



## **Table of Contents**

### **SESSION 1 - Getting the Language of HIV and STDs**

- 1:1 Introductions**
- 1:2 What Are the Facts about HIV and STDs?**
- 1:3 High Risk Situations**
- 1:4 Feeling Situations**
- 1:5 You Never Can Tell**
- 1:6 Future Dreams**

### **SESSION 2 - Personalized Risk**

- 2:1 Introductions**
- 2:2 Exploring People's Actions**
- 2:3 How Safe am I?**
- 2:4 What Are My Triggers?**
- 2:5 How to Set Your Own Limits**

### **SESSION 3 - How to Use Condoms**

- 3:1 Introductions**
- 3:2 Getting the Feel of Condoms**
- 3:3 The Steps in Putting On Male and Female Condoms**
- 3:4 Practicing Putting On Male and Female Condoms**
- 3:5 Selecting Condoms**

### **SESSION 4 - Drugs and Alcohol**

- 4:1 Introductions**
- 4:2 How Do Drugs and Alcohol Affect Practicing Safer Sex?**

- 4:3 What Do I Believe about Using Drugs and Alcohol?
- 4:4 What Are the Pros and Cons of Substance Use?
- 4:5 How do Drugs and Alcohol Affect Me Personally?
- 4:6 How Does Substance Use Work?
- 4:7 How to Get Back in Control Again
- 4:8 Dealing with Risky Situations

## **SESSION 5 - Recognizing and Coping with Feelings**

- 5:1 Introductions
- 5:2 Feeling Situations
- 5:3 Coping Styles
- 5:4 How to Solve a Problem (SMART)
- 5:5 How to Relax in a Tough Situation

## **SESSION 6 - Negotiating Effectively**

- 6:1 Introductions
- 6:2 What Are My Sexual Values?
- 6:3 What to Do When the Pressure Is On
- 6:4 How to Communicate with Confidence
- 6:5 How Safe Is My Partner?

## **SESSION 7 - Self-Talk**

- 7:1 Introductions
- 7:2 How to Handle Put-Downs
- 7:3 Switching from Harmful to Helpful Thoughts
- 7:4 Giving Myself Some Pats On the Back
- 7:5 Using Self-Talk in Tough Situations

## **SESSION 8 - Safer Sex**

- 8:1 Introductions
- 8:2 How to Handle Difficult Sexual Situations
- 8:3 Dealing with Rationalizations
- 8:4 Preparing for and Dealing with Slips
- 8:5 Making a Soap Opera or Music Video
- 8:6 Ending the Group

## **SESSION 9 - Personal Counseling Session**

- 9:1 Orientating the Youth**
- 9:2 Creating Motivation**
- 9:3 Identifying Triggers**
- 9:4 Plans for Success**

## **SESSION 10 - Looking Over a Community Resource**

- 10:1 What Should We Look for at this Community Resource**
- 10:2 Introductions**
- 10:3 What is the Community Resource Like?**
- 10:4 What Are Other Local Resources?**
- 10:5 An Informal Meal**
- 10:6 Follow-Up**
- 10:7 How Did You Like the Visit?**