

DANIEL: We all make mistakes, but the kind you made can be very costly. I don't want anything to happen to you.

BRUCE: That's why I'm so angry at myself.

DANIEL: What can we do to make it sure it doesn't happen again?

BRUCE: Don't let me go to that kind of party on my own.

DANIEL: Promise me that if you get the urge to have some crack, you will only go with me or Herb or Sam - not alone. We will keep safe.

BRUCE: I promise.

DANIEL: No more messing up.

THE END

Thanks. That was good.

GIVE OUT TOKENS.

There are times when we make a slip even though we have promised ourselves that we would practice safer sex.

Sometimes we have been doing fine up until that point - then comes a backward step.

When it comes to HIV/AIDS, there are slips at two different levels of seriousness.

If you promised you would carry a condom with you at all times and forgot one day, that's an important slip which needs fixing, but it is not immediately life threatening.

If you got high and had unprotected sex, that's life threatening because all it takes is one time to get HIV.

There are a number of ways to deal with slips.

From a prevention point of view giving yourself strokes for practicing safer sex will help you not to slip.

You would be surprised how many people put themselves down in their thoughts.

Also many people do not give themselves strokes when they do something positive.

What we say to ourselves counts.

It helps us continue with safer sex to act in a positive way.

If someone says to me "I've got some crack. Let's go smoke it," and I tell them, "No thanks," then I can say something positive, neutral or negative to myself.

I say to myself afterwards, "That was pretty good. I refused without any problem."

Because I rewarded myself, I am likely to do it again.

If one of your friends says to you, "I like being with you. I feel real comfortable," what could you say to yourself to give yourself some strokes?

ENCOURAGE ANSWERS. A DESIRABLE ANSWER MIGHT BE, "THAT'S GREAT. I'M GLAD I MADE MY FRIEND FEEL GOOD."

I want us to practice giving ourselves strokes.

So I will read a situation to each of you and you tell me what you might say to yourself to give yourself a stroke.

READ EACH PERSON ONE OF THE SITUATIONS BELOW. HAVE THEM TRY AND GIVE THEMSELVES STROKES. LET OTHER GROUP MEMBERS HELP IF THEY WISH AND IF IT IS OK WITH THE PERSON.

SITUATIONS FOR GIVING STROKES

1. YOU ARE USUALLY SHY AND DON'T KNOW WHAT TO SAY, BUT TODAY YOU TALKED WITH THIS NEW PERSON FOR HALF AN HOUR.
2. YOU REALLY ENJOYED YOURSELF SEXUALLY WITH YOUR PARTNER AND DIDN'T HAVE ANY KIND OF INTERCOURSE.
3. YOU HAVE BEEN DYING TO MEET THIS NEW PERSON. TODAY THE PERSON SAID "HI" TO

YOU, TALKED WITH YOU, AND THEN ASKED YOU OUT.

4. YOUR FRIENDS SAID YOU REALLY LOOKED SUPER TODAY.
5. YOUR FRIEND WAS IN TROUBLE AND YOU SPENT LOTS OF TIME LISTENING TO WHAT SHE HAD TO SAY. AFTERWARDS SHE SAID IT HELPED HER A LOT TO TALK WITH YOU.
6. FOR THREE WEEKS NOW YOU HAVE REMEMBERED TO CARRY A CONDOM WITH YOU ALL THE TIME.
7. YOU WENT OUT DRINKING AND STOPPED AFTER TWO DRINKS.
8. YOU CAUGHT YOURSELF SAYING YOU WERE A JERK, AND YOU YELLED "STOP!" THE PUT-DOWN THOUGHT WENT AWAY.
9. YOU WANT TO WAIT A COUPLE OF YEARS BEFORE HAVING INTERCOURSE, AND SO FAR YOU ARE STILL A VIRGIN.
10. YOU WERE REALLY SCARED, BUT YOU STOOD UP IN FRONT OF THE GROUP AND GAVE A THREE MINUTE TALK.

You did very well!

How are you feeling?

ENCOURAGE SHARING OF FEELING THERMOMETER LEVELS. REMEMBER TO GIVE OUT TOKENS AS NEEDED.

Another step to take when dealing with slips and successes is to look at why you think it happened.

It might surprise you to know that everybody has a system in their heads for figuring out why things happen.

The problem is that the way we understand the causes can lead us to blame ourselves, feel bad about ourselves, and not care about keeping ourselves healthy.

Let's say that I ran away from home.

I was miserable there.

My father was an alcoholic and was always beating me and my mom.

If I told myself, "It is my fault my father is an alcoholic. I used to get in trouble a lot. It probably drove him to drink," would it make sense and would it be helpful to me?

ENCOURAGE DISCUSSION. HELP CLARIFY THAT BLAMING MYSELF IN THIS SITUATION IS

DESTRUCTIVE.

Let's use some short scripts to help us see the difference made according to how we explain causes.

Who will play Lima and who will play Sally?

SELECT VOLUNTEERS. HAND OUT SCRIPTS AND HAVE THEM BEGIN.

Lima and Sally

LIMA: Did you get him to use a condom last night?

SALLY: At least he ended up putting one on.

LIMA: That's great! How did you do it?

SALLY: It wasn't me. He was so hot for sex, he just finally gave in.

