

# **T.L.C. Facilitator's Manual**

## **Act Safe Module**

### **Sexual Decisions of HIV-Positive Youth**

#### **Session #4: Should I Try to Get My Partner to Accept Our Using Condoms? (2 hrs)**

##### OBJECTIVES:

1. Youth will identify the barriers and problems in trying to get partners to accept condoms in the relationship.
2. Youth will practice how to negotiate condom use with their partners.
3. Youth will report increased self-efficacy for talking to partners about condom use.

##### RATIONALE:

Either way--if the youth has told his partner or not--using condoms is the primary method for self-protection and for reducing the spread of HIV. We assume that one's desire to try to get one's partner to use condoms is highly affected by one's possible selves--hoped for and feared. Thus, linking the two--the goal and possible selves--is a desired objective in this session.

Another source of motivation comes from stimulating ethical concerns. Therefore, situations with ethical dilemmas are introduced and the dilemmas confronted. It is assumed that all these youths have latent standards which can be activated.

Some youths may be reluctant to try influencing partners because they do not feel empowered and lack influencing skills. Thus, it is important to model influencing, provide guidelines on how to do it, and give practice opportunities.

##### SUMMARY OF EXERCISES:

1. Introduce the session's objectives and do the lottery. Review goals and share the group's progress. (20 minutes)

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2. Link goals to possible selves through characteristics that are possible or not possible for them, scripts of situations, and imagining dealing with situations. (20 minutes)
3. Confront ethical dilemmas through scripts, reactions to them, and letter writing. (20 minutes)
4. Present guidelines on influencing and model them. (15 minutes)
5. Practice influencing a partner through role playing. (25 minutes)
6. End with a review of goals, an assessment of progress, and group appreciation. (20 minutes)

MATERIALS:

Lottery tickets  
Lottery prize  
"Thanks"  
Newsprint and marking pens  
Goal Cards  
Goal Summary Sheet  
Goal Setting Chart  
Scripts: "Old J. T. and the Sugar Daddies" & "It's Not the Same."  
Paper and pencils.  
Guidelines for influencing a casual/new partner to accept condoms  
Guidelines for influencing a steady partner  
Feeling Thermometer Chart  
My Actions  
My Actions Summary Chart  
Script: "Bobby/Bobbie and Leonard"  
Script: "Victor/Victoria and Alberto"

NOTES TO THE FACILITATORS: 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 aloud the text in small letters--make it natural.

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

## FACILITATOR'S NOTES--REMINDERS AND POINTS TO MAKE

Exercise 1: What Happened Between Sessions?  
(20 minutes)

**[The purposes of this exercise are to establish a comfortable atmosphere, to reinforce trying to transfer what was learned in the sessions to the real life environment, and to increase both self-esteem and group cohesion. Positive introductions, a lottery, goal review, a progress report, "Thanks," and a description of what the session will cover are the approaches used.]**

It is good to see you here again, on time and ready to go.

Let's start with a lottery.

Write your first names on the lottery tickets and hand them in.

■PASS OUT LOTTERY TICKETS. HAVE THE GROUP MEMBERS WRITE THEIR NAMES ON THEM AND PASS THEM IN. MIX UP THE TICKETS, DRAW A WINNER, AND GIVE OUT THE PRIZE.

Today's session is on deciding whether to influence your partner to wear a condom and accept your using one.

We will look at the tough issues in this decision, figure out how the decision fits with your view of yourself, and practice influencing a partner.

At the end of the last session you filled out where you stand in terms of telling your partner your status and using condoms.

We totaled up the group's responses.

Here they are.

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■GIVE A PROGRESS REPORT ON THE ANSWERS TO THE "MY ACTIONS" QUESTIONNAIRE. PUT UP A CHART WITH THE TOTALS ON THEM.

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 \_\_\_

At the end of today's session we will take another reading.

Before looking at how you did in reaching your between session goals, I want to give you your "Thanks" for the day.

**■GIVE OUT 20 "THANKS" TO EACH YOUTH.**

Remember to give them out when you like what someone said or did, their style, or simply their presence here.

Now we will review your goals.

Here were the guidelines for setting a goal.

**■POST THE GOAL SETTING CHART.**

As you listen to other group members report on their goals, feel free to ask questions and to make suggestions about ways to overcome obstacles that some of the members came up against.

**■HAVE EACH YOUTH REPORT ON HIS GOAL AND HOW HE/SHE DID. REFER TO THE GOAL SUMMARY SHEET AS NEEDED. COACH YOUTHS. GIVE OUT "THANKS," AND BRAINSTORM WAYS TO OVERCOME OBSTACLES.**

Thank you.

That was very good.

In the next exercise we will look at how the goal to use condoms in your relationship fits with your view of your self.

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Exercise 2: Do I Want to Convince My Partner to Accept Condoms?  
(20 minutes)

**[The purpose of this exercise is to increase the motivation to influence a partner to accept using condoms in the relationship. Linking goals to possible selves and imagining success are the approaches employed.]**

We have talked before about your having possible selves.

Those views of yourself in the future can be positive or negative.

What you hope to be and hope for or what you fear.

Let's talk about those selves a little more.

I will read out a characteristic, and you tell yourself whether that characteristic is possible for you or not possible for you.

Here we go.

■READ OUT THE CHARACTERISTICS LISTED BELOW.  
PAUSE AFTER EACH ONE WHILE YOUTHS DECIDE IF THE  
CHARACTERISTIC IS "POSSIBLE FOR ME" OR "NOT  
POSSIBLE FOR ME."

