

**ADJUSTMENT PHASE FOR YOUNG ADULTS - PHASE III**  
**PROJECT TALC (TEENS AND PARENTS LEARNING TO COMMUNICATE)**

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**SESSION 10: RELATIONSHIPS AND SEX (PART 1)**

**OBJECTIVES:**

1. Youth will understand connections between grief and relationships.
2. Youth will identify what they want in a romantic partner.
3. Youth will increase their skills in selecting a partner.
4. Youth will know about and understand the hierarchy of methods used during sex to protect against pregnancy and STDs.
5. Youth will increase their skills in requesting protected sex.

**RATIONALE:**

Grief can have a powerful impact on romantic relationships, particularly for youth without extensive experience in dating and/or without more established partnerships. In reaction to grief, some youth may move toward more dependency in relationships while others become more distant. The first part of the session is designed to make youth cognizant of the potential consequences of grief. Once the impact of grief has been addressed they address the question of "what kind of partner do I want?" The goal here is to develop a thoughtful approach that can counter impulsive decisions or an overemphasis on adolescent or stereotypical gender norms. Having practiced the selection process, youth need to think about an important aspect of relationships, sex. One place to start is on protecting each other from pregnancy and STDs. (Pregnancy is also addressed separately in a subsequent session; STDs are emphasized in this session.) After having learned about the protection hierarchy, youth practice skills in requesting and negotiating safer sex. The session is focused primarily in heterosexual relationships. However, group members are encouraged to think about and talk about same-sex relationships as well.

**SUMMARY OF EXERCISES:**

1. Review goals, introduce the session, give out "Thanks," and do a lottery. (20 minutes)
2. Present scenes on grief and relationships. Discuss the connections. (15 minutes)
3. Have young men and young women separately identify what they want in a partner, share with the other group and discuss. (15 minutes)
4. Practice finding out how a partner feels about safer sex. (20 minutes)

5. Present the protection hierarchy of sex methods and the difference between protection methods and birth control (15 minutes)
6. Practice requesting and negotiating with a partner about using protection. (20 minutes)
7. Close with setting of new "between-session goals" and group appreciation. (15 minutes)

MATERIALS:

!Thanks@

Lottery tickets

Lottery prize

Goal cards

Newsprint and marking pens

Male condoms, female condoms, Advantage 24

Grief/sex scenes: Too much

Too little

Do condoms mean I love you

Guidelines for a woman in selecting a future intimate partner

Guidelines for men in selecting a future intimate partner

Guidelines for asking a steady partner to use protection

Exercise 1: What's Been Happening?  
(20 minutes)

**[The purposes of this exercise are to establish a comfortable environment, create positive bonding, increase self-esteem, and build a sense that goals can be reached. Positive introductions, a lottery, and goal review are employed.]**

\$ FACILITATOR BEGINS

Welcome back. This session is on taking care of yourself.

To take care of yourself you have to be able to select a good partner - one who cares about you.

You need to choose one who cares about you enough to protect you from harm - including sexually transmitted diseases (STDs).

So, we are going to practice finding out about a prospective partner.

We also want you to know the best methods for protecting yourself from STDs, including HIV.

First let's go around the room and say who you are and tell us what is the most important quality you want your romantic partner to have.

I'll start. My name is \_\_\_\_\_. I want my romantic partner to be \_\_\_\_\_

REMINDER: FACILITATOR'S PARTICIPATION IN THIS INTRODUCTION IS TO MODEL THE ACTIVITY FOR THE GROUP MEMBERS. THE FACILITATOR SHOULD REMEMBER TO KEEP SELF-DISCLOSURE WITHIN APPROPRIATE LIMITS.

GO AROUND THE ROOM. HAVE EACH YOUTH GIVE HIS/HER NAME AND STATE THE MOST IMPORTANT QUALITY A BOYFRIEND OR GIRLFRIEND SHOULD HAVE. NOTE THAT ROMANTIC PARTNERS CAN BE THE SAME OR OPPOSITE SEX.

Here are your thanks for the day.

Let people know you appreciate what they are doing.

GIVE OUT TWENTY THANKS TO EACH YOUTH.

To show you we appreciate your being here we are going to do a lottery now.

Put your name on a lottery ticket and hand in back in.

PASS OUT LOTTERY TICKETS, COLLECT ONES WITH NAMES ON THEM. MIX THEM UP AND PICK A WINNER. GIVE OUT THE LOTTERY PRIZE.

You all had "between-session goals" you were going to try to meet.

Let's go around the room and see how you did.

If you had trouble, the group will try to help you problem solve the situation.

GO AROUND THE ROOM. ASK EACH YOUTH TO REPORT. USE THE GOAL CARDS AND GOAL SUMMARY FORM. GIVE OUT THANKS FOR SUCCESSES AND HAVE THE GROUP BRAINSTORM WAYS TO OVERCOME OBSTACLES.

That was great.

Next I want you to consider what is happening in the scene you are about to see.

Ask yourself what is going on beneath the surface.

Also in what ways are the characters like you and in what ways are they different?

I need two volunteers to read the parts.

Two guys - Corey and Brian - are talking.

Exercise 2: How does grief affect my romantic relationships?  
(15 minutes)

**[The purpose of this exercise is to enable youth to become aware of the possible connections between grief over the loss of a parent and the way they are conducting romantic relationships. A scene and discussion are used.]**

There are two brief scenes.

We will read them both and then talk about them.

SELECT TWO VOLUNTEERS, DECIDE ON WHO PLAYS EACH ROLE, AND GIVE THEM THE SCRIPT. HAVE THEM READ THE SCENE.

TOO MUCH

COREY: I hear you are quite the "ladies' man" these days.

BRIAN: Who told you that?

COREY: Sally.

BRIAN: Sally! I didn't even do it with her. How does she know?

COREY: The word spreads. How many has it been in the last month?

BRIAN: Are you making fun of me?

COREY: I'm just curious. I hear its some kind of record. How many pants have you been in?

BRIAN: Let's see. Doreen, Diane, Shirley, Conchita, Shandra, Lois, Margie, Barbara, Ruth, Nancy, Sandy. I may be forgetting someone.

COREY: What's the matter with you? You didn't used to be obsessed with sex and getting as much as you can.

BRIAN: I'm just doing what every guy dreams about. You are just jealous.

COREY: What do you tell them that opens them up to doing it with you?

BRIAN: Not much. I told them that I loved them, and that this was the beginning of something.

COREY: Did you tell them things like how pretty their hair was and stuff like that?

BRIAN: Oh, yeah. They will believe anything.

COREY: So, what happened? You just woke up one day with this tremendous urge to have sex night and day? You couldn't control yourself. You ran naked from your apartment, grabbed the first girl you found. Tore her clothes off and did it right there. Your thing wouldn't go down so by the time you got back to your apartment you had made six women.

BRIAN: Not quite. I was really down after my mom died. Everyone kept telling me I was missing out on life. So, I asked myself what I would love to have that I hadn't been getting. I never had much sex. So I decided that life was too short. I was going to get all I could. That's what I've been doing every since.

COREY: You better watch out. It's going to catch up with you one of these days.

BRIAN: Not me. All these girls want it. I didn't force them.

COREY: I'm sorry about your mother.

BRIAN: Thanks.

COREY: But don't you want a steady woman?

BRIAN: No way! Forget it! I'm enjoying what I'm doing. I don't want any serious relationships.

COREY: You keep it up like you been doing, and it's going to fall off.

BRIAN: It can get a little sore at times.

THE END

That was great!

GIVE OUT #THANKS@TO THE PLAYERS.

We need two other volunteers to read the part of Yvonne and Karla.

SELECT THE VOLUNTEERS. GIVE THEM THE SCRIPT. DECIDE ON WHO PLAYS WHICH PART. HAVE THEM READ THE SCENE. FACILITATORS CAN STATE THAT BOTH MALES AND FEMALES

CAN RESPOND TO GRIEF BY EITHER DISTANCING THEMSELVES FROM RELATIONSHIPS **OR** HAVING MANY ENCOUNTERS. MALES SHOULD NOT BE STEREOTYPED AS WANTING SEX WHILE FEMALES DO NOT.

TOO LITTLE

KARLA: Did you break up with Benny?

YVONNE: We just kind of drifted apart.

KARLA: How come?

YVONNE: Oh, I don't know. I wasn't up to sex all the time. He wanted to be the big lion, and I wished he was the cuddly teddy bear.

KARLA: You were at different places?

YVONNE: I just wanted him to be a friend.

KARLA: Was that a change?

YVONNE: Yes. I kind of changed or my needs changed. I don't think Benny saw it. Everything was the same for him.

KARLA: Well, you had some rough times.

YVONNE: I try not to think about them.

KARLA: How do you like living alone?

YVONNE: I am not sure. But at least if I'm on my own no one can die and leave me again. I don't think I can take it if one more person cuts out.

THE END

That was a fine reading.

GIVE THANKS TO THE PLAYERS.

What were the themes in the two scenes - Too Much and Too Little?

What connections could you make?

ENCOURAGE A DISCUSSION OF THE IMPACT OF GRIEF ON RELATIONSHIPS. EXPLORE THE ISSUES OF DISTANCE AND DEPENDENCY. ASK HOW IT PLAYS OUT IN SEX. ONE ISSUE MIGHT BE HANGING ONTO PEOPLE LONG AFTER FEELINGS HAVE CHANGED, PERHAPS BECAUSE OF FEAR OF ABANDONMENT.

That was a good discussion.

Here is how I would summarize the key points you made.

SUMMARIZE THE MAIN POINTS. CHECK OUT IF THE GROUP SEES THE SAME MAIN POINTS.



Exercise 3: What kind romantic partner do I want?  
(15 minutes)

**[The purpose of this exercise is to create standards which would protect youth from manipulative and uncaring relationships. Identifying what both sexes want from a partner is the approach taken.]**

Adult romantic relationships are very important parts of our lives.

Having a partner who you can be intimate with is often a source of comfort and joy.

Some people find a partner who is the same sex, some of the opposite sex, and some have partners of both genders.

Today we're going to be talking mostly about heterosexual relationships.

However, please feel free to think about and talk about same-sex partners too.

The issues aren't so different.

I am going to separate the males and the females for a few minutes.

I want you to work in different corners of the room.

The task for the women is to come up with the five most important qualities they want in a romantic partner.

The task for the men is to agree on the five most important qualities you want in a romantic partner.

I would suggest that you brainstorm a big list, writing the qualities on news print, and then trying to select the five most important qualities.

You have five minutes to develop your list.

Are there any questions?

ANSWER QUESTIONS.

Let's go to different corners of the room and begin working.

HAVE THE MALES AND FEMALES SPLIT INTO SEPARATE GROUPS AND MEET IN DIFFERENT CORNERS. GIVE THEM NEWSPRINT AND MARKING PENS. AFTER FIVE MINUTES STOP THEM.

Let's hear what each group came up with.

We'll start with the men.

HAVE EACH GROUP PRESENT THEIR LISTS OF QUALITIES. THEN DISCUSS.

Let's say you were a person looking for a partner who would treat you right and care about you. How would you go about finding out what a person is like?

That's what we will practice next.

Exercise 4: How do I find out about a partner?  
(20 minutes)

**[The purpose of this exercise is to increase skills in selecting a partner. Guidelines and role playing are used.]**

Young women are often exploited by men.

Young men can be used by women.

The same things can happen in lesbian and gay relationships.

How would you know if the person you were talking to would make a safe and decent partner?

Because of HIV and unwanted pregnancies sex becomes a pretty important issue to check out.

There is more to relationships than sex, but today we are focusing mostly on the sexual aspects.

Therefore the guidelines we are going to start with focus on sex.

First, here are some guidelines for young women.

PASS OUT THE GUIDELINES FOR SELECTING A FUTURE INTIMATE PARTNER. GO OVER THEM BRIEFLY. (NOTE: A COPY OF THE GUIDELINES IS ON THE NEXT PAGE.) ASK PARTICIPANTS IF THERE ARE OTHER WAYS TO TELL WHAT KIND OF A PARTNER A PERSON WOULD BE.

Now that we have reviewed the guidelines, let's practice.

First a girl will try to learn more about a guy.

She will use the guidelines to give her ideas about what to look for.

It may help to think about being assertive: Use **I** statements. What do you feel? What do you want? What is

the other person's point view?

I need two volunteers: a guy and a girl.

To make it a good learning experience, the guy should not make it too hard on the girl.

SELECT THE VOLUNTEERS. HAVE THEM SIT ON TWO CHAIRS IN THE MIDDLE OF THE ROOM. GIVE INSTRUCTIONS AND CHECK OUT THE PLAYERS' UNDERSTANDING. THEN HAVE DO THE ROLE PLAY FOR FOUR MINUTES. FACILITATOR CAN USE A SAME-SEX EXAMPLE IF DESIRED.

Here are instructions to the girl: Try to find out about the guy as an intimate partner, so ask him questions.

#### GUIDELINES FOR A WOMAN SELECTING A FUTURE INTIMATE PARTNER

##### WHERE?

IN A COMFORTABLE PLACE WHERE SEXUAL CONTACT WILL NOT OCCUR.

##### WHEN?

**BEFORE** YOU ARE ENGAGED IN ANY SEXUAL CONTACT. DON'T WAIT UNTIL YOU ARE IN BED.

##### HOW?

OBSERVE HIS BEHAVIOR TOWARD WOMEN.

EXPLORE HIS ATTITUDES TOWARD:

**WOMEN** - ARE THEY RESPECTED AND TREATED EQUALLY?

**THE HIV/AIDS CRISIS** - IS HE CONCERNED? DOES HE THINK HE IS AT RISK?

**GETTING TESTED FOR STDS AND HIV** - IS HE WILLING? DOES HE UNDERSTAND THAT HAVING AN STD CAN PUT YOU AT HIGHER RISK FOR HIV BECAUSE THEY ARE TRANSMITTED SIMILARLY?

**USING A CONDOM - WILL HE DO IT? WOULD HE FEEL COMFORTABLE IF YOU USED THE FEMALE CONDOM?**

**RESPONSIBILITY FOR SAFER SEX - IS IT SHARED? CAN HE ACCEPT ANO@?**

**PROTECTING YOU - DOES HE CARE?**

REMEMBER

TO FEEL GOOD ABOUT YOURSELF  
THAT YOU HAVE THE RIGHT TO FIND OUT ABOUT HIM

Here are the instructions to the guy: play an ordinary guy who recently met this girl.