THE END

Thanks for the acting.

Do you agree with the way Sally sees it?

ENCOURAGE DISCUSSION AND POINT OUT THAT BY GIVING HER BOYFRIEND THE CREDIT, SHE UNDERCUTS HER OWN CONFIDENCE AND POWER.

We'll try another one.

Who will read Brian and who will read Ziggy?

SELECT VOLUNTEERS, HAND OUT SCRIPTS AND HAVE THEM BEGIN.

Brian and Ziggy

BRIAN: I am so stupid!

ZIGGY: What do you mean?

BRIAN: I promised myself I wouldn't smoke crack last night, and I smoked it anyway. All the gang was there doing it and telling me to try some. What an asshole!

ZIGGY: You're not stupid and not an asshole. You made a mistake. You did something dumb. That's all. With all those guys there putting pressure on you it's hard to say "no."

BRIAN: I don't see it that way.

ZIGGY: I know, but a good guy can do a dumb thing.

THE END

Who is right - Brian or Ziggy and why?

ENCOURAGE DISCUSSION. MAKE THE POINT THAT YOU CAN SEPARATE THE PERSON FROM THEIR ACTIONS.

We'll do one more.

Who will play Pam and who will be Dot?

SELECT VOLUNTEERS, HAND OUT SCRIPTS AND HAVE THEM READ.

Pam and Dot

PAM: I'm really in trouble?

DOT: Why?

PAM: Last night I told Eddie "no condom - no sex." He told me to get lost. I don't do anything right. I'm a total screw-up in his eyes.

DOT: Hey! You been standing up for your rights. A couple of nights ago you got him to use one. You were real tough.

PAM: It wasn't because I was tough. Sometimes he drinks a lot. He was too drunk to know that I put the condom on him.

DOT: I think you got this all wrong.

THE END

Has Pam got it all wrong?

If you think so, why?

ENCOURAGE DISCUSSION. HELP THE GROUP SEE THAT DOT THINKS EDDIE REJECTED HER BECAUSE OF AN OVERALL QUALITY SUCH AS "SHE DOESN'T DO ANYTHING RIGHT," RATHER THAN BECAUSE SHE SAID "NO." ALSO INSTEAD OF GIVING HERSELF CREDIT FOR HER CHARACTERISTIC OF BEING TOUGH, SHE SAYS HER SUCCESS IS DUE TO CHANCE OR SOMETHING UNSTABLE LIKE EDDIE'S DRINKING. BOTH WAYS OF THINKING WILL REDUCE HER BELIEF THAT SHE MAKES A DIFFERENCE IN HER LIFE.

All of these examples show that you can separate the person from what the person does.

Remember that you are good people and deserve the credit for the good things you.

If you act in a way you don't like, it doesn't mean you are a bad person.

You can try and do better next time.

You can learn from your mistake.

Another helpful technique for dealing with slips and difficult situations is called "self-talk."

If you could slow down your thoughts, you would see that you talk to yourself all the time.

"Man, look who's coming down the hall. Does he look mean. All pissed. My stomach is jumping. I better get the hell out of here. Come on feet, move."

So we want to take advantage of that self-talk and make it help us.

When you face a tough situation, it can be broken down into three if not four parts.

First, is "Getting Ready" - that's preparing yourself.

Second, is "Face to Face" - that's dealing with it, taking the tough time on, being in the middle of it.

Third, can be "Too Much!" - that's when you feel overwhelmed, like maybe your feelings are out getting out of control.

This phase of the tough time doesn't always happen.

You may handle it without feeling that you are losing it.

Last, is "Afterwards" - analyzing it and giving yourself some strokes.

This last stage of analyzing and evaluating what happened is really important because it is here you can give yourself strokes which will keep you going.

Or, if you wish you had done better, you can figure out how to improve, you can tell yourself that next time

will be different.

The worst kind of thinking is "I did terrible. I am a failure; therefore it is foolish for me to try and practice safer sex."

Human beings make slips.

It is to be expected.

Making a change in something as basic as sexual behavior can be hard.

We learn by trial and error, and self-talk can help us.

There are different kinds of self-talk for each of the four parts.

Self-talk is designed to make you feel better and to help you fix the situation.

I am going to hand out some examples of self-talk in each of the four parts of the situation: "Getting Ready," "Face to Face," "Too Much," and "Afterwards."

PASS OUT "EXAMPLES OF SELF-TALK" AND GO OVER IT.

EXAMPLES OF SELF-TALK

GETTING READY

This is going to be tough, but I can handle it.

I'll take a few deep breaths before hand.

What is it I have to do?

Here's my plan for how to deal with this.

Don't take it personally.

Don't jump to conclusions.

No matter what other people say or do to me, I am still a good person.

FACE TO FACE

Stay cool, and I'll be in control.

Stick to the issues.

Don't let him rattle me.

I don't need to prove my self.

I can handle it.

I have a right to my point of view.

TOO MUCH!

I'm getting tight, so I better breathe out deeply.

He wants me to get angry.

Don't let him rattle me.

Let him make a fool of himself.

There's no shame in leaving and coming back later.

It isn't worth getting all stressed out.

It won't last much longer.

I'm not giving the control over to him.

AFTERWARDS

IF RESOLVED

It worked out pretty well.