CALM

CAPABLE

JEALOUS

CARING

PREJUDICED

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NERVOUS  
CLEAN  
DIRTY  
CONFIDENT  
COOPERATIVE  
FAIR  
HOSTILE  
LACKING IN CONFIDENCE  
CAN'T WORK WITH OTHERS  
AFRAID TO ACT  
UNFAIR  
FRIENDLY  
HUMOROUS  
CREATIVE  
ROUGH  
INDEPENDENT  
PASSIONATE  
DEPENDENT ON OTHERS  
HATEFUL  
RESPONSIBLE  
RUDE

NOT RESPONSIBLE

Very good!

We are interested in your protecting yourself from re-infection with HIV and from STDs.

We are also interested in stopping the spread of HIV.

Condoms are a very effective way of protecting you and others.

Now that you have more information on what kind of person you could be or could not be, let's list why you would want to have your partner accept using condoms in the relationship and why you would not.

**■PUT TWO COLUMNS ON NEWSPRINT: "WOULD" AND "WOULD NOT."**

We want to brainstorm why you would or would not want to convince your partner to accept condoms.

Call out your ideas.

**■RECORD THE IDEAS ON NEWSPRINT IN THE APPROPRIATE COLUMNS.**

You can see the list of ideas which would influence your making the decision one way or the other.

Assume that you have not told your partner that you are HIV-positive.

In that situation what kind of the possible lover would you hope to be?

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**■PAUSE FOR A FEW MOMENTS.**

Again, in that situation think of the possible lover you would fear becoming.

**■PAUSE FOR A FEW MOMENTS.**

If you had told your partner, how would you want to be toward him or her?

**■PAUSE.**

Take a few deep breaths.

In, and out slowly.

In, and out slowly.

Imagine making a decision about using condoms in your relationship.

See yourself making a decision that fits you.

Imagine yourself coming to a conclusion about what to do.

**■WAIT WHILE YOUTHS IMAGINE MAKING A DECISION  
ON USING CONDOMS IN THE RELATIONSHIP.**

OK, what you just did will help prepare you for the next step--which is to examine some of the conflicts in trying to convince a partner to accept using condoms.

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Exercise 3: What Does It Mean To Convince My Partner?  
(20 minutes)

**[The purpose of the exercise is to identify and explore some of the conflicts, dilemmas and themes in introducing condom use into a sexual relationship. Scripts, reactions, and letter writing are used.]**

We are going to use some soap scenes to illustrate some of the conflicts and concerns in trying to get a partner to accept the use of condoms in a relationship.

In this first scene two men talk about using condoms.

One is a teenager--that's Terry, and the other is an older man whose name is J. T..

■FACILITATORS READ SCRIPT.

OLD J. T. AND THE SUGAR DADDIES

J. T.:           Shit!

TERRY:         J. T., why are you so angry all the time?

J. T.:           Why shouldn't I be? I lost most of my friends, and now I've got HIV too. Lord knows when my turn will come. I don't see how I have lasted this long.

TERRY:         Well, I'm sorry about your friends and the fact is that you got it. But I know people who got cancer, and they are not cursing and kicking things all the time.

J. T.:           You're a fool if you think cancer and AIDS have anything in common.

TERRY:         They're both diseases.

J. T.:           Bullshit! When I was told I got HIV, I had to really admit that I was gay.

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Before then I thought I was just making a living. When I tried to figure out where I got it from, I knew it was those Sugar Daddies and old men who had me bending over all the time. They were strong and I was weak. They put it in and I took it. Getting HIV made me look at who I was.

TERRY: You didn't like what you saw.

J. T.: Let me finish what I was telling you. HIV and AIDS are special. They're not ordinary diseases. They're about who you are and whether you're worth anything.

TERRY: Well, I'm HIV-positive too, and I sure don't see anything special about it.

J. T.: Do you do anything to help?

TERRY: What's there to help? It's too late for that.

J. T.: You younger guys are blind! You sit around all day with your head up your ass. You could go to a community center. Deliver meals to some of these guys who are dying of AIDS. Help them get to their doctor's appointments. Set a goal of talking to five guys your age each week. Tell them to use condoms.

TERRY: You can't be serious. Tell them to use condoms? If the guy hasn't got HIV yet, he will soon. If it's not me that gives it to him, somebody else will.

J. T.: What a piss-poor excuse.

TERRY: Do you mean to tell me if one of those Sugar Daddies who gave it you came along, you wouldn't fill him up with HIV if you had the chance?

J. T.: That's sick. Why waste my time? I don't hate anybody enough to give them AIDS.

TERRY: I was just kidding.

J. T.: Sure you were. Then let's be serious. Do you use condoms?

TERRY: Sometimes.

J. T.: Most of the times you don't?

TERRY: I guess you could say that.

J. T.: Why the fuck don't you use them?

TERRY: Don't start getting all bent out of shape. A lot of guys don't like them.

J. T.: What do you care?

TERRY: Listen, I'm not like you. I'm not a goody-goody. I don't go to some community center. Most of the time I spend by myself. There are a few guys I know. They work this one street. I meet them there every day. A couple of hours. What would I do without them?

J. T.: That's all you got?

TERRY: I'm not gay like you are. Where am I going to go?

J. T.: So, you do whatever they want.

TERRY: Kind of.

J. T.: I hear what you're saying, but it boils down to the same thing. You don't give a shit about yourself or your friends.

TERRY: If you say so.

J. T.: If a new kid comes along, do you use a condom?

TERRY: Who asks?

J. T.: OK. So, you don't use a condom. How do you know you are not passing it on to him or that he isn't giving you syphilis?

TERRY: I don't.

J. T.: So?

TERRY: So what?

J. T.: So, what are you going to do?

TERRY: About what?

J. T.: Don't play games with me. Are you going to save yourself or save somebody else?

TERRY: Are we going to church?

THE END

To open the discussion I want you to answer one of the following questions.

1. Which character did you like better and why?
2. What did you agree with that J. T. said?
3. What did you agree with that Terry said?
4. What did you disagree with that J. T. said?
5. What did you disagree with that Terry said?

