

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

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**SESSION 11: RELATIONSHIPS AND SEX (PART 2)**

**OBJECTIVES:**

1. Youth will be able to use a male and female condom and Advantage 24.
2. Youth will increase their negotiation skills regarding safer sex.
3. Youth will increase their refusal skills regarding safer sex.
4. Youth will learn how to deal with violence.
5. Youth will define a loving relationship.

**RATIONALE:**

In learning to protect themselves in a relationship - particularly in terms of STDs and HIV - youth need to learn some basic skills. Those skills include using protection methods, negotiating using protection, and refusing unwanted sex. Those skills are practiced briefly in this session. In response to refusing unwanted sex violence may be a consequence. This session also prepares youth for that occurrence. Finally the session ends with some keys for establishing a loving, caring relationship.

**SUMMARY OF EXERCISES:**

1. Introduce the participants, review goals, do a lottery, give out “Thanks” and connect grief to relationships. (20 minutes)
2. Practice using a male condom, female condom, and Advantage 24. (25 minutes)
3. Practice negotiating safer sex. (20 minutes)
4. Practice refusing unwanted sex. (20 minutes)
5. Review how to deal with violence as a consequence of refusing unwanted sex. (10 minutes)
6. Identify the characteristics of a loving, caring relationship. (5 minutes)
7. End with goal setting and group appreciation. (20 minutes)

**MATERIALS:**

“Thanks”  
Lottery tickets  
Lottery prize  
Goal cards  
Newsprint and pens  
Penis model  
Vagina model  
Female Condoms  
Male Condoms - unlubricated  
Male Condoms - lubricated  
Advantage 24  
Do's and Don'ts for Male Condoms  
Using the Female Condom  
Tips on Refusing Unsafe Sex  
Examples of Abuse  
Ideas on Dealing with Abuse  
Resources for domestic violence  
Ideas on Influencing Your Partner

Exercise 1: How Are Things Going?  
(20 minutes)

**[The purposes of this exercise are to build group cohesion, increase self-esteem, introduce the participants, and to connect grief to relationships. Goal review, introductions, and a brief script are used.]**

Welcome back.

Let's go around and introduce ourselves.

Please give us your first name, and, thinking of someone you love, complete this sentence. "I love you because..."

For example, "My name is Grace, and I love you because you are so giving."

HAVE THE YOUTH GIVE THEIR FIRST NAMES AND COMPLETE THE SENTENCE "I LOVE YOU BECAUSE."

That was great.

Now let's do a lottery.

You know the routine.

GIVE OUT LOTTERY TICKETS, HAVE THE YOUTH SIGN THEM AND PUT THEM IN A BOX. MIX THEM UP. DRAW A WINNER, AND GIVE OUT THE PRIZE.

Before we hear how you made out with your "between session goals" I want you to have your "Thanks" so that you can let people know you liked what they said or did.

GIVE EACH YOUTH 20 "THANKS."

We will go around the room and you will tell us what you did to meet your goal for the week.

HAVE THE YOUTH TALK ABOUT REACHING THEIR GOAL. USE

THE GOAL CARDS AND GOAL SUMMARY SHEET. HAVE THE GROUP BRAINSTORM HOW TO OVERCOME OBSTACLES.

That was very good.

Last time we learned about the male condom, the female condom, and Advantage 24.

All of them are ways to protect yourself and your partner from getting an STD and becoming infected with HIV.

Next we are going to learn how to use them.

We will have the young women in one group and the young men in another.

DIVIDE THE PARTICIPANTS INTO MALE AND FEMALE GROUPS.

Exercise 2: How Do We Use Protection?

(25 minutes)

**[The purpose of this exercise is to increase the participants' skills in using different protection methods. Practicing putting a condom on a penis model and a female condom on a vagina model are the approaches taken. For the guys there is practice countering negative attitudes.]**

THE PRACTICE ON THE MALE CONDOM FOLLOWS THE SAME SEQUENCE FOR BOTH YOUNG MEN AND WOMEN. SEPARATE THE MALES AND FEMALES INTO DIFFERENT GROUPS.

We have been talking about condoms.

Now it is time to practice putting on a condom.

PASS OUT A HANDFUL OF UNLUBRICATED CONDOMS TO EACH YOUTH.