I'll do better next time.

It wasn't as bad as I expected.

I did it!

IF UNRESOLVED

I can do it differently next time.

Forget about it.

Thinking about it only keeps it alive.

These are tough situations, and they take time to figure out.

PUT THE SELF-TALK IN YOUR OWN WORDS

Those are just examples of what a person can say to herself or himself.

Have you got the idea?

Now we are going to practice self-talk.

We will use the practice cards.

You will receive a card and pass it as the card says.

The person who gets the card will read you the situation.

Then you tell us what self-talk you will use.

Let's say I have passed the card and the person says to me, "Tonight you are going to a party. If Big Bill is there, he will come over and start pushing you to smoke some crack. He'll start frontin and buggin. He'll say you're a dog if you don't smoke some. What self-talk would you use to get ready for the party?"

I might answer like this: "I'll try to imagine Big Bill coming up to me. I'll take a few deep breaths just before he gets there. When he asks me to smoke, I'll smile, pat him on the back, thank him for the offer, and say 'not now.' If he keeps pushing me, I'll go over to some of my friends who don't smoke. I don't have to prove anything to Big Bill. What he thinks doesn't make any difference to me. If he gets too bugged, I can leave. I'm not letting him play the master and me the slave."

Has everyone got the idea?

Keep the "Examples of Safe Talk" in front of you because you may get some ideas from there.

Here we go.

PASS OUT THE SELF-TALK CARDS ONE AT A TIME. WHEN THE FIRST PERSON HAS FINISHED, GO ON TO THE NEXT GROUP MEMBER UNTIL EVERYBODY HAS HAD A TURN.

SELF-TALK CARDS

1,S-TALK,

PASS TO THE PERSON WHO HAS BLACK ON

ALL WEEK LONG YOU HAVE BEEN LOOKING FORWARD TO TONIGHT. YOU PLAN TO HAVE RED HOT SEX WITH THIS NEW PARTNER OF YOURS. YOU GET SO TURNED ON WITH YOUR NEW PARTNER THAT YOU ALMOST GO OUT OF YOUR LOVING MIND. YOU WANT TURNED ON SEX, BUT YOU ALSO WANT TO PRACTICE SAFER SEX. YOU ARE AFRAID THAT YOU'LL GET SO CARRIED AWAY YOU WON'T CARE ABOUT USING PROTECTION AT THE LAST MOMENT.

WHAT SELF-TALK WOULD YOU USE TO PREPARE YOURSELF FOR TONIGHT?

2,S-TALK,

PASS TO THE PERSON WHO HAS WHITE ON

YOU CAN TELL THAT IN AN HOUR YOUR LOVER WILL WANT SEX. YOU HAVE BEEN TRYING TO GET YOUR LOVER TO USE SOME PROTECTION, BUT IT ALWAYS ENDS UP IN A FIGHT. YOU HAVE MADE UP YOUR MIND THAT TONIGHT IS THE NIGHT. NO PROTECTION - NO SEX.

WHAT SELF-TALK WOULD YOU USE TO PREPARE YOURSELF FOR DEMANDING THE CONDOM OR DENTAL DAM?

3,S-TALK,

PASS TO THE PERSON WHO HAS RED ON

WHEN YOU FEEL LONELY, YOU WANT SEX. TONIGHT YOU FEEL VERY LONELY. YOU ARE WITH SOME PEOPLE YOU DON'T KNOW VERY WELL. EVERYONE IS WATCHING A PORNO VIDEO AND GETTING PRETTY HORNY. THIS PERSON KEEPS LOOKING AT YOU. YOU ARE SURE THAT YOU WILL BE ASKED FOR SEX SOON. YOU ARE SCARED ABOUT HIV AND WILL HAVE TO TRY AND MAKE SURE THAT IT IS SAFER SEX.

WHAT SELF-TALK WOULD YOU USE TO GET READY FOR BEING APPROACHED?

4,S-TALK,

PASS TO THE PERSON WHO HAS GREEN ON

YOUR PARTNER TURNS TO YOU AND SAYS, "COME ON. TAKE SOME CRACK. IT WILL LOOSEN YOU UP. SEX WITH YOU IS MUCH BETTER WHEN YOU GET HIGH. DON'T LET ME DOWN NOW. I'M SERIOUS. LET'S GET IT ON." YOU DON'T WANT TO MIX DRUGS AND SEX, AND YOU WANT TO PRACTICE SAFER SEX.

WHAT SELF-TALK WOULD YOU USE DURING THIS DISCUSSION WITH YOUR PARTNER?

5,S-TALK,

PASS TO THE PERSON WHO HAS YELLOW ON

YOUR LOVER HAS PROMISED YOU THAT THERE WOULD BE NO UNPROTECTED SEX. YOU ARE IN THE MIDDLE OF MAKING LOVE WHEN YOU NOTICE THAT YOUR LOVER IS GETTING READY TO DO IT WITHOUT A CONDOM. YOU PULL AWAY. YOUR LOVER HAS AN ANGRY LOOKING FACE AND SAYS TO YOU, "HEY, STUPID!"

WHAT SELF-TALK WOULD YOU USE DURING THIS FACE TO FACE SITUATION?

