

# **SESSION 23: DEALING WITH STIGMA**

## **OBJECTIVES**

1. Participants will understand stigma and how it effects them.
2. Participants will determine the strategies for handling harassment that work best for them.
3. Participants will learn how to maintain self-esteem in the face of harassment.
4. Participants will appreciate the value of social supports in dealing with stigma and will improve their abilities to develop social supports.
5. Participants will discriminate safe and unsafe situations.
6. Participants will become familiar with the process of recovering from violence.

## **RATIONALE**

Gay and lesbian youth experience a vastly different world because of the homophobia in our society. Most members of society have negative views toward gays and lesbians. These negative views are openly shared and reinforced through the confirmation of others. From attributing hateful characteristics to gays and lesbians society moves to stigma, discrimination, harassment, and violence. Being victims of severe stigma leads to self-doubt, self-hatred, isolation, preoccupation with protecting oneself, and a lack of opportunity for pursuing one's developmental path. This session attempts to increase the effectiveness of gay and lesbian youth for handling stigma, harassment, and violence. Attempting to work on safer sex issues while ignoring the problems of stigma and violence makes the instruction less relevant and sympathetic.

## **PROCEDURES**

1. Introduction of group members and the day's topic.
2. Checking Feeling Thermometer readings.
3. Review of successes that occurred between sessions and homework.
4. Giving out of tokens.
5. Review how stigma works, illustrating it with a group exercise and explaining it. Have the group match social attitudes to social actions.
6. Explore ways of coping with harassment through the use of scripts.
7. Practice different ways of handling harassment.
8. Examine the ways that social supports can be helpful in dealing with stigma and identify barriers that prevent greater involvement in the gay and lesbian communities.
9. Practice ways to reduce the likelihood of being a victim of violence by playing it safe.

10. Explain the process of recovery from violence.
11. Do a relaxation exercise.
12. Check Feeling Thermometers and have the group give strokes for today's session.

## **MATERIALS**

Tokens  
 Feeling Thermometers  
 Handout: Ways of Treating People with a Stigma  
 Pens and Newsprint  
 Scripts: Nancy/Jean  
           David/Troy  
           Lydia/Maria  
           Rod/Doug  
 Safety Cards

### **Exercise 1: Introducing Each Other and the Session**

GROUP LEADER SAYS

Welcome back. Today's session is about stigma, discrimination, harassment and violence.

We are going to practice how to deal with harassment and violence.

Thinking of the ways that society puts down gays and lesbians can generate all kinds of feelings.

Speaking of "feeling," how do you feel now on the Feeling Thermometer?

OBTAIN READINGS.

First, I want us to make sure we know who is in the group.

As we go around, please tell us your first name and tell us one of the ways in which you are a worthwhile person.

You can use any reason that you want.

For example you could be worthwhile simply because you exist or because you are you or because you are loving or kind or sensitive or giving or wise.

To give you an idea of what I mean I'll go first.

I'm your group leader, and my name is \_\_\_\_\_, and I am a worthwhile person because \_\_\_\_\_.

HAVE EACH PERSON GIVE HIS/HER NAME AND WHY SHE/HE IS A WORTHWHILE PERSON. HAVE THE CO-GROUP LEADER GO LAST.

Here are some tokens for you to pass out to other group members during this session.

Every time you appreciate what another person said or did or even simply their being here, give them a token.

PASS OUT TOKENS TO GROUP MEMBERS.

Please hold up the condoms and dental dams that you carry with you at all times.

HAVE PARTICIPANTS HOLD UP CONDOMS AND DENTAL DAMS. USE TOKENS AND PRAISE TO ENCOURAGE.

Now let's take a few minutes and tell us what you did between sessions that kept you away from HIV or that made your life a little bit better.

GO AROUND AND HEAR REPORTS. GIVE OUT TOKENS.

Those were really good reports!

The session before we made the visit to a community resource was about friends.

The homework was to talk to a friend and find out how much at risk that person had put themselves.

How did that work out?

ENCOURAGE DISCUSSION.

As I said earlier, today we'll deal with stigma, harassment and violence.

As you know, the goal of all these sessions is to help you reduce your exposure to HIV.

If you already are HIV positive, then the goal is for you to learn how to keep from spreading it and to help you live a high quality life.

We'll start today's session with seeing how stigma works.

### **Exercise 2: Understanding Stigma**

WRITE ACROSS THE TOP OF THE BOARD OR NEWSPRINT THE FOLLOWING WORDS: LESBIAN, GAY, BLACK, HISPANIC, ASIAN, JEW, WOMEN.

I have written up here the words "lesbian," "gay," "Black," "Hispanic," "Asian," "Jew," and "Women."

Now tell me the names that you hear these groups called.

What does the average person on the street call these groups of people?

ENCOURAGE SHARING OF NAMES. WRITE THE NAMES UNDER THE GROUPS AS THEY ARE CALLED OUT. WHEN THERE ARE LOTS OF NAMES UNDER EACH GROUP, STOP AND ASK THE PARTICIPANTS HOW THEY FELT DOING THIS EXERCISE AND WHAT IT WAS LIKE.

How do you feel after that exercise?

ENCOURAGE SHARING ON FEELING THERMOMETER.

What was it like calling out these names and seeing them go up on the board?

ENCOURAGE DISCUSSION.

We just saw an example of stigma.

All of these groups have experienced the results of stigma.

There is a chain linking the parts of stigma together.

The chain looks like this:

PUT UP ON NEWSPRINT AS YOU SAY THE KEY WORDS. THE "=" MEANS "LEADS TO."

Negative beliefs and statements (about a group of people) = conclusions about what to do (with these people) = discrimination = violence.

Let's take a look at some negative beliefs about gays and lesbians.

I'll give one example, and you come up with some others: Gays and lesbians spread diseases.

ENCOURAGE THE GROUP TO COME UP WITH OTHER NEGATIVE BELIEFS. LOOK FOR NEGATIVE BELIEFS SUCH AS GAYS AND LESBIAN 1) ARE INFERIOR. 2) ATTACK CHILDREN. 3) ARE MENTALLY UNBALANCED. 4) ARE WORSE THAN RAPISTS, DRUG ADDICTS, AND MURDERERS.

Those are good examples of negative beliefs.

GIVE OUT TOKENS.

If society sticks a particular label on a person, then there is a conclusion that follows about what we should do with them.

For example, if society says someone is "evil" what is the action we should take with them?

ENCOURAGE RESPONSES. LOOK FOR "PUNISH."

There are all kinds of groups of people that society devalues.

For example, Blacks, gays and lesbians, old people, children, mentally retarded people, and mentally ill people to name a few.

We forget that groups of people are different, and that those differences are good.

We should celebrate the differences.

But how we treat groups of people depends on the labels we attach to them.

I'm going to hand out a sheet with some labels and some of the ways society would respond.

On the left side of the sheet is the label, and on the right side of the sheet is what society will do to someone with that label.

Right now the labels and the actions do not match.

See if you can match up the label with the way society usually reacts to people with that label.

Draw a line from the label to the way to treat them.

PASS OUT "WAYS OF TREATING PEOPLE WITH A STIGMA."

**WAYS OF TREATING PEOPLE WITH A STIGMA**

<u>LABEL</u>	<u>SOCIAL ACTIONS</u>
EVIL	ABANDON
WEAK	PROTECT
WORTHLESS	CONFINED/CONTROL
SICK	CALM
DANGEROUS	ISOLATE
INCOMPETENT	PUNISH
DISTURBED	REHABILITATE
UNPLEASANT	MAKE CONFORM
DEVIANT	ASSUME RESPONSIBILITY
DISABLED	TREAT

For example, you would draw a line from "evil" to "punish."

Work in pairs and see how many you can match up.

ALLOW A FEW MINUTES TO MATCH UP THE PAIRS.

Now let's see what you came up with.

GO DOWN WORD BY WORD AND SEE WHAT THE PAIRS CAME UP WITH. GIVE OUT TOKENS. THE CORRECT MATCHINGS ARE AS FOLLOWS:

EVIL/PUNISH  
WEAK/PROTECT  
WORTHLESS/ABANDON  
SICK/TREAT  
DANGEROUS/CONFINE AND CONTROL  
INCOMPETENT/TAKE RESPONSIBILITY  
DISTURBED/CALM  
UNPLEASANT/ISOLATE  
DEVIANT/MAKE CONFORM

That was very good.

The way society labels gay and lesbian teenagers leads to discrimination against them.

They are thrown out of families, banned from church, isolated, treated by doctors, made to conform, and in some cases attacked.

The chain from negative beliefs and labelling to violence is a clear one.

What happens to another devalued group depends on the labels given to them and the way that society responds to those labels.

For example, in some communities, old people are considered to be very wise.

So, how are they treated?

With respect.

But in our society the elderly are considered worthless—used up—so we tend to abandon them.

Do these connections make sense to you?

ENCOURAGE RESPONSES AND DISCUSS.

### **Exercise 3: Exploring Approaches to Harassment**

One of the consequences of being gay or lesbian in our society is to be harassed.

We are going to work on how to deal with that.

Your objectives are to end up feeling good about yourself and protecting yourself physically and emotionally.

We are going to go over a few quick scenes where a gay or lesbian teenager deals with harassment.

In every one, I want you to watch for how the gay or lesbian teenager would feel about himself or herself in this situation.

Who will play Jean and who will play Nancy?

SELECT VOLUNTEERS AND HAND OUT THE SCRIPT.

#### Jean and Nancy

JEAN: Do you shave your beard off every morning before you come to school?

NANCY: What are you talking about?

JEAN: You know.

NANCY: No, I don't know.

JEAN: Hey, girl, I know a dike when I see one.

NANCY: That's insulting! I'm as straight as you are. I don't know where you come up with that crap.

JEAN: Sure, sure you are.

NANCY: You ought to be ashamed of yourself.

THE END

In this scene at school, Nancy is a lesbian and she has not come out at school.

Jean is straight.

The rest of us will come up with ideas about how Nancy's response to Jean might make her feel about herself.

HAVE THE VOLUNTEERS STAND FACING EACH OTHER AND READ THE SCENE.

Thank you for the performance.

GIVE OUT TOKENS.

How would Nancy end up feeling?

ENCOURAGE RESPONSES AND DISCUSS. NANCY USED DENIAL IN THE SCENE. MAKE SURE THE ISSUE IS RAISED: WHAT DOES THIS DO TO HER SELF CONCEPT?

Let's try another one.

Who will read David and who will read Troy?

SELECT VOLUNTEERS AND HAND OUT THE SCRIPT.

David and Troy

DAVID: Were those your lace panties I saw in your desk?

TROY: What are you some kind of practical joker?

DAVID: At least I'm not queer.

TROY: You like panties so much you must be a faggot.

DAVID: Don't get smart. You're the faggot.

TROY: This school should kick out queers like you.

DAVID: Wow! Wow! The little faggot is getting testy.

TROY: Don't mess with me, David. I hate queers as much as you do.

THE END

In this scene, David is harassing Troy, who is gay.

Troy has not come out at school.

Again, watch and guess what impact Troy's approach to harassment might have on him.

HAVE THE VOLUNTEERS STAND FACING EACH OTHER AND READ THE SCENE.

Thank you for that reading.

GIVE OUT TOKENS.

So, what impact do you think it might have?

ENCOURAGE RESPONSES AND DISCUSS. TROY USED ATTACKING GAYS AS HIS DEFENSE. EXPLORE THE IDEA OF HOW THIS APPROACH WORKS ON HIS VIEW OF HIMSELF.

Now let's see what happens with Lydia and Maria.

Who will play those two roles?

SELECT VOLUNTEERS AND GIVE OUT THE SCRIPT.

Lydia and Maria

LYDIA: If you show up at my party, you sure as hell better bring a boy with you.

MARIA: What are you talking about?

LYDIA: You can fool all the others but don't be coy with me, girl.

MARIA: Have a nice party.

LYDIA: Don't go patting my girl friends' butts.

MARIA: (TURN AROUND AND WALK AWAY.)

LYDIA: Lezzie tramp.

THE END

Maria is a lesbian, and Lydia is straight.

Maria, in your script there's a place where capitals are used.

Don't read that out loud—do it.

The rest of us will try to figure out what effect Maria's handling of this situation will have on her.

HAVE THE VOLUNTEERS STAND FACING EACH OTHER AND READ THE SCRIPT.

Thanks for the scene.

GIVE OUT TOKENS.

How do you think Maria felt when she was finished?

ENCOURAGE DISCUSSION. EXPLORE THE IMPACT THAT IGNORING LYDIA MIGHT HAVE HAD ON MARIA'S VIEW OF HERSELF.

Here is the last scene.

Who will read Rod and who will read Doug?

SELECT VOLUNTEERS AND GIVE THEM THE SCRIPT.

Rod and Doug

ROD: Sucked one of your buddies recently, faggot?

DOUG: Get off my back.

ROD: You're the one who does it from the back.

DOUG: You straight jerks have no imagination.

ROD: Who you calling a jerk?

DOUG: You deaf?

ROD: I'm going to have to teach you some manners.

DOUG: When you learn some, try teaching me, jerk.

THE END

In this scene, Rod is straight and Doug is gay.

While they read the scene, the rest of the group will try to come up with the way Doug's reactions affect his view of himself.

HAVE THE VOLUNTEERS STAND FACING EACH OTHER AND READ THE SCENE.

That was great!

GIVE OUT TOKENS.

What impact might that approach have on Doug?

ENCOURAGE DISCUSSION AND EXPLORE THE EFFECT OF CONFRONTATION ON A PERSON'S VIEW OF HIMSELF.

Are there ways of handling these kinds of situations that you have found helpful?

ELICIT NEW IDEAS ABOUT DEALING WITH HARASSMENT. GIVE OUT TOKENS.

**Exercise 4: Dealing with Harassment**

Each person has to find the way of dealing with harassment that both protects her or him and at the same time keeps her or his self-esteem intact.

In here is a safe place where you can try out new ways of dealing with harassment—see how they feel to you.

This time I will be the person giving you a difficult time.

Everyone will have a turn.

I will say something unpleasant to you and you respond any way you wish, as long as there is no physical harm done to me.

When we are finished, tell the group what you said to yourself to make you feel good about yourself after the scene.

Like maybe you said, "No matter what he says or does, I am still a worthwhile person."

HAVE EACH PERSON COME UP ONE AT A TIME AND FACE YOU. YOU SPEAK THE OPENING LINES FOUND BELOW. PICK OUT LINES APPROPRIATE FOR A MALE OR FEMALE. ROLE PLAY FOR THREE OR FOUR VERBAL EXCHANGES AND THEN STOP. ASK THE PERSON HOW THEY FELT, WHAT THEY LIKED AND WHAT THEY WOULD DO DIFFERENTLY. ALSO ASK THEM WHAT THEY SAID TO THEMSELVES TO FEEL WORTHWHILE. AFTER EACH ROLE PLAY, HAVE THE GROUP BRAINSTORM SOLUTIONS. CONTINUE UNTIL EVERYONE HAS HAD A CHANCE.

### **OPENING LINES—HARASSMENT EXERCISE**

#### MALES

1. "LOOK AT MISS THING THERE—PRANCING ALL ABOUT. DON'T YOU LOOK SWEET."
2. "DON'T FALL DOWN IN YOUR HIGH HEELS."
3. "BUGGERED ANY LITTLE BOYS RECENTLY?"
4. "THIS ISN'T A FAGGOT BAR. GO SOME PLACE ELSE."
5. "GET AWAY FROM ME! DON'T BREATHE ON ME. I DON'T WANT TO GET AIDS."
6. "REAL CATHOLICS GET DOWN ON THEIR KNEES TO PRAY. NOT TO SUCK COCK."
7. "HONEY! ... HONEY! EAT ME. I'M A CANDY BAR."