First, I simply want you to get the feel of condoms.

All of these are unlubricated condoms.

Tear open the package and pull it.

Unroll it, stretch it, snap it, blow it up.

Do anything crazy thing you want with it.

MODEL DOING SOMETHING PLAYFUL WITH A CONDOM.  
ALLOW A MINUTE OR TWO FOR PLAYING WITH THEM.

Now open another one and throw it to someone else in the room.

See if you can catch it.

Now let's practice putting a condom on a penis model.

PASS OUT LUBRICATED CONDOMS AND PENIS MODEL.

Here are lubricated condoms and penis models.

I will demonstrate putting on a male condom.

BEGIN MODELING, TALKING THE YOUTH THROUGH THE PROCESS. **FACILITATORS SHOULD HAVE PRACTICED THIS SEVERAL TIMES BEFORE DEMONSTRATING IT.** A GUIDELINE FOLLOWS:

#### USING A CONDOM

#### PUTTING ON A CONDOM

(BUY LATEX ONLY BECAUSE LAMB SKIN LETS HIV THROUGH)

1. OPEN THE PACKAGE CAREFULLY AFTER CHECKING THE DATE TO MAKE SURE IT IS STILL GOOD.
2. PUT A DROP OF WATER-BASED LUBRICANT INSIDE THE TIP OF THE CONDOM.
3. ROLL DOWN ½ INCH OF CONDOM.
4. PUT THE CONDOM AGAINST THE HEAD OF THE HARD PENIS. (IF THE PENIS IS UNCIRCUMCISED, PULL BACK THE FORESKIN FIRST.)
5. SQUEEZE ANY AIR OUT OF THE CONDOM.
6. ROLL THE CONDOM ALL THE WAY DOWN TO THE BASE OF THE PENIS.

7. GENTLY SMOOTH OUT ANY EXTRA AIR.

WHEN FINISHED PUTTING THE CONDOM ON, COMMENT ON THE CORRECT WAY TO TAKE OFF A CONDOM. A GUIDELINE FOLLOWS:

#### TAKING 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 FALL OFF.
3. STARTING AT THE BASE, ROLL THE CONDOM OFF CAREFULLY SO THE CUM DOESN'T SPILL.
4. THROW THE CONDOM AWAY. (NEVER USE A CONDOM TWICE.)

HAND OUT THE DO'S AND DON'TS SHEET. EMPHASIZE ANY POINTS THAT HAVE NOT BEEN COVERED SUFFICIENTLY.

#### DO'S AND DON'TS FOR MALE CONDOMS

##### DO

1. USE ONLY LATEX CONDOMS THAT ARE NOT TOO OLD.
2. USE FOR VAGINAL, ANAL AND ORAL SEX
3. USE ONLY WITH WATER-BASED LUBRICANT SUCH AS K-Y JELLY NOT VASELINE OR OTHER OIL BASED PRODUCTS.
4. CHECK OUT THE CONDOM PACKET FOR PUNCTURES
5. PUT ON CONDOM BEFORE PENIS EVEN TOUCHES ANUS, VAGINA OR MOUTH

6. PULL BACK FORESKIN
7. PLACE SMALL AMOUNT OF LUBRICANT WITH NON-OXYNOL 9 IN CONDOM TIP
8. ROLL CONDOM ALL THE WAY TO BASE OF PENIS
9. LEAVE ROOM IN END OF CONDOM FOR CUM
10. SQUEEZE OUT ANY AIR POCKETS.
11. HOLD ON TO THE RIM OF THE CONDOM AT THE BASE WHEN PULLING OUT
12. CAREFULLY REMOVE CONDOM
13. THROW CONDOM AWAY
14. **USE THE 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 LAMB SKIN CONDOMS
5. **DON'T HAVE SEX WITHOUT A CONDOM**

We have talked about putting on a condom and demonstrated it, but you haven't had a chance to try it.

That's what we will do next.

I am going to divide the group into pairs.  
Each of you will receive a lubricated condom.

DIVIDE THEM INTO PAIRS. GIVE EACH PAIR A PENIS MODEL  
AND TWO LUBRICATED CONDOMS. ALSO PASS OUT KLEENEX  
OR PAPER TOWELS FOR WIPING OFF THEIR HANDS.