6,S-TALK,

PASS TO THE PERSON WHO HAS BLUE ON

YOUR PARTNER WANTS MUTUAL ORAL SEX AND DOESN'T WANT TO USE ANY PROTECTION. YOUR LOVER SAYS TO YOU, "USING THAT LATEX STUFF IS LIKE PUTTING A DOOR BETWEEN US. BESIDES YOU WON'T GET ANY JUICE IN YOUR MOUTH. I PROMISE YOU. LET'S START EATING EACH OTHER. I'M TELLING YOU IT'S OK." YOU WANT TO BE PROTECTED BEFORE YOU HAVE ANY ORAL SEX CONTACT. YOU KNOW YOUR LOVER WILL TRY TO PRESSURE YOU AND WILL GET ALL BENT OUT OF SHAPE.

WHAT SELF-TALK WOULD YOU USE TO HELP YOU IN THIS CONVERSATION?

7,S-TALK,

PASS TO THE PERSON WHO HAS BROWN ON

YOU HAVE BEEN WANTING TO JOIN THIS NEW GROUP OF FRIENDS. FINALLY YOU ARE INVITED TO A PARTY OF THEIRS. AT THE PARTY ONE OF THE GROUP'S LEADERS HAS YOU CORNERED AND INSISTS THAT TO HANG OUT WITH THEM YOU HAVE TO SHOOT UP. THE BIG SHOT SAYS TO YOU, "COME ON OUT BACK AND SHOOT SOME. THIS IS YOUR BIG CHANCE AND YOUR LAST CHANCE. IT IS NOW OR NEVER. IF YOU DON'T COME OUT BACK, YOU MIGHT AS WELL MOVE TO SOME OTHER TOWN." YOU DON'T WANT TO SHOOT UP, BUT YOU FEEL REALLY PANICKY. YOU ARE AFRAID YOU MIGHT BREAK DOWN AND GIVE IN.

WHAT SELF-TALK WOULD YOU USE WHEN YOU FEEL PANICKY LIKE THIS?

8,S-TALK,

PASS TO THE PERSON WHO HAS PURPLE ON

YOUR PARTNER SAYS THAT IF YOU DON'T HAVE UNPROTECTED SEX, EVERYTHING IS OVER. THE TWO OF YOU ARE FINISHED. YOUR PARTNER TELLS YOU, "I'M TIRED OF YOUR RUNNING THIS SHOW. WE ARE GOING TO DO IT NOW, AND WE AREN'T USING ANY PROTECTION. IF YOU DON'T LIKE IT, LEAVE." YOU DON'T WANT TO BE LEFT ALONE. YOU FEEL LIKE YOU CAN'T HANDLE THIS ARGUMENT.

WHAT SELF-TALK WOULD YOU USE TO GET YOU THROUGH THIS?

9,S-TALK,

PASS TO THE PERSON WHO HAS PINK ON

YOU HAD THIS BIG FIGHT WITH YOUR PARTNER. IT MADE YOU REAL NERVOUS. YOU INSISTED THAT YOUR PARTNER USE PROTECTION DURING SEX. YOUR PARTNER SCREAMED AND CRIED AND SAID "YOU DON'T LOVE ME ANYMORE." IT WAS TOUGH BUT YOU STUCK TO YOUR POSITION AND GOT THROUGH IT. YOU DID CALL YOUR PARTNER A FEW NAMES AND YOU WISH YOU HADN'T.

WHAT SELF-TALK WOULD YOU USE IN THINKING ABOUT HOW YOU DID?

10,S-TALK,

PASS TO THE PERSON WHO HAS GREY ON

THIS FRIEND OF YOURS IS ALWAYS TELLING PEOPLE THAT YOU ARE WEAK BECAUSE YOU WON'T SMOKE CRACK. YOU WENT TO YOUR FRIEND AND SAID, "CUT IT OUT!" YOUR FRIEND GOT PISSED AND STARTED CALLING YOU "CHICKEN SHIT." YOUR FRIEND SAID THAT THE WORD WOULD GET SPREAD THAT YOU RATTED ON PEOPLE FOR USING DRUGS. YOU GOT MAD YOURSELF AND LEFT.

WHAT SELF-TALK WOULD YOU USE IN THINKING ABOUT HOW WELL YOU DID?

That was very good.

How do people feel now?

CHECK FEELINGS AND GIVE OUT TOKENS.

What kinds of self-talk would you use in addition to what we came up with here?

ENCOURAGE DISCUSSION.

Let's say you set a goal for yourself that you would practice safer sex for a certain period of time.

And you met your goal - you did it!

What is a nice little reward you could give yourself?

Nothing unrealistic.

Something special that would be like a treat.

A bubble bath, a box of candy, a visit to a special person, a day at the beach.

I want to go around the room, and each person will tell us one special reward they could give themselves.

GO AROUND AND HAVE EACH PERSON NAME A SPECIAL TREAT.

That was great!

We already worked on how to make protecting yourself and your partner more fun, more sexy.

And we dealt with finding your own triggers that lead to slipping.

Therefore you can see we have discovered many ways to encourage ourselves to maintain practicing safer sex and to deal with slips.

What have you found that works for you?

ENCOURAGE SHARING OF THEIR APPROACHES WHICH HAVE HELPED THEM COPE WITH SAFER SEX AND RELAPSE. GIVE OUT TOKENS.

