

SESSION 9: WHEN IS MY SEXUAL BEHAVIOR SAFE?

OBJECTIVES:

1. Participants will know how safe different sexual behaviors are.
2. Participants will assess the safety in their own sexual behavior.
3. Participants will determine the extent to which the entire groups' actions are safe.

RATIONALE:

There is a lot of confusion in the minds of many adolescents about which sexual behaviors are safe or risky. As sexual acts have a number of components to them and are relatively specific, it is important to be as definitive as possible.

Once having acquired some degree of specificity about which behaviors are more safe and which ones less so, this information needs to be personalized in order for it to play a significant role in fostering safer sex. Adolescents need to see exactly what they are doing and how it can lead to becoming HIV positive.

Being left with only knowledge about one's own individual behavior can be both frightening and misleading. Therefore, learning how other members of the immediate group are acting is useful both in terms of support and in providing impetus to change.

PROCEDURES:

1. Re-introduce the group and ask them to state the age they first heard sex discussed. Stating the age is done in order to begin the movement toward a more personal involvement with safer sex. Also review the homework on risky situations. End with a report on successes in keeping safe and check out feeling levels.
2. Have group members think of a close friend and put that friend on a safer sex continuum with regard to vaginal intercourse or anal intercourse.
3. Next have two teams sort sexual acts into safe, probably safe, and definitely unsafe sexual behaviors.
4. Give out a confidential questionnaire which allows the participant to take a reading on how risky their own behavior is.
5. If the group agrees to it, use the individual data in a strictly confidential manner to build a group profile of safer sex practices.
6. Do two role plays: one about abstinence and the other about someone beginning sexual contact.
7. End with group building through showing appreciation for other members' contributions and take a final assessment of feelings.

MATERIALS:

Tokens
Feeling Thermometers
Newsprint and marking pens
Signs for sexual continuum
Two sets of Sexual Acts cards

Exercise 1: Introducing and Reviewing

LEADER SAYS

It is good to see you back in "Stay Safe!"

As you know, we are trying to become more competent in keeping us from getting HIV, and we are working on leading the kind of life we want for ourselves.

Let's go around and introduce ourselves. Tell your name and at what age you remember something about sex.

It could be something you saw, something you heard, or something you did.

How old were you when you first came in contact with sex?

Don't tell us any shady stories—just how old you were.

Just say "I'm Sam and I was three years old."

I'll start. I'm _____ and I was _____ when I first came in contact with sex.

HAVE EVERYONE GIVE THEIR NAME AND HOW OLD THEY WERE WHEN THEY FIRST CAME IN CONTACT WITH SEX.

Very good.

How are you feeling right now on the Feeling Thermometer?

ENCOURAGE ANSWERING AND PASS OUT TOKENS FOR PARTICIPATION AND FOR PARTICIPANTS TO USE IN GIVING STROKES.

Remember how important it is to stay in touch with how much discomfort and comfort you are feeling and what those feelings are.

At the end of the last session, I asked you to think of another situation that made it difficult for you to practice safer sex.

What did you come up with?

ASK EVERYONE WHAT THEY CAME UP AND USE TOKENS.

I'm glad to see you found out something more you need to be cautious about.

What did you do since we last met to stay safe?

If you did something not directly related to staying safe sexually but something that improved your life, tell me about it also.

I'm interested in even the smallest thing you did because I want to see you stay healthy.

So what did you do?

ENCOURAGE SHARING AND GIVE OUT TOKENS. CATCH SOMEONE DOING SOMETHING GOOD.

Exercise 2: Finding Out How Safe Sexual Acts Are.

Last time we focused on risky situations.

This time we will look at risky actions.

All of you have friends outside of this group.

We want to start by seeing where your friends are.

How do they behave when it comes to safer sex?

Think of one friend whose sexual behavior you know very well.

At one end of this wall is having vaginal intercourse with a condom and using a chemical that kills HIV.

That chemical is called non-oxynol 9.

PUT UP A SIGN AT ONE END OF THE WALL THAT SAYS "CONDOM WITH NON-OXYNOL 9."

At the other end of the wall is having vaginal intercourse without a condom, without non-oxynol 9, and coming in the vagina.

PUT UP A SIGN AT THE OTHER END OF THE WALL THAT SAYS "NO CONDOM, NO NON-OXYNOL 9, CUM INSIDE."

In the middle is having vaginal intercourse without a condom and without coming in the vagina.

IN THE MIDDLE OF THE WALL PUT UP A SIGN THAT SAYS "NO CONDOM, NO COMING INSIDE."

Now we have a line from safe at one end—condom and non-oxynol 9 -to unsafe at the other end—no condom, no chemical, coming inside.

