

CLEAR Facilitator's Manual

Act Safe – Sexual Behaviors

Session #10: Making Sexual Decisions: Can I Use Condoms (Correctly)? (1.5 hrs.)

OBJECTIVES:

1. The youth will explore attitudes toward condom use in the prevention of HIV and STD transmission.
2. The youth will review proper use of the male and female condom.
3. The youth will explore ways to normalize and eroticize condom use.
4. The youth will continue to develop tools and skills for managing substance use.

RATIONALE:

If the youth is to protect him/herself and his/her sex partners against infection, re-infection and STDs, he/she needs to be familiar and comfortable with both types of barrier methods, male and female condoms. Furthermore, he/she needs accurate information on how to and how not to use them if they are to be effective. Research indicates that one important barrier to condom use is that condoms are perceived to diminish sensation and therefore erotic pleasure. Ways to make using condoms more sensual and erotic are therefore explored. Behavior shaping for substance use management continues by reviewing and practicing a key tool, the weekly schedule.

SUMMARY:

1. Welcome participant, review goals, introduce the day's topic, and give "thank you" gift. (20 minutes)
2. Develop adaptive attitudes towards condom use by arguing against common anti-condom beliefs and attitudes (20 minutes)
3. Present relevance of condom use in preventing STDs. (5 minutes)
4. Present guidelines for effective use of female condom (10 minutes)
5. Present guidelines for effective use of male condom (10 minutes)
6. Brainstorm and discuss ways to eroticize the use of condoms. (15 minutes)
7. End with a review and between-sessions goal. (10 minutes)

MATERIALS:

Attendance Sheet
Thank You Gift
Tape Recorder
90-min Audio Tape
Facilitator's Manual
Participant's Workbook
Participant Data Binder
Pens and Notepads

NOTES TO THE FACILITATOR:

Text in **bold** letters tells you what the purpose of each exercise is. Text in CAPITAL letters tells you what to do. Text in small letters tells you what to say. Once you become familiar with what to say, please put it in your own words. Do not read text in small letters verbatim, make it natural.

The times listed under the headings of each exercise are to help you keep on target and move the workshop along. Exercises may be lengthened or shortened as needed as long as all material is covered.

Exercise 1: What Is this Session About?
(20 minutes)

[The purposes of this exercise are to enhance self-esteem, to create a pleasant environment, to continue substance use management skills development, and to explain the purpose of the session. Welcoming participant, reviewing the substance use calendars and HIV risk reduction strategies, an explanation of the goals of the session, and giving a gift of appreciation are used.]

Welcome to this fourth session on sexual decision making.

You had two goals from last week; one was to keep your substance use calendar for the week and the other you chose, it was to [PARTICIPANT'S GOAL].

Let's review those now.

Also mention how many substance-free days you had this past week.

HAVE YOUTH REPORT ON GOALS. SUGGESTED FEEDBACK:

COMPLETED CALENDAR: REINFORCE CONTINUED USE

DID NOT COMPLETE CALENDAR: PROBLEM SOLVE COMPLIANCE AND COMPLETE.

DID D&A REPORT: IDENTIFY TRIGGER AND MANAGEMENT SKILL

DID NOT DO D&A PERORT: PROBLEM SOLVE COMPLIANCE AND COMPLETE.

DID GOAL: WHAT WAS LEARNED/ MOST INTERESTING?

DID NOT DO GOAL: PROBLEM SOLVE COMPLIANCE

Thanks for sharing. You're really doing good work!

Today I want you to consider condoms as an important tool in carrying out your plans to reduce the risk of HIV infection, re-infection, and STD transmission.

The questions we are going to be addressing today are:

Do your attitudes support using condoms?

Do you have the skills to use condoms correctly?

Can using condoms be a fun part of sex?

Before we go there, let me give you this thank you gift. I really appreciate you for being on time.

IF YOUTH WAS ON TIME, GIVE GIFT.

IF YOUTH NOT ON TIME, REMIND YOUTH ABOUT BEING ON TIME TO RECEIVE GIFT AND TELL YOUTH YOU WILL HOLD THE GIFT FOR THE NEXT TIME.

Exercise 2: Should I Try To Change My Attitudes About Condoms?
(20 minutes)

[The purpose of this exercise is to decrease attitudinal barriers to condom use. Countering attitudes and creating positive attitudes as expressed by the higher self are the methods employed.]

