



Session 9

Personal Counseling

9:1	Orientating the Youth	<i>10 min</i>
9:2	Creating Motivation	<i>15 min</i>
9:3	Identifying Triggers	<i>15 min</i>
9:4	Plans for Success	<i>20 min</i>

street smart

Session 9: Personal Counseling

Objectives:

1. Participants will have an opportunity to discuss their triggers and barriers that may lead to unsafe sex.
2. Participants will develop a plan for coping with their triggers and individualize strategies for overcoming barriers to their practicing safer sex.

Rationale:

By this time in the Street Smart program the youth have been exposed to a great deal of information about HIV, AIDS and STD's. They have practiced a variety of skills for coping with internal factors and external situations that trigger attitudes and beliefs that can lead to unsafe sex.

An individual counseling session offers the youth an opportunity to personalize a strategy for safer sex that they can feel confident achieving. In addition, there still may be reservations about revealing themselves in a group situation. This one-on-one time can be used to answer personal questions.

Youth often have a difficult time identifying the triggers that cause them to engage in risky behavior. It is useful to have them recall their last unprotected sexual encounter and ask them detailed questions about it. These can include questions such as: who it was; what their relationship was like with that person; where did it take place; when did it happen; and were drugs or alcohol involved. This will help them identify their triggers in a more specific way.

Procedures:

1. Orient the youth to the purpose of the interview and how it will be conducted.
 2. Determine if the youth is sexually active or abstinent and follow with the corresponding questions.
 3. Identify youths' motivation by having the youth identify their priorities and goals.
 4. Assist youth in identifying their goals regarding safer sex.
 5. Help them identify the triggers that would prevent them from being successful in practicing safer sex
 6. Develop a plan to cope with those triggers that become a barrier to practicing safer sex.
 7. Answer individual questions about HIV/AIDS, testing, community resources, etc.
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Step 1: Orientating the youth (10 minutes)

We have about an hour to spend finding out how the Street Smart Program applied to you. This is an opportunity for you to discover your own difficult situations regarding safer sex, and to design a specific plan that will work for you.

I also will try to answer any questions that you may have regarding HIV, STDs, resources, or anything else that may have come up for you in the Street Smart Program.

Have you been sexually active in the last year?

Step 2: Creating Motivation (15 minutes)

Tell me about the things that are important in your life now?

What things would you like to have or be different?

What goals are important to you now?

What are some of your goals regarding safer sex?

What are some of your worries about having unprotected sex?

Step 3: Identifying Triggers (15 minutes)

Think about the last time you had unprotected sex.

What was going on?

What were the triggers for you?

People?

Places?

Situations?

Feelings?

Were you using drugs?

What did you like about having unprotected sex?

What don't you like about having unsafe sex?

What do you think are some of the barriers for you having safer sex?

What would need to change in order for you to have safer sex?

Can you identify your pattern of having unsafe sex?

Step 4: Plans for success (20 minutes)

What is your goal regarding safer sex?

Let's take one step at a time.

What do you think is the first step?

Given what you know about your triggers, including people, places, situations, or feelings, what do you think could go wrong with your plan?

What are some options that you have?

What might need to change in order for you to meet your goal?

What support or help do you need to meet your goal?

What other questions do you have regarding yourself or HIV, or anything else that may have come up for you in Street Smart?

End on a positive note: Given what they know about themselves now, and the plan that they have to reach their goal, you are sure that they can be successful.

END OF SESSION 9