And we have all the degrees in the middle.

Now think about your friend.

What does your friend actually do?

Not what they believe they should do or what they say they do.

Go stand where your friend's behavior fits.

HAVE PARTICIPANTS STAND WHERE THEY THINK THEIR FRIEND WOULD BE.

Do you think your friend would be there in every situation or just some of the time?

GET ANSWERS.

How do you think your friend decided that this is the way to behave?

ENCOURAGE ANSWERS.

Why do you think that you aren't all standing in the same place?

ENCOURAGE DISCUSSION. REMEMBER THE TOKENS.

Not everyone agrees on how safe any sex act is.

There is a lot the scientists don't know about HIV and AIDS.

How much worse is vaginal intercourse than oral sex?

We are not sure.

So what do you do when things are uncertain?

Who will be JoAnn and who will be Jane?

SELECT THE VOLUNTEERS AND GIVE THEM THE SCRIPTS.

These scripts get you started, but where it says "Make it Up" in capital letters you role play the rest.

The other group members will observe and try to figure out what we would do in this situation.

JoAnn and Jane

JOANN:I have a problem.

JANE: What's that?

JOANN:My new lover, Maria, wants me to go down on her without a dental dam. She says the dental dam cuts down on the thrill. I'm not sure how safe that is.

JANE: You sure don't want to get HIV.

JOANN:I know. Do you think I will get it from going down on her without a dental dam?

JANE: To tell the truth, I'm not sure.

JOANN:So what should I do?

JANE: MAKE IT UP

JOANN:ROLE PLAY IT

THE END

That was great!.

GIVE OUT TOKENS.

How do you two actors feel?

ENCOURAGE THEIR GIVING A FEELING THERMOMETER READING. THROUGHOUT THE DISCUSSION THAT COMES UP, EMPHASIZE THE POINT THAT WHEN THINGS ARE UNCERTAIN AND YOU ARE NOT SURE, BE CONSERVATIVE—TAKE THE SAFEST ROUTE.

What did you like about what you did?

OBTAIN RESPONSES

What would you have done differently?

OBTAIN RESPONSES

What did other people like and what would they have done?

ENCOURAGE FEEDBACK.

The main point is that if you are unsure, if the risk is unclear, choose the safest way.

If you never smoked crack and you didn't know what effect crack would have on you, what should you do?

ENCOURAGE DISCUSSION OF BEING CAUTIOUS, PLAYING IT SAFE.

Now let's bring this a little closer to home.

There will be two groups, and each will get a set of cards with sex acts on them.

I want you to sort the acts into three piles: Safe, Probably Safe, and Definitely Unsafe.

Then put your categories up on newsprint.

DIVIDE THE PARTICIPANTS INTO TWO GROUPS. MAKE SURE THE CARDS ARE SHUFFLED SO THAT THEY ARE IN A RANDOM ORDER. THEN PASS OUT A SET OF SEX ACTS CARDS TO BOTH GROUPS. HAVE THEM SORT THE CARDS INTO "SAFE," "PROBABLY SAFE," AND "DEFINITELY UNSAFE."

SEX ACTS CARDS

NOT HAVING SEX

MASTURBATING ALONE

HUGGING, MASSAGE, DRY KISSING

MASTURBATING WITH ANOTHER PERSON BUT NOT TOUCHING

DEEP WET KISSING

MUTUAL MASTURBATION WITH ONLY TOUCHING ON THE OUTSIDE

MUTUAL MASTURBATION WITH INSIDE TOUCHING USING A CONDOM

BODY RUBBING

INTERCOURSE BETWEEN THE THIGHS—NOT INSIDE

MUTUAL MASTURBATION WITH ORGASM ON, NOT IN PARTNER

PUTTING SEX TOYS IN WITH CONDOMS ON OR STERILIZED

ORAL SEX ON A WOMAN

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

ORAL SEX ON A MAN WITH ORGASM AND USING A CONDOM

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

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

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

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

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

VAGINAL INTERCOURSE WITH A CONDOM AND EJACULATION INSIDE

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

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

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

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

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

ANAL INTERCOURSE WITHOUT A CONDOM AND WITHDRAWAL BEFORE EJACULATION

VAGINAL INTERCOURSE WITH INTERNAL EJACULATION WITHOUT A CONDOM BUT WITH FOAM

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

ANAL INTERCOURSE WITH INTERNAL EJACULATION AND NO CONDOM

THE ORDER OF SEX ACTS ACCORDING TO SAFETY

DEFINITELY SAFE

(NO EXCHANGE OF SEMEN, VAGINAL SECRETIONS OR BLOOD)