One of you hold the penis model while the other person puts on the condom.

Then switch.

OK. Go ahead and practice.

FACILITATORS WANDER FROM PAIR TO PAIR. GIVE LOTS OF ENCOURAGEMENT, REINFORCEMENT, AND "THANKS" EVEN IF THE ATTEMPT IS NOT PERFECT IN THIS PRACTICE.

### **FOR YOUNG WOMEN ONLY**

SWITCH OVER TO THE FEMALE CONDOM.

Now let's work with the female condom.

PASS OUT SPECIAL LUBRICANT AND A FEMALE CONDOM WITH DIRECTIONS FROM THE PACKET TO EACH WOMAN.

I will talk us through using the female condom.

Remember that the female condom is to be put on ahead of time and not in front of your partner.

Here is an anatomical model for us to practice on.

Hold the model in front of you when you practice.

■**DEMONSTRATE OPENING THE PACKAGE AND INSERTING IT ON THE ANATOMICAL MODEL. FOLLOW THE INSTRUCTIONS IN THE "REALITY" PACKET. PLEASE PRACTICE USING THE FEMALE CONDOM SEVERAL TIMES BEFORE THE DEMONSTRATION. AN EXAMPLE OF INSTRUCTIONS FOLLOWS:**

#### **USING A FEMALE CONDOM**

##### **To Open the Packet**

Pull the two sides apart from the center.

Take out and examine.

Rub the outside of the pouch to make sure lubricant is evenly spread.

Add more lubricant if needed - one quick squeeze.

### To Insert

Find a comfortable position - one foot up on chair, sit with knees apart, lie down.

**DESCRIBE BUT DON'T MODEL.**

Make sure the inner ring is at the bottom, closed-end of the condom.

If you wish, add a drop of extra lubricant to the closed- end outside tip or to the outside ring before you insert.

Hold the condom with the open end hanging down.

While holding the outside of the condom, squeeze the inner ring with thumb and middle finger.

Place your index finger between the thumb and middle finger and keep squeezing the inner ring.

Still squeezing with your three fingers, with your other hand spread the lips of your vagina.

Insert the squeezed closed-end of the condom.

Take your time. If the condom is slippery to insert, let it go and start over.

Now push the inner ring and the condom the rest of the way up into the vagina with your index finger. **CHECK TO BE SURE THE INNER RING IS UP JUST PAST THE PUBIC BONE.** (You feel your pubic bone by curving your index finger when it is a couple of inches inside the vagina.) **DESCRIBE BUT DON'T MODEL.**

Make sure the condom is inserted straight and not twisted.

Make sure that the **OUTSIDE RING LIES AGAINST THE OUTER LIPS.**

■ **AFTER THE DEMONSTRATION, HAVE EACH YOUNG WOMAN TRY INSERTING IT ON THE MODEL WHILE THE OTHERS WATCH. IF TIME IS SHORT, TWO WOMEN TOGETHER WORK ON THE MODEL. MAKE SURE THEY HOLD THE MODEL IN FRONT OF THEM.**

I want to make a few comments on how to use the female condom.

Not everything that I will mention was covered in what we just practiced - such as helping to insert the penis in the female condom.

FOLLOW THE GUIDELINES BELOW.

#### Using the Female Condom

Practice inserting it.

Help insert the penis.

If something goes wrong, throw the condom away and start again.  
If the outer ring gets pushed into the vagina, stop.

Use the condom **every time you have sex**.

Use a new condom every time you have sex.

Never use a condom twice.

Do not remove the condom's inner ring.

Do not use a male condom and a female condom at the same time.

Don't tear the condom.

Use more lubricant if needed.

#### Removing the Female Condom

Squeeze and twist the outer ring to keep the semen inside the condom.

Pull out gently.

Throw away in a waste basket - not down the toilet.

How comfortable were you practicing inserting the female condom?

■REFER TO THE CHART OF THE FEELING THERMOMETER.

ENCOURAGE SHARING COMFORT LEVELS.

To get comfortable with the female condom and to see how you react to inserting it, you may want to practice inserting one at home between sessions.