We'll go around the room, and I'll ask each person a question.

**■GO AROUND THE ROOM ASKING EACH PERSON ONE OF THE QUESTIONS LISTED ABOVE. WHEN YOU RUN OUT OF QUESTIONS, START GOING OVER THE LIST AGAIN.**

OK, let's open the discussion up.

What was your reaction to this soap scene and what conflicts and problems were illustrated around condom use?

**■ENCOURAGE A DISCUSSION. FOCUS ON FACTORS THAT CREATE AMBIVALENCE AND MUDDY UP ETHICAL DECISIONS ABOUT INTRODUCING CONDOM USE. FOR**

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EXAMPLE, SOME THEMES ARE AS FOLLOWS:

ANGER  
REVENGE  
HIV/AIDS AND IDENTITY  
OLD MEN/YOUNG MEN  
COMMUNITY INVOLVEMENT  
ISOLATION  
PEER NORMS (WHAT PEOPLE YOU HANG OUT WITH THINK)  
SEX WORKERS

That was a good discussion about some of the issues that confront you when introducing condoms to a sexual partner.

The scene about J. T. and Terry seemed to deal more with casual sex partners.

Our next soap scene shows a moment in the lives of a couple--Alex and Jessie.

Jessie can be a male or female. Make Jessie either sex you want to.

Who will volunteer to plays these parts?

■SELECT THE VOLUNTEERS AND DECIDE WHO WILL  
PLAY EACH ROLE. GIVE THEM THE SCRIPTS AND HAVE  
THEM READ THE SCENE ALOUD.

### IT'S NOT THE SAME

ALEX: Well, I think I've got the hint.

JESSIE:       What are you talking about?

ALEX: I opened the medicine cabinet, and found a box of condoms. I put my hand in my bathrobe pocket and there's a condom. I found a box under my pillow, and in the dresser with my underwear. You even put one in with the corn

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flakes.

JESSIE: Me?

ALEX: I think so, my love. Have you been sleeping with someone else when I'm working late?

JESSIE: No!

ALEX: What's this about? Do you think I have gonorrhea?

JESSIE: I hope not! That's the last thing I need. I should have got condoms earlier, but it's like I have been in shock since finding out I'm positive.

ALEX: You want us to start using condoms?

JESSIE: Isn't that the logical thing to do? I'm positive and you're not. I'd die if I gave it to you.

ALEX: Look, I know what is going to happen. It's started already.

JESSIE: What?

ALEX: You are going to start attending that support group for HIV-positive people. Right?

JESSIE: What's wrong with that?

ALEX: You're not alone. Is there something wrong with my support?

JESSIE: I don't want to put everything off on you.

ALEX: My support isn't enough?

JESSIE: That's not what I mean. I need to talk things over with other people who have the same problems. Maybe they can tell me what to do with a lover who doesn't want to wear condoms.

ALEX: I'm sorry, but I can feel myself getting shut out. Now there is something that divides us. I'm saying too much.

JESSIE: No! I want to know how you feel.

ALEX: It terrifies me to think of you getting sick and then leaving me. I will lose you in the future, and I am losing part of you now. All these other people will come into your life and there will be less room for me.

JESSIE: I don't mean to upset you.

ALEX: Now you want me to use a condom. Every time I see or touch a condom it will remind me of losing you. I just can't take that.

JESSIE: But for those very same reasons of caring for each other, I can't go on fearing that I am giving it to you.

ALEX: I don't want it either, but I'd rather take the risk than lose you bit by bit. No sex at all might be better.

JESSIE: I'm not giving up sex because you won't wear a condom.

ALEX: You mean you'll cheat on me.

JESSIE: I mean that you will have to find some exciting ways to have sex without putting it in me. Don't look so sad. There has to be a way to work this out.

### THE END

Thanks for a great scene!

#### ■ GIVE OUT "THANKS" TO THE PLAYERS.

What should Carl do?

#### ■ ENCOURAGE RESPONSES AND DISCUSSION. KEEP RAISING THE ISSUE OF THE "RIGHT" THING TO DO, EVEN IF THERE ISN'T A "RIGHT" THING TO DO. LET YOUTHS STRUGGLE WITH IT.

What are some of the conflicts that this scene shows about introducing condoms into a relationship?

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**■ENCOURAGE RESPONSES. MAKE SURE IT IS CLEAR THAT HOW PEOPLE WILL INTERPRET USING CONDOMS IS VERY INDIVIDUALISTIC. RAISE ISSUE OF SHOULD AN ADULT BE FREE TO MAKE A CHOICE EVEN IF IT HURTS HIM/HER AND WHAT ABOUT THE PERSON ADMINISTERING THE HURT. IS HE/SHE FREE OF BLAME?**

That was another good discussion.

.

Now we will write a brief letter to the person who infected you with HIV.

Tell that person what it means to you that he or she gave you the virus.

If you are not sure who gave you the virus, take a guess.

Here is a pencil and paper.

**■PASS OUT PENCIL AND PAPER.**

**■HAVE THE GROUP WRITE LETTERS THEN ASK FOR ONE (OR TWO IF THERE IS TIME) TO BE SHARED WITH THE GROUP.**

Does anyone want to share what he/she wrote?

**■HAVE A LETTER READ BY A YOUTH. DO NOT COMMENT ON IT. JUST LET THE MEANING SOAK IN. BUT, MAKE CERTAIN YOU GIVE "THANKS" TO MEMBERS WHO SHARE THEIR STORIES, WITH A VERBAL "THANK YOU FOR SHARING".**

Next, we will learn how to introduce condoms into a relationship.

Exercise 4: How do I Introduce Condoms to a Partner?  
(15 minutes)

**[The purpose of this exercise is to increase the youths' understanding of how to influence a partner to accept condoms. Providing guidelines and modeling are used.]**

In this exercise we will give you some ideas about how to convince your partner to accept both of you using condoms.