NOT HAVING SEX

MASTURBATING ALONE

HUGGING, MASSAGE, DRY KISSING

MASTURBATING WITH ANOTHER PERSON BUT NOT TOUCHING

DEEP WET KISSING

MUTUAL MASTURBATION WITH ONLY TOUCHING ON THE OUTSIDE

MUTUAL MASTURBATION WITH INSIDE TOUCHING USING A CONDOM

BODY RUBBING

INTERCOURSE BETWEEN THE THIGHS—NOT INSIDE

MUTUAL MASTURBATION WITH ORGASM ON, NOT IN, PARTNER

PUTTING SEX TOYS IN WITH CONDOMS ON OR STERILIZED

PROBABLY SAFE

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

ORAL SEX ON A WOMAN WITH A DENTAL DAM

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

ORAL SEX ON A MAN WITH ORGASM AND USING A CONDOM

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

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

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

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

VAGINAL INTERCOURSE WITH A CONDOM AND EJACULATION INSIDE

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

DEFINITELY UNSAFE

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

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

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

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

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

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

ANAL INTERCOURSE WITHOUT A CONDOM AND WITHDRAWAL BEFORE EJACULATION

VAGINAL INTERCOURSE WITH FOAM BUT WITHOUT A CONDOM AND WITH INTERNAL EJACULATION

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

ANAL INTERCOURSE WITH INTERNAL EJACULATION AND NO CONDOM

ORAL SEX ON A WOMAN WITHOUT A DENTAL DAM

WHEN THE GROUPS ARE FINISHED SORTING, HAVE EACH GROUP LAY OUT THE "SAFE" PILE OF CARDS ON THE FLOOR SO THAT EVERYONE CAN SEE THEM. COMPARE THE TWO GROUPS' CARDS AND DISCUSS THE DIFFERENCES. SEE IF AGREEMENT CAN BE REACHED. THEN GO ON TO THE "PROBABLY SAFE" AND FOLLOW THE SAME PROCESS. LASTLY HAVE THEM DISPLAY THE CARDS IN THE "DEFINITELY UNSAFE" PILE. THEN COMPARE, DISCUSS, AND SEEK AGREEMENT.

I have a list of what is supposed to be the right order.

Let's compare my list to what you have agreed on.

MAKE COMPARISONS AND DISCUSS.

What does your Feeling Thermometer read after all that?

ENCOURAGE SHARING OF FEELING READINGS.

Exercise 3: How Safe Am I?

At last we come to you personally.

How safe is your behavior?

I am going to pass out a questionnaire which asks you to indicate what you do sexually.

This questionnaire is for you to keep.

No one is going to ask you personally to tell the group about your sex life.

To make it strictly confidential don't put your name on it.

Take a few minutes and answer these questions.

CHECK YOURSELF OUT WORKSHEET*

This checklist is completely confidential. It will help you determine whether your behavior puts you at risk. Be honest with yourself. Check every item that is true for YOU.

_____ 1. I have never had vaginal intercourse.

_____ 2. I have never had anal intercourse.

_____ 3. I have never given someone oral sex.

_____ 4. I have had the same sexual partner for the last 10 years and NEITHER of us has had sex with anyone else during that time or used a needle for IV drugs.

_____ 5. I have never inserted a sex toy which someone else has used in my anus or vagina.

If you checked 1, 2, 3, and 5, you are safe from getting HIV from sexual activities. If you checked 4, you are also safe.

- _____ 6. My partner and I have used a latex condom plus a spermicide with non-oxynol 9 every time we had vaginal or anal intercourse all our lives.
- _____ 7. My partner and I have used a latex condom and a dental dam every time we had oral sex.
- _____ 8. My partner and I have both been tested for HIV and both tested negative. Neither of us has had any sex with other partners.
- _____ 9. If either I or my sexual partner has shared needles, we have always cleaned the works with bleach before use and never shared needles with another person.
-

If you checked 6, 7, 8 or 9, you have lowered your risk for getting HIV.

- _____ 10. I have sex without using a condom and spermicide.
- _____ 11. I have oral sex without using a latex condom or dental dam.
- _____ 12. I have had sex without a latex condom with someone whose sexual and/or drug history was unknown to me.
- _____ 13. I have had sex without a latex condom with someone who has had many other sexual partners.
- _____ 14. I have had sex without a latex condom with a man who has had sex with another man.
- _____ 15. I share needles for drug use.
- _____ 16. I had a blood transfusion between 1977 and 1985 or had sex with someone who had a transfusion during this time.
-

If you checked 10, 11, 12, 13, 14, 15, or 16 you are at risk for HIV.