■GIVE OUT TWO FEMALE CONDOMS WITH INSTRUCTIONS TO EACH FEMALE.

The disadvantages of the female condom are that it is expensive and sometimes hard to find.

That situation is changing as the fight against HIV continues.

Let's take a moment to discuss Advantage 24.

Advantage 24 kills the pathogens which cause disease for 24 hours, as well as semen which can cause pregnancy.

You can put it in every morning and be somewhat safe and protected until the next morning.

At this point we are not sure how effective Advantage 24 is against HIV.

We know it reduces your risk by itself and is very good to use as a back-up with a condom.

No method is 100% effective.

Advantage 24 is easy to use - no fuss - and it lasts.

HOLD UP A BOX OF ADVANTAGE 24.

Here is a box of Advantage 24.

In the box is an applicator with a little bulb on the end.

The Advantage 24 is in the bulb.

There are also instructions.

HOLD UP THE APPLICATOR

First I open the wrapper and twist off the small end of the applicator.

DEMONSTRATE OPENING THE WRAPPER AND TWISTING OFF  
THE END OF THE APPLICATOR.

Then you insert the applicator in your vagina with the bulb outside.

SHOW ON THE ANATOMICAL MODEL WHERE THE APPLICATOR  
IS INSERTED.

Next you squeeze the bulb and empty the applicator.

EMPTY THE APPLICATOR ON A KLEENEX SO YOU DON'T MESS  
UP THE MODEL. BUT MAKE SURE THE YOUTH ARE CLEAR  
THAT IN REALITY YOU EMPTY THE BULB INTO THE VAGINA.

Advantage 24 coats the vagina for 24 hours.

Remember that using Advantage 24 alone is **not recommended** unless in an emergency.

Hopefully there will be better products on the market in the next couple years when the tests are finished.

One more point.

Some people think that having the guy pull out before cumming might help a little.

It is dangerous because there is semen dripping from his penis before he cums.

But it might help a tiny bit.

We don't know for sure what good it could do.

What are your reactions to the various choices that you have?

ENCOURAGE DISCUSSION OF THE CHOICES.

**FOR YOUNG MEN ONLY**

As I am sure you know, many guys have attitudes about male condoms.

Even though they know that condoms keep them and their partners safe, they don't want to use them.

Let's pretend that you have a younger sister.

She is really close to you.

She trusts you.

She often comes to ask you questions about men and sex.

I will play her boyfriend who has excuses about not wanting to wear a condom.

You play your sister.

You show us what she should say to her boyfriend.

STAND IN FRONT OF EACH GUY. GIVE HIM A ONE LINE  
EXCUSE. HAVE THE GUY COUNTER WITH WHAT HIS SISTER

SHOULD SAY. THE EXCUSES ARE AS FOLLOWS:

“IT WILL RUIN THE PLEASURE.”

“CONDOMS ARE TOO SMALL.”

“I DON'T WANT ANYTHING COMING BETWEEN US.”

“I WILL LOSE MY ERECTION IF I USE ONE.”

“THERE IS NO NEED TO WEAR ONE BECAUSE I AM HEALTHY.”

“CONDOMS INTERRUPT THE FLOW OF LOVE.”

“CONDOMS COST TOO MUCH.”

“A CONDOM KEEPS ME FROM BEING CLOSE TO YOU.”

“I HEARD THAT CONDOMS DON’T WORK.”

“I WILL NEVER HAVE SEX WITH ANYONE BUT YOU.”

That was really good.

Now let’s turn to the female condom.

A woman inserts the female condom into her vagina, and it covers the vaginal wall and entrance to the uterus.

It cannot get lost in her and is easy to take out.

She can put it in hours ahead of time.

The female condom serves the same purpose as the male condom.

It collects the man’s semen and keeps it from getting into her body.

Some men like it and some men don’t.

Because it is made from a different material than the male condom, it transfers the heat better and feels more stimulating.

Many men say it contributes to more exciting sex.

You can tell that a woman is wearing one because the outside end extends beyond the vagina a little bit.

The only disadvantage is that it is expensive and sometimes hard to find.

Would you have sex with a woman who had inserted a female condom?

ENCOURAGE A DISCUSSION ABOUT THE YOUNG MEN'S REACTIONS TO THE FEMALE CONDOM.