To wrap up this section on slips what would you write back if you received this letter?

DIVIDE THE GROUP IN HALF AND GIVE THEM EACH THE FOLLOWING "DEAR ABBY" LETTER. ALLOW NO MORE THAN FIVE MINUTES TO MAKE UP A RESPONSE. HAVE THE GROUPS RETURN AND REPORT ON HOW THEY WOULD RESPOND.

DEAR ABBY LETTER

DEAR ABBY,

I HAD TO CONVINCING MY LOVER TO PRACTICE SAFER SEX. WE HAD BEEN DOING OK FOR SIX MONTHS. THEN LAST WEEK WE WERE NOT IN OUR APARTMENT, BUT WALKING ON A DESERTED BEACH. I GOT THIS CRAVING, AND WE ENDED UP HAVING UNPROTECTED SEX. IT WAS MY FAULT. OBVIOUSLY I AM NOT ABLE TO STICK WITH SAFER SEX. WHAT IS THE USE OF TRYING AGAIN? WE MIGHT AS WELL GO BACK TO UNPROTECTED SEX ALL THE TIME. WHAT DO YOU THINK?

DISCOURAGED

Let's hear your reply's.

HAVE GROUPS REPORT AND DISCUSS. LOOK FOR SUGGESTIONS BASED ON EVALUATING SLIPS, SELF-REWARDS, SELF-TALK, AND CHANGING THOUGHTS.

Exercise 3: Using the Thumbs Up/Thumbs Down Button
(25 minutes)

Now that you know some steps people can take to keep up practicing safer sex, we will return to practicing how to spread the word.

Earlier today you practiced starting a conversation when the friend did not start off asking you any questions.

You had to get the talking going on your own.

Now we are going to practice using the Thumbs Up/Thumbs Down button.

BRING IN FOUR VOLUNTEERS FROM OUTSIDE OF THE GROUP - TWO MALE AND TWO FEMALE.

We are going to divide the group in half, and two volunteers will go with each group.

Once in the group you will have a chance to practice on a volunteer.

The volunteer will say to you, "What does this button mean?" and, you will then give an HIV/AIDS message in whatever way is comfortable for you.

Two things are important in giving the message.

First, follow the guidelines that we have up on a poster.

Remember, it covers that being concerned is smart, practicing safer sex is wise, people in the know are doing it, "I" messages, and tips for starting.

Second, the heart of the message is your own personal experience - what you have tried, what you are learning, what you found helpful.

So, follow the guidelines and tie the message to you personally.

EXPLAIN TO THE VOLUNTEERS.

All you need to do is to say to the group member is "What does this button mean?"

DIVIDE THE GROUP IN HALF AND HAVE A MALE AND FEMALE VOLUNTEER GO WITH EACH HALF. A GROUP LEADER ACCOMPANIES EACH HALF AS WELL. FOLLOW THE SAME PROCEDURE AS BEFORE. THE GROUP LEADER GOES FIRST, MODELING HOW TO GIVE THE MESSAGE, AND ASKS FOR FEEDBACK. THEN ONE GROUP MEMBER AT A TIME PRACTICES WITH A VOLUNTEER. PAIR MALES AND FEMALES TOGETHER IF POSSIBLE. AFTER EACH PERSON GIVES THE MESSAGE, THE GROUP WILL GIVE FEEDBACK. CONTINUE UNTIL EVERYONE HAS HAD A TURN.

That was really good practice.

I want to thank the volunteers.

I want to thank everyone else also.

On the Feeling Thermometer what is your level now?

OBTAIN FEELING THERMOMETER LEVELS.

You seem to be getting comfortable giving out messages.

Exercise 4: Giving Advice
(25 minutes)

In this next practice we want to work on giving advice on specific steps.

I will quickly review the poster on giving advice about steps to being safer.

POINT TO THE POSTER AND REVIEW IT. MAKE SURE THE POSTER IS MADE AND UP FOR THIS SESSION.

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."

You have covered a lot of ground since we began these sessions; therefore you may have learned some concrete steps which are not here on the list.

When talking to your friend, feel free to use some steps that fit your experience.

We are going to divide into two groups again.

This time each person playing the friend will have a question to ask you.

QUESTIONS ON SPECIFIC STEPS

SCENE 1: FRIEND SAYS,

"I AM NOT SURE I WANT TO PRACTICE SAFER SEX, BUT IF I DID, WOULD I START BY LEARNING HOW TO USE A CONDOM?"

