REASONS FOR STAYING HEALTHY

WHY I WILL TAKE CARE OF ME

1.
2.
3.
4.
5.
6.
Project Light
Living In Good Health Together
Contract of Commitment

I _____________________________ promise myself (and to others important to me) that I will complete the computer program and practice ways to reduce my risk of getting or giving HIV/AIDS. I will try my best to use everything I learn in this program to protect myself from getting or giving HIV/AIDS.

____________________________________
Your signature

___________________________________
Date
goal setting

goal: 1

What I noticed about HIV/ AIDS...
{on TV, Radio, Buses, Anything}
Project Light
Workbook
2
## WORKING WITH TRIGGERS

### MY PERSONAL TRIGGERS

<table>
<thead>
<tr>
<th>PEOPLE</th>
<th>PLACES</th>
</tr>
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<tbody>
<tr>
<td><img src="image1.png" alt="Person" /></td>
<td><img src="image2.png" alt="House" /></td>
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<table>
<thead>
<tr>
<th>MOODS &amp; FEELINGS</th>
<th>SUBSTANCES</th>
</tr>
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<tbody>
<tr>
<td><img src="image3.png" alt="Mood" /></td>
<td><img src="image4.png" alt="Substance" /></td>
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</table>
Goals should be real and should be accomplished between sessions. We want to set goals we can accomplish, not set ourselves up to fail. Goals should be:

S.M.A.R.T

Specific tells exactly what you will do
Measurable so you can tell if it is done
Appropriate fits the situation well
Realistic not too hard or too easy
Time tells when goal will be completed
My Goal is ...

Circle one you will try

Carry a condom with me at all times

Avoid someone I had unprotected sex with last week

Make sure I have two condoms with me whenever I go to a ditching party

When I feel lonely I will call a friend instead of calling someone I know wants to have sex

I will drink less than usual at the party this weekend so I will be more likely to remember to use a condom

I'll hang out with some friends instead of going to a party where I probably would have sex

I will not go over to my girl/boyfriend's house, but will ask them to come to my house instead since I have condoms at home
SESSION 3

PROJECT LIGHT
workbook
PROBLEM SOLVING
YOUR TRIGGERS

1. IDENTIFY YOUR TRIGGER What is your most difficult trigger?

2. CHOOSE YOUR GOAL what’s your goal to remain safe?

3. POSSIBLE ACTIONS TO REACH GOAL What are some possible actions that you could take to reach the goal?

4. EVALUATE ACTIONS which Action do you think is best to take and why?

5. CHECK THAT YOU HAVE EVERYTHING what else might you need to make it work?

6. DO IT
PROBLEM SOLVING
YOUR TRIGGERS

1. MY DIFFICULT TRIGGER

__________________________________

__________________________________

2. MY GOAL is

__________________________________

__________________________________

3. MY POSSIBLE ACTIONS

__________________________________

__________________________________

4. EVALUATE Actions

__________________________________

__________________________________

5. Is there anything else?

__________________________________

__________________________________

__________________________________
Personal Confidence Card

**How Can I Keep Myself Up?**

I am going to ____________
________________________
________________________
________________________
________________________

I will ____________________
________________________
________________________
________________________

I am _____________________
________________________
________________________
________________________
goal setting

1. Think of a friend who would be willing to practice the problem-solving steps with you.

2. Have your friend choose a trigger.

3. On page 10 in your workbook are the problem-solving steps.

4. Go through these problem-solving steps with your friend to help him or her deal with their trigger.
My Goal is ...

Go to a store or clinic and get some condoms

Practice putting on a condom when alone

Practice one of the alternatives to unsafe sex you thought of today

Ask your friends about ways to make safe sex fun and write down three ways you had not thought of before
1st Goal is respond to things I might hear someone say about condoms

Let’s not use condoms, they just spoil the mood.

YOUR RESPONSE: ________________

________________________________________

Use Condoms? Don’t you trust me?

YOUR RESPONSE: ________________

________________________________________

We never used one before, why now?

YOUR RESPONSE: ________________

________________________________________

We don’t need a condom. You’re (I’m) on the pill.

YOUR RESPONSE: ________________

________________________________________

It doesn’t feel as good with a condom

YOUR RESPONSE: ________________

________________________________________
2nd Goal is to find a friend to practice the TALK Tools with

Tell your partner “I hear you”
- Acknowledge
- Use an I statement

Assert what I want in positive way
- State my goal or need
- Be positive
- Use an I statement

List my reasons for being safe
- Be brief
- Use a reason that is about me
- Don’t mention disease

Know my alternatives and my bottom line
What If I Mess Up?

PROBLEM SOLVING STEPS

1. MY DIFFICULT TRIGGER

2. MY GOAL is

3. MY POSSIBLE ACTIONS

4. EVALUATE Actions

5. Is there anything else?
HIV Spreads by:

Having unprotected sex  
(Vaginal, anal or oral)

Or

Sharing injection equipment  
(Needles and syringes)

Or

Passing HIV to a baby during birth  
or breastfeeding
You are a leader.
You are a leader, you can help other people stay safe by telling them what you learned.

Tell them, “Being worried about AIDS is smart”

Tell them, “A lot of people are worried about HIV”

Tell them “Practicing safer sex is smart”

Tell them how AIDS has affected your behavior

Tell them steps they can take to stay safe

Share the word and make an impact
You can protect yourself from HIV by:

1. Not having sex (abstain)
2. Having orgasm without intercourse
3. Using latex condoms during intercourse
4. If injecting, always using a new clean needles and syringes
Helpful information

Testing
MLK/Charles R. Drew University Clinic
310 763 9746
310 668 4213

Minority AIDS Project
323 936 4949

AIDS Healthcare Foundation
323 468 2581

AltaMed
213 629-0962

Hotlines
Teen Line
1-800 TLC TEEN

CDC National AIDS Hotline
1-800 342 AIDS

Planned Parenthood National Hotline
1-800 230 7526