* Modified from Teaching Safer Sex, Brick et al., 1989.

ALLOW FIVE MINUTES TO COMPLETE THE QUESTIONS.

Exercise 4: Building a Group Profile of Safer Sex Acts

Here's what I would like to do next with your permission.

It seems to me useful to figure out how this whole group here today practices safer sex.

You can see how others are doing in here.

No individual's behavior will be known.

So if it is O.K. with you, I'll pass out a blank answer sheet.

All it has on it are the numbers of the questions you just answered.

HOLD UP THE "CHECK YOURSELF OUT WORKSHEET" SO THAT GROUP MEMBERS ARE CLEAR.

You mark on the answer sheet the numbers that you checked.

I'll collect them and then we will tally up what the whole groups' answers look like.

Is that O.K. with you?

DISCUSS THE IDEA OF BUILDING A GROUP PROFILE. INDICATE THAT SOMEONE COULD DECIDE NOT TO PARTICIPATE AND THAT WOULD BE FINE.

IF IT IS O.K., PASS OUT THE ANSWER SHEETS. THEN COLLECT THEM AND SHUFFLE THEM. HAVE A GROUP MEMBER READ OFF THE ANSWERS WHILE YOU PUT THEM UP ON NEWSPRINT.

GROUP ANSWER SHEET

- | | | | |
|----------|----------|-----------|-----------|
| 1. _____ | 5. _____ | 9. _____ | 13. _____ |
| 2. _____ | 6. _____ | 10. _____ | 14. _____ |
| 3. _____ | 7. _____ | 11. _____ | 15. _____ |
| 4. _____ | 8. _____ | 12. _____ | 16. _____ |

Let's go over the results.

REVIEW THE RESULTS, RELATING THE SCORES TO THE CONTENT OF THE ITEMS, AND DISCUSS.

What is the safest sexual behavior?

ENCOURAGE ANSWERS. YOU ARE LOOKING FOR "ABSTINENCE."

You have the right answer: not having sex with someone—abstinence is the safest way.

Who will play Grace and who will play Grace's younger friend, Louisa?

SELECT VOLUNTEERS.

Grace, your goal is to explain to your 12-year-old friend, Louisa, why not having sex is the safest way to prevent HIV/AIDS.

Louisa, you haven't had sex yet.

Your goal is to find out from your older friend, Grace, what you should you do.

Grace and Louisa, tell us what your goals are.

HAVE THE TWO ACTORS TELL THE GROUP WHAT THEIR GOALS ARE.

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 handled talking about not having sex at all.

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.

IF NECESSARY, COACH THE PLAYERS IN ACTING OUT THE SCENE. MAKE IT A BRIEF SCENE. WHEN IT IS FINISHED, PASS OUT TOKENS AND ASK THE TWO ACTORS THE FOLLOWING:

How did you feel?

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. AGAIN EMPHASIZE THAT THIS ROLE PLAY WAS ABOUT TAKING THE SAFEST ROUTE.

Let's do a another quick role play to end today's session.

Who will play Junior and who will play Johnny?

SELECT TWO VOLUNTEERS.

Junior, you are 15 years old and you have never had sex.

You found this other gay boy you want to have sex with but you aren't sure what is O.K. to do.

Johnny is 19 and thinks he knows his way around.

Junior, ask Johnny what you should do.

Johnny, you tell Junior what he should do to be safe for his first sexual encounter.

Junior, what is your goal?

HAVE JUNIOR INDICATE THAT HIS GOAL IS TO FIND OUT WHAT SEXUAL BEHAVIOR IS O.K. TO DO THIS FIRST TIME.

Johnny, what is your goal?

HAVE JOHNNY INDICATE THAT HIS GOAL IS TO GIVE JUNIOR STRAIGHT INFORMATION ABOUT WHAT IS SAFE SEX ON THIS FIRST TRY AT HAVING SEX.

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 handled talking about what is safe.

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.

IF NECESSARY, COACH THE PLAYERS IN ACTING OUT THE SCENE. MAKE IT A BRIEF SCENE. WHEN IT IS FINISHED, PASS OUT TOKENS AND ASK THE TWO ACTORS THE FOLLOWING:

How did you feel?

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. AGAIN EMPHASIZE TAKING THE SAFER ROUTE. ALSO THROW IN SOME ADDITIONAL INFORMATION THAT USING A LUBRICANT (WITH NON-OXYNOL 9) CAN MAKE THE FIRST TIME MUCH MORE ENJOYABLE AND LESS PAINFUL FOR THE GIRL. MANY GIRLS' FIRST VAGINAL INTERCOURSE IS POOR FOR A VARIETY OF REASONS. ALSO DISCUSS THE USE OF A LUBRICANT WITH NON-OXYNOL 9 IN ANAL AND ORAL SEX.