Last time we also mentioned Advantage 24.

This is a chemical that the woman inserts in her vagina, and it kills HIV as well as sperm.

The woman can insert it hours before hand and it stays good all day.

Advantage 24 is not as effective as the condoms, but it is better than nothing.

It should not be used instead of a condom.

Scientists are working to make more effective chemicals that will provide protection.

How would you feel if your sexual partner were using Advantage 24 and you didn't know it?

ENCOURAGE A DISCUSSION OF USING ADVANTAGE 24.

That was a good discussion.

Now let's come back together with the young women and practice negotiating with a partner to use protection.

BRING THE GROUPS BACK TOGETHER.

Exercise 3: How Do I Convince My Partner to Use Protection?  
(20 minutes)

**[The purpose of this exercise is to increase negotiating skills. Role playing is employed.]**

Let's say that you have brought up using protection with your your partner, and your partner has not immediately said "Yes."

You are going to have to influence your partner.

That is what we want to practice.

Now I would like to go over some tips on how to influence your partner.

First, I want to remind you that if your partner drinks heavily, abuses drugs, or is violence prone, these issues may have to be addressed before you can get into influencing him or her.

With these problems it may be harder to influence your partner, and you might have to take a very different approach.

There are all different kinds of couples with different styles of handling conflicts.

Regardless of many styles you can get a partner to agree to condom use.

Here are some examples of different styles of solving conflicts:

- 1) A couple that faces conflict and fights like hell.
- 2) A couple that faces conflict and tries to keep things under control.
- 3) A couple who avoids conflict and recognizes only their agreements.
- 4) A couple who is so hostile they can't solve anything.
- 5) A couple that is both hostile and distant.

Now let's go over some tips on influencing your partner.

HAND OUT THE IDEAS ON INFLUENCING YOUR PARTNER.

IDEAS ON INFLUENCING YOUR PARTNER

GET READY:

1. DETERMINE WHEN, WHERE AND HOW YOU SUCCESSFULLY PERSUADED HIM/HER TO DO SOMETHING HE DIDN'T WANT TO DO IN THE PAST.
2. DECIDE ON YOUR BOTTOM LINE AND WHAT TRADE-OFFS YOU ARE WILLING TO MAKE.
3. FIGURE OUT WHAT AND WHOM YOUR PARTNER RESPECTS.
4. IDENTIFY WHAT CHALLENGES AND WHAT SUPPORTS YOUR PARTNER'S SELF ESTEEM.
5. DEVELOP STRATEGIES THAT FIT YOU, YOUR PARTNER, AND YOUR RELATIONSHIP.

MAIN POINTS:

1. KEEP THE POSITIVE AND NEGATIVE ASPECTS OF THE EXPERIENCE IN BALANCE.
2. WHEN THE COMMUNICATION KEEPS GETTING MORE AND MORE NEGATIVE, STOP IT.
- 3.

HOW TO REDUCE THE NEGATIVE AND INCREASE THE POSITIVE

1. EXPRESS YOUR NEEDS AND FEELINGS WITH FIRMNESS, CONFIDENCE, AND INTELLIGENCE.
2. START OFF YOUR DISCUSSION WITH SOMETHING POSITIVE.
3. DON'T BLAME YOUR PARTNER OR UNDERCUT HIS/HER SELF-ESTEEM.
4. WHEN YOU UNDERSTAND YOUR PARTNER'S THOUGHTS AND FEELINGS, (EVEN IF YOU DISAGREE) LET HIM/HER KNOW.
5. WHEN YOUR PARTNER DOES SOMETHING YOU LIKE, TELL HIM/HER.
6. WHEN YOUR PARTNER MAKES SARCASTIC, SNIDE OR DEMEANING COMMENTS ABOUT YOU, IMMEDIATELY TELL HIM/HER YOU DON'T LIKE IT. IF HE/SHE STOPS,

RESPOND POSITIVELY. IF HE/SHE DOESN'T, CHALLENGE HIM/HER AGAIN.

GO OVER THE "IDEAS." USE THE FOLLOWING NOTES TO THE FACILITATOR AS A GUIDE. DO NOT GIVE AS MUCH DETAIL UNLESS ABSOLUTELY NEEDED.