- SCENE 2: FRIEND SAYS, "I AM NOT SURE WHY SAFER SEX IS IMPORTANT, BUT IF I WAS TO TRY IT, I WOULD WORRY ABOUT CONDOMS BEING SAFE."
- SCENE 3: FRIEND SAYS, "I DON'T KNOW MUCH ABOUT AIDS, BUT HOW WOULD I USE A DENTAL DAM?"
- SCENE 4: FRIEND SAYS, "I HEARD A LITTLE BIT ABOUT HIV AND SAFER SEX, AND IF I WANTED TO PROTECT MYSELF, SHOULD I START BY TALKING TO MY PARTNER?"
- SCENE 5: FRIEND SAYS, "HOW WOULD I CONVINCING MY PARTNER THAT WE SHOULD PRACTICE SAFER SEX?"
- SCENE 6: FRIEND SAYS, "MAYBE I SHOULD WORRY ABOUT SAFER SEX, AND IF I DID, WHERE WOULD I KEEP CONDOMS?"
- SCENE 7: FRIEND SAYS, "I OFTEN HAVE SOME DRINKS BEFORE SEX TO LOOSEN ME UP. IF I WANTED TO START PRACTICING SAFER SEX, HOW WOULD I GO ABOUT IT?"
- SCENE 8: FRIEND SAYS, "IF I WAS GOING TO PRACTICE SAFER SEX, I WOULDN'T WANT TO USE A CONDOM. IS THERE A WAY TO HAVE SAFER SEX WITHOUT USING ONE?"

DIVIDE THE GROUP IN HALF. A GROUP LEADER ACCOMPANIES EACH HALF. FOLLOW THE SAME PROCEDURE AS BEFORE. THE GROUP LEADER GOES FIRST, MODELING HOW TO GIVE THE MESSAGE ON SPECIFIC STEPS, AND ASKS FOR FEEDBACK. THEN ONE GROUP MEMBER AT A TIME PRACTICES WITH ANOTHER GROUP MEMBER PLAYING THE FRIEND. PAIR MALES AND FEMALES TOGETHER IF POSSIBLE. AFTER EACH PERSON GIVES THE MESSAGE, THE GROUP WILL GIVE FEEDBACK. CONTINUE UNTIL EVERYONE HAS HAD TWO TURNS.

You did a very good job on that practice.

Everybody deserves a token.

GIVE OUT TOKENS.

Exercise 5: Making Commitments and Ending (15 minutes)

In the session we just finished we dealt with making a slip and improved our abilities to give HIV messages.

Now the workshop is winding down.

I would like each person here to talk to four friends next week and give them an HIV/AIDS message.

Spreading the message can save a friend's life.

It also put you in a special category of person - one who cares and who is a leader.

Do you think that you are willing to do that?

ENCOURAGE COMMITMENTS.

Start off talking with people who are sexually active, who would be interested in what you have to say, and who would be easy for you to talk to.

If you ran out of people to talk with, where could you find some more people?

HAVE THE GROUP BRAINSTORM HOW AND WHERE TO LOCATE MORE PEOPLE.

I would like to ask each person to think of one step she/he plans to take in the next month that will reduce your exposure to HIV/AIDS.

DIVIDE THE GROUP INTO PAIRS.

Think about what you plan to do, and then share it with your group partner.

HAVE PAIRS SHARE FUTURE PLANS FOR SAFER SEX.

Here are some resource lists that show where people can get help in staying safe and protecting their health.

PASS OUT LISTS AND GO OVER THEM. ALSO TALK ABOUT HOW TO ACCESS THESE RESOURCES.

Now it is time to show appreciation for everyone's contributions and to say goodbye.

HAVE GROUP MEMBERS SHOW APPRECIATION TO EACH OTHER AND SAY GOODBYE. GIVE OUT TOKENS.

Both of us who have been group leaders want to tell you how much we have enjoyed working with you.

We are really impressed with how hard you worked.

What are your Feeling Thermometer readings right now?

ENCOURAGE SHARING OF FEELING THERMOMETER READINGS.

Now we want to pass out your certificates.

PASS OUT CERTIFICATES.

Would you please fill out the evaluations?

PASS OUT EVALUATION FORMS.

Next I want to announce the winner of the lottery.

ANNOUNCE THE LOTTERY WINNER AND GIVE PRIZE.

Finally here are your payments for participating in the workshop.

GIVE OUT PAYMENTS.

Thanks again and let your friends know how they can get in touch with you.

END OF THE PROJECT LIGHT II TRAINING

Bruce and Daniel

BRUCE: I am really mad at myself.

DANIEL: Why is that?

BRUCE: I have been doing so good practicing safer sex, and then last night I messed up.

DANIEL: How did it happened?

BRUCE: Big party with lots of crack, a sexy girl who was high - really cute, and I had too much crack. I had been staying away from those kinds of parties for just that reason. I simply can't mix booze and crack.

DANIEL: We all make mistakes, but the kind you made can be very costly. I don't want anything to happen to you.

BRUCE: That's why I'm so angry at myself.

DANIEL: What can we do to make it sure it doesn't happen again?

BRUCE: Don't let me go to that kind of party on my own.

DANIEL: Promise me that if you get the urge to have some crack, you will only go with me or Herb or Sam - not alone. We will keep safe.

BRUCE: I promise.

DANIEL: No more messing up.

THE END

Lima and Sally

LIMA: Did you get him to use a condom last night?

SALLY: At least he ended up putting one on.

LIMA: That's great! How did you do it?

SALLY: It wasn't me. He was so hot for sex, he just finally gave in.

THE END

Brian and Ziggy

BRIAN: I am so stupid!

ZIGGY: What do you mean?

BRIAN: I promised myself I wouldn't smoke crack last night, and I smoked it anyway. All the gang was there doing it and telling me to try some. What an asshole!

ZIGGY: You're not stupid and not an asshole. You made a mistake. You did something dumb. That's all. With all those guys there putting pressure on you it's hard to say "no."