What are thoughts about what we did today?

DISCUSS. REMEMBER USING THE TOKENS.

How do you feel on the Feeling Thermometer?

ENCOURAGE SHARING OF FEELINGS.

The homework for next time is to think of one thing that will help you practice safer sex.

You worked hard again today, and you all deserve a lot of praise.

Let's go around and give some strokes to each other.

ENCOURAGE SHOWING APPRECIATION FOR PARTICIPANTS' CONTRIBUTIONS.

I'll see you next time.

We meet on _____ (date) at _____ (time).

THE END OF SESSION 9

JoAnn and Jane

JOANN:I have a problem.

JANE: What's that?

JOANN:My new lover, Maria, wants me to go down on her without a dental dam. She says the dental dam cuts down on the thrill. I'm not sure how safe that is.

JANE: You sure don't want to get HIV.

JOANN:I know. Do you think I will get it from going down on her without a dental dam?

JANE: To tell the truth, I'm not sure.

JOANN:So what should I do?

JANE: MAKE IT UP

JOANN:ROLE PLAY IT

THE END

SEX ACTS CARDS

NOT HAVING SEX

MASTURBATING ALONE

HUGGING, MASSAGE, DRY KISSING

MASTURBATING WITH ANOTHER PERSON BUT NOT TOUCHING

DEEP WET KISSING

MUTUAL MASTURBATION WITH ONLY TOUCHING ON THE OUTSIDE

MUTUAL MASTURBATION WITH INSIDE TOUCHING USING A CONDOM

BODY RUBBING

INTERCOURSE BETWEEN THE THIGHS—NOT INSIDE

MUTUAL MASTURBATION WITH ORGASM ON, NOT IN, PARTNER

PUTTING SEX TOYS IN WITH CONDOMS ON OR STERILIZED

ORAL SEX ON A WOMAN WITH A DENTAL DAM

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

ORAL SEX ON A MAN WITH ORGASM AND USING A CONDOM

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

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

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

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

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

VAGINAL INTERCOURSE WITH A CONDOM AND EJACULATION INSIDE

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

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

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

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

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

ANAL INTERCOURSE WITHOUT A CONDOM AND WITHDRAWAL BEFORE EJACULATION

VAGINAL INTERCOURSE WITH FOAM BUT WITHOUT A CONDOM AND WITH INTERNAL
EJACULATION

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

ANAL INTERCOURSE WITH INTERNAL EJACULATION AND NO CONDOM

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

ORAL SEX ON A WOMAN WITHOUT A DENTAL DAM

CHECK YOURSELF OUT WORKSHEET*

This checklist is completely confidential. It will help you determine whether your behavior puts you at risk. Be honest with yourself. Check every item that is true for YOU.

- ____ 1. I have never had vaginal intercourse.
 - ____ 2. I have never had anal intercourse.
 - ____ 3. I have never given someone oral sex.
 - ____ 4. I have had the same sexual partner for the last 10 years and NEITHER of us has had sex with anyone else during that time or used a needle for IV drugs.
 - ____ 5. I have never inserted a sex toy which someone else has used in my anus or vagina.
-

If you checked 1, 2, 3, and 5, you are safe from getting HIV from sexual activities. If you checked 4, you are also safe.

- ____ 6. My partner and I have used a latex condom plus a spermicide with non-oxynol 9 every time we had vaginal or anal intercourse all our lives.
 - ____ 7. My partner and I have used a latex condom and a dental dam every time we had oral sex.
 - ____ 8. My partner and I have both been tested for HIV and both tested negative. Neither of us has had any sex with other partners.
 - ____ 9. If either I or my sexual partner has shared needles, we have always cleaned the works with bleach before use and never shared needles with another person.
-

If you checked 6, 7, 8 or 9, you have lowered your risk for getting HIV.

- ____ 10. I have sex without using a condom and spermicide.
 - ____ 11. I have oral sex without using a latex condom or dental dam.
 - ____ 12. I have had sex without a latex condom with someone whose sexual and/or drug history was unknown to me.
 - ____ 13. I have had sex without a latex condom with someone who has had many other sexual partners.
 - ____ 14. I have had sex without a latex condom with a man who has had sex with another man.
 - ____ 15. I share needles for drug use.
 - ____ 16. I had a blood transfusion between 1977 and 1985 or had sex with someone who had a transfusion during this time.
-

If you checked 10, 11, 12, 13, 14, 15, or 16 you are at risk for HIV.