Talk to her and give her the answers you think a guy might give.

The observers should pay attention to whether the girl uses the guidelines and be prepared to offer constructive ideas.

Go ahead and do the role play.

AFTER FOUR MINUTES, STOP AND OBTAIN FEEDBACK. GIVE OUT A THANKS.@ FACILITATOR CAN HELP WOMAN GENERATE QUESTIONS IF NECESSARY. PARTICIPANTS CAN ASK GENERAL QUESTIONS ABOUT THE MALE PARTNER'S ATTITUDES TOWARDS WOMEN AND SEX, SUCH AS WHETHER HE HAS EVER HAD A GIRLFRIEND, WHY THE RELATIONSHIP ENDED, WHAT HIS RELATIONSHIPS ARE LIKE WITH HIS MOTHER AND/OR SISTERS, IF HE IS CONCERNED ABOUT HIV/AIDS, IF HE HAS EVER BEEN TESTED FOR HIV/AIDS OR OTHER STDs, WHAT HE THINKS ABOUT GUYS AND CONDOMS, WHAT HIS FRIENDS BELIEVE ABOUT CONDOMS, ETC. WOMAN CAN ALSO STATE WHAT SHE BELIEVES AND GET REACTIONS AND FEEDBACK.

That was really good.

Now we need some feedback.

(TO THE GUY) How did you feel, name one thing you did that you liked, and if given a second chance what would you do differently?

OBTAIN FEED BACK FROM THE GUY.

(TO THE GIRL) How did you feel, what one thing did the guy do that you liked, and, if you played the guy, what would you do differently?

OBTAIN FEEDBACK FROM THE GIRL.

Now is the observer's turn.

What did you like about the guy's behavior and what would you do differently?

OBTAIN FEEDBACK FROM THE OBSERVERS.

That was very good.

Now we want to see a guy checking out a girl.

HAND OUT THE GUIDELINES. GO OVER THEM BRIEFLY. DO A ROLE PLAY FOR 4 MINUTES. GIVE OUT THANKS AND OBTAIN FEEDBACK.

GUIDELINES FOR MEN IN SELECTING A FUTURE INTIMATE PARTNER

WHERE?

IN A COMFORTABLE PLACE WHERE SEXUAL CONTACT WILL NOT OCCUR.

WHEN?

**BEFORE** YOU ARE ENGAGED IN ANY SEXUAL CONTACT. DON'T WAIT UNTIL YOU ARE IN BED AND TOO TURNED ON TO STOP.

## HOW?

OBSERVE HER BEHAVIOR TOWARD MEN.

EXPLORE HER ATTITUDES TOWARD:

**MEN** - IF A MAN SAYS NO TO SEX, WILL HIS DECISION BE RESPECTED OR CRITICIZED?

**THE HIV/AIDS CRISIS** - DOES SHE THINK SHE IS AT RISK? IS SHE CONCERNED?

**GETTING TESTED FOR STDS AND HIV** - IS SHE WILLING? DOES SHE UNDERSTAND THAT HAVING AN STD CAN PUT YOU AT HIGHER RISK FOR HIV BECAUSE THEY ARE TRANSMITTED SIMILARLY?

**USING A MALE OR FEMALE CONDOM** - WILL SHE ENCOURAGE HIM TO USE A MALE CONDOM? WOULD SHE USE A FEMALE CONDOM?

**RESPONSIBILITY FOR SAFER SEX** - IS IT SHARED? IS SHE WILLING TO SAY NO AND STICK WITH IT?

**PROTECTING YOU** - DOES SHE CARE?

## REMEMBER

FEEL GOOD ABOUT YOURSELF BY PROTECTING YOUR WOMAN, YOUR COMMUNITY AND YOURSELF.

THAT STRONG MEN ARE SAFE MEN.

We need two volunteers - a girl and a guy.

SELECT THE PLAYERS. GIVE THEM INSTRUCTIONS AND HAVE SIT IN THE MIDDLE OF THE ROOM AND DO THE ROLE PLAY FOR 4 MINUTES.

Here are your instructions.

The guy uses the guidelines to give him ideas about checking out the girl.

The girl has a conversation with the guy, responding as she thinks the typical young woman would do.

Go ahead and play the parts.

AFTER FOUR MINUTES, STOP AND OBTAIN FEEDBACK. GIVE  
OUT THANKS.

That was really good.

Now we need some feedback.

(TO THE GUY) How did you feel, name one thing you did that you liked, and if given a second chance what would you do differently?

OBTAIN FEEDBACK FROM THE GUY.

(TO THE GIRL) How did you feel, what one thing did the guy do that you liked, and, if you played the guy, what would you do differently?

OBTAIN FEEDBACK FROM THE GIRL.

Now is the observer's turn.

What did you like about the guy's behavior and what would you do differently?

OBTAIN FEEDBACK FROM THE OBSERVERS.

That was very good.

Now that we have checked out both possible partners, are there any ways you would want to change the guidelines?

ENCOURAGE DISCUSSION OF GUIDELINES

What did you learn from the role plays?



Do you think you might feel more comfortable checking out a future partner?

ENCOURAGE A DISCUSSION OF THE ROLE PLAYING  
EXPERIENCE AND HOW IT MIGHT HAVE PREPARED THEM.

We started today's session examining how grief over a parent's death can impact on a relationship.

Then we explored what does a guy and a girl want from the opposite sex.

After we developed those lists of priorities, we worked on how you would find out if someone you met might or might be what you want.

One thing we absolutely know is that neither young men nor young women want to get STDs or HIV from their partners.

People who get an STD are more likely to become infected with HIV. If someone gets an STD, it means they are not having safer sex. If someone is not having safer sex, they are at higher risk for HIV too.

Also, if you have an STD, it is easier for you to get HIV too, because you may have sores or broken skin.

To receive love, and care and respect is one thing; to become infected with a disease that has no cure is something else.

Next we want to work on how to protect yourself.

Once everyone is clear about that we will practice talking to partners about using protection.

Exercise 5: What are the best ways to protect myself?  
(15 minutes)

**[The purpose of this exercise is to provide background information on methods to prevent HIV infection so that wise choices can be made. Providing information, discussing it, and practicing decisions are the approaches used.]**

Before we look at which methods work best to protect you from STDs and HIV, it is important to understand how HIV infects you.

First of all remember that HIV is a virus.

It lives in body fluids like blood, semen, vaginal fluid, and mothers milk.

HIV has to get into your blood to infect you.

It can get into your blood through vaginal and anal intercourse.

There are some, but not many cases, where the transfer of HIV occurred with oral sex.

Although the risk isn't as great as with vaginal or anal intercourse, there is still some risk in getting HIV through oral sex.

And many STDs get passed on through oral sex.

Without protection like a condom, anal sex is the most dangerous, vaginal sex next, and oral sex the next.

So, to protect yourself, keep an infected person's body fluids from getting into your blood stream.

You can do that by blocking the way, killing the virus before it gets there, or not having sex where penetration takes place.

That's a quick review of the background.

If you have questions about how STDs and HIV get passed to another person, please tell me so we can set up a question and answer period.

ENCOURAGE YOUTH TO COME UP WITH QUESTIONS THAT INTEREST THEM. MAKE A LIST.

There are two big points to keep in mind.

The first point is that many of the best methods to keep from getting pregnant don't work on stopping infection.

What are some good methods for preventing an unwanted pregnancy?

ELICIT ANSWERS. LOOK FOR THE PILL AND NORPLANT. CORRECT IMPRESSIONS THAT ARE INACCURATE.

Norplant and the pill are the best ways to prevent pregnancy, but neither one stops the virus from getting into your body.

The second point is that there are several ways to protect yourself and some ways are better than others.

The ways that work best when used the right way are the male and female condom.

If for some reason a condom is out of the question, a microbicide, such as Advantage 24 is much better than nothing but far less effective than a condom.

Scientists are working on finding a better microbicide.

SHOW A MALE CONDOM, FEMALE CONDOM, AND ADVANTAGE 24.

Here is a male condom, a female condom, and some Advantage 24.

Male and female condoms keep the virus from entering the body.

Advantage 24 kills the virus when it is in the vagina or rectum.

As everybody knows, the big problem is that many guys won't use a condom.

The female condom is put in by the woman whenever she wants to.

The male can see it and may refuse to have sex with it in, but it is the woman's choice.

With Advantage 24 the woman totally controls its use.

She can put it in whenever she wants to and it lasts all day or all night.

The guy will never know.

Advantage 24 just isn't as effective as condoms.

Our rule is that if you want to be super safe use a condom plus a microbicide, but never use Advantage 24 alone unless it is an emergency.

For example, Jenny and Joe are trying to get back to the apartment as fast as possible.

They are turned on and want sex.

They pass a drug store, and Joe says he better go get some condoms.

Jenny says, "Forget it. I'm too hot and I have some Advantage 24 in my purse."

Jenny pulls Joe past the drugstore.

What do you think of Jenny's decision?

ENCOURAGE DISCUSSION OF THE POOR CHOICE.

So, for safety it is condoms first and microbicide second.

For women's control it is microbicide first, woman's condom second, and male condom third.

I know this has been fast and simple.

We will say more about the methods when we get into how to use them in the next session.

We will also have a session on making decisions about pregnancy.

Now we want to start the process of asking a sexual partner to use protection.

Exercise 6: How Do I Ask My Partner to Use Protection?  
(20 minutes)

**[The purposes of this exercise are to increase skills in initiating condom use and to increase confidence in being able to talk to a partner. Guidelines and role playing are used here.]**

Here are some guidelines for bringing up using protection with a boy or girlfriend.

HAND OUT THE GUIDELINES AND GO OVER THEM BRIEFLY.  
YOU WANT TO SAVE MOST OF THE TIME FOR THE TWO MAIN  
ROLE PLAYS.

GUIDELINES FOR ASKING A STEADY PARTNER TO USE PROTECTION

- ✓ DECIDE ON WHEN AND WHERE TO ASK ABOUT PROTECTION.
  
- ☆ BE CLEAR ON YOUR STRATEGY.
  
- ☺ SAY SOMETHING POSITIVE ABOUT YOUR PARTNER AND THE RELATIONSHIP.
  
- ☹ STATE YOUR NEEDS.
  
- ☹ STATE HOW YOU FEEL.
  
- ✍ STATE WHAT YOU WANT FROM YOUR PARTNER.
  
- ☺ LISTEN TO YOUR PARTNER.
  
- ✂ SUGGEST THAT THE TWO OF YOU SOLVE THE PROBLEM TOGETHER.
  
- ◆ STOP FIGHTS IMMEDIATELY!

Now that you are familiar with some ideas about how to introduce using protection we are going to practice.

First, I need two volunteers: a girl and a guy.

SELECT THE VOLUNTEERS. GIVE THE PLAYERS AND THE OBSERVERS INSTRUCTIONS. THEN DO THE ROLE PLAY FOR 4 MINUTES AND OBTAIN FEEDBACK.

(TO THE GIRL) You have been going with this guy for a while.

You like him, and it looks like the relationship might get sexual.

Bring up the topic of using protection.

Follow the guidelines.

Focus on asking him what he wants to do before you start to negotiate with him.

(TO THE GUY) You don't like to have to worry about putting on a condom.

It is not that you hate condoms, but they are a pain in the butt.

You like the girl you have been going with and want to get more sexual with her.

(TO THE OBSERVERS) Pay attention to the girl.

ASSIGN EACH OBSERVER SOMETHING FROM THE GUIDELINES WATCH FOR.

You watch for.....

- Saying something positive
- Stating her needs
- Stating her feelings
- Stating what she wants
- Listening to her partner
- Stating what her partner is expressing
- Suggesting they solve the problem together

Before we start the role play, I want to know from the girl where and when this conversation is taking place.

OBTAIN A RESPONSE FROM THE GIRL ABOUT WHERE AND WHEN THIS IS TAKING PLACE.

OK. Lets get started.

ROLE PLAY FOR 4 MINUTES AND THEN OBTAIN FEEDBACK.

AFTER THE ROLE PLAY GIVE OUT A THANKS AND OBTAIN FEEDBACK.

That was great! Here are some A THANKS.

Now we need some feedback.

(TO THE GIRL) How did you feel, name one thing you did that you liked, and if given a second chance what would you do differently?

OBTAIN FEED BACK FROM THE GIRL.

(TO THE GUY) How did you feel, what one thing did the girl do that you liked, and, if you played the girl, what would you do differently?

OBTAIN FEEDBACK FROM THE GUY.

(TO THE OBSERVERS) Tell us what one thing you liked about what the girl did and one thing you would have done differently.

OBTAIN FEEDBACK FROM THE OBSERVERS.

In this next role play we will want to see how the guy does.

I will give you a script to start you off, and then the script will say MAKE UP THE REST ON YOUR OWN.



You will continue the role play.

Who will volunteer?

SELECT THE VOLUNTEERS, GIVE THEM THE SCRIPT, INSTRUCT THE OBSERVERS AND START THE ROLE PLAY. THE ROLE PLAY GOES FOR 4 MINUTES.

DO CONDOMS MEAN I LOVE YOU?

GUY: I want to talk to you about something.

GIRL: What is it?

GUY: Condoms.

GIRL: What about condoms?

GUY: Well, we have a good thing going here. I just thought it might be smart to use condoms.

GIRL: Wait a minute! Wait a minute! What have you been up to?

GUY: Nothing.

GIRL: You are trying to tell me something. You have become a player. Is that it?

GUY: No, I swear I haven't been playing around with anybody.

GIRL: **(MAKE UP THE REST ON YOUR OWN. KEEP THE CONVERSATION GOING.)**

GUY: **(MAKE UP THE REST ON YOUR OWN. KEEP THE CONVERSATION GOING.)**

THE END

That was great!

GIVE OUT THANKS.

Now we need some feedback.

(TO THE GUY) How did you feel, name one thing you did that you liked, and if given a second chance what would you do differently?

OBTAIN FEEDBACK FROM THE GUY.

(TO THE GIRL) How did you feel, what one thing did the guy do that you liked, and, if you played the guy, what would you do differently?

OBTAIN FEEDBACK FROM THE GIRL.

Now is the observers' turn.

What did you like about the guys' behavior and what would you do differently?

OBTAIN FEEDBACK FROM THE OBSERVERS.

That was very good.

Usually it is the girl trying to get the guy to use protection.

In this society that seems to be the woman's role.

In this role play what difference did it make that it was the guy trying to convince the girl to use condoms?

ENCOURAGE A DISCUSSION OF ROLE IN USING PROTECTION.

**NOTE: IF THERE IS TIME, HAVE ANOTHER COUPLE ROLE PLAY INITIATING CONDOM USE. FACILITATOR CAN CHOOSE SAME-SEX COUPLE IF DESIRED.**

Our time is about up for today.

Next we will set some "between-session goals."

Exercise 7: What Is Next?

(15 minutes)

**[The purposes of this exercise are to transfer what was learned in the workshop to real life settings and to build group cohesion. Setting between-session goals and group appreciation are employed.]**

As you know at the end of the session we pick some goal to accomplish between now and when we meet again.

Today we have looked at what young men and women want from each other and how to check out a potential partner.

We have also learned about ways to protect yourself from HIV and other STDs.

Finally we tried bringing up safer sex with a partner.

So, you could have goals around listing what you want in a partner.

You could check out a couple of people.

You could see if your drug store carried Advantage 24.

You could practice talking to your girlfriend or boyfriend about protection.

There are lots of options.

Which one will you take?

**WAIT A FEW MINUTES AND THEN GO AROUND THE ROOM GETTING A GOAL FROM EVERYONE. PUT "BETWEEN-SESSION GOAL" ON GOAL CARDS AND ON THE GOAL SUMMARY SHEET.**

Thank you for sharing your goals with us.

It is time to show appreciation for the contributions made by the group members.

Get up and wander around letting participants know what you liked.

ENCOURAGE GROUP APPRECIATION.

I will see you next time at \_\_\_\_\_ (time and place) on \_\_\_\_\_ (Day and date).

END OF SESSION 10 - YOUNG ADULTS

## TOO MUCH

COREY: I hear you are quite the "ladies' man" these days.

BRIAN: Who told you that?

COREY: Sally.

BRIAN: Sally! I didn't even do it with her. How does she know?

COREY: The word spreads. How many has it been in the last month?

BRIAN: Are you making fun of me?

COREY: I'm just curious. I hear its some kind of record. How many pants have you been in?

BRIAN: Let's see. Doreen, Diane, Shirley, Conchita, Shandra, Lois, Margie, Barbara, Ruth, Nancy, Sandy. I may be forgetting someone.

COREY: What's the matter with you? You didn't used to be obsessed with sex and getting as much as you can.

BRIAN: I'm just doing what every guy dreams about. You are just jealous.

COREY: What do you tell them that opens them up to doing it with you?

BRIAN: Not much. I told them that I loved them, and that this was the beginning of something.

COREY: Did you tell them things like how pretty their hair was and stuff like that?

BRIAN: Oh, yeah. They will believe anything.

COREY: So, what happened? You just woke up one day with this tremendous urge to have sex night and day? You couldn't control yourself. You ran naked from your apartment, grabbed the first girl you found. Tore her clothes off and did it right there. Your thing wouldn't go down so by the time you got back to your apartment you had made six women.

BRIAN: Not quite. I was really down after my mom died. Everyone kept telling me I was missing out on life. So, I asked myself what I would love to have that I hadn't been getting. I never had much sex. So I decided that life was too short. I was going to get all I could. That's what I've been doing every since.

COREY: You better watch out. It's going to catch up with you one of these days.

BRIAN: Not me. All these girls want it. I didn't force them.

COREY: I'm sorry about your mother.

BRIAN: Thanks.

COREY: But don't you want a steady woman?

BRIAN: No way! Forget it! I'm enjoying what I'm doing. I don't want any serious relationships.

COREY: You keep it up like you been doing, and it's going to fall off.

BRIAN: It can get a little sore at times.

THE END

TOO LITTLE

KARLA: Did you break up with Benny?

YVONNE: We just kind of drifted apart.

KARLA: How come?

YVONNE: Oh, I don't know. I wasn't up to sex all the time. He wanted to be the big lion, and I wished he was the cuddly teddy bear.

KARLA: You were at different places?

YVONNE: I just wanted him to be a friend.

KARLA: Was that a change?

YVONNE: Yes. I kind of changed or my needs changed. I don't think Benny saw it. Everything was the same for him.

KARLA: Well, you had some rough times.

YVONNE: I try not to think about them.

KARLA: How do you like living alone?

YVONNE: I am not sure. But at least if I'm on my own no one can die and leave me again. I don't think I can take it if one more person cuts out.

THE END

GUIDELINES FOR A WOMAN SELECTING A FUTURE INTIMATE PARTNER

WHERE?

IN A COMFORTABLE PLACE WHERE SEXUAL CONTACT WILL NOT OCCUR.

WHEN?

**BEFORE** YOU ARE ENGAGED IN ANY SEXUAL CONTACT. DON'T WAIT UNTIL YOU ARE IN BED.

HOW?

OBSERVE HIS BEHAVIOR TOWARD WOMEN.

EXPLORE HIS ATTITUDES TOWARD:

**WOMEN** - ARE THEY RESPECTED AND TREATED EQUALLY?

**THE HIV/AIDS CRISIS** - IS HE CONCERNED? DOES HE THINK HE IS AT RISK?

**GETTING TESTED FOR STDs AND HIV** - IS HE WILLING? DOES HE UNDERSTAND THAT HAVING AN STD CAN PUT YOU AT HIGHER RISK FOR HIV BECAUSE THEY ARE TRANSMITTED SIMILARLY?

**USING A CONDOM** - WILL HE DO IT? WOULD HE FEEL COMFORTABLE LETTING YOU USE THE FEMALE CONDOM?

**RESPONSIBILITY FOR SAFER SEX** - IS IT SHARED? CAN HE ACCEPT ANO@?

**PROTECTING YOU** - DOES HE CARE?

REMEMBER

TO FEEL GOOD ABOUT YOURSELF  
THAT YOU HAVE THE RIGHT TO FIND OUT ABOUT HIM



## GUIDELINES FOR MEN IN SELECTING A FUTURE INTIMATE PARTNER

### WHERE?

IN A COMFORTABLE PLACE WHERE SEXUAL CONTACT WILL NOT OCCUR.

### WHEN?

**BEFORE** YOU ARE ENGAGED IN ANY SEXUAL CONTACT. DON'T WAIT UNTIL YOU ARE IN BED AND TOO TURNED ON TO STOP.

### HOW?

OBSERVE HER BEHAVIOR TOWARD MEN.

EXPLORE HER ATTITUDES TOWARD:

**MEN** - ARE THEY RESPECTED FOR WHO THEY ARE OR SEEN AS A **CATCH** TO INCREASE A WOMAN'S SOCIAL STATUS? DOES SHE CARE ABOUT MORE THAN MONEY AND GIFTS OR HAVING A BABY?

**THE HIV/AIDS CRISIS** - DOES SHE THINK SHE IS AT RISK? IS SHE CONCERNED?

**GETTING TESTED FOR STDs AND HIV** - IS SHE WILLING? DOES SHE UNDERSTAND THAT HAVING AN STD CAN PUT YOU AT HIGHER RISK FOR HIV BECAUSE THEY ARE TRANSMITTED SIMILARLY?

**USING A MALE OR FEMALE CONDOM** - WILL SHE ENCOURAGE HIM TO USE A MALE CONDOM? WOULD SHE USE A FEMALE CONDOM?

**RESPONSIBILITY FOR SAFER SEX** - IS IT SHARED? IS SHE WILLING TO SAY **NO** AND STICK WITH IT?

**PROTECTING YOU** - DOES SHE CARE?

### REMEMBER

FEEL GOOD ABOUT YOURSELF BY PROTECTING YOUR WOMAN, YOUR COMMUNITY AND YOURSELF.

THAT STRONG MEN ARE SAFE MEN.

## GUIDELINES FOR ASKING A STEADY PARTNER TO USE PROTECTION

✓ DECIDE ON WHEN AND WHERE TO ASK ABOUT PROTECTION.

☆ BE CLEAR ON YOUR STRATEGY.

☺ SAY SOMETHING POSITIVE ABOUT YOUR PARTNER AND THE RELATIONSHIP.

☹ STATE YOUR NEEDS.

☹ STATE HOW YOU FEEL.

✍ STATE WHAT YOU WANT FROM YOUR PARTNER.

☺ LISTEN TO YOUR PARTNER.

✂ SUGGEST THAT THE TWO OF YOU SOLVE THE PROBLEM TOGETHER.

▶ STOP FIGHTS IMMEDIATELY!

DO CONDOMS MEAN I LOVE YOU?

GUY: I want to talk to you about something.

GIRL: What is it?

GUY: Condoms.

GIRL: What about condoms?

GUY: Well, we have a good thing going here. I just thought it might be smart to use condoms.

GIRL: Wait a minute! Wait a minute! What have you been up to?

GUY: Nothing.

GIRL: You are trying to tell me something. You have become a player. Is that it?

GUY: No, I swear I haven't been playing around with anybody.

GIRL: **(MAKE UP THE REST ON YOUR OWN. KEEP THE CONVERSATION GOING.)**

GUY: **(MAKE UP THE REST ON YOUR OWN. KEEP THE CONVERSATION GOING.)**

THE END