Some people have negative attitudes toward condom use.

I have collected a bunch of those attitudes and put them on a list.

In a few minutes I will ask you to come up with an argument against these attitudes.

These attitudes and beliefs can make it harder to protect yourself and others.

Before we go to that list, I want you to use your imagination for a moment.

Close your eyes if will help you get this mental picture in your head.

PAUSE

Think of expressing your higher self with a lover.

PAUSE

Imagine that you were successful in convincing your lover that the two of you will wear condoms during intercourse and that your partner really appreciates the care that you showed toward him or her.

PAUSE

Imagine yourself being very successful as a caring lover. Picture that in your mind.

REMAIN SILENT FOR A MINUTE OR SO WHILE THE YOUTH IMAGINES BEING SUCCESSFUL.

Now that you have that image in your mind let's look at some attitudes toward using a condom.

Here is a list of condom attitudes to add to your workbook.

GIVE THE YOUTH THE ATTITUDES TOWARDS CONDOMS LIST.

I will read one of these attitudes and then I want you to try and argue against the attitude I just read.

So for example, the attitude, "I don't want to use a condom because my partner might not like it."

A possible argument to that attitude is, "I care about my partner and I can make the condom fun."

Are you ready to try this?

Okay, I already did the first one; you try the second one.

READ THE ATTITUDES FROM THE LIST BELOW.

GIVE THE YOUTH A HALF MINUTE TO RESPOND, ENCOURAGING AND HINTING AS NEEDED.

CONTINUE UNTIL THE LIST IS COMPLETED.

ACKNOWLEDGE ALL RESPONSES, ESPECIALLY GOOD ONES. SHAPE WEAK RESPONSES.

ATTITUDES TOWARDS CONDOMS:

1. "I DON'T WANT TO USE A CONDOM BECAUSE MY PARTNER MIGHT NOT LIKE IT."
2. "IT IS A BIG INCONVENIENCE TO WEAR A CONDOM."
3. "IF I WEAR A CONDOM, I'LL LOSE MY ERECTION."
4. "WEARING A CONDOM DOESN'T FEEL AS SEXY."
5. "I GET TOO HOT TO STOP AND PUT ON A CONDOM."
6. "I DON'T REALLY GIVE A SHIT ABOUT WEARING CONDOMS."
7. "I CAN'T SEE ANYTHING ROMANTIC ABOUT PUTTING A RUBBER GLOVE ON YOUR DICK."
8. "NONE OF MY FRIENDS USE CONDOMS."
9. "I DON'T HAVE THE CONFIDENCE TO ASK MY LOVER TO WEAR A CONDOM."
10. "WE HAVE LIVED TOGETHER FOR 4 YEARS AND BEEN MONOGAMOUS. WE DON'T NEED TO WEAR CONDOMS."
11. "MY PARTNER IS PAYING FOR IT. IF MY LOVER DOESN'T WANT ME TO WEAR A CONDOM, I WON'T."
12. "MY LOVER AND I ARE BOTH HIV-POSITIVE. SO, WHY WORRY?"

Those were some good counter arguments.

Were there some attitudes against condoms that I missed?

ENCOURAGE SHARING OF ADDITIONAL ATTITUDES.

How would you argue against these attitudes?

OBTAIN RESPONSES TO EACH ADDITIONAL ATTITUDE AS TIME PERMITS.

At one time or another most people have had attitudes like the ones you just argued against.

There's nothing wrong with a person who holds some of these beliefs.

It is just that these beliefs become barriers to protecting yourself and others.

Which of these beliefs about condoms are the hardest for you to let go of?

ENCOURAGE SHARING OF RESISTANT BELIEFS AND ATTITUDES.

PROBE ABOUT WHY THE BELIEF IS RESISTANT TO CHANGE.

What are some your ideas about changing those beliefs?

ENCOURAGE SHARING OF HELPFUL WAYS TO DEAL WITH THESE BELIEFS.

REFER TO PROBLEM SOLVING CHART.

PROBLEM SOLVE CHANGING THESE BELIEFS, IF YOUTH IS UNABLE TO COME UP WITH THREE OPTIONS, GIVE SUGGESTIONS FOR CONSIDERATION.

Remember that one way of dealing with these beliefs is to think of the counter argument.

One day you may find that you agree with the counter argument more than the original belief.

