

EXAMPLE OF GUIDELINES FOR LIVING

1. Appreciate life – do not kill
2. Be satisfied – do not steal
3. Respect the body – do not misuse sex
4. Seek truth – be true to oneself and real with others
5. Keep a clear mind – do not abuse drugs or alcohol
6. Appreciate others – do not rumor monger
7. Realize we are all one – treat others as you wish to be treated
8. Give generously – do not hold back when you can share
9. Create harmony – do not be mean, loud, or aggressive
10. Be present – do not separate yourself

MY GUIDELINES

1. When expressing your higher self, how would you treat other people?

2. When expressing your higher self, how would you treat your body?

3. When expressing your higher self, how would you talk to other people?

4. When expressing your higher self, what would you try to give to the world?

5. When expressing your higher self, what thoughts would you focus on?

6. When expressing your higher self, how would you relate to nature?

7. When expressing your higher self, what would you do about using alcohol and drugs?

8. When expressing your higher self, what kind of lover would you like to be?

9.

10.

I DON'T CARE

SARAH: Do you love me?

WILFRED: Yes.

SARAH: A lot?

WILFRED: Of course. Why do you keep asking me?

SARAH: If you loved me, you would tell me the truth.

WILFRED: Something is bothering you.

SARAH: No. Nothing is bothering me.

WILFRED: Do you always tell the truth?

SARAH: No.

WILFRED: Even if you love the person?

SARAH: It's easier to lie if I don't love them.

WILFRED: Yes, but what if you love them? Could you still lie to them?

SARAH: Maybe. If I thought the truth would hurt them.

WILFRED: I know you want to ask me something. So, ask me.

SARAH: Do you have slim?

WILFRED: Of course not.

SARAH: I didn't think so, but I wanted to ask you.

WILFRED: Would it change anything?

SARAH: Nothing. I'd still love you.

WILFRED: Would you still play sex with me?

SARAH: Every night.

WILFRED: During the day?

SARAH: Anytime.

WILFRED: Would you want me to start wearing a condom?

SARAH: Who gives a damn? If I'm going to get it, I'm going to get it. There's nothing you can do about it. I want to be close to you, no kapira in between.

WILFRED: Are you sure?

SARAH: Yes. I am sure.

WILFRED: What about oral sex?

SARAH: Nothing could be sweeter. I won't leave you just because you have HIV.

WILFRED: I'm glad you said that. I have never loved anyone like I love you. I don't want this to ever end.

SARAH: It won't. I'm sorry I brought this up.

WILFRED: Don't be. It tells me how much you love me, and how much I want you. I won't let anything ruin it.

THE END

DO YOU WANT TO HELP?

MOSES: George! I have been looking for you.

GEORGE: What's happening?

MOSES: I want to ask you to help with a project.

GEORGE: Doing what?

MOSES: You still go to Club Silk, don't you?

GEORGE: Yes, I sometimes go there.

MOSES: I thought so. I talked with the bartender there and he said the other the guys there respect you. They call you "An Opinion Leader."

GEORGE: Stop talking nonsense, Moses. What does all this mean?

MOSES: We have this project.

GEORGE: Tell me about it.

MOSES: I'm trying to. You know a lot of boys are not careful when they play sex. They do not safer sex, like zero-grazing or wearing condoms. Well, they had this project where guys like you--leaders--wore this t-shirt in the bar where they hung out. When someone asked what it meant, they told the guy about safer sex, why it was smart to do it, and what steps they personally were taking. It worked.

GEORGE: Are you deceiving me?

MOSES: You get free training on how to give out a good HIV prevention message.

GEORGE: How much time?

MOSES: Two nights a week for a month.

GEORGE: Do you get paid?

MOSES: 20 000 US\$ for the training. The rest is volunteer.

GEORGE: No, I don't think so.

MOSES: Why not?

GEORGE: It just isn't for me.

MOSES: Don't you care?

GEORGE: Of course, I care. Don't try to make me feel guilty.

MOSES: I don't get it. What's the problem? I was sure you would do it and be real good at it.

GEORGE: So, what if some boy asks me if I have slim?

MOSES: Tell him the truth.

GEORGE: Tell him that I'm HIV-positive?

MOSES: I'm sorry. I didn't know.

GEORGE: What am I supposed to say I am doing to help myself?

MOSES: What are you doing for yourself?

GEORGE: I'm eating better.

MOSES: No. I mean what are you doing to keep from giving HIV to others.

GEORGE: I use condoms if the other person wants to. If that person doesn't want us to use one, I'm not going to get into a fight about it.

MOSES: Do you tell your partner that you are positive?

GEORGE: Sometimes. I don't want the person to stop having sex with me because of that. I should be able to have sex even though I have HIV.

MOSES: If you wore a condom, who would say no to you?

GEORGE: Plenty of people.

MOSES: You used to use condoms.

GEORGE: All the time. Then I found out that I have slim. Everything was bad after that.

MOSES: Sure. It must have been very difficult at first. But after some time you must have thought about what you could do to protect yourself and others.

GEORGE: Protect me from what? I already have it.

MOSES: Protect yourself from STDs and things that could make it worse for you.

GEORGE: Well, I do try to just have oral sex sometimes.

MOSES: That is a good start. See, you understand the problems. You're struggling with them yourself. I still think you'd make a great opinion leader.

GEORGE: Sorry, Moses. I have trouble managing my own problems.

MOSES: But you are trying. Soon you will be in control

GEORGE: Maybe, but not now. I say I care about other people, but I don't always act like it. I say I value myself, but I don't always do what I know I should.