BRIAN: I don't see it that way.

ZIGGY: I know, but a good guy can do a dumb thing.

THE END

Pam and Dot

PAM: I'm really in trouble?

DOT: Why?

PAM: Last night I told Eddie "no condom - no sex." He told me to get lost. I don't do anything right. I'm a total screw-up in his eyes.

DOT: Hey! You been standing up for your rights. A couple of nights ago you got him to use one. You were real tough.

PAM: It wasn't because I was tough. Some times he drinks a lot. He was too drunk to know that I put the condom on him.

DOT: I think you got this all wrong.

THE END

EXAMPLES OF SELF-TALK

GETTING READY

This is going to be tough, but I can handle it.

I'll take a few deep breaths before hand.

What is it I have to do?

Here's my plan for how to deal with this.

Don't take it personally.

Don't jump to conclusions.

No matter what other people say or do to me, I am still a good person.

FACE TO FACE

Stay cool, and I'll be in control.

Stick to the issues.

Don't let him rattle me.

I don't need to prove my self.

I can handle it.

I have a right to my point of view.

TOO MUCH!

I'm getting tight, so I better breathe out deeply.

He wants me to get angry.

Don't let him rattle me.

Let him make a fool of himself.

There's no shame in leaving and coming back later.

It isn't worth getting all stressed out.

It won't last much longer.

I'm not giving the control over to him.

AFTERWARDS

IF RESOLVED

It worked out pretty well.

I'll do better next time.

It wasn't as bad as I expected.

I did it!

IF UNRESOLVED

I can do it differently next time.

Forget about it.

Thinking about it only keeps it alive.

These are tough situations, and they take time to figure out.

PUT THE SELF-TALK IN YOUR OWN WORDS

1,S-TALK,

PASS TO THE PERSON WHO HAS BLACK ON

ALL WEEK LONG YOU HAVE BEEN LOOKING FORWARD TO TONIGHT. YOU PLAN TO HAVE RED HOT SEX WITH THIS NEW PARTNER OF YOURS. YOU GET SO TURNED ON WITH YOUR NEW PARTNER THAT YOU ALMOST GO OUT OF YOUR LOVING MIND. YOU WANT TURNED ON SEX, BUT YOU ALSO WANT TO PRACTICE SAFER SEX. YOU ARE AFRAID THAT YOU'LL GET SO CARRIED AWAY YOU WON'T CARE ABOUT USING PROTECTION AT THE LAST MOMENT.

WHAT SELF-TALK WOULD YOU USE TO PREPARE YOURSELF FOR TONIGHT?

2,S-TALK,

PASS TO THE PERSON WHO HAS WHITE ON

YOU CAN TELL THAT IN AN HOUR YOUR LOVER WILL WANT SEX. YOU HAVE BEEN TRYING TO GET YOUR LOVER TO USE SOME PROTECTION, BUT IT ALWAYS ENDS UP IN A FIGHT. YOU HAVE MADE UP YOUR MIND THAT TONIGHT IS THE NIGHT. NO PROTECTION - NO SEX.

WHAT SELF-TALK WOULD YOU USE TO PREPARE YOURSELF FOR DEMANDING THE CONDOM OR DENTAL DAM?

3,S-TALK,

PASS TO THE PERSON WHO HAS RED ON

WHEN YOU FEEL LONELY, YOU WANT SEX. TONIGHT YOU FEEL VERY LONELY. YOU ARE WITH SOME PEOPLE YOU DON'T KNOW VERY WELL. EVERYONE IS WATCHING A PORNO VIDEO AND GETTING PRETTY HORNY. THIS PERSON KEEPS LOOKING AT YOU. YOU ARE SURE THAT YOU WILL BE ASKED FOR SEX SOON. YOU ARE SCARED ABOUT HIV AND WILL HAVE TO TRY AND MAKE SURE THAT IT IS SAFER SEX.

WHAT SELF-TALK WOULD YOU USE TO GET READY FOR BEING APPROACHED?

4,S-TALK,

PASS TO THE PERSON WHO HAS GREEN ON

YOUR PARTNER TURNS TO YOU AND SAYS, "COME ON. TAKE SOME CRACK. IT WILL LOOSEN YOU UP. SEX WITH YOU IS MUCH BETTER WHEN YOU GET HIGH. DON'T LET ME DOWN NOW. I'M SERIOUS. LET'S GET IT ON." YOU DON'T WANT TO MIX DRUGS AND SEX, AND YOU WANT TO PRACTICE SAFER SEX.

WHAT SELF-TALK WOULD YOU USE DURING THIS DISCUSSION WITH YOUR PARTNER?

5,S-TALK,

PASS TO THE PERSON WHO HAS YELLOW ON

YOUR LOVER HAS PROMISED YOU THAT THERE WOULD BE NO UNPROTECTED SEX. YOU ARE IN THE MIDDLE OF MAKING LOVE WHEN YOU NOTICE THAT YOUR LOVER IS GETTING READY TO DO IT WITHOUT A CONDOM. YOU PULL AWAY. YOUR LOVER HAS AN ANGRY LOOKING FACE AND SAYS TO YOU, "HEY, STUPID!"

WHAT SELF-TALK WOULD YOU USE DURING THIS FACE TO FACE SITUATION?