Changing strong beliefs takes time and you need patience.

The other interesting point is that sometimes you have to take actions to protect yourself and your partners first, and then your beliefs about condoms change later on.

Let's take a moment and see where you are in term of actions.

Then you can monitor how you are doing as time goes on.

I am going to ask you to respond to seven statements.

This sheet has the statements on it.

GIVE YOUTH "MY ACTIONS" FORM.

I'll read these action statements and then you indicate whether you do the actions listed by circling "Yes" or "No."

When you have finished with your responses you will tally them up.

You won't have to share your answers with me unless you want to, so please don't be bashful about telling the truth.

I want you to use the answers to these questions to help you measure your progress as this program goes on.

Be truthful with yourself; it's the only way this can be helpful.

READ THE STATEMENTS FROM THE FORM "MY ACTIONS."

PAUSE FOR A MOMENT BETWEEN STATEMENTS FOR RESPONDING.

MY ACTIONS

1. NOW I TELL MY SEXUAL PARTNERS THAT I AM HIV-POSITIVE.

YES ___ NO ___

2. NOW I WEAR A CONDOM WHEN GIVING ANAL SEX.

YES ___ NO ___ DON'T HAVE ANAL SEX ___

3. NOW I WEAR A CONDOM WHEN GIVING VAGINAL SEX.

YES ___ NO ___ DON'T HAVE VAGINAL SEX ___

4. NOW I HAVE MY PARTNER WEAR A CONDOM WHEN HE GIVES ME ANAL SEX.

YES ___ NO ___ DON'T HAVE ANAL SEX ___

5. NOW I HAVE MY PARTNER WEAR A CONDOM WHEN HE GIVES ME VAGINAL SEX.

YES ___ NO ___ DON'T HAVE VAGINAL SEX ___

6. NOW I WEAR A CONDOM WHEN MY PARTNER GIVES ME ORAL SEX.

YES ___ NO ___ DON'T HAVE ORAL SEX ___

7. NOW I HAVE MY PARTNER WEAR A CONDOM/DENTAL DAM WHEN I GIVE MY PARTNER ORAL SEX.

YES ___ NO ___ DON'T HAVE ORAL SEX ___

8. NOW I NEVER HAVE SEX IF I AM HIGH.

YES ___ NO ___ DON'T USE DRUGS/ALCOHOL ANYMORE ___

ow, count up the number of “No” responses you have and write it in the box at the top of the page.

This number tells you where your actions or behavior are at in terms of protecting yourself and others from infection.

The goal is to get the number of “No” responses down to zero, because that means you’re protecting yourself and using your higher self to care about others and protect them too.

We’ll do this again at a later date so you can see any changes in protecting yourself and others.

Now I want to go over the correct way to use condoms so that the condom will provide as much protection as possible.

Before we do that, I want to mention some additional facts about STDs and preventing them.

Exercise 3: How Can I Protect Against STDs?
(5 minutes)

[The purpose of this exercise is to increase the youth's understanding of the dangers of STDs and how to protect against them.]

By now you should have read the information on STDs in your workbooks.

We have been focusing a lot on HIV, but we can't forget the dangers in sexually transmitted diseases, or STDs.

You probably know a common name for a few of them, like "the drips" for example.

Paying attention to them is important for a number of reasons:

First, they have serious consequences, ranging from painful sores all the way to brain damage and death.

Second, with a weakened immune system they are easier to catch.

Third, they weaken the immune system even more.

Fourth, having an STD makes it easier to become infected or re-infected with HIV.

And lastly, all of them can be treated, but some them, like Herpes, can never be cured.

But the most important thing for you to know about STDs is that *all of them can be prevented by using condoms.*

I'm mentioning STDs again now because they are another important reason why condoms are a smart choice for risky sexual activities.

Any questions?

BRIEFLY RESPOND TO QUESTIONS.

Thank you for taking the concerns about STDs seriously.

Exercise 4: How Do I Use the Female Condom?
(10 minutes)

[The purposes of this exercise are to familiarize the youth with the female condom and to increase knowledge about inserting and using a female condom.]

Female condoms are new.

Before you learn how to use a female condom, tell me what ideas you already have about them.

For example, what do you think they look like?

How do you use them?

What do they feel like?

ENCOURAGE SHARING OF PRECONCEIVED IDEAS.