NOTES TO THE FACILITATOR ON INFLUENCING  
**(DO NOT HAND OUT)**

"Get Ready" - It is important to prepare yourself when you plan to influence your partner to use a condom or have sex when you are using the female condom. You have choices about how to proceed, and your choices have consequences.

"Determine when, where, and how you successfully persuaded him to do something he didn't want to do in the past" - Build on past successes. Where was it? Some place away from home? When was it? After a nice meal? What did you do? Here is another place where you have a choice.

"Decide on your bottom line and what trade-offs you are willing to make" - Before you approach him/her, think through how far you plan to carry this. Will you stop having sex if he/she won't use a condom? Will you leave him/her? Will you keep trying? Will you finally give in? What choice will you make? Are you willing to make trade-offs - if he/she does this, you will do that?

"Figure out what and whom your partner respects" - Does he/she have a friend who got sick? If he/she doesn't like Planned Parenthood, don't use going to classes as a way of introducing the topic. If he/she respects Magic Johnson, can you use him as an example?

"Identify what challenges and what supports your partner's self esteem" - Don't forget the culture from which you both come. What are his/her values within that culture? How can you persuade him without cutting him down? Can you use his/her strong feelings about family or his/her role as the protector? Find reasons to change that make sense to him/her.

"Develop strategies that fit you, your partner, and your relationship" - No two couples are the same. You have a choice about what strategy seems best. Feel comfortable about your approach. For example, if sex is really important, you can feel more at ease when protected. If sex is not important, maybe it can get better if you are not worrying about HIV. Maybe having children is the critical factor.

"Express your needs with firmness, confidence, and intelligence" - There are three points

here. First, you have a right to your feelings and wants. Be assertive. Use "I" statements. Even if you are scared, make it clear where you are coming from. Second, the more you open up and make yourself accessible, the more likely your partner will open up. Being responsive to each other builds trust and makes it easier to solve problems. Third, be smart. Can you anticipate that what you say won't create instant barriers? Here again there are choices to make.

"Start Positive" - Couples usually give each other back what they get. If you start your discussion positively, you set the stage for a more cooperative environment in which to resolve your differences.

"Don't blame your partner or undercut his/her self-esteem" - Blaming puts him/her on the defensive. Blaming encourages attacking you back or withdrawal. Support his/her self-esteem.

"When you understand your partner's thoughts and feelings, (even if you disagree) let him/her know" - Showing you understand his/her position makes it easier for him/her to hear what you have to say.

"When your partner does something you like, tell him/her" - People tend to continue behavior that is praised.

"If your partner makes sarcastic, snide or demeaning comments about you, tell him/her immediately you don't like it. If he/she stops, respond positively. If he/she doesn't, challenge him/her again." - The cycle of starting nice, challenging negative behavior, forgiving if cooperative behavior is shown, and challenging again if negative behavior reappears is a pattern that works.

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Now let's practice.

I need two volunteers - a man and a woman.

In this role play the young woman is trying to influence her boyfriend to use the male condom.

He is not sure he wants to do that.

He doesn't want to reduce his pleasure.

They have had unprotected sex in the past.

SELECT THE VOLUNTEERS. CHECK TO MAKE SURE THEIR GOALS ARE CLEAR. SET UP TWO CHAIRS IN THE MIDDLE OF

THE ROOM.

First, I want to ask the young woman, “What is your goal?”

OBTAIN A RESPONSE.

Your goal is to get your boyfriend to use a condom when you have sex.

In the role play follow the guidelines.

(TO THE GUY) What is your goal?

OBTAIN A RESPONSE.

Your goal is to make sure you have good sex.

The rest of you will be observers.

Each of you take one point from the guidelines and look for that in the role play.

GIVE EACH OBSERVER A POINT TO ATTEND TO. THEN DO THE  
ROLE PLAY FOR 5 MINUTES. AFTERWARDS GIVE OUT  
“THANKS.”

That was great.

We need some feedback.

(TO THE YOUNG WOMAN) How did you feel, what one thing did you like about your performance, and what one thing would you do differently?

OBTAIN A RESPONSE FROM THE YOUNG WOMAN.

(TO THE GUY) How did you feel, what one thing did you like and what would you do differently?