6,S-TALK,

PASS TO THE PERSON WHO HAS BLUE ON

YOUR PARTNER WANTS MUTUAL ORAL SEX AND DOESN'T WANT TO USE ANY PROTECTION. YOUR LOVER SAYS TO YOU, "USING THAT LATEX STUFF IS LIKE PUTTING A DOOR BETWEEN US. BESIDES YOU WON'T GET ANY JUICE IN YOUR MOUTH. I PROMISE YOU. LET'S START EATING EACH OTHER. I'M TELLING YOU IT'S OK." YOU WANT TO BE PROTECTED BEFORE YOU HAVE ANY ORAL SEX CONTACT. YOU KNOW YOUR LOVER WILL TRY TO PRESSURE YOU AND WILL GET ALL BENT OUT OF SHAPE.

WHAT SELF-TALK WOULD YOU USE TO HELP YOU IN THIS CONVERSATION?

7,S-TALK,

PASS TO THE PERSON WHO HAS BROWN ON

YOU HAVE BEEN WANTING TO JOIN THIS NEW GROUP OF FRIENDS. FINALLY YOU ARE INVITED TO A PARTY OF THEIRS. AT THE PARTY ONE OF THE GROUP'S LEADERS HAS YOU CORNERED AND INSISTS THAT TO HANG OUT WITH THEM YOU HAVE TO SHOOT UP. THE BIG SHOT SAYS TO YOU, "COME ON OUT BACK AND SHOOT SOME. THIS IS YOUR BIG CHANCE AND YOUR LAST CHANCE. IT IS NOW OR NEVER. IF YOU DON'T COME OUT BACK, YOU MIGHT AS WELL MOVE TO SOME OTHER TOWN." YOU DON'T WANT TO SHOOT UP, BUT YOU FEEL REALLY PANICKY. YOU ARE AFRAID YOU MIGHT BREAK DOWN AND GIVE IN.

WHAT SELF-TALK WOULD YOU USE WHEN YOU FEEL PANICKY LIKE THIS?

8,S-TALK,

PASS TO THE PERSON WHO HAS PURPLE ON

YOUR PARTNER SAYS THAT IF YOU DON'T HAVE UNPROTECTED SEX, EVERYTHING IS OVER. THE TWO OF YOU ARE FINISHED. YOUR PARTNER TELLS YOU, "I'M TIRED OF YOUR RUNNING THIS SHOW. WE ARE GOING TO DO IT NOW, AND WE AREN'T USING ANY PROTECTION. IF YOU DON'T LIKE IT, LEAVE." YOU DON'T WANT TO BE LEFT ALONE. YOU FEEL LIKE YOU CAN'T HANDLE THIS ARGUMENT.

WHAT SELF-TALK WOULD YOU USE TO GET YOU THROUGH THIS?

9,S-TALK,

PASS TO THE PERSON WHO HAS PINK ON

YOU HAD THIS BIG FIGHT WITH YOUR PARTNER. IT MADE YOU REAL NERVOUS. YOU INSISTED THAT YOUR PARTNER USE PROTECTION DURING SEX. YOUR PARTNER SCREAMED AND CRIED AND SAID "YOU DON'T LOVE ME ANYMORE." IT WAS TOUGH BUT YOU STUCK TO YOUR POSITION AND GOT THROUGH IT. YOU DID CALL YOUR PARTNER A FEW NAMES AND YOU WISH YOU HADN'T.

WHAT SELF-TALK WOULD YOU USE IN THINKING ABOUT HOW YOU DID?

10,S-TALK,

PASS TO THE PERSON WHO HAS GREY ON

THIS FRIEND OF YOURS IS ALWAYS TELLING PEOPLE THAT YOU ARE WEAK BECAUSE YOU WON'T SMOKE CRACK. YOU WENT TO YOUR FRIEND AND SAID, "CUT IT OUT!" YOUR FRIEND GOT PISSED AND STARTED CALLING YOU "CHICKEN SHIT." YOUR FRIEND SAID THAT THE WORD WOULD GET SPREAD THAT YOU RATTED ON PEOPLE FOR USING DRUGS. YOU GOT MAD YOURSELF AND LEFT.

WHAT SELF-TALK WOULD YOU USE IN THINKING ABOUT HOW WELL YOU DID?

DEAR ABBY,

I HAD TO CONVINCING MY LOVER TO PRACTICE SAFER SEX. WE HAD BEEN DOING OK FOR SIX MONTHS. THEN LAST WEEK WE WERE NOT IN OUR APARTMENT, BUT WALKING ON A DESERTED BEACH. I GOT THIS CRAVING, AND WE ENDED UP HAVING UNPROTECTED SEX. IT WAS MY FAULT. OBVIOUSLY I AM NOT ABLE TO STICK WITH SAFER SEX. WHAT IS THE USE OF TRYING AGAIN? WE MIGHT AS WELL GO BACK TO UNPROTECTED SEX ALL THE TIME. WHAT DO YOU THINK?

DISCOURAGED

SCENE 1: FRIEND SAYS, "I AM NOT SURE I WANT TO PRACTICE SAFER SEX, BUT IF I DID, WOULD I START BY LEARNING HOW TO USE A CONDOM?"

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