Let's see how your ideas fit with reality.

Here are some more pages for your workbook.

GIVE YOUTH ILLUSTRATION FOR USING FEMALE CONDOM.

It is a picture of a female condom.

Sometimes they are called a vaginal pouch.

I want to go over how to use a female condom properly.

Let's talk through the steps using the illustrations on the sheets I just gave you.

READ THE CAPTION FOR EACH ILLUSTRATION.

PAUSE FOR A MOMENT AND ASK FOR ANY QUESTIONS AFTER EACH STEP IS READ.

COMPLETE THE ENTIRE SEQUENCE.

Remember that the female condom can be put on ahead of time in private, or in front of a partner right before you have sex if you wish.

You could even teach your partner how to insert it and make it part of your lovemaking.

Inserting a female condom correctly takes a little more practice than learning how to put on a male condom.

If you think you might try them, practice a few times before you try to use them for real.

It might be a good idea to have a health care professional or a trusted friend who uses them to go over this with you again.

If you don't think you'll ever use the female condom, I hope you will pass this information on to a friend who could.

There are a few fine points about having sex using a female condom that I want to mention.

Once the condom is in place and you are ready to make love:

Use your hand to guide the penis into the female condom. If you don't pay attention the penis could go beside the condom and directly into the vagina.

If something does goes wrong getting started or while having sex, throw the condom away and start again.

If the outer ring gets pushed into the vagina, stop. Put a new condom in and try again.

Use a condom every time you have sex.

Use a *new* condom every time you have sex; never use the same condom twice.

Do not remove the condom's inner ring.

Do not use a male condom and a female condom at the same time. They are both more likely to break.

If you tear the condom anywhere, don't use it.

Use enough lubricant in the condom to keep it slippery wet. Don't let it get dry or too sticky. Add more lube or a little water as needed.

Don't have sex if you're high.

Like anything else, some couples will want to use the female condom and others won't.

I have heard that if you have used a diaphragm before, it may be easier to get used to inserting the female condom and using it.

There have also been reports that the female condom allows for more sexual feeling and pleasure than the male condom.

Some users have complained that they squeak during intercourse, although a little lubricant can reduce that.

Next, let's talk about the male condom, which I'll just call "condoms."

Exercise 5: How Do I Use Condoms To Protect Myself and My Partner?
(10 minutes)

[The purpose of this exercise is to increase the youth's knowledge about using condoms correctly. Guidelines and reviewing a model are employed to achieve the purpose.]

Condoms have the best track record for stopping HIV infection.

Why is that?

To stop getting or spreading HIV you want to keep semen or blood from entering your body or your partner's body.

During sex, latex condoms do that well.

They also keep other viruses, bacteria, and fungus from coming in contact with your body or the other person's body. That keeps down infection from STDs.

There are three basic kinds of condoms: latex, polyurethane, and natural skin.

Natural skin condoms have very small pores or holes and HIV can pass through the holes.

Polyurethane condoms haven't been fully tested when it comes to HIV, so it's still unclear how well they stop the virus, especially during anal sex.

So at this point, you want use latex condoms *only*.

So that means always look at the condom you want to use and make sure it's latex.

Many of the "novelty" condoms, the ones with big spikes and stuff, are not latex.

Always check!

You probably know, in general, how to put on a condom.

But there are some special points that will help you make sure the condom doesn't break.

Let me go over the steps.

Here is a page for your workbook that illustrates these points.

Please follow along as I review each point.

GIVE YOUTH "USING A CONDOM" SHEET AND READ THE CAPTION FOR EACH ILLUSTRATION.

PAUSE FOR A MOMENT AND ASK FOR ANY QUESTIONS AFTER EACH STEP IS READ.

COMPLETE THE ENTIRE SEQUENCE.

USING A CONDOM

1. CHECK EXPIRATION DATE ON CONDOM PACKAGE.
2. OPEN THE PACKAGE CAREFULLY.
3. PUT A DROP OF WATER-BASED LUBRICANT INSIDE THE TIP OF THE CONDOM.
4. ROLL DOWN 1/2 INCH OF CONDOM.
5. PUT THE CONDOM AGAINST THE HEAD OF THE HARD PENIS. (IF THE PENIS IS UNCIRCUMCISED, PULL BACK THE FORESKIN FIRST.)