OBTAIN A RESPONSE FROM THE GUY.

Now what did the observers think?

OBTAIN FEEDBACK FROM THE OBSERVERS.

Now I want you to break into pairs.

Decide who will try to influence the other person to use protection.

Then role play for 4 minutes.

DIVIDE THE GROUP IN PAIRS. HAVE THEM DECIDE WHO WILL INFLUENCE WHOM. ROLE PLAY FOR 4 MINUTES.

How did that go?

What did you learn?

GO AROUND THE ROOM AND HAVE THE PAIRS REPORT. THEN STIMULATE A GENERAL DISCUSSION OF TRYING TO INFLUENCE A PARTNER.

What would you do if you were not successful in influencing your partner?

I believe that you have a right to refuse any unwanted sex.

Next we are going to work on refusing your partner.

Exercise 4: How Do I Refuse Unwanted Sex?  
(20 minutes)

**[The purpose of this exercise is to increase skills in refusing unwanted sex. Guidelines and role play are used.]**

Here are some tips to consider.

TIPS ON REFUSING UNSAFE SEX

1. BE AWARE THAT YOU MAY HAVE DIFFERENT NEEDS.  
  
SOME PEOPLE MAY DESIRE CLOSENESS WHILE OTHERS VALUE INDEPENDENCE MORE.
2. GIVE A CLEAR MESSAGE  
  
DON'T SAY "NO" WHEN YOU MEAN "YES." DON'T SAY "MAYBE."
3. STATE HOW YOU FEEL.  
  
"I AM HURT AND ANGRY THAT YOU ARE UNWILLING TO PROTECT ME."
4. TELL HIM/HER THE POSITIVE SIDE.  
  
"I WOULDN'T BE MAKING A FUSS IF I DIDN'T WANT TO BE WITH YOU."
5. TELL HIM/HER ABOUT SOME OTHER OPTIONS.  
  
SEXY THINGS YOU WILL DO THAT DON'T REQUIRE INTERCOURSE.
6. TELL HIM/HER YOUR POINT OF VIEW.  
  
I NEED... I WANT FROM YOU.... I WILL GIVE YOU....  
  
"I'M NOT GOING TO PUT MY HEALTH AT RISK."
7. STAY CALM.  
  
TELL YOURSELF YOU CAN REFUSE HIM/HER. TAKE A DEEP BREATH AND STAY FOCUSED.

8. BREAK THE CYCLE.

IF YOU SCREAM BACK, YOU'LL GET MORE OF THE SAME

9. KNOW WHAT YOUR BOTTOM LINE IS.

DON'T WASTE YOUR TIME ARGUING IF YOU WILL KEEP HIM/HER EVEN THOUGH HE/SHE WON'T USE A CONDOM.

GO OVER THE TIPS BRIEFLY TRY TO MAKE SURE EVERY ONE UNDERSTANDS THEM.

In this next role play one member of the couple has said that he/she will not use protection.

The other person's task is to refuse sex without using a male or female condom.

I need a man and a woman to volunteer to play the roles.

In this case the guy won't use a condom, and the woman refuses sex.

SELECT THE VOLUNTEERS. GIVE THEM INSTRUCTIONS.

(TO THE MAN) Your goal is to not wear a condom and still have sex.

(TO THE WOMAN) Your goal is to refuse sex without a condom.

The observers are to see how much the tips are used in the role play.

Go ahead and do the role play.

HAVE THE COUPLE DO THE ROLE PLAY FOR 3 MINUTES.

That was great!

GIVE OUT "THANKS."

Now it is time for feedback.

(TO THE WOMAN) How did you feel, what one thing did you like about your performance, and what one thing would you do differently?

OBTAIN A RESPONSE FROM THE WOMAN.

(TO THE MAN) How did you feel, what one thing did you like and what would you do differently?

OBTAIN A RESPONSE FROM THE MAN.

Now what did the observers think?

OBTAIN FEEDBACK FROM THE OBSERVERS.

Now I want you to break into pairs.

Decide who will be the one refusing and who will be the one who won't use protection.

Then role play for 4 minutes.

DIVIDE THE GROUP IN PAIRS. HAVE THEM DECIDE WHO WILL BE THE REