

# SESSION 8:

## How to spread the word about safer sex

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### Objectives

1. Participants will utilize their knowledge about and experience with safer sex to create artistic productions which spread the word to others in the community.
2. Participants will increase their support for other group members' acting safely and taking care of both themselves and their partners.
3. Participants will gain in self-efficacy through doing something constructive about changing the HIV crisis.

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### Rationale

To act safely adolescents need to be able to practice their knowledge and skills. They need to do something constructive with their own experiences. Using a broad range of their creative skills they approach the HIV problem more holistically and they integrate what they have learned into themselves.

Second, a very powerful and effective way for adolescents to understand and feel more in control of the HIV threat is to do something about it - not just for themselves but others in their community. Creating their own programmatic interventions raises their sense of self-esteem and self-efficacy.

These group projects enable youth to model desirable behavior and to build support among the group for safer sex behaviors. The creative experiences encourages them to advocate for the same safer sex behaviors that will protect them as well.

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### Procedures

1. Introduce each other and have group members also indicate who their favorite artist is. Review homework on where condoms can be obtained. See what safer sex successes have occurred and take Feeling Thermometer readings.
2. Divide into three groups and have each develop a performance on safer sex, HIV and/or AIDS: a TV commercial, a rap or a news broadcast.
3. Have each group perform and videotape it.
4. Review the videotapes.
5. Have group members' share their experiences during the performance and have the whole group critique what went on.
6. Give strokes and check feelings.
7. Assign homework of watching the media to find out what kind of HIV/AIDS messages are being given, to whom, and how effective are they.

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## Materials

Tokens

Feeling Thermometers

3 slips of paper with the tasks written on them

Newsprint and marking pens

Condoms and dental dams

Lubricant with non-oxynol 9

Video camera and VCR

Props - neckties, table to sit behind, fake glasses, white lab coat, materials for puppets, etc.

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## ***Exercise 1: Introducing and reviewing***

### ***Leader says***

It's good to see you working on "Stay Safe!" again.

The whole purpose of "Stay Safe!" is to help you keep from getting HIV and to reduce its spread to others.

Also we want you to reach the goals you have set for yourself.

Seven years from now if we were to visit each other we want to find one healthy and happy group of people.

Let's go around and introduce ourselves.

Tell your name and tell us how you are like your favorite star.

It could be a singer, an actor, an actress, a painter, a writer, a movie director, a musician - anybody that you think is the greatest in the arts.

Just say "My name is Natalie, and I'm creative like my favorite person - Spike Lee."

I'll start. I'm \_\_\_\_\_ and I'm \_\_\_\_\_ (quality) like my favorite person \_\_\_\_\_ .

***Have everyone give their name and who their favorite artist is.***

Very good.

How are you feeling right now on the Feeling Thermometer?

***Encourage responding and pass out tokens for participation.***

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 carry out a really important assignment: to find out where to get condoms and then answer some questions about that place.

What did you come up with?

***Ask everyone what they came up and use tokens.***

I'm glad to see you found where to get condoms.

They are today's life savers.

From now on at the beginning of every session I am going to ask you to hold up the condom that you carry with you at all times.

So, be prepared in the future.

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

I'm interested in anything you did no matter how important or unimportant it might seem.

What you did may not be related to sex, but to something that made your life better.

I want you to be healthy so you can live the kind of life you want.

So what did you do?

***Encourage sharing and give out tokens. Catch someone doing something good. Also give participants tokens to use.***

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## ***Exercise 2: How to make a TV commercial, rap, or newscast***

You have been through a lot in "Stay Safe!" about how to prevent HIV.

Today we want to see you put that knowledge to use in a new way.

Look at TV, look at movies, look at commercials, look in magazine, look at bill boards.

What do you see?

Sex!

Sex sells.

It delivers the message.

But the message that we need to see delivered is about HIV - how to save ourselves.

So I want you to think of how to sell that message.

***Again, if you have money, you could pay group members to teach a friend about condom use. When the friend came in and demonstrated correct use, the group member received \$2. She/he could earn up to \$10. This exercise would be an additional way to spread the word about safer sex, not a***

**substitute for the media exercises which follow.**

First, I want you to get into three groups.

**Divide the whole group into three smaller groups.**

I want a member from each group to pick one of the three slips of paper I have in my hand.

**Have three slips of paper in your hand - face down. One says "Create and perform a TV commercial about HIV/AIDS." the second one says "Create and perform a rap about HIV/AIDS," and the third one says, "Create and perform a newscast about HIV/AIDS." A group member from each of the groups draws a slip which tells them what their group has to do.**

So one of you will create and perform a TV commercial, the next one a rap song and the third a TV newscast - all of them about HIV/AIDS.

You have twenty minutes.

When you come back, I want you to perform it, and we will video tape it.

Then we will show back what you did so that you can watch yourselves.

Here are some things you may need for your performances.

**Show the newsprint and markers, condoms, dental dams, lubricant, neck ties, white lab coat, fake eye glasses, materials to make puppets out of, etc.**

Has everybody got the idea?

OK then, go get ready.

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### **Exercise 3: Performing the HIV/AIDS message**

**Allow 20 minutes for preparation. Tell them 15 minutes is up. Then call them back in after 20 minutes.**

Let's start with the TV commercial.

**Videotape the commercial.**

Now we want to hear the rap.

**Videotape the rap.**

And now the TV Newscast.

**Videotape the newscast.**

Now we'll play them back so you can see them.

**Play back all three performances.**

That was fantastic.

**Give out tokens.**

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### **Exercise 4: Evaluating the performance**

Now I am going to go around and ask each person three questions.

What one thing did you like about your performance?

How did you feel on the Feeling Thermometer during and after your performance?

If you had to do it again, what would you do differently?

**Ask each person the three questions.**

Now I want to hear from the whole group what you thought about the performances.

**Encourage the group members to be positive toward each other.**

Are there suggestions you would make?

Was there information you weren't sure about?

Did creating your performance raise any new questions about HIV/AIDS?

**Encourage sharing. Address the questions and comments openly. Use tokens to reinforce participation. Give tokens to those group members who are giving strokes to others.**

For homework I want you to watch TV, listen to the radio, or find something in the paper or a magazine that is supposed to be telling us about HIV/AIDS.

What is the message and who is it supposed to reach?

How effective was it?

So keep your eyes and ears open to HIV/AIDS messages and then be a critic.

What did you think of what you saw and hear?

That is it for today.

You were really great.

Let's take a moment and share any appreciations that you want to give to people here.

**Encourage giving strokes.**

How are you feeling now on the Feeling Thermometer?

**Take readings.**

So I will see you next time at \_\_\_\_\_(time) on \_\_\_\_\_ (date).

**END OF SESSION 8**