MOSES: Give it a try.

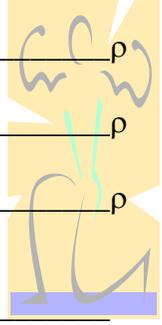
GEORGE: No. When I learn how to manage my own problems better, I will find you and we can talk about it again.

THE END

GOAL LOG

Done?

- Session 7:**
1. Add 2 more guidelines of living to your list _____ ρ
 2. Pick one guideline for living and honor it all week. _____ ρ
 3. Use the problem solving method on one problem I'm having _____ ρ
 4. Read information of STDs _____ ρ
 5. Keep calendar, reports, and schedules going _____ ρ
- Session 8:**
1. Goal to change sexual blueprint: _____ ρ
_____ ρ
 2. Fill out Drug and Alcohol report if I use _____ ρ
- Session 9:**
1. Fill in Calendar and Drug & Alcohol report (if necessary) _____ ρ
 2. My Goal: _____ ρ
- Session 10:**
1. My Goal: _____ ρ
 2. Fill out weekly schedule _____ ρ
- Session 11:**
1. My Goal: _____ ρ
 2. Finish writing the letter to the person that infected me _____ ρ
 3. Fill out schedule, calendar, and reports _____ ρ



Things I Must Do

Done?

Session 12: 1. My Goal: _____ ρ

2. One action to reduce Drug & Alcohol questionnaire score:
_____ ρ

STD Information

CHLAMYDIA

Symptoms: Many people show no symptoms, three quarters of the women and half of the men with the disease have no symptoms. Sometimes there is a watery, white discharge from the penis, vagina, or anus. Men may experience burning and itching around the opening of the penis and/or swelling in the testicles (balls). Women may also have a fever, pain during intercourse, stomach cramps, and bleeding between menstrual periods.

Treatment: Can be successfully treated with antibiotics.

Complications: Can cause inability to have children. Chlamydia can travel to other organs and lead to more serious infections. Inflammation of the lining of the eye. Inflammation of the throat. Easier to become infected with HIV. Using condoms protects against chlamydia.

HERPES

Symptoms: Different depending on the person, most people have no noticeable symptoms. Small, painful blisters with clear fluid on the penis, vagina, mouth, or anus. Sometimes the sores can't be seen. Itching and burning sensations. Pain in legs, buttocks or genital area. Feeling of pressure in the abdominal area. Sores, headache, fever, muscle ache, and painful urination. Can get it through oral contact.

Treatment: Acyclovir, a medicine, relieves the discomforts and pain of the infection. Genital herpes cannot be cured. Keeps recurring.

Complications: Herpes can't be cured. With suppressed immune system episodes last longer and are more severe. Weakens immune system. Easier to get HIV when have herpes. Condoms protect against herpes.

GONORRHEA

Symptoms: Many people do not have symptoms; about half of women show no symptoms. Thick yellow or white discharge from the penis, vagina, or anus. Burning sensation during urination (pee). Anal discharge, itching, and painful bowel movements. Women may also have cramps, more pain than usual during periods, and pain in the lower abdomen (belly).

Treatment: Penicillin or other antibiotics. Penicillin-resistant gonorrhea is increasing.

Complications: If untreated, infection goes to joints, heart valve and brain. Highly contagious. Women can pass gonorrhea to unborn babies. With a weakened immune system, it is much easier to get gonorrhea. Condoms protect.

HEPATITIS

Types: Four types: 1) "A" - mild, doesn't become chronic or long lasting; 2) "B" - obtained through vaginal or anal sex; 3) "C" - spread through sex; 4) "D" - occurs in people with "B" and is potentially severe.

Symptoms: Some people have no symptoms. General feeling of ill health with headaches, mild fever, fatigue, loss of appetite, nausea, vomiting and diarrhea. Skin and whites of eyes turn yellow. Dark urine (pee) and pale bowel movement.

Treatment: Some kinds can be treated with medicine, but others have no cure. Vaccines that keep you from catching hepatitis are available.

Complications: Short term arthritis problems. Hepatitis B can be life threatening. Can lead to liver disease, liver cirrhosis, liver cancer, weakened immune system. Condoms protect against hepatitis.

HUMAN PAPILLOMAVIRUS AND GENITAL WARTS

Symptoms: Warts on top of penis, on the shaft, on vagina and in the mouth. Warts have a bumpy "cauliflower" surface. Sometimes itching or burning around penis, vagina, or anus. Very contagious.

Treatment: Removal of warts and medication. The symptoms are treatable, but human papillomavirus cannot be cured, you will always have it.

Complications: Can cause cancer. Condoms prevent the spread of genital warts.

SYPHILIS

Symptoms: Painless, reddish-brown sores (shankers) usually on the mouth, hands, penis, vagina, or anus. A few months after the sore appeared, a rash can appear anywhere on the body along with flu-like feelings. Although the sores and rash go away, you still have syphilis.

Treatment: Penicillin.

Complications: Spreads throughout the body and damages organs. A mother can give syphilis to her baby during childbirth and these babies are often born dead or have brain damage. If untreated it can lead to heart problems, blindness, brain damage, and death.

EXAMPLE OF SITUATIONS LEADING TO SEX

"It usually starts when I feel lonely.

I want to be with somebody, so I go to a video hall and see if I can find someone.

I check out who is there and pick someone that looks nice.

I introduce myself.

We drink and talk.

Then we send sexy signals.

Finally I suggest going someplace.

We are both feeling very highly.

We don't ask questions, and just do it."

"I talk to my boyfriend.

He talks all nice and sexy.

Pretty soon I can tell he is losing himself.

He wants to go someplace private.

I say, 'Sure.'"

We find an empty building.

We start kissing a lot.

He wants to play sex.

I don't really care if we do, but I don't want to upset him.

He doesn't like condoms.

We don't use one."

SCRIPT 1

Instructions: If you were the girl in the following story and wanted protected sex, at what point and how would you try to change the situation?

The girl is at a party. A boy comes over to her. He is popular.

She has heard that he has many girl friends. She is pleased he has come to talk to her.

He starts telling her how pretty she is and flirts with her.

He casually touches her on the hand and arm.

He starts dancing with her.

He pulls her very close and slips his leg between hers.

He puts his hand up under the back of her bra.

He kisses her lightly on the neck.

He tells her of a better party than this one and suggests they go there.

They leave the party, and, when they get to the next place, there is no one there.

He starts kissing and caressing her.

He wants to make love to her.

He starts undressing her.

She asks if he has a condom.

He tells her he never uses them. He says, "They don't feel good. Besides I look healthy. Don't I?"

She says she doesn't want to do it without a condom.

He goes ahead anyway.

Afterwards, he tells her how much he wants to see her again.

THE END

SCRIPT 2

Instructions: If you were the boy in the following story and wanted protected sex, at what point and how would you try to change the situation?

Daniel's girlfriend, Sarah, stays with some friends in the same flats as Daniel. Often, Daniel spends time with Sarah and her friend, Betty, in their flat. Sarah has to return to the village for her cousin's introduction.

Coming back from playing football one day, Daniel sees Betty. Betty says she is idle all the time with Sarah away and invites Daniel for tea later.

Daniel says he would love tea.

When Daniel gets there he sees that Betty has neatly set out tea and buns, and that she is smartly dressed.

Betty talks very sweetly to Daniel while they have their tea. She touches his leg often.

After tea, Betty and Daniel drink some waragi. It is very strong and soon they are feeling very highly.

Betty moves very close to Daniel and starts touching him again.

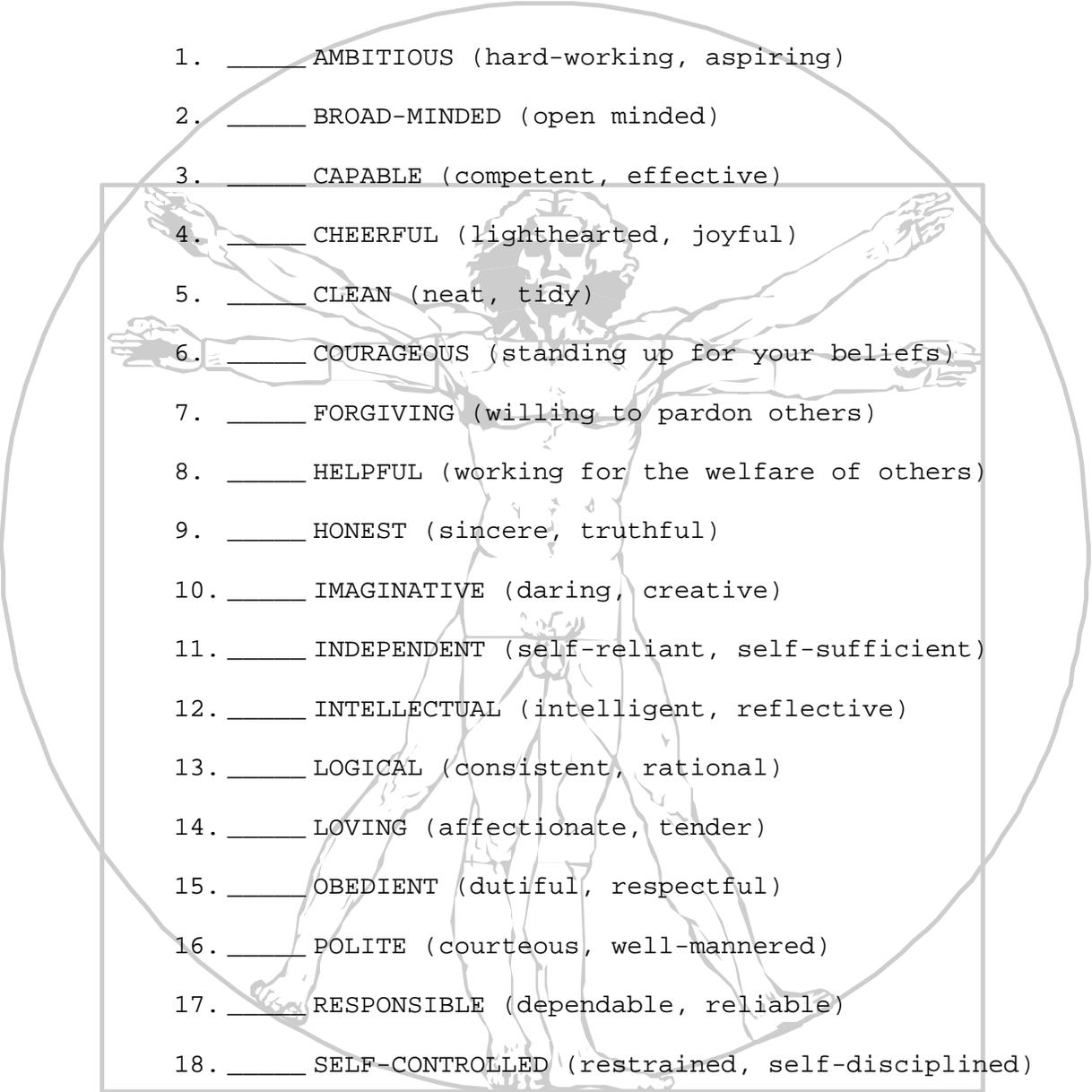
Very soon Daniel is feeling very excited. He and Betty start kissing passionately.