Note: IF YOU ACCIDENTLY START ROLLING IT ON BACKWARDS--USE A NEW CONDOM.

6. SQUEEZE ANY AIR OUT OF THE TIP OF THE CONDOM BEFORE ROLLING IT DOWN.

7. ROLL THE CONDOM ALL THE WAY DOWN TO THE BASE OF THE PENIS MODEL.
8. GENTLY SMOOTH OUT ANY EXTRA AIR.

Not too many people think about it, but there is also a correct way to take a condom off.

Here are the guidelines, put this page in your workbook.

READ THE FOLLOWING GUIDELINES:

THE CORRECT WAY TO TAKE OFF A CONDOM

1. PULL OUT GENTLY WHILE THE PENIS IS STILL HARD.
2. HOLD THE CONDOM AT THE BASE OF THE PENIS WHILE PULLING OUT SO THE CONDOM DOESN'T LEAK OR SLIP OFF.
3. STARTING AT THE BASE, ROLL THE CONDOM OFF CAREFULLY SO THE CUM DOESN'T SPILL.
4. THROW THE CONDOM AWAY. (NEVER USE A CONDOM TWICE.)

I also want to share with you a list of do's and don'ts for condom use.

Add this list to your workbook. As I go over them you might want to put a check mark by any that you have questions about so we can come back to them later.

GIVE PARTICIPANT THE LIST AND READ IT.

DO'S AND DON'TS FOR CONDOMS

DO:

1. USE ONLY LATEX CONDOMS.
2. USE FOR VAGINAL, ANAL AND ORAL SEX.

3. USE ONLY WITH WATER-BASED LUBRICANT SUCH AS K-Y JELLY, PROBE, WET, FOREPLAY, AND ASTROGLIDE.
4. CHECK THE CONDOM PACKET FOR PUNCTURES.
5. PUT ON CONDOM BEFORE PENIS EVEN TOUCHES ANUS, VAGINA, OR MOUTH.
6. PULL BACK FORESKIN BEFORE ROLLING THE CONDOM DOWN IF THE PENIS IS UNCUT.
7. LEAVE A LITTLE ROOM IN END OF CONDOM FOR CUM.
8. USE A CONDOM EVERY TIME YOU HAVE SEX.

DON'T:

1. DON'T USE AN OIL-BASED LUBRICANT
2. DON'T USE A CONDOM MORE THAN ONCE
3. DON'T PUNCTURE THEM
4. DON'T USE LAMB SKIN CONDOMS
5. DON'T HAVE SEX WITHOUT A CONDOM
6. DON'T HAVE SEX WHEN YOU ARE USING.

Are there any questions about how to use a male condom?

ANSWER QUESTIONS ON HOW TO USE A CONDOM.

You know how to use a condom, but, if you want someone to start wearing one during sex, it helps to know how to make using a condom sexy and fun.

That's what we will work on next.

Exercise 6: How Can I Make Using a Condom Sexy?
(15 minutes)

[The purpose of this exercise is to develop strategies for making condom use erotic. Brainstorming is employed.]

I know that today involved a lot more listening and a lot less talking than most of our sessions.

The information we covered today is very important for you to know and I appreciate your attention.

Now it's time for something a little more fun.

In a minute I am going to ask you to come up with ideas about making using condoms sexy.

First, I will give you some food for thought:

What could you put *in* the condom *or on* the condom to make using it fun and sexy?

Could there be some kind of *talk* that makes it erotic?

How could *fantasy* help?

What could you and your partner *look at* that would juice it up?

Would putting the condom on at an unusual *place* help?

Are there *ways to put it on* that increase excitement?

Here are the questions I just asked you.

GIVE YOUTH LIST OF QUESTIONS FOR MAKING CONDOMS SEXY.

MAKING CONDOMS SEXY

WHAT COULD YOU PUT *IN* THE CONDOM *OR ON* THE CONDOM TO MAKE USING IT FUN AND SEXY?

COULD THERE BE SOME KIND OF *TALK* THAT MAKES IT EROTIC?

HOW COULD *FANTASY* HELP?

WHAT COULD YOU AND YOUR PARTNER *LOOK AT* THAT WOULD JUICE IT UP?

WOULD PUTTING THE CONDOM ON AT AN UNUSUAL *PLACE* HELP?

ARE THERE *WAYS TO PUT IT* ON THAT INCREASE EXCITEMENT?