#### FEMALES

1. "COULDN'T FIND A BOY FRIEND? SO YOU HAD TO BECOME A LESBIAN?"
2. "WOULD YOU AND YOUR LOVER DO A LITTLE SHOW FOR ME? I'D LOVE TO WATCH."
3. "IF I WAS AS UGLY AS YOU ARE, I'D BECOME A LEZZIE TOO."
4. "GET OUT OF HERE. WE DON'T LET LESBIANS JOIN THIS CLUB."
5. "YOU LOOK LIKE THE KIND WHO IS ALWAYS ON TOP."
6. "HOW MANY LITTLE GIRLS HAVE YOU PLAYED WITH? YOU'RE DISGUSTING."
7. "DO YOU DIKES GROW DICKS AS WELL AS BEARDS?"

That was very good.

GIVE OUT TOKENS AND COMMENT ON HOW IMPORTANT IT IS TO SAY SELF-SUPPORTING THINGS TO ONESELF.

Did someone try an approach he or she wouldn't normally use?

ENCOURAGE RESPONSES AND FIND OUT HOW THE NEW APPROACH WAS EXPERIENCED.

Is there a situation that someone is facing now that they would like the group's advice on?

IF A SITUATION IS PRESENTED, LEAD THE GROUP IN SOME PROBLEM SOLVING AND THEN ROLE PLAY THE ALTERNATIVES.

### **Exercise 5: Getting Support**

One of the most important ways to deal with stigma, discrimination and harassment is through support from other gay men and lesbian women.

We are talking not only about belonging to a group which understands and cares about you, but we are also talking about the way that groups of people together can fight for things which are hard for an individual to do alone.

For example, there are gay and lesbian advocacy groups, gay and lesbian legal rights groups, and gay and lesbian self-help groups.

Here is a list of local groups that you should know about.

GIVE OUT LISTS OF LOCAL RESOURCES AND GO OVER THEM.

Also the more active you become in the gay and lesbian communities, the more protected you are.

There are gay and lesbian doctors, lawyers, stores, social functions, organizations, religious groups, and HIV/AIDS groups.

I am going to divide the group into small groups of three people.

First, please share with each other how active you are in the gay and lesbian communities.

Do you attend social functions, participate in organizations, read gay and lesbian newspapers, participate in protests, shop in gay and lesbian stores, and make a contribution of time and effort to your gay and lesbian communities?

Then make a list of the barriers which keep you from being more active.

Put your list of barriers up on newsprint.

PASS OUT PENS AND NEWSPRINT. ALLOW 10 MINUTES TO SHARE HOW ACTIVE THEY ARE AND COME UP WITH LISTS OF BARRIERS.

Let's go over your lists of barriers.

REVIEW THE LISTS. HAVE THE GROUP RANK THE MOST IMPORTANT BARRIERS.

Now let's see if we can problem solve some ways to get past the most important barriers.

PROBLEM SOLVE HOW TO GET AROUND THE MOST IMPORTANT BARRIERS. GIVE OUT TOKENS.

### **Exercise 6: Playing It Safe**

When we were talking about stigma earlier, we saw how a natural consequence of the negative beliefs toward gays and lesbians, discrimination, and harassment was violence.

We know that violence—hate crimes—toward many devalued groups including gays and lesbians are on the rise.

Only advocacy and legal battles by gay and lesbian groups can begin to change social attitudes and practices.

But there are some ways to play it safe.

We want to focus on some of them now.

It would be nice if society was fair, tolerant and respectful of gays and lesbians and their rights.

Is it?

ENCOURAGE RESPONSES.

But it isn't fair, tolerant and respectful.

So, it is important to be realistic about what is out there.

Being somewhat suspicious is helpful.

Second, you have to be aware of the consequences of going against the customs of a local group.

If a gay man who was obviously in drag sauntered around in a blue-collar bar, he could expect trouble.

Third, many groups of people have their turf.

Sad as it may be, you don't have to be doing anything unusual if you are on their turf.

They may go after a stranger just for being there.

There is no question that you have the right to go wherever you want to.

But some places are not safe—so be careful.

Fourth, we know that most hate crimes are committed by more than one person.

Some say that people who commit hate crimes are cowards.

The facts show that the more people there are involved, the more violent the crime is likely to be.

So, watch out for groups of people looking for trouble.

Fifth, just like mama always told you, don't mess with strangers.

Are their observations that you can share about how to play it safe?

ENCOURAGE RESPONSES AND ADD OTHER "GUIDELINES" TO THE LIST. GIVE OUT TOKENS.

Let's apply what we have been talking about to some situations.

Each person will be given a card.

Pass the card as instructed.

The person who gets it will read a situation to you, and you then tell us how safe it is and why.

PASS THE CARDS AROUND AND HAVE THEM ANSWERED ONE AT A TIME. AFTER THE PERSON HAS RESPONDED, GIVE OTHER GROUP MEMBERS A CHANCE TO COMMENT ON THE CARD. MAKE SURE EACH PERSON ACCEPTS A CARD TO READ EVEN IF THE "PASS TO" DOESN'T FIT EXACTLY.

### **SAFETY CARDS**

FRONT, CARD 1, S

PASS TO THE PERSON WHO LIKES MYSTERY STORIES

IT IS STARTING TO GET DARK. YOU ARE GOING TO A FRIEND'S HOUSE IN AN UNFAMILIAR PART OF THE CITY AND HAVE BECOME TURNED AROUND. YOU ARE NICELY DRESSED AND HAVE A SMALL "GAY PRIDE" BUTTON ON. GRADUALLY YOU BECOME AWARE OF LOTS OF YOUNG MEN IN UNDERSHIRTS PLAYING STICK BALL IN THE STREET. AFTER YOU PASS, SOMEONE CALLS OUT, "HEY! ARE YOU LOST?"

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 1

REMEMBER WHOSE TURF IT IS.

FRONT, CARD 2, S

PASS TO THE PERSON WHO LIKES TO COOK

YOU ARE IN A GAY BAR WITH YOUR FRIENDS WHEN THIS HUGE GUY WALKS UP TO YOU—TATOOS AND ALL THE REST. HE LOOKS LIKE A PRO-FOOTBALL TACKLE. "HOW YOU DOING?" HE SAYS. "FINE" YOU ANSWER. HE GLANCES AROUND THE BAR, AND THEN SAYS TO YOU LOUDLY, "JESUS CHRIST, THERE ARE A LOT OF QUEERS IN THIS PLACE."

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 2

THIS TIME IT'S YOUR TURF.

FRONT, CARD 3, S

PASS TO THE PERSON WHO LIKES TO GO BOWLING

THIS TOUGH LOOKING WOMAN GOT ON THE SUBWAY AND IS STANDING NEAR YOU AND YOUR LOVER, JEAN. YOU COULD SWEAR SHE HAS A REVOLVER UNDER HER COAT AND IS PROBABLY A TRANSIT COP. YOU ARE HOLDING JOYCE'S HAND. FARTHER DOWN IN THE CAR ARE FIVE TEENAGE GIRLS WITH MATCHING BLACK AND RED JACKETS. THEY ARE WATCHING YOU, WHISPERING AND LAUGHING. ONE OF THEM MOUTHS "LESBIANS" TO YOU IN AN INSOLENT MANNER.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 3

WATCH YOUR ASSUMPTIONS AND THE NUMBERS.

FRONT, CARD 4, S

PASS TO THE PERSON WHO LIKES TO WRITE POETRY

YOU ARE WALKING ALONG THE STREET IN A PART OF TOWN WHERE MANY ARTISTS LIVE. COMING TOWARD YOU IS A BIG SKIN HEAD. HE HAS ON A BLACK JACKET, BLACK SHIRT, BLACK PANTS, AND BLACK BOOTS. HIS SILVER NECKLACE IS MADE UP OF SWASTIKAS AND SKULLS. HE HAS A FOLD-UP KNIFE IN A BLACK CASE ATTACHED TO HIS BLACK BELT WITH STUDS ON IT. HE SNEERS AS HE GETS CLOSER, AND KEEPS SAYING, "FAGGOT, FAGGOT, FAGGOT, FAGGOT," AS HE PASSES.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 4

REMEMBER COWARDS

FRONT, CARD 5, S

PASS TO THE PERSON WHO LIKES TO GO TO THE MOVIES

HEIDI HAS BEEN YOUR LOVER FOR 3 YEARS, AND FOR THE FIRST TIME YOU ARE MEETING HER MOTHER. YOU ARE WEARING A VERY TAILORED GREY PIN STRIPE PANTS SUIT. YOU ARE RUNNING LATE AND STOP IN THIS LITTLE MOM AND POP GROCERY STORE TO USE THE PHONE. AT THE BACK ARE THREE GUYS DRINKING BEER. AS YOU MAKE THE CALL, ONE GUY SAYS, "ONLY PORTUGUESE SPOKEN HERE." THE SECOND GUY SAYS, "SHE'S A DIKE." AND THE THIRD GUY SAYS, "SOME DICK WILL FIX HER."

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 5

WATCH THE LOCAL CUSTOMS, THE TURF AND THE NUMBERS.

FRONT, CARD 6, S

PASS TO THE PERSON WHO LIKES TO GO TO BAND CONCERTS

YOU ARE PICKETING OUTSIDE OF A CATHOLIC CHURCH WHERE THE PRIEST HAS BANNED GAYS AND LESBIANS FROM PARTICIPATING. YOU WERE BROUGHT UP IN THIS CHURCH AND WERE CONFIRMED THERE. YOU ARE KNEELING DOWN PRAYING. SUDDENLY THE DOORS FLY OPEN AND SOME ANGRY LOOKING PEOPLE BURST OUT AND MARCH DOWN THE STEPS TOWARD YOU.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 6

SOCIETY ISN'T FAIR. WATCH YOUR ASSUMPTIONS ABOUT RELIGIOUS PEOPLE'S BEHAVIOR.

FRONT, CARD 7, S

PASS TO THE PERSON WHO LIKES BASEBALL GAMES

YOU MEET A MAN IN A GAY BAR AND GET TO TALKING. HE SAYS HE HAS AN EXTRA TICKET TO TOMORROW'S BASEBALL GAME. WOULD YOU LIKE TO GO? YOU SAID YES. HE TELLS YOU TO MEET HIM NEAR THE BAR TOMORROW AT NOON. WHEN YOU GET THERE, HE IS LEANING AGAINST AN OLD BEAT UP CAR. THERE IS AN OLDER GUY TAKING A LEAK BEHIND THE CAR AND ANOTHER GUY STRETCHED OUT IN THE BACK SEAT. THE DRIVER OF THE CAR HAS A CREW CUT AND IS MISSING A FEW TEETH. WHEN THE MAN YOU MET SEES YOU, HE SMILES AND YELLS, "HERE'S THE GUY I WAS TELLING YOU ABOUT. COME ON, PAL, GET IN." YOU USED TO TAKE THE EXPRESS BUS TO THE STADIUM.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 7

STRANGERS?

FRONT, CARD 8, S

PASS TO THE PERSON WHO LIKES FLOATING DOWN A RIVER

YOU ARE MARCHING IN A DEMONSTRATION FOR GAY AND LESBIAN RIGHTS. LAST YEAR IN, A DEMONSTRATION, THERE WERE A LOT OF CLASHES WHICH THE POLICE DID LITTLE TO STOP. ONE GAY MAN WAS KILLED. DUE TO MANY COMPLAINTS, THE POLICE ARE OUT IN LARGE NUMBERS AND HAVE SWORN TO FIGHT FORCE WITH FORCE. SUDDENLY YOU SEE FOUR SKIN HEADS PUSHING OVER A POLICE BARRICADE AND RUNNING TOWARD YOU WITH BASEBALL BATS. COPS WITH NIGHT STICKS START CHASING AFTER THEM.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 8

THE MORE THERE ARE, THE GREATER THE VIOLENCE

FRONT, CARD 9, S

PASS TO THE PERSON WHO LIKES TO DIG IN THE GARDEN

YOU ARE AT THE BEACH. YOUR FRIENDS TEASE YOU ABOUT BEING A QUEEN. NOW THAT YOU HAVE A SILVER NIPPLE RING YOU GET EVEN MORE REMARKS. YOU ARE CRUISING ALONG, AND WHEN YOU PASS A GROUP OF MACHO STRAIGHTS PLAYING VOLLEY BALL, THEY CALL OUT, "GET

YOUR FAGGOT BUTT OUT OF HERE." YOU SWING YOUR BEHIND HARDER. ONE OF THEM MISSES THE VOLLEYBALL AND IT ROLLS TOWARD YOU. YOU LIGHTLY KICK IT INTO THE SURF.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 9

TURF, CUSTOMARY BEHAVIOR, AND A LITTLE PROVOCATION

FRONT, CARD 10, S

PASS TO THE PERSON WHO LIKES TO LIE UNDER A TREE

ONE OF YOUR FRIENDS, ANDREA, AND HER LOVER, CAROLE, ARE CELEBRATING THEIR TENTH ANNIVERSARY TOGETHER. THEY ARE HAVING A BIG CHAMPAGNE BASH AT THEIR APARTMENT, AND FORTY OTHER LESBIAN FRIENDS SHOWED UP. THERE ARE LOVELY GIFTS, GOOD FOOD, AND LOTS TO DRINK. EVERYONE IS CHATTERING AWAY AND HAVING A WONDERFUL TIME. THE DOOR OPENS AND THE MAN WHO LIVES UPSTAIRS ENTERS WITH HIS GIRL FRIEND. YOU KNOW HIM. AFTER AWHILE, HE COMES OVER TO YOU. HE APPEARS DRUNK AND HIS FACE IS ALL RED. "WHY DIDN'T YOU TELL ME ANDREA WAS A LESBIAN?" HE SAID. "I WOULD HAVE NEVER COME HERE. THIS REALLY PISSES ME! I OUGHT TO KICK YOUR BUTT."

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 10

YOUR TURF AND ONE PERSON.

That was very good.

Are there any final ideas that you have about how to play it safe?

ENCOURAGE RESPONSES.

I want to point out one more time that it can be a pain to worry all the time about what "those people out there" can and will do to me.

The way not to be so focused on the "other" is to have your own group.

Let your attention be drawn toward enjoying the friends who care for you and support you.

### **Exercise 7: Recovering from Violence**

If someone has suffered from a violent attack, there are a few points that we should make.

First of all, recovering from violence is a longterm process.

We could teach you how to help yourself get over it, but that would take many sessions—more than we have time for at this point.

Nevertheless, there are some things to keep in mind.

First, survivors often suffer from all kinds of physical and psychological complaints that come and go mysteriously.

Suddenly feeling intense fear, sweating, shaking hands, upset stomach, inability to sleep, and so on.

Nightmares and flash backs, too.

I'm telling you this because if you don't know what to expect and don't understand that these are common and natural reactions to having been a survivor of a violent crime, you can begin to think that you are going crazy.

Second, many people start blaming themselves.

"If only I hadn't done this" or "If only I hadn't done that..."

No matter if you did the stupidest thing, you did not deserve to be attacked in a violent crime.

People have to work actively on getting rid of self-blame.

Third, pessimistic thoughts can take over.

"Nothing will go right again."

A good dose of optimism is required, and that takes time to help people change their attitudes.

Fourth, fears appear.

It is easy to see why all these fears pop up when you go through a frightening experience.

With the proper treatment fears can be reduced.

All of these attempts to recover from having been attacked require time and patience, and should not be taken lightly.

How many of you have been attacked in a violent crime?

ENCOURAGE RESPONSES.

Does what I am saying make sense to you?

Does this seem like what you went through or are still going through?

ENCOURAGE RESPONSES AND DISCUSS.

Let's take a moment and substitute a different kind of feeling for any feelings of fear that remain.

Get comfortable—any way that you wish.

Lie on the floor, sit back in your chair or whatever.

Now put your hand on your belly where you can feel yourself breathing.

Just pay attention to your breathing.

PAUSE

Feel your breath moving in and out.

PAUSE.

Breathe out gently three times.

One....

PAUSE

Two.....

PAUSE

Three.

Put your arms out to your sides and tighten your fists and your whole arm.

Hold it tight for a moment.

PAUSE

Now let all the tension flow out of your fingertips.

Try it again.

Tighten your fists.....hold it..... and let all the tension flow out of your fingers.

Now just feel your whole body becoming warm and floating.

Warm and floating.

PAUSE

Warm and floating.

Think of a place where you feel totally comfortable.

It could be at the beach, in the woods, in the mountains, beside a pond, by a river or stream, in a nest, in a favorite chair, looking out a window, on a train. Wherever.

PAUSE

See yourself there.

Really snuggle in to that place.

PAUSE

Feel how comfortable you are.

PAUSE

Let the colors, smells, sounds, touch of the place surround you.

Soak it in.

LONG PAUSE

Now yawn and stretch.

It is hard to feel fearful or upset or nervous when you chill out like this.

I hope you feel good.

What are your Feeling Thermometer readings now?

OBTAIN READINGS.

Your homework is to report back to us how you handled anything related to stigma that came up between now and when we meet again.

Before we end today's session, let's give appreciation to each other for the way people were today.

HAVE EVERYONE GIVE APPRECIATION TO EACH OTHER. MAKE SURE NO ONE IS LEFT OUT.

That is it for today.

I'll see you next at \_\_\_\_\_ (time) on \_\_\_\_\_(date).

END OF SESSION 23

## **WAYS OF TREATING PEOPLE WITH A STIGMA**

<u>LABEL</u>	<u>SOCIAL ACTIONS</u>
EVIL	ABANDON
WEAK	PROTECT
WORTHLESS	CONFINED/CONTROL
SICK	CALM
DANGEROUS	ISOLATE
INCOMPETENT	PUNISH
DISTURBED	REHABILITATE
UNPLEASANT	MAKE CONFORM
DEVIANT	ASSUME RESPONSIBILITY
DISABLED	TREAT

Jean and Nancy

JEAN: Do you shave your beard off every morning before you come to school?

NANCY: What are you talking about?

JEAN: You know.

NANCY: No, I don't know.

JEAN: Hey, girl, I know a dike when I see one.

NANCY: That's insulting! I'm as straight as you are. I don't know where you come up with that crap.

JEAN: Sure, sure you are.

NANCY: You ought to be ashamed of yourself.

THE END

David and Troy

DAVID: Were those your lace panties I saw in your desk?

TROY: What are you some kind of practical joker?

DAVID: At least I'm not queer.

TROY: You like panties so much you must be a faggot.

DAVID: Don't get smart. You're the faggot.

TROY: This school should kick out queers like you.

DAVID: Wow! Wow! The little faggot is getting testy.

TROY: Don't mess with me, David. I hate queers as much as you do.

THE END

Lydia and Maria

LYDIA: If you show up at my party, you sure as hell better bring a boy with you.

MARIA: What are you talking about?

LYDIA: You can fool all the others but don't be coy with me, girl.

MARIA: Have a nice party.

LYDIA: Don't go patting my girl friends' butts.

MARIA: (TURN AROUND AND WALK AWAY.)

LYDIA: Lezzie, tramp.

Rod and Doug

ROD: Sucked one of your buddies recently, faggot?

DOUG: Get off my back.

ROD: You're the one who does it from the back.

DOUG: You straight jerks have no imagination.

ROD: Who you calling a jerk?

DOUG: You deaf?

ROD: I'm going to have to teach you some manners.

DOUG: When you learn some, try teaching me, jerk.

## OPENING LINES HARASSMENT EXERCISE

### MALES

1. "LOOK AT MISS THING THERE—PRANCING ALL ABOUT. DON'T YOU LOOK SWEET."
2. "DON'T FALL DOWN IN YOUR HIGH HEELS."
3. "BUGGERED ANY LITTLE BOYS RECENTLY?"
4. "THIS ISN'T A FAGGOT BAR. GO SOME PLACE ELSE."
5. "GET AWAY FROM ME! DON'T BREATHE ON ME. I DON'T WANT TO GET AIDS."
6. "REAL CATHOLICS GET DOWN ON THEIR KNEES TO PRAY. NOT TO SUCK COCK."
7. "HONEY! ... HONEY! EAT ME. I'M A CANDY BAR."

### FEMALES

1. "COULDN'T FIND A BOY FRIEND? SO YOU HAD TO BECOME A LESBIAN?"
2. "WOULD YOU AND YOUR LOVER DO A LITTLE SHOW FOR ME? I'D LOVE TO WATCH."
3. "IF I WAS AS UGLY AS YOU ARE, I'D BECOME A LEZZIE TOO."
4. "GET OUT OF HERE. WE DON'T LET LESBIANS JOIN THIS CLUB."
5. "YOU LOOK LIKE THE KIND WHO IS ALWAYS ON TOP."
6. "HOW MANY LITTLE GIRLS HAVE YOU PLAYED WITH? YOU'RE DISGUSTING."
7. "DO YOU DIKES GROW DICKS AS WELL AS BEARDS?"

### SAFETY CARDS

FRONT, CARD 1, S

PASS TO THE PERSON WHO LIKES MYSTERY STORIES

IT IS STARTING TO GET DARK. YOU ARE GOING TO A FRIEND'S HOUSE IN AN UNFAMILIAR PART OF THE CITY AND HAVE BECOME TURNED AROUND. YOU ARE NICELY DRESSED AND HAVE A SMALL "GAY PRIDE" BUTTON ON. GRADUALLY YOU BECOME AWARE OF LOTS OF YOUNG MEN IN UNDERSHIRTS PLAYING STICK BALL IN THE STREET. AFTER YOU PASS, SOMEONE CALLS OUT, "HEY! ARE YOU LOST?"

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

FRONT, CARD 2, S

PASS TO THE PERSON WHO LIKES TO COOK

YOU ARE IN A GAY BAR WITH YOUR FRIENDS WHEN THIS HUGE GUY WALKS UP TO YOU—TATOOS AND ALL THE REST. HE LOOKS LIKE A PRO-FOOTBALL TACKLE. "HOW YOU DOING?" HE SAYS. "FINE" YOU ANSWER. HE GLANCES AROUND THE BAR, AND THEN SAYS TO YOU LOUDLY, "JESUS CHRIST, THERE ARE A LOT OF QUEERS IN THIS PLACE."

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 1

REMEMBER WHOSE TURF IT IS.

BACK, CARD 2

THIS TIME IT'S YOUR TURF.

FRONT, CARD 3, S

PASS TO THE PERSON WHO LIKES TO GO BOWLING

THIS TOUGH LOOKING WOMAN GOT ON THE SUBWAY AND IS STANDING NEAR YOU AND YOUR LOVER, JEAN. YOU COULD SWEAR SHE HAS A REVOLVER UNDER HER COAT AND IS PROBABLY A TRANSIT COP. YOU ARE HOLDING JOYCE'S HAND. FARTHER DOWN IN THE CAR ARE FIVE TEENAGE GIRLS WITH MATCHING BLACK AND RED JACKETS. THEY ARE WATCHING YOU, WHISPERING AND LAUGHING. ONE OF THEM MOUTHS "LESBIANS" TO YOU IN AN INSOLENT MANNER.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

FRONT, CARD 4, S

PASS TO THE PERSON WHO LIKES TO WRITE POETRY

YOU ARE WALKING ALONG THE STREET IN A PART OF TOWN WHERE MANY ARTISTS LIVE. COMING TOWARD YOU IS A BIG SKIN HEAD. HE HAS ON A BLACK JACKET, BLACK SHIRT, BLACK PANTS, AND BLACK BOOTS. HIS SILVER NECKLACE IS MADE UP OF SWASTIKAS AND SKULLS. HE HAS A FOLD-UP KNIFE IN A BLACK CASE ATTACHED TO HIS BLACK BELT WITH STUDS ON IT. HE SNEERS AS HE GETS CLOSER, AND KEEPS SAYING, "FAGGOT, FAGGOT, FAGGOT, FAGGOT," AS HE PASSES.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 3

WATCH YOUR ASSUMPTIONS AND THE NUMBERS.

BACK, CARD 4

REMEMBER COWARDS

FRONT, CARD 5, S

PASS TO THE PERSON WHO LIKES TO GO TO THE MOVIES

HEIDI HAS BEEN YOUR LOVER FOR 3 YEARS, AND FOR THE FIRST TIME YOU ARE MEETING HER MOTHER. YOU ARE WEARING A VERY TAILORED GREY PIN STRIPE PANTS SUIT. YOU ARE RUNNING LATE AND STOP IN THIS LITTLE MOM AND POP GROCERY STORE TO USE THE PHONE. AT THE BACK ARE THREE GUYS DRINKING BEER. AS YOU MAKE THE CALL, ONE GUY SAYS, "ONLY PORTUGUESE SPOKEN HERE." THE SECOND GUY SAYS, "SHE'S A DIKE." AND THE THIRD GUY SAYS, "SOME DICK WILL FIX HER."

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

FRONT, CARD 6, S

PASS TO THE PERSON WHO LIKES TO GO TO BAND CONCERTS

YOU ARE PICKETING OUTSIDE OF A CATHOLIC CHURCH WHERE THE PRIEST HAS BANNED GAYS AND LESBIANS FROM PARTICIPATING. YOU WERE BROUGHT UP IN THIS CHURCH AND WERE CONFIRMED THERE. YOU ARE KNEELING DOWN PRAYING. SUDDENLY THE DOORS FLY OPEN AND SOME ANGRY LOOKING PEOPLE BURST OUT AND MARCH DOWN THE STEPS TOWARD YOU.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 5

WATCH THE LOCAL CUSTOMS, THE TURF AND THE NUMBERS.

BACK, CARD 6

SOCIETY ISN'T FAIR. WATCH YOUR ASSUMPTIONS ABOUT RELIGIOUS PEOPLE'S BEHAVIOR.

FRONT, CARD 7, S

PASS TO THE PERSON WHO LIKES BASEBALL GAMES

YOU MEET A MAN IN A GAY BAR AND GET TO TALKING. HE SAYS HE HAS AN EXTRA TICKET TO TOMORROW'S BASEBALL GAME. WOULD YOU LIKE TO GO? YOU SAID YES. HE TELLS YOU TO MEET HIM NEAR THE BAR TOMORROW AT NOON. WHEN YOU GET THERE, HE IS LEANING AGAINST AN OLD BEAT UP CAR. THERE IS AN OLDER GUY TAKING A LEAK BEHIND THE CAR AND ANOTHER GUY STRETCHED OUT IN THE BACK SEAT. THE DRIVER OF THE CAR HAS A CREW CUT AND IS MISSING A FEW TEETH. WHEN THE MAN YOU MET SEES YOU, HE SMILES AND YELLS, "HERE'S THE GUY I WAS TELLING YOU ABOUT. COME ON, PAL, GET IN." YOU USED TO TAKE THE EXPRESS BUS TO THE STADIUM.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

FRONT, CARD 8, S

PASS TO THE PERSON WHO LIKES FLOATING DOWN A RIVER

YOU ARE MARCHING IN A DEMONSTRATION FOR GAY AND LESBIAN RIGHTS. LAST YEAR, IN A DEMONSTRATION, THERE WERE A LOT OF CLASHES WHICH THE POLICE DID LITTLE TO STOP. ONE GAY MAN WAS KILLED. DUE TO MANY COMPLAINTS, THE POLICE ARE OUT IN LARGE NUMBERS AND HAVE SWORN TO FIGHT FORCE WITH FORCE. SUDDENLY YOU SEE FOUR SKIN HEADS PUSHING OVER A POLICE BARRICADE AND RUNNING TOWARD YOU WITH BASEBALL BATS. COPS WITH NIGHT STICKS START CHASING AFTER THEM.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 7

STRANGERS?

BACK, CARD 8

THE MORE THERE ARE, THE GREATER THE VIOLENCE

FRONT, CARD 9, S

PASS TO THE PERSON WHO LIKES TO DIG IN THE GARDEN

YOU ARE AT THE BEACH. YOUR FRIENDS TEASE YOU ABOUT BEING A QUEEN. NOW THAT YOU HAVE A SILVER NIPPLE RING YOU GET EVEN MORE REMARKS. YOU ARE CRUISING ALONG, AND WHEN YOU PASS A GROUP OF MACHO STRAIGHTS PLAYING VOLLEY BALL, THEY CALL OUT, "GET YOUR FAGGOT BUTT OUT OF HERE." YOU SWING YOUR BEHIND HARDER. ONE OF THEM MISSES THE VOLLEYBALL AND IT ROLLS TOWARD YOU. YOU LIGHTLY KICK IT INTO THE SURF.

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

FRONT, CARD 10, S

PASS TO THE PERSON WHO LIKES TO LIE UNDER A TREE

ONE OF YOUR FRIENDS, ANDREA, AND HER LOVER, CAROLE, ARE CELEBRATING THEIR TENTH ANNIVERSARY TOGETHER. THEY ARE HAVING A BIG CHAMPAGNE BASH AT THEIR APARTMENT, AND FORTY OTHER LESBIAN FRIENDS SHOWED UP. THERE ARE LOVELY GIFTS, GOOD FOOD, AND LOTS TO DRINK. EVERYONE IS CHATTERING AWAY AND HAVING A WONDERFUL TIME. THE DOOR OPENS AND THE MAN WHO LIVES UPSTAIRS ENTERS WITH HIS GIRL FRIEND. YOU KNOW HIM. AFTER AWHILE, HE COMES OVER TO YOU. HE APPEARS DRUNK AND HIS FACE IS ALL RED. "WHY DIDN'T YOU TELL ME ANDREA WAS A LESBIAN?" HE SAID. "I WOULD HAVE NEVER COME HERE. THIS REALLY PISSES ME! I OUGHT TO KICK YOUR BUTT."

HOW SAFE WOULD YOU BE IN THIS SITUATION AND WHY?

BACK, CARD 9

TURF, CUSTOMARY BEHAVIOR, AND A LITTLE PROVOCATION

BACK, CARD 10

YOUR TURF AND ONE PERSON.

## **A PERSONAL COUNSELING SESSION**

### **OBJECTIVES:**

1. Participants will have the opportunity to discuss safer sex in a totally private manner with a trained counselor.
2. Participants will develop strategies for overcoming barriers to practicing safer sex.

### **RATIONALE:**

By this time in the training, the group members have been exposed to a great deal of information about HIV/AIDS and have practiced a variety of skills for coping with internal factors and external situations that can lead to unsafe sex. It is not uncommon as people learn new skills that they find, despite being more proficient, barriers arise that prevent them from using their newly acquired skills. Typically, professional help can be useful in finding ways to overcome these barriers.

Furthermore, there may still be reservations about revealing everything in the group setting. Thus an opportunity with little risk for asking questions and sharing sexual information is desirable.

### **PROCEDURES:**

1. Orient the adolescent to the purpose of the interview and how it will be conducted.
2. Determine if the adolescent is sexually active or abstinent.
3. Ask the questions that correspond with either active or abstinent.
4. Locate the barriers to either safer sex or staying abstinent.
5. Develop a plan for overcoming the barriers.
6. Answer questions about sex and HIV/AIDS.

### **MATERIALS:**

Questions for sexually active adolescents  
Questions for inactive or abstinent youth

### **Step 1: Orienting the Adolescent**

COUNSELOR SAYS

The purpose of this interview is to help you overcome any barriers that you might have to practicing safer sex.

Like maybe you have practiced how to say "no" and can do it successfully, but once in a while something just gets in the way of your doing it.

So, together we can try to figure out how you could get over that barrier.

Also there may be some question you have about sex that have not been answered or that you weren't comfortable asking in the group.

There is no such thing as a stupid or too embarrassing question.

So, here is the place to bring up anything you want.

By the way, how do you feel right now on the Feeling Thermometer as I tell you what this interview is all about?

ENCOURAGE SELF-DISCLOSURE.

We'll start by my asking you some questions to help us locate any barriers that might exist.

Everything you say will be kept confidential, unless you are being sexually abused, are suicidal, or are dangerous to others.

How does that sound to you?

### **Step 2: Determining if the Youth Is Sexually Active**

First I need to find out if you think of yourself as sexually active or if you think of yourself as abstaining from sex.

By abstaining I mean that you don't consider yourself to be having sex.

DEPENDING ON THE ANSWER, SELECT THE APPROPRIATE SET OF QUESTIONS TO FOLLOW, AND PROCEED. THE QUESTIONS HERE ARE NOT MEANT TO FORM A STRUCTURED INTERVIEW. THEY SIMPLY HELP GIVE CLUES ABOUT WHERE THE BARRIERS ARE AND SHOULD BE CONSIDERED AS EXAMPLES.

### **Step 3: Ask Questions for a Sexually Active Youth**

#### Last Occasion

AFTER EACH QUESTION WAIT FOR AN ANSWER. EXPLAIN WHY YOU ARE ASKING THE QUESTION IF THE YOUTH IS PUZZLED ABOUT IT.

A good way to get started is to look at an experience that just happened.

Are you dating?

With whom are you sexually active?

I'd like us to think about the last time your were with a partner sexually.

What was your partner's first name?

When was this?

Where were you and your partner?

So you were at \_\_\_\_\_ (location) around \_\_\_\_\_ (when).

Can you tell me who initiated the sexual encounter?

Would you describe your partner as  
a steady partner  
a good friend  
an acquaintance  
a stranger

When you had sex with \_\_\_\_ (name) this time, was it  
for pleasure/fun  
because you paid him/her for it  
because you were paid for it  
because you gave drugs  
because you received drugs

because you forced him/her  
because you were forced

Do any of the following descriptions apply to \_\_\_\_\_ (name of partner)?

IV drug user  
HIV positive, ARC or AIDS  
has a sexually transmitted disease  
has more than one sexual partner right now  
does sex for money or drugs

How do you know?

Were you taking drugs (or alcohol)? If so, which ones?

How much of these different drugs?

What other sexual activities did you do?

kissing  
touching/massaging

Did you ask about protection against AIDS transmission?

How comfortable did you feel asking about it?

If you did not ask, why not?

Did your partner ask about protection against AIDS transmission?

Using the Feeling Thermometer, how comfortable did you feel being asked about it?

If you did discuss this subject, when did this occur?

before sex  
during sex  
after sex

Did you decide to take some measure against AIDS transmission?

FOR "IF NO" ASK THE FOLLOWING

If no, why not?

FOR "IF YES" ASK THE FOLLOWING

What kind(s) of measure did you decide to use?

How comfortable or uncomfortable did you feel using this method(s).

Did you feel confident with the method's effectiveness in protecting you and your partner against AIDS transmission?

IF A CONDOM OR DENTAL DAM WAS USED, ASK THE FOLLOWING

How easy was it to use the condom or dental dam?

ASK ALL YOUTH ABOUT WHAT THEY SAY TO THEMSELVES (SELF-TALK) IN POTENTIAL RISK SITUATIONS. IT WILL PROVE HELPFUL TO SHOW THE ADOLESCENT THE FOLLOWING LIST AND ASK

WHICH ARE FAMILIAR AS SOMETHING HE/SHE HAS SAID TO HIMSELF/HERSELF IN SEXUAL RISK SITUATIONS.

Which of these statements have you said to yourself in a sexual risk situation?

Let's be safe. The condom or dental dam will be fine.

I don't want to use it, but I better.

Knowing takes out the magic.

Being safe shows my love.

I have done lots of risky acts. Nothing has happened to me. Nothing will.

I don't want a barrier in our love.

Planning makes perfect.

I only have sex with the one I love. I don't need to wear a condom.

S/he is loyal to me, so I don't need to worry.

I know how to use the condom or dental dam.

I am sexy. It will be good with a condom or dental dam.

We are going to enjoy this.

This is my job. My partner will not like it.

I will not be able to feel my partner.

It will feel bad (hurt and dry).

Condoms or dental dams are expensive.

I do not know where to get one.

If he pulls out before ejaculating in my mouth, it is as good as having a condom.

My partner may say yes once, but we won't have sex again.

Nobody is going to tell me how to have sex.

Now I want to find out how you were feeling together.

What were you feeling as you were together having sex?

Anxious/nervous

Passion/desire

Anger

Hurt

Shy/passive

An hour after you had sexual intercourse, how did you feel?

About yourself?

About your partner?

About your behavior?

Your feelings afterwards were?

Anxious/nervous

Passion/desire

Anger

Hurt

Shy/passive

YOU ARE INTERESTED IN EACH YOUTHS ATTITUDES AND ATTRIBUTIONS TO ASPECTS OF SEX AND SAFER SEX. BELOW IS A LIST OF ATTITUDE STATEMENTS ABOUT PLEASURE, RELATIONSHIPS, CONDOM USE, ETC. IT MAY PROVE HELPFUL TO GO THROUGH THE LIST WITH EACH YOUTH TO DETERMINE INDIVIDUAL BARRIERS.

#### Physical Pleasure

I will not be able to feel my partner as well.

#### Perceptual Attribution to Love Relationship or Love Act

It (condom or dental dam) puts a barrier between me and the one I love.

It (condom or dental dam) takes the spontaneity out of sex.

Sex becomes planned, not free.

Carrying one means I admit I will have sex.

#### Others

They will think I do not trust them.

They will go with someone who does not ask them to use a condom or dental dam.

They will tell everyone else that I am scared and a wimp.

They are planning to drop me.

They are not serious about our love.

They will think I am having sex with others.

They will get turned off.

They think I've got it.

They might say okay once but won't have sex with me again.

They won't tell me the truth anyway, so why ask?

They don't ask me—it's not fair for me to ask them.

They're more experienced (attractive, intelligent, etc.) than I am, so it's up to them.

They'll tell others what I tell them.

They wouldn't tell the truth anyway.

#### Fears and Negative Feelings About Using Condoms

They will burst inside of me.

They will come off inside of me.

I do not want to touch one.

They will hurt and be dry.

#### Fears and Negative Feelings About Using a Dental Dam

They are so messy.

They won't cover the entire area.

I won't be able to remember which side I put my mouth against.

I won't be able to have my hands free.

#### Misinformation About Safer Sex

Having the boy pull out before ejaculating in my mouth is as good as using a condom.

They're really not that safe anyway.

Using non-oxynol 9 is just as good—so a condom or dental dam isn't necessary.

None of the porno stars use them—they obviously know what to do.

They're too young to have gotten AIDS.

### **Step 4: Ask Questions for Sexually Inactive Youth**

To start off I want to learn more about your being abstinent.

Is that O.K.?

What are your reasons for abstaining from intimate sexual activity?

Are you happy with this decision?

Do you find it difficult to stay with this decision?

If so, why?

If not, do you have any ideas why it is easy for you?

Are most of your friends also abstaining or are they sexually active?

Do your friends support you in this decision?

IT IS IMPORTANT TO ACKNOWLEDGE AND SUPPORT THIS DECISION AND ALSO TO EXPLORE SEXUAL EXPERIENCES AND ISSUES WITH THESE YOUTH.

One way to find out if there are barriers which make it hard to keep being abstinent is to look at a specific situation.

In the last year have you had a sexual encounter? By a sexual encounter I mean a relationship that included any romantic feelings and any sexual activity from holding hands to petting.

IF YES, ASK THE FOLLOWING QUESTIONS.

What was the farthest you went with a partner? (How intimate did you get?)

What was your last partner's first name?

When was this relationship happening?

Would you describe your partner as  
a steady partner  
a good friend  
an acquaintance  
a stranger

When you had this encounter was it  
for pleasure/fun  
because you were forced  
because you did not know how to stop it  
for another reason such as money, drugs or anything else?

What activities did you do with this partner?  
kissing  
massaging/touching  
masturbation

SPEND SOME TIME FOCUSING ON THE DETAILS OF THIS ENCOUNTER.

Do any of the following descriptions apply to \_\_\_\_\_ (name of partner)?  
IV drug user  
HIV positive, ARC or AIDS  
has a sexually transmitted disease  
has more than one sexual partner right now  
does sex for money or drugs

Were you taking any drugs (or alcohol)?

If so, which ones?

How much of these different drugs?

In this last encounter did you and your partner discuss having anal intercourse or inserting a sex toy?

If so, what brought it up?

Did your partner want to go farther sexually than you?

If so, how did you feel about what happened?

How comfortable did you feel talking about sex?

How comfortable did you feel about saying "no" to a sexual activity, if this is what happened?

If you and your last partner did not discuss anal intercourse or inserting a sex toy, have you ever had to say "no" to a partner about anal intercourse, inserting a sex toy, or another sexual activity?

What happened?

How comfortable did you feel saying "no?"

If you have been in this situation, how did your partner react?

Getting back to the last romantic encounter, how did you feel when you were together?

anxious/nervous  
passion/desire  
anger  
hurt  
shy/passive  
sad/depressed

After discussing sex with a partner (this time or another time if applicable), how did you feel?

anxious/nervous  
passion/desire  
anger  
hurt  
shy/passive  
sad/depressed

How did you feel later—after you had parted?

anxious/nervous  
passion/desire  
anger  
hurt  
shy/passive  
sad/depressed

Do any of the following influence your decision to abstain from more intimate sex?

It conflicts with my religion.  
My family would disapprove.  
I am concerned about getting AIDS.  
I am afraid of becoming pregnant.  
I don't have birth control or don't know enough about it.  
I am concerned about my reputation.  
I feel I am too young.  
I am embarrassed.  
I would want to know more about sex before doing it.  
I only want to have sex with someone I love.  
I only want to have sex if I am in a committed relationship.  
I did not like any of my partners enough.  
I believed that some kinds of sex should wait for a permanent relationship.

How much does concern about birth control influence your decision?

How much does fear of AIDS or other diseases influence your decision?

ASK ALL YOUTH WHAT THEY SAY TO THEMSELVES (SELF-TALK) IN SITUATIONS IN WHICH THEY SET LIMITS ON SEXUAL ACTIVITY. SHOW THE ADOLESCENT THE FOLLOWING LIST AND ASK

WHICH ARE FAMILIAR AS SOMETHING HE/SHE HAS SAID TO HIMSELF/HERSELF IN THESE SITUATIONS.

I want to do it, but I better not.

Sex should be magical and special.

I must be a child for saying "no."

I went this far; I am a tease if I stop now.

Planning when I do it is important.

I am sexy.

My partner will lose interest in me.

I may never see him/her again.

My partner is not ready yet.

We can do other things and still feel close.

I want to protect my partner.

I don't know enough about sex.

I'm too young to have sex.

He/she thinks that I don't like him/her.

I might not be able to perform well sexually.

Something must be wrong with me for not wanting to.

My body is not that attractive right now.

Nobody is going to tell me when to have sex.

It's too early in our relationship.

YOU ARE INTERESTED IN EACH YOUTH'S ATTITUDES AND ATTRIBUTIONS TO ASPECTS OF SEX AND SEXUAL ABSTINENCE. BELOW IS A LIST OF STATEMENTS ABOUT PLEASURE, RELATIONSHIPS, ETC. IT MAY PROVE HELPFUL TO GO THROUGH THIS LIST WITH EACH YOUTH IN DETERMINING INDIVIDUAL BARRIERS.

Tell me if any of these statements fit you.

Could you see yourself thinking them?

#### Physical pleasure

I will not feel satisfied.

I will not feel as close to my partner as I want.

I don't know other sexy activities.

#### Perceptual attribution to love relationships

Not having some kinds of sex puts a barrier between me and the one I love.  
Saying "no" takes the spontaneity out of romance.  
Talking about sex means I really want to do it.  
My relationship will be ruined.  
Why am I so afraid of sex?

#### Others

They will think I am immature.  
They will leave me.  
They will think I don't care enough.  
They will think I do not trust them.  
They will think I am pushing for commitment.  
They will tell everybody I am scared.  
They will tell everybody I am a prude.  
They will tell everybody I am a tease.  
They will tell everybody I did it anyway.  
They're planning to drop me.  
They will get back at me somehow.

#### Misinformation about sex

I can't get pregnant.  
I can't get birth control.  
No one would sell me a condom or dental dam.  
Having my partner pull out before ejaculating in my mouth is as good as wearing a condom.  
Everyone but me has sexual experiences.  
I couldn't learn how to have sex and be safe.  
Only being brought to orgasm by my partner counts as sex.

#### Misinformation about AIDS

The only way to get AIDS is through sexual intercourse.  
I am too young to get AIDS.  
If I start to have sex, I could not get AIDS for a while.  
You can not get AIDS from doing it one time.  
Condoms are really not safe at all.

On the Feeling Thermometer, how do you feel after having answered all these questions?

### **Step 5: Determining Barriers**

USING THE DATA COLLECTED FROM THE QUESTIONS, IDENTIFY AND EXPLORE POTENTIAL BARRIERS TO EITHER PRACTICING SAFER SEX OR REMAINING ABSTINENT. A PARTIAL LIST OF AREAS IN WHICH BARRIERS MAY EXIST FOLLOWS:

INCREASE SELF ESTEEM  
INCREASE SELF CONFIDENCE  
INCREASE POSITIVE SELF EFFICACY BELIEFS  
DYSFUNCTIONAL COGNITIONS  
IRRATIONAL BELIEFS (I MUST BE PERFECT)  
FAULTY LOGIC (OVERGENERALIZATION)  
INCREASE ACCURATE INFORMATION  
INCREASE SKILLS IN APPRAISING RISKY SITUATIONS  
INCREASE IN APPRAISING RISKY PEOPLE  
INCREASE REWARD SYSTEM  
FAULTY ATTRIBUTION SYSTEM

INCREASE EMOTIONAL CONTROL SKILLS  
INCREASE PROBLEM SOLVING SKILLS  
INCREASE RELAXATION SKILLS  
INCREASE CONFIDENT COMMUNICATION SKILLS  
INCREASE SELF-TALK SKILLS  
DOESN'T KNOW HOW TO HANDLE PEER PRESSURE  
DOESN'T KNOW HOW TO SAY APPROPRIATELY "YES" "NO" OR "GOODBYE."  
INCREASE PEER SUPPORT SYSTEMS  
INCREASE ADULT SUPPORT SYSTEMS  
INCREASE SOCIAL, HEALTH, COUNSELING, RECREATIONAL, AND HOUSING SUPPORT SYSTEMS

### **Step 6: Developing a Plan for Overcoming Barriers**

ONCE THE BARRIERS HAVE BEEN IDENTIFIED, DEVELOP PRIORITIES WITH THE ADOLESCENT.

JOINTLY SELECT THE ONES TO BE WORKED ON FIRST AND DEVELOP A PLAN FOR OVERCOMING THE BARRIERS.

THAT PLAN MAY BE IMPLEMENTED WITHIN THE COUNSELING SESSION, WITHIN A FOLLOW-UP SESSION, OR THROUGH REFERRAL.

USE THE COUNSELING SESSION AS A MODEL OF PROBLEM SOLVING.

ASK FOR FEELING THERMOMETER READINGS.

### **Step 7: The Adolescent's Questions**

What questions do you have about sex or about HIV/AIDS that you would like to get answered?

Any question that you have is really important—even if you think it is just a little one.

HELP ANSWER QUESTIONS.

THE END OF THE COUNSELING SESSION