Soon their clothes are off and they are playing sex on the floor.

Daniel loses himself and does not think about using a condom. No condom is used.

THE END

PERSONAL CHARACTERISTICS

- 
1. _____ AMBITIOUS (hard-working, aspiring)
 2. _____ BROAD-MINDED (open minded)
 3. _____ CAPABLE (competent, effective)
 4. _____ CHEERFUL (lighthearted, joyful)
 5. _____ CLEAN (neat, tidy)
 6. _____ COURAGEOUS (standing up for your beliefs)
 7. _____ FORGIVING (willing to pardon others)
 8. _____ HELPFUL (working for the welfare of others)
 9. _____ HONEST (sincere, truthful)
 10. _____ IMAGINATIVE (daring, creative)
 11. _____ INDEPENDENT (self-reliant, self-sufficient)
 12. _____ INTELLECTUAL (intelligent, reflective)
 13. _____ LOGICAL (consistent, rational)
 14. _____ LOVING (affectionate, tender)
 15. _____ OBEDIENT (dutiful, respectful)
 16. _____ POLITE (courteous, well-mannered)
 17. _____ RESPONSIBLE (dependable, reliable)
 18. _____ SELF-CONTROLLED (restrained, self-disciplined)

THE DRUG AND ALCOHOL REPORT

When did you use? _____

Where did you use? _____

What did you use and how much? _____

Who were you with when you used? _____

Why did you use? That is, what were you feeling, thinking, and doing before you used? _____

SEX ACTS

Rate the level of risk for transmitting HIV for each sexual act. Put an "H" in the blank if the act is High-Risk, an "M" next to the acts that are Medium-Risk, and an "L" next to the acts that are Low-Risk.

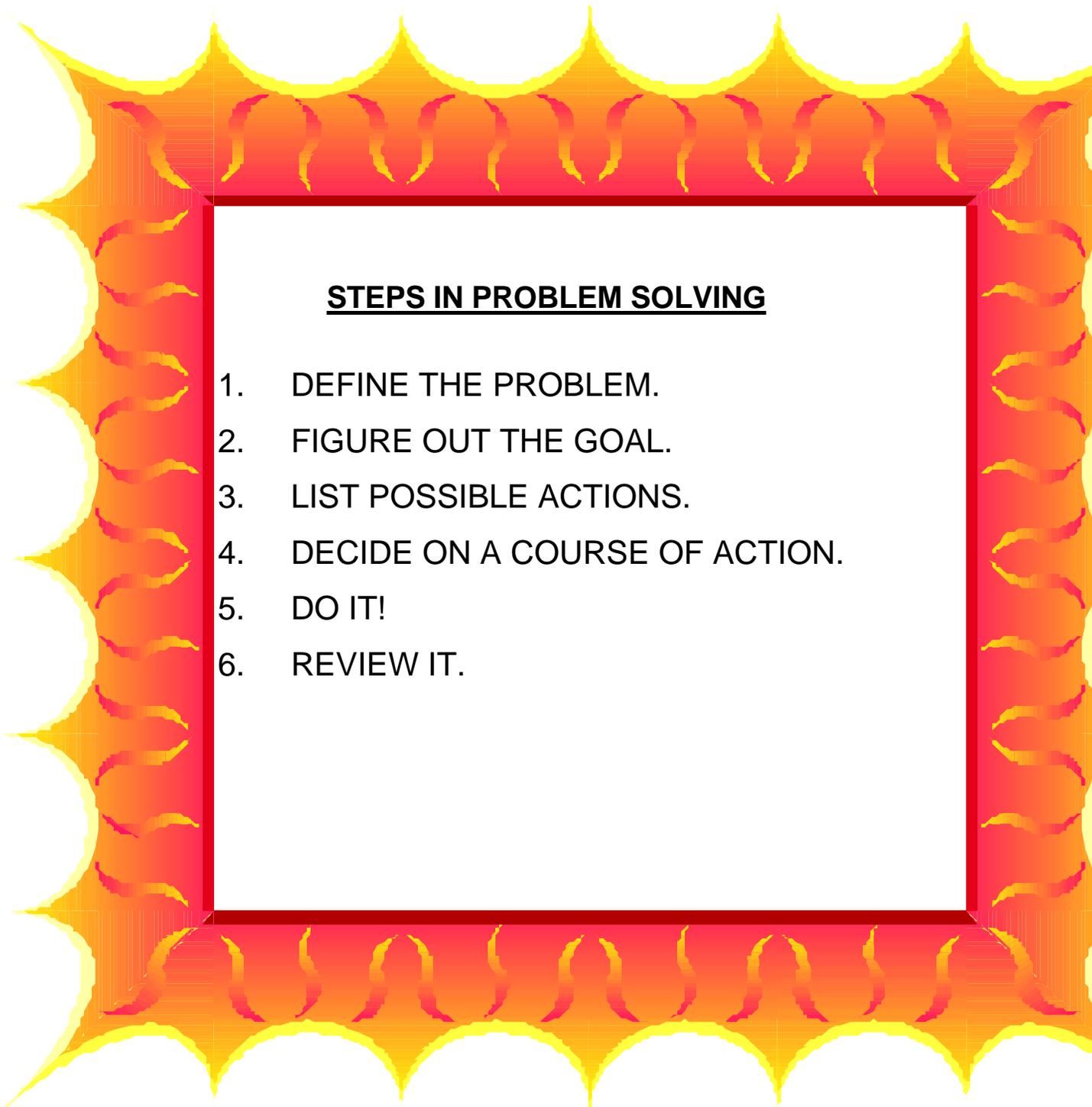
| <u>RATING</u> | <u>SEXUAL ACT</u> |
|---------------|---|
| _____ | Vaginal intercourse without condom |
| _____ | Mutual masturbation |
| _____ | Vaginal intercourse with a condom |
| _____ | Deep mouth-to-mouth kissing |
| _____ | Anal intercourse with a condom |
| _____ | Oral sex without a condom and without taking semen in the mouth |
| _____ | Oral sex with a condom |
| _____ | Anal intercourse without a condom |
| _____ | Oral sex and taking semen in the mouth |
| _____ | Biting or scratching enough to draw blood |

SEXUAL ACTS PLEASURE RATING FORM

Instructions: First select the three acts that give you the most pleasure and circle them. Then rate the three that you selected. Give a "1" to the act that gives you the most pleasure, a "2" to the next most pleasurable and a "3" to the third most pleasurable.

RATING SEXUAL ACT

- _____ Vaginal intercourse without condom
- _____ Mutual masturbation
- _____ Vaginal intercourse with a condom
- _____ Deep mouth-to-mouth kissing
- _____ Anal intercourse with a condom
- _____ Oral sex without a condom and without taking semen in the mouth
- _____ Oral sex with a condom
- _____ Anal intercourse without a condom
- _____ Oral sex and taking semen in the mouth
- _____ Biting or scratching enough to draw blood



STEPS IN PROBLEM SOLVING

1. DEFINE THE PROBLEM.
2. FIGURE OUT THE GOAL.
3. LIST POSSIBLE ACTIONS.
4. DECIDE ON A COURSE OF ACTION.
5. DO IT!
6. REVIEW IT.

PROBLEM SOLVING WORKSHEET

TRIGGER: _____

GOAL: _____

Option 1: _____

Advantages: _____

Disadvantages: _____

Option 2: _____

Advantages: _____

Disadvantages: _____

Option 3: _____

Advantages: _____

Disadvantages: _____

BEST SOLUTION _____

RESOURCE & SKILL WORKSHEET

GOAL: _____

SKILLS: _____

RESOURCES: _____

CALENDAR

(modify for current month)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

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 care about wearing condoms."
7. "I can't see anything romantic about putting a condom on your penis."
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 been together for 4 years and stick to one partner. 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?"

MY ACTIONS

Number of "NO" responses _____

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 when I give my partner oral sex.
Yes ___ No ___ Don't have oral sex ___

8. Now I never have sex if I am feeling highly.
Yes ___ No ___ Don't use drugs/alcohol anymore ___

(PICTURE OF FEMALE CONDOM)
(INSTRUCTIONS FOR USING FEMALE CONDOM)

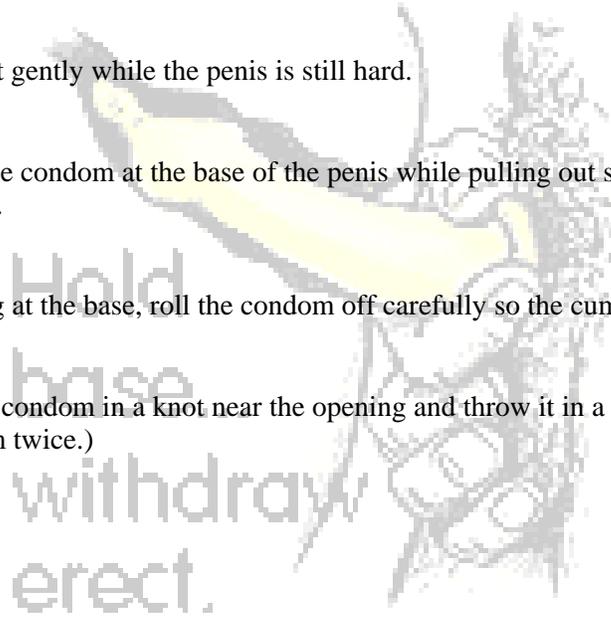
USING A CONDOM

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 accidentally 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..

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. Tie the condom in a knot near the opening and throw it in a pit latrine. (Never use a condom twice.)



DO'S AND DONT'S FOR CONDOMS

DO

1. Use only latex condoms.
2. Use for vaginal, anal and oral sex.
3. Use only with water-based lubricant.
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.
9. Leave a little room in end of condom for cum.
10. 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 lambskin condoms.
5. Don't have sex without a condom.



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 sexy?

How could *fantasy* help?

What could you and your partner *look at* that would make it exciting?

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

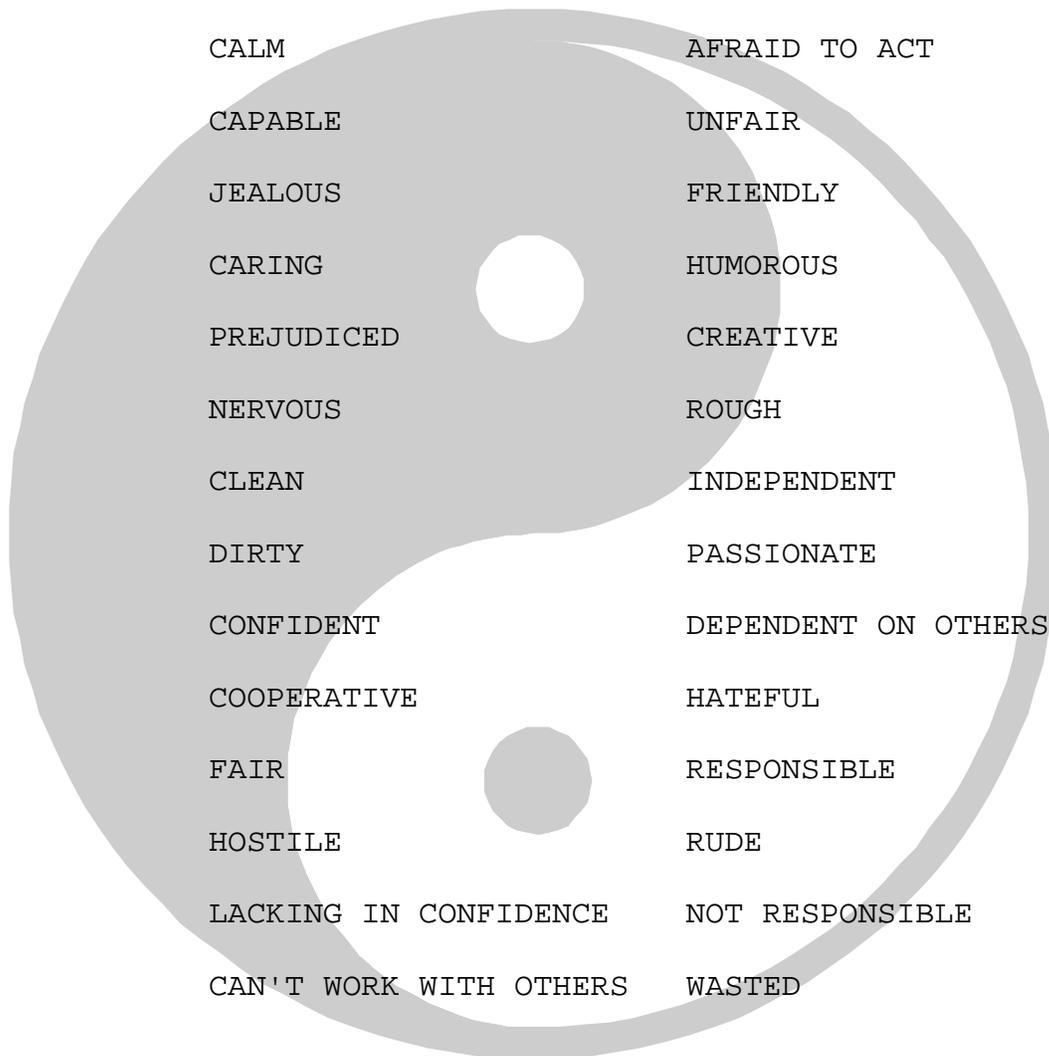
Are there *ways to put it* on that increase excitement?

Latex Love

WEEKLY SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--------|---------|-----------|----------|--------|
| 7 am | 7 am | 7 am | 7 am | 7 am | 7 am |
| 8 | 8 | 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 | 9 | 9 |
| 10 | 10 | 10 | 10 | 10 | 10 |
| 11 | 11 | 11 | 11 | 11 | 11 |
| 12 pm | 12 pm | 12 pm | 12 pm | 12 pm | 12 pm |
| 1 | 1 | 1 | 1 | 1 | 1 |
| 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 3 | 3 | 3 | 3 | 3 |
| 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | 5 | 5 | 5 | 5 | 5 |
| 6 | 6 | 6 | 6 | 6 | 6 |
| 7 | 7 | 7 | 7 | 7 | 7 |
| 8 | 8 | 8 | 8 | 8 | 8 |
| 9 | 9 | 9 | 9 | 9 | 9 |
| 10 | 10 | 10 | 10 | 10 | 10 |

PERSONAL CHARACTERISTICS



SHOULD I HAVE MY PARTNER ACCEPT CONDOMS?

**Reasons to have
partner accept condoms**

**Reasons NOT to have
partner accept condoms**

IT'S NOT THE SAME

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

EUNICE: What are you talking about?

HENRY: I put on my pants and there was a condom in each of my pockets. You even put a whole box of condoms in my workbag.

EUNICE: Is it? And you think it was me?

HENRY: I think so, sweet heart. Have you been sleeping with someone else when I'm working late?

EUNICE: No!

HENRY: What's this about? Do you think I have STD?

EUNICE: I hope not! I don't need an STD, too. I should have got condoms earlier, but just imagine, I have been in shock since finding out I'm positive.

HENRY: You want us to start using condoms?

EUNICE: Yes, I think it is a smart thing to do? I'm HIV-positive and you're not. I'd die if I gave it to you.

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

EUNICE: What?

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

EUNICE: What's wrong with that?

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

EUNICE: You should not have to deal with all my problems.

HENRY: My support is not enough?

EUNICE: No, that is not it. 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 use condoms.

HENRY: Sure, I don't have the same problems as you, but I can still help. Now there is something that divides us. I'm saying too much already.

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

HENRY: It frightens 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.

EUNICE: I don't mean to upset you.

HENRY: Now you want me to use a condom. Every time I see or touch a condom it will remind me of losing you. It is too much.

EUNICE: I care for you the same way. That is why I think we should use condoms. I can't go on worrying always that I am giving it to you.

HENRY: I don't want slim either, but I'd rather take the risk than lose you a little at a time. No sex at all might be better.

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

HENRY: You mean you'll cheat on me.

EUNICE: 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

Facilitator: Honey, look what I have for us. It's a condom and I can't wait for you to put it on.

Participant: Please, I can't feel with that thing on. Let's just do it natural.

F: I know you don't like the idea, but I think that it's really important for us to use condoms.

P: But I like just feeling you.

F: You know that the condom will make you last longer, so our lovemaking will be even better than it already is.

P: All right, give me the condom. I'll give it a try.

Participant: Let's get out of here and go back to my place.

Facilitator: We can go, but you've got to put a condom on. I don't know where you've been.

P: Don't you want me?

F: I don't want any of your diseases.

Facilitator: You are a special person.

Participant: You are nice, too.

F: Do you have a condom?

P: I don't need one. I'm healthy.

F: Are you sure?

P: Look at me. Of course I'm sure.

F: Yes, you do look great.

P: So then, let's go.

F: Sure, OK, let's go.

TALK TOOLS

A stylized letter 'T' with a blue outline and a pink fill.

= TELL MY PARTNER “I HEAR YOU.”

Start by acknowledging your partner’s feelings.

A stylized letter 'A' with a blue outline and a pink fill.

= ASSERT WHAT I WANT IN A POSITIVE WAY.

State what you want without making your partner wrong.

A stylized letter 'L' with a blue outline and a pink fill.

= LIST MY REASONS FOR WANTING TO BE SAFE.

Help your partner understand why it’s important to you.

A stylized letter 'K' with a blue outline and a pink fill.

= KNOW SOME ALTERNATIVES AND MY BOTTOM LINE.

Have some options to suggest, but don’t give up your goal.

VIOLET AND HASSAN

- VIOLET: I'm so happy I met you.
- HASSAN: Me too.
- VIOLET: Let's have fun.
- HASSAN: Before we have fun I want to tell you something.
- VIOLET: What's that?
- HASSAN: I always use a condom.
- VIOLET: Is it? I thought you told me you were HIV-positive. You already have it.
- HASSAN: Well, I saw a nurse at the drop-in centre and she said it is bad to get re-infected. She said getting re-infected with HIV or catching other STDs will make my body weak. If my body is weak I can't fight the HIV I already have.
- VIOLET: I guess there's nothing wrong with taking care of yourself. But I'm not worried, if that's what you think.
- HASSAN: Well, another reason I always use condoms is that I would feel terrible if I gave slim to somebody else.
- VIOLET: OK. If that's the way you want it. But, I don't have colour for condoms.
- HASSAN: Don't worry. I have some. Promise that when we get there you won't change your mind. I want to take advantage of getting so hot.
- VIOLET: If you promise to make it wild.
- HASSAN: I do.
- VIOLET: Let's go.

THE END

EXPANDED TALK TOOLS

T = TELL MY PARTNER “I HEAR YOU.”

There are two things to remember:

1. Acknowledge what your partner is saying
2. Use “I” statements.

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

A = ASSERT WHAT I WANT IN A POSITIVE WAY.

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

Wear a condom? Have sex without penetration?

There are just three things to do:

1. State what you want
2. Be positive
3. Use “I” statements.

L = LIST MY REASONS FOR BEING SAFE.

When you give your reasons, try these three things:

1. Be brief
2. Use a reason that's about you
3. Use “I” statements.

Mention how you feel.

"I am worried because..."

"I will feel happy when..."

Follow the “I” statement with a reason you want to use condoms.

Here are some other reasons to ask your partner to wear a condom:

You don't want to get re-infected.

You don't want to get an STD.

Your doctor told you that you should do it.

You have an itch in your penis.

Your partner said he loves you and will do anything for you.

You like the feel of condoms.

You think you'll last longer with a condom on.

All your friends use condoms.

K = KNOW SOME ALTERNATIVES AND MY BOTTOM LINE.

There are all types of safe alternatives to sex without condoms.

If your alternatives don't work, you have to know your bottom line... leave... get out.

You have a right to protect yourself.

You can tell your partner, "I have a right to protect myself and to be free to enjoy making love to you."

Remember your stay healthy goal. That's your bottom line.

CHRISTINE AND RICHARD

CHRISTINE: Can we talk?

RICHARD: Go ahead.

CHRISTINE: It's about condoms.

RICHARD: Again?

CHRISTINE: Yes. We need to protect ourselves.

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

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

RICHARD: I hate condoms!

CHRISTINE: If you really care about me, you'll use them.

RICHARD: They don't feel good.

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

RICHARD: You better not be telling me indirectly that you are moving out on me. I'll kill you if I catch you messing around.

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

RICHARD: [SHOUTING]: Tell me the truth!

CHRISTINE: When you can stop shouting at me.

RICHARD: Sorry.

CHRISTINE: 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?

RICHARD: 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?

CHRISTINE:

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

THE END

THE DRUG AND ALCOHOL QUESTIONNAIRE

Total number of "YES" responses:

Date: _____

Instructions: This questionnaire is designed to help you determine how drugs and alcohol affect your life. Read each statement and decide if it applied to you anytime in the last 6 months. If it does, check "yes" and, if it does not, check "no."