Your task is to put down at least two ideas for each question.

I'm going to do this too, and let's see if we come up with different things.

Be creative, be wild, be sexy! Have some fun, but as always, make it safe and sober.

Go ahead and get started.

GIVE A FEW MINUTES TO COMPLETE THE TASK.

Time is up. Let's see how wild you can be!

READ EACH QUESTION AGAIN AND HAVE THE YOUTH REPORT, FOLLOWED BY FACILITATOR'S RESPONSE.

ENCOURAGE FUN AND LAUGHTER.

REPEAT FOR EACH QUESTION.

POSSIBLE SUGGESTIONS:

TALK SEXY WHILE DOING IT

PUT ONE ON SLOWLY ON EACH OTHER

DESCRIBE HOW IT FEELS

PUT THE CONDOM ON BY MOUTH

PUT NON-OILY FOOD ON THE CONDOM AND EAT IT OFF

DRAW A FACE ON IT (PUT ON A NEW ONE BEFORE SEX)

PUT IT ON A SEX TOY AND USE IT

FILL IT WITH NON-OIL CREAM AND THEN STICK IT IN

PUT IT ON WHILE DESCRIBING A SEXY FANTASY

PUT IT ON WHILE WATCHING A SEXY FILM

BLOW IT UP AND MASSAGE YOUR PARTNER WITH IT

How would you introduce using a new and sexy approach to wearing a condom to your partner?

What would you say?

ENCOURAGE SHARING OF IDEAS ON HOW TO INTRODUCE THE EROTIC APPROACH.

Thanks for those ideas.

Well, it's time to end this session.

Exercise 7: What Goals Should I Select?
(10 minutes)

[The purposes of this exercise are to establish situations where what was learned in the session is transferred to the real world, to increase self-esteem, and to build rapport. Goal setting is the method employed.]

Now it's time to set goals for the next week.

Because the goal is to be accomplished during the week, these are considered short-term goals.

But they might be one step in a bigger goal or long-term goal.

For example, let's say you decide to get your lover to use condoms.

The first step might be to buy a box of condoms.

The second step might be to brainstorm how to make using condoms fun, and the third step to talk to your lover.

For this week getting condoms might be the goal.

Goals can also be thought of in terms of the resources and skills you need to accomplish a long-term goal.

For example, condoms are resources and being able to put one on correctly is a skill.

Let's go to your goal chart.

Remember that when you select a goal make sure it is realistic, clear, not too easy or too hard, and easy to see if and when you achieved it.

Also choose goals that are important to you and goals to which you are committed.

Today we learned about using male and female condoms correctly, ways to make using condoms more sexy, changing attitudes against using condoms, and trying to decide on what is the right thing to do in difficult situations.

Examples of goals related to this week might be:

1. Brainstorm with your sexual partner ways to make using a condom sexy.
2. Make a list of your own attitudes against condom use and then write down arguments against them.
3. Make a list of situations concerning sexual decisions in which you are not sure what to do.
4. Identify several places in your community where you can get condoms, then go and get some.
5. Plan an action that will help you keep sex and substances separate.

These are just examples, and you may have other goals that are more important to you.

Take a few minutes and think of your goal for the week.

ALLOW ONE MINUTE TO DECIDE ON GOAL.

Now let's hear what you have decided.

HAVE YOUTH DESCRIBE WHAT HIS/ HER GOAL IS.

PROMPT AND REVISE IF GOAL DOES NOT MEET SMART CRITERIA

RECORD EACH PERSON'S GOALS ON THE GOAL SUMMARY SHEET
AND HAVE THE YOUTH RECORD THEIR OWN GOALS AS WELL.

That's a good goal.

To keep us moving along on our long-term drug and alcohol goals, please fill out a schedule of activities for the next week.

Getting bored and feeling down are powerful triggers for using. Keeping a full schedule helps you avoid those triggers.

Fill out this week's schedule tonight and be prepared to talk about it next week

Before we end I would like you to share something that you got out of, or what you liked most about, today's session.

HAVE THE YOUTH IDENTIFY BENEFITS OF PARTICIPATION.

SHOW APPRECIATION BY ACKNOWLEDGING AND PRAISING PARTICIPANT AS APPROPRIATE.

We will meet again on _____ (day and date) at ____ (time and place).

Thank you. I really appreciated your participation today.

END OF SESSION TEN