In the next exercise you will have a chance to practice.

First, it is different trying to deal with someone you just met and changing your steady partner.

We are going to start with influencing someone you just met.

Here are some guidelines to consider.

■PASS OUT GUIDELINES ON INFLUENCING A NEW PARTNER.

GUIDELINES FOR INFLUENCING A CASUAL/NEW PARTNER TO ACCEPT CONDOMS

DECIDE WHEN AND WHERE TO ASK

KNOW YOUR STRATEGY

STATE YOUR NEEDS

STATE HOW YOU FEEL

STATE WHAT YOU WANT FROM THE OTHER PERSON

STATE THE OTHER PERSON'S POINT OF VIEW

REPEAT WHAT YOU WANT AS OFTEN AS NEEDED

## STAY FIRM

### ■GO OVER THE GUIDELINES.

#### DECIDE WHEN AND WHERE TO ASK

Discuss it before you are involved with sex.

If you are already having unprotected sex, bring the topic up in a non-sexual situation.

Select a safe place.

Don't bring it up in bed!

#### KNOW YOUR STRATEGY

There are lots of reasons you could use for insisting that he put a condom on.

You can choose which line you will take.

For example, are you going to ask him to wear a condom because

1. you don't want to get re-infected.
2. you don't want to get an STD.
3. your doctor told you that you had to do it.
4. you have an itch in your penis.

5. your partner said he loves you and will do anything for you.
6. you like the feel of condoms.
7. you think you'll last longer with a condom on.
8. all your friends use condoms.

### STATE YOUR NEEDS

"I need to keep myself as healthy as I can."

"I want to feel good about myself by knowing I have protected my partner."

### STATE HOW YOU FEEL

"I am worried because..."

"I will feel happy when..."

### STATE WHAT YOU WANT FROM THE OTHER PERSON

What exactly do you want your new sexual partner to do?

Wear a condom?

Have sex without penetration?

### STATE THE OTHER PERSON'S POINT OF VIEW

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It helps to check out your understanding of your partner's point of view.

Let him hear what he's telling you; he'll know you are listening.

REPEAT WHAT YOU WANT AS OFTEN AS NEEDED

Sometimes it is OK to sound like a broken record.

STAY FIRM

You have a right to protect yourself.

We need volunteers to act out a brief example of how to follow the guidelines.

■SELECT VOLUNTEERS AND DECIDE WHO WILL PLAY EACH ROLE. GIVE THEM THE SCRIPTS AND HAVE THEM READ THE SCENE ALOUD.

Again, Bobbie can be either sex. So pick which sex you want Bobby to be.

BOBBY/BOBBIE AND LEONARD

BOBBY/BOBBIE: I'm so glad I met you.

LEONARD: Me too.

BOBBY/BOBBIE: Let's go to my place.

LEONARD: Before we do I want to tell you something.

BOBBY/BOBBIE: What's that?

LEONARD: I always use a condom.

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BOBBY/BOBBIE: How come? I thought you told me you were HIV-positive. You already got it.

LEONARD: Well, let's start with the selfish part. I don't want to get reinfected, and STDs would be harder on me and weaken my immune system.

BOBBY/BOBBIE: I guess there's nothing wrong with looking out for yourself. But I'm not worried, if that's what you think.

LEONARD: Well, another reason is that I would feel terrible if I gave HIV to somebody else.

BOBBY/BOBBIE: OK. If that's the way you want it. But, I haven't got any condoms up there.

LEONARD: Don't worry. I have some. Promise that when we get there you won't change your mind and take advantage of getting hot?

BOBBY/BOBBIE: If you promise to make it wild.

LEONARD: I do.

BOBBY/BOBBIE: Let's go.

THE END

How would you evaluate that scene?

What did Leonard do that you liked and what did he do that you would have done differently?

■ENCOURAGE THE GROUP TO COMPARE HOW  
LEONARD HANDLED THE SITUATION TO THE  
GUIDELINES.

Dealing with a steady partner requires a different approach than with someone you do not know

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well.

One reason is because you care more about your steady partner and want to keep the relationship going.

Trying to convince your partner might be easier if he/she really cares about you and your health.

On the other hand, if you have been engaging in unprotected sex, you will be introducing a change and that can be difficult to bring about.

This is particularly true if you haven't told your partner that you are HIV-positive.

Here are some guidelines for dealing with a steady partner.

**■PASS OUT GUIDELINES FOR DEALING WITH A STEADY PARTNER AND GO OVER THEM.**

GUIDELINES FOR INFLUENCING A STEADY PARTNER

GET READY

1. THINK OF WHEN YOU GOT YOUR PARTNER TO DO SOMETHING YOU WANTED.
2. DECIDE YOUR BOTTOM LINE. (IS KEEPING YOUR PARTNER MORE IMPORTANT THAN PROTECTING YOUR PARTNER AND YOURSELF?)
3. THINK OF WAYS TO BUILD YOUR PARTNER'S FEELING GOOD ABOUT THEMSELVES.
4. PICK A GOOD TIME AND PLACE.

DO'S

1. START WITH SOMETHING POSITIVE.

2. TELL YOUR PARTNER HOW YOU FEEL AND WHAT YOU WANT. (E.G., TELL YOUR PARTNER HOW HAPPY YOU WILL BE IF YOU USE PROTECTION.)
3. REPEAT BACK TO YOUR PARTNER THAT HE/SHE SAYS HE/SHE WANTS FROM YOU.
4. TELL YOUR PARTNER WHEN HE/SHE SAYS OR DOES SOMETHING YOU LIKE.
5. STOP THE MOMENT THE DISCUSSION GETS NEGATIVE.

DON'TS

1. PUT HIM/HER DOWN.
2. KEEP TRYING TO TALK TO YOUR PARTNER IF HE/SHE MAKES NASTY COMMENTS ABOUT YOU.
3. LET YOUR RIGHTS BE VIOLATED.

What ideas do you have on how to influence your steady partner?

ENCOURAGE RESPONSES.

Here is a brief example of talking with a steady partner.

There are good parts and not so good parts in it.

We need two volunteers to act out a brief scene.

**■SELECT VOLUNTEERS AND DECIDE WHO WILL PLAY EACH ROLE. GIVE THEM THE SCRIPTS AND HAVE THEM READ THE SCENE ALOUD.**

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Listen carefully and tell us what you liked and what you would have changed in the conversation.

VICTOR/VICTORIA AND ALBERTO

VICTOR/VICTORIA: Can we talk?

ALBERTO: Go ahead.

VICTOR/VICTORIA: It's about condoms.

ALBERTO: Again?

VICTOR/VICTORIA: Yes. We got to protect ourselves.

ALBERTO: If we haven't caught anything by now, we never will.

VICTOR/VICTORIA: That's not true. It isn't just HIV that hides in you. A lot of STDs do too.

ALBERTO: I hate condoms!

VICTOR/VICTORIA: If you really care about me, we'll use them.

ALBERTO: They don't feel good.

VICTOR/VICTORIA: We'll work on making it feel good. Besides, it's a small price to pay for a loving relationship and good health.

ALBERTO: You better not be telling me indirectly that you are playing around. I'll kill you if I catch you messing around.

VICTOR/VICTORIA: Calm down. I'm not talking more until you get yourself under control.

ALBERTO: [SHOUTING]: Tell me the truth!

VICTOR/VICTORIA: When you can stop shouting at me.

ALBERTO: Sorry.

VICTOR/VICTORIA: I'm not cheating on you. I love you and want to protect us.

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It's that simple. We don't know what diseases we could be giving to each other. Why can't you think of protecting each other's health?

ALBERTO:

Making sure we don't get sick sounds nice. There's nothing wrong with that, but is that the only message you are giving me?

VICTOR/VICTORIA:

Yes. That's it. Think about it. We can talk again later. I'm going to keep bringing it until we can find a solution that pleases both of us.

THE END

What did you like about the way that Victor/Victoria handled talking about using condoms with his partner and what would you have done differently?

■ENCOURAGE EVALUATIONS OF THE WAY  
VICTOR/VICTORIA HANDLED IT. HAVE YOUTHS  
COMPARE HIS PERFORMANCE TO THE GUIDELINES.

Next, you can practice trying to influence your partner.

Exercise 5: How Can I Improve Influencing My Partner?  
(25 minutes)

**[The purpose of this exercise is to increase the youth's skills in influencing a partner to accept condoms. Role playing and imagining are used to practice the skills involved.]**

Some people may not try to influence a partner because they fear making a mess of it.

They want to ask their partner to use condoms, but feel unsure about how to do it.

They don't believe they have the skills to do it.

They worry that they are not going to be effective.

In this exercise our goal is to improve your influencing skills.

Also going through a practice session can make you feel less scared about asking your partner to use condoms.

To set the stage I want you to take three deep breaths and let the air out slowly.

■MODEL TAKING THREE DEEP BREATHS AND LETTING  
THE AIR OUT SLOWLY. HAVE THE GROUP TAKE THREE  
DEEP BREATHS AND EXHALING SLOWLY.

Now close your eyes if you feel comfortable.

Imagine that you are with a someone you recently met.

You find this person very attractive and will probably have sex with this time.

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Imagine being with this person in a nice place where you can talk--not the bedroom.

Imagine asking about using condoms.

Imagine that the situation comes out as you would like it.

■ALLOW A MINUTE FOR VISUALIZATION.

Let's move to a different scene.

This time the situation involves your steady partner.

You haven't told your partner that you are HIV-positive but you want to convince your partner to accept using condoms when you have sex.

Think of where you want to talk to him--a safe place.

Take three deep breaths and let the air out slowly. PAUSE.

Feel the warm air flowing out and the cool air rushing in.

In and out.

In and out.

Imagine asking your steady partner to use condoms.

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Imagine that the situation comes out OK--just as you wanted it to.

**■ALLOW A MINUTE FOR VISUALIZATION.**

Open your eyes and get yourselves ready for some practice.

Now let's role play a scene.

Remember the guidelines that we covered a few minutes ago.

**■DIVIDE THE GROUP IN HALF IN ORDER TO GIVE MORE PEOPLE A CHANCE TO PRACTICE INFLUENCING A PARTNER. IF THE GROUP HAS SIX OR FEWER MEMBERS, DO NOT DIVIDE IT IN HALF. FACILITATORS MAY NEED TO ROLE PLAY THE PARTNER IN SOME SITUATIONS TO MAKE THE NUMBERS COME OUT RIGHT.**

**■IF THE GROUP IS DIVIDED IN HALF, EACH FACILITATOR FOLLOWS THE INSTRUCTIONS THAT ARE FOUND BELOW.**

I am going to divide the group in half so that more people have a chance to practice.

One role play will be about influencing a casual or new partner, and the other role play will be about influencing a steady partner.

Let's decide now who wants to do the new partner and who wants to do the steady partner role plays.

**■SELECT A PAIR TO DO THE NEW PARTNER ONE AND A PAIR TO DO THE STEADY PARTNER ONE.**

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The new partner role play goes first.

**■DECIDE WHO WILL PLAY THE PERSON ASKING THAT  
CONDOMS BE USED AND WHO WILL PLAY THE NEW  
PARTNER. PLACE TWO CHAIRS IN THE MIDDLE OF THE  
ROOM.**

(TO THE PERSON WHO IS ASKING AND INFLUENCING)--You find this new person really attractive and have been going out with them for three weeks, but no sex has happened yet.

You expect it will happen soon.

Your goal is to get your new friend to agree to use condoms when you have sex.

(TO THE NEW PARTNER)--You like your new friend and want to have sex with them , but you have been on again/off again about condoms.

But don't be too hard on the person in the role play.

Please sit in these two chairs.

The rest of you will be observers.

Let me give the observers their assignments.

**■HAVE EACH OBSERVER PAY ATTENTION TO A  
SPECIFIC PART OF THE INTERCHANGE.**

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You pay attention to:            facial expressions  
   eye contact  
   gestures  
   posture  
   breathing  
   feelings  
   voice  
   words

Before the two of you start the role play, will the person who is asking that condoms be used please tell us where and when this conversation is taking place?

**■OBTAIN A RESPONSE.**

OK. Go ahead and do the role play.

**■ALLOW THE ROLE PLAY TO GO FOR A FEW MINUTES. THEN OBTAIN FEEDBACK.**

That was great!

**■GIVE OUT "THANKS" TO THE PLAYERS.**

We'll start with the players.

(TO THE PERSON WHO IS ASKING AND INFLUENCING)--Tell us how you felt, what one thing you did that you liked, and what one thing you would do differently.

**■SHOW A FEELING THERMOMETER CHART AND OBTAIN FEEDBACK.**

(TO THE NEW PARTNER)--Tell us how you felt, what one thing the other person did that you

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liked, and what one thing you would do differently if you had played that part.

**■OBTAIN FEEDBACK.**

(TO THE OBSERVERS)--Tell us one thing the person who was trying to get their partner to use condoms did that you liked, and what one thing you would do differently if you had played that role.

**■OBTAIN FEEDBACK AND OPEN UP GENERAL DISCUSSION ON THE ROLE PLAY.**

This time we will pick the situation where you and your lover have had unprotected sex for awhile. This will be a gay couple.

You have decided that wearing condoms will protect you and your lover.

The next pair will do this role play.

One of you will play the guy who wants to use condoms, and the other one will play the steady partner.

**■DECIDE WHO WILL PLAY EACH ROLE. PLACE TWO CHAIRS IN THE MIDDLE OF THE ROOM.**

(TO THE GUY WHO WANTS CONDOMS)--Your goal is to get your steady partner to accept using condoms when you have sex.

Try to do it in a way that expresses your hoped for self in this situation.

(TO THE STEADY PARTNER)--In playing the lover you can be neutral or negative toward condoms, as you choose, but don't be too hard on your lover.

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Please sit in these two chairs.

The rest of you will be observers.

Let me give the observers their assignments.

**■HAVE EACH OBSERVER PAY ATTENTION TO A SPECIFIC PART OF THE INTERCHANGE.**

You pay attention to:

- facial expressions
- eye contact
- gestures
- posture
- breathing
- feelings
- voice
- words

Before the two of you start the role play, will the guy who wants to use condoms please tell us; (1) if your partner knows you are HIV-positive; (2) where this conversation is taking place; and (3) when this conversation is taking place?

**■OBTAIN A RESPONSE.**

OK. Go ahead and do the role play.

**■ALLOW THE ROLE PLAY TO GO FOR A FEW MINUTES. THEN OBTAIN FEEDBACK.**

That was great!

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**■GIVE OUT "THANKS" TO THE PLAYERS.**

(TO THE GUY WHO WANTS CONDOMS)--Tell us how you felt, what one thing you did that you liked, and what one thing you would do differently.

**■SHOW A FEELING THERMOMETER CHART AND OBTAIN FEEDBACK.**

(TO THE STEADY PARTNER)--Tell us how you felt, what one thing the other guy did that you liked, and what one thing you would do differently had you been playing that role.

**■OBTAIN FEEDBACK.**

(TO THE OBSERVERS)--Tell us one thing the guy who was influencing did that you liked, and what one thing you would do differently had you been playing that role.

**■OBTAIN FEEDBACK. BRING THE GROUPS BACK TOGETHER.**

Now that we are back together I want to know how you feel after having done the role plays.

Using the Feeling Thermometer with 100 degrees being very uncomfortable and 0 degrees being completely comfortable, how do you feel.

**■OBTAIN FEELING THERMOMETER READINGS.**

What would make you more comfortable and less comfortable in trying to get your partner to accept using condoms?

**■SHARE RESPONSES AND OPEN UP A GENERAL DISCUSSION**

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ON INFLUENCING AND ON THE ROLE PLAY.

As we are near the end of today's session we want to focus on future goals, progress, and appreciation.

Exercise 6: What Are My Future Short-term Goals?  
(20 minutes)

**[The purposes of this exercise are to establish situations where what was learned in the workshop is transferred to the real world, to increase self-esteem, and to build group cohesion. Goal setting, progress review, and group appreciation are the methods employed.]**

At the end of each session we have been setting goals to accomplish during the next week.

Before we do that today I would like to know what actions you are taking at this time concerning telling your partners that you are positive and using condoms during sex.

You took a few minutes to fill out the questionnaire called "My Actions" and then we gave you a report on where the whole group was at the beginning of the following session.

I would like to get a progress report.

■HAND OUT COPIES OF "MY ACTIONS."

If you would please stop now and answer the questions.

We'll give you feedback on where the group is next time.

■ALLOW TIME TO FILL OUT THE QUESTIONNAIRE. THEN  
COLLECT THEM.

Now let's work on setting goals to accomplish between now and when we meet again.

Before you select a goal related to today's topic, think of what you want for yourself in the future in terms of love and friendship.

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What would you like to be and what do you want to have happening to you in the areas of love and friendship?

If the short-term goals you select here today are not connected to what you hope to be and what you want, it will be hard for you to go after them or care about them.

What do you want?

**■ALLOW A MINUTE TO GET IN TOUCH WITH HOPES AND WANTS.**

Let me review what the qualities of a good goal are.

**■POST THE GOAL SETTING CHART.**

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

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

Today we worked on getting a partner to accept using a condom.

Some goals might be as follows:

1. Practice with a friend how to ask a partner to use condoms.
2. Write out what I plan to say to my partner about using condoms.
3. Ask my partner(s) to use condoms.

**■ALLOW TIME FOR THINKING OF GOALS. HAVE THEM**

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WRITE THEIR GOALS ON GOAL CARDS.

Now let's hear what you have decided.

As others in the group talk about their goals, feel free to ask questions and make suggestions.

■GO AROUND THE ROOM AND HAVE EACH PERSON DESCRIBE WHAT HIS GOAL IS. REFER TO THE GOAL CARDS. COACH THE YOUTHS TO MAKE SURE THE GOALS FIT THE STANDARDS (REASONABLE, CLEAR, NOT TOO EASY OR TOO HARD, EASY TO SEE IF COMPLETE, IMPORTANT, COMMITTED.) RECORD EACH PERSON'S GOALS ON THE GOAL SUMMARY SHEET.

Those are good goals.

Now let's end by showing appreciation to each other.

Let other group members know that you appreciated their contributions to today's session--what they said or did, their style, or simply their being here.

■HAVE THE GROUP SHOW APPRECIATION. MODEL THROUGH "THANKS," GESTURES, AND WORDS. MAKE SURE EVERYONE IS INCLUDED.

We will see you next time.

The next session is on \_\_\_\_\_ (day and date) at \_\_\_\_\_ (time and place).

THE END OF SESSION 4

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OLD J. T. AND THE SUGAR DADDIES

J. T.: Shit!

TERRY: J. T., why are you so angry all the time?

J. T.: Why shouldn't I be? I lost most of my friends, and now I've got HIV too. Lord knows when my turn will come. I don't see how I have lasted this long.

TERRY: Well, I'm sorry about your friends and the fact is that you got it. But I know people who got cancer, and they are not cursing and kicking things all the time.

J. T.: You're a fool if you think cancer and AIDS have anything in common.

TERRY: They're both diseases.

J. T.: Bullshit! When I was told I got HIV, I had to really admit that I was gay. Before then I thought I was just making a living. When I tried to figure out where I got it from, I knew it was those Sugar Daddies and old men who had me bending over all the time. They were strong and I was weak. They put it in and I took it. Getting HIV made me look at who I was.

TERRY: You didn't like what you saw.

J. T.: Let me finish what I was telling you. HIV and AIDS are special. They're not ordinary diseases. They're about who you are and whether you're worth anything.

TERRY: Well, I'm HIV-positive too, and I sure don't see anything special about it.

J. T.: Do you do anything to help?

TERRY: What's there to help? It's too late for that.

J. T.: You younger guys are blind! You sit around all day with your head up your ass. You could go to a community center. Deliver meals to some of these guys who are dying of AIDS. Help them get to their doctor's appointments. Set a goal of talking to five guys your age each week. Tell them to use condoms.

TERRY: You can't be serious. Tell them to use condoms? If the guy hasn't got HIV yet, he will soon. If it's not me that gives it to him, somebody else will.

J. T.: What a piss-poor excuse.

TERRY: Do you mean to tell me if one of those Sugar Daddies who gave it you came along, you wouldn't fill him up with HIV if you had the chance?

J. T.: That's sick. Why waste my time? I don't hate anybody enough to give them AIDS.

TERRY: I was just kidding.

J. T.: Sure you were. Then let's be serious. Do you use condoms?

TERRY: Sometimes.

J. T.: Most of the times you don't?

TERRY: I guess you could say that.

J. T.: Why the fuck don't you use them?

TERRY: Don't start getting all bent out of shape. A lot of guys don't like them.

J. T.: What do you care?

TERRY: Listen, I'm not like you. I'm not a goody-goody. I don't go to some community center. Most of the time I spend by myself. There are a few guys I know. They work this one street. I meet them there every day. A couple of hours. What would I do without them?

J. T.: That's all you got?

TERRY: I'm not gay like you are. Where am I going to go?

J. T.: So, you do whatever they want.

TERRY: Kind of.

J. T.: I hear what you're saying, but it boils down to the same thing. You don't give a shit about yourself or your friends.

TERRY: If you say so.

J. T.: If a new kid comes along, do you use a condom?

TERRY: Who asks?

J. T.: OK. So, you don't use a condom. How do you know you are not passing it on to him or that he isn't giving you syphilis?

TERRY: I don't.

J. T.: So?

TERRY: So what?

J. T.: So, what are you going to do?

TERRY: About what?

J. T.: Don't play games with me. Are you going to save yourself or save somebody else?

TERRY: Are we going to church?

THE END

IT'S NOT THE SAME

ALEX: Well, I think I've got the hint.

JESSIE:       What are you talking about?

ALEX: I opened the medicine cabinet, and found a box of condoms. I put my hand in my bathrobe pocket and there's a condom. I found a box under my pillow, and in the dresser with my underwear. You even put one in with the corn flakes.

JESSIE:       Me?

ALEX: I think so, my love. Have you been sleeping with someone else when I'm working late?

JESSIE:       No!

ALEX: What's this about? Do you think I have gonorrhea?

JESSIE:       I hope not! That's the last thing I need. I should have got condoms earlier, but it's like I have been in shock since finding out I'm positive.

ALEX: You want us to start using condoms?

JESSIE:       Isn't that the logical thing to do? I'm positive and you're not. I'd die if I gave it to you.

ALEX: Look, I know what is going to happen. It's started already.

JESSIE:       What?

ALEX: You are going to start attending that support group for HIV-positive people. Right?

JESSIE:       What's wrong with that?

ALEX: You're not alone. Is there something wrong with my support?

JESSIE:       I don't want to put everything off on you.

ALEX: My support isn't enough?

JESSIE: That's not what I mean. I need to talk things over with other people who have the same problems. Maybe they can tell me what to do with a lover who doesn't want to wear condoms.

ALEX: I'm sorry, but I can feel myself getting shut out. Now there is something that divides us. I'm saying too much.

JESSIE: No! I want to know how you feel.

ALEX: It terrifies me to think of you getting sick and then leaving me. I will lose you in the future, and I am losing part of you now. All these other people will come into your life and there will be less room for me.

JESSIE: I don't mean to upset you.

ALEX: Now you want me to use a condom. Every time I see or touch a condom it will remind me of losing you. I just can't take that.

JESSIE: But for those very same reasons of caring for each other, I can't go on fearing that I am giving it to you.

ALEX: I don't want it either, but I'd rather take the risk than lose you bit by bit. No sex at all might be better.

JESSIE: I'm not giving up sex because you won't wear a condom.

ALEX: You mean you'll cheat on me.

JESSIE: I mean that you will have to find some exciting ways to have sex without putting it in me. Don't look so sad. There has to be a way to work this out.

THE END

BOBBY/BOBBIE AND LEONARD

BOBBY/BOBBIE: I'm so glad I met you.

LEONARD: Me too.

BOBBY/BOBBIE: Let's go to my place.

LEONARD: Before we do I want to tell you something.

BOBBY/BOBBIE: What's that?

LEONARD: I always use a condom.

BOBBY/BOBBIE: How come? I thought you told me you were HIV-positive. You already got it.

LEONARD: Well, let's start with the selfish part. I don't want to get reinfected, and STDs would be harder on me and weaken my immune system.

BOBBY/BOBBIE: I guess there's nothing wrong with looking out for yourself. But I'm not worried, if that's what you think.

LEONARD: Well, another reason is that I would feel terrible if I gave HIV to somebody else.

BOBBY/BOBBIE: OK. If that's the way you want it. But, I haven't got any condoms up there.

LEONARD: Don't worry. I have some. Promise that when we get there you won't change your mind and take advantage of getting hot?

BOBBY/BOBBIE: If you promise to make it wild.

LEONARD: I do.

BOBBY/BOBBIE: Let's go.

THE END

VICTOR/VICTORIA AND ALBERTO

VICTOR/VICTORIA: Can we talk?

ALBERTO: Go ahead.

VICTOR/VICTORIA: It's about condoms.

ALBERTO: Again?

VICTOR/VICTORIA: Yes. We got to protect ourselves.

ALBERTO: If we haven't caught anything by now, we never will.

VICTOR/VICTORIA: That's not true. It isn't just HIV that hides in you. A lot of STDs do too.

ALBERTO: I hate condoms!

VICTOR/VICTORIA: If you really care about me, we'll use them.

ALBERTO: They don't feel good.

VICTOR/VICTORIA: We'll work on making it feel good. Besides, it's a small price to pay for a loving relationship and good health.

ALBERTO: You better not be telling me indirectly that you are playing around. I'll kill you if I catch you messing around.

VICTOR/VICTORIA: Calm down. I'm not talking more until you get yourself under control.

ALBERTO: [SHOUTING]: Tell me the truth!

VICTOR/VICTORIA: When you can stop shouting at me.

ALBERTO: Sorry.

VICTOR/VICTORIA: I'm not cheating on you. I love you and want to protect us. It's that simple. We don't know what diseases we could be giving to each other. Why can't you think of protecting each other's health?

ALBERTO:

Making sure we don't get sick sounds nice. There's nothing wrong with that, but is that the only message you are giving me?

VICTOR/VICTORIA:

Yes. That's it. Think about it. We can talk again later. I'm going to keep bringing it until we can find a solution that pleases both of us.

THE END

GUIDELINES FOR INFLUENCING A CASUAL/NEW PARTNER TO ACCEPT CONDOMS

DECIDE WHEN AND WHERE TO ASK

KNOW YOUR STRATEGY

STATE YOUR NEEDS

STATE HOW YOU FEEL

STATE WHAT YOU WANT FROM THE OTHER PERSON

STATE THE OTHER PERSON'S POINT OF VIEW

REPEAT WHAT YOU WANT AS OFTEN AS NEEDED

STAY FIRM

## GUIDELINES FOR INFLUENCING A STEADY PARTNER

### GET READY

1. THINK OF WHEN YOU GOT YOUR PARTNER TO DO SOMETHING YOU WANTED.
2. DECIDE YOUR BOTTOM LINE. (IS KEEPING YOUR PARTNER MORE IMPORTANT THAN PROTECTING YOUR PARTNER AND YOURSELF?)
3. THINK OF WAYS TO BUILD YOUR PARTNER'S FEELING GOOD ABOUT THEMSELVES.
4. PICK A GOOD TIME AND PLACE.

### DO'S

1. START WITH SOMETHING POSITIVE.
2. TELL YOUR PARTNER HOW YOU FEEL AND WHAT YOU WANT. (E.G., TELL YOUR PARTNER HOW HAPPY YOU WILL BE IF YOU USE PROTECTION.)
3. REPEAT BACK TO YOUR PARTNER THAT HE/SHE SAYS HE/SHE WANTS FROM YOU.
4. TELL YOUR PARTNER WHEN HE/SHE SAYS OR DOES SOMETHING YOU LIKE.
5. STOP THE MOMENT THE DISCUSSION GETS NEGATIVE.

### DON'TS

1. PUT HIM/HER DOWN.
2. KEEP TRYING TO TALK TO YOUR PARTNER IF HE/SHE MAKES NASTY COMMENTS ABOUT YOU.
3. LET YOUR RIGHTS BE VIOLATED.

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 \_\_\_