1. I use drugs or alcohol every week.
yes ___ no ___

2. When I am on drugs and alcohol, I have a loss of consciousness or blackout.
yes ___ no ___

3. I have been late, missed school, or been kicked out of school because of being high on drugs or alcohol.
yes ___ no ___

4. I have lost a job because of drugs or alcohol.
yes ___ no ___

5. My boyfriend or girlfriend and I fight a lot or he/ she has left me because of my drug or alcohol use.
yes ___ no ___

6. My drug or alcohol use has caused family fighting and disturbance.
yes ___ no ___

7. My drug or alcohol use takes more money than I have.
yes ___ no ___

8. I have stolen money or goods to pay for my drug or alcohol use.
yes ___ no ___
9. I need drugs or alcohol to have sex.
yes ___ no ___
10. After using drugs or alcohol, I have found myself in a strange place next to someone I did not know.
yes ___ no ___
11. I sell drugs in order to pay for more drugs and alcohol.
yes ___ no ___
12. I've tried to kill myself while on drugs or alcohol.
yes ___ no ___
13. I have gotten into a fight while high or drunk.
yes ___ no ___
14. I have gone on drug highs or alcohol binges that lasted several days.
yes ___ no ___
15. I am not comfortable socially unless I take drugs or have some drinks.
yes ___ no ___
16. There are big blocks of time I can't remember or account for when I was high on drugs or alcohol.
yes ___ no ___
17. I lost touch with friends who don't use drugs or alcohol.
yes ___ no ___

18. I figure things out when I'm high that don't make any sense when I'm sober.

yes ___ no ___

19. People tell me about things that I said or did when I was high on drugs or alcohol that I regret or feel bad about doing.

yes ___ no ___

REFUSING UNPROTECTED SEX

| ADVANTAGES | DISADVANTAGES |
|------------|---------------|
| | |

NO

ANNETTE: I've tried to give you every good reason why we should use condoms. And you still do not want to agree with me.

JAMES: That's right.

ANNETTE: If you don't want to wear condoms, it means you do not really care about your health and mine.

JAMES: Stop manipulating me. I give you gifts and money. Without me you would have no accommodation or nice clothes. We'll do it my way and will not use condoms.

ANNETTE: One more time. If we have sex, you won't wear a condom. Is that right?

JAMES: Yes!

ANNETTE: Well, I guess you'll have to find some other girl. I hope you will be able to find someone as clean as me. I know that's why you like me and I want to stay that way. No STDs.

JAMES: I don't need you. I can find someone else. But you need my support and you will lose it if you try to make me wear a condom.

ANNETTE: Well, it takes two, and I'm not doing anything without a condom. Why won't you use a condom? I've asked you a hundred times and you never give me a good answer.

JAMES: I don't want to wear one.

ANNETTE: When you are willing to wear a condom, I'll have sex with you, but not until that time.

JAMES: Wait a minute. No sex, no relationship.

ANNETTE: That's right. I can find other ways to take care of myself without you.

JAMES: You would give up everything I give you over a stupid condom?

ANNETTE: It won't be easy, but I have to protect my health.

JAMES: You know I like you, but I'm not going to put up with this nonsense.

ANNETTE: When you agree to have sex with condoms, we'll be back doing it like we were before. Until then, I will find other accommodation.

JAMES: I can't believe this.

BUT WE ARE BOTH POSITIVE

- FRED: Say this again. You want us to use condoms when we have sex?
- JANET: That's right.
- FRED: That doesn't make any sense. We both have slim. So what difference does it make?
- JANET: I don't want to be re-infected.
- FRED: Have you been going to blue movies again?
- JANET: No!
- FRED: Well, I haven't either. So, there's no danger.
- JANET: If we have STDs, that could make things much worse for us.
- FRED: It doesn't make any sense. We promised each other we would be faithful. Are you cheating on me?
- JANET: You know I wouldn't do that.
- FRED: So, what are you telling me? Are you suggesting that I'm moving out on you?
- JANET: I didn't say that.
- FRED: You didn't say that, but that's what you meant, isn't it?
- JANET: I just don't want to take any chances.
- FRED: Then you must think there is a chance that I might cheat *on you*.
- JANET: I didn't say that.
- FRED: But you think it.
- JANET: Why can't you agree to wear condoms?
- FRED: Because we don't need them.
- JANET: I really wish you would just wear condoms.
- FRED: You don't trust me. What have I done to make you think I would cheat on you?
- JANET: Nothing.

FRED: For some reason that I don't get, you don't trust me anymore. That really hurts. How am I supposed to live in a relationship without trust?

JANET: I don't mean to hurt you. I just want us to wear condoms.

FRED: Don't you love me anymore?

JANET: Of course, I do.

FRED: Then we'll just forget the condom thing.

JANET: I can't.

FORGET IT

MARY: Wait a minute. Where's the condom?

MUSA: Forget it.

MARY: I told you I wasn't having sex without a condom.

MUSA: We don't need one.

MARY: You agreed to use condoms.

MUSA: No, I didn't.

MARY: Yes, you did.

MUSA: Well, I'm not using one.

MARY: Look, I only agreed to play sex with you because I needed a ride home and you promised to use a condom.

MUSA: Let's get on with it.

MARY: I'm not doing it.

MUSA: I'm losing any chance of a great erection here.

MARY: Sorry. I can't.

MUSA: That's the last time I do you a favor.

MARY: Wear a kapira, and I'm fine.

MUSA: This is stupid. Just come over here and we do it.

MARY: No condom, no sex.

MUSA: Will you help me masturbate?

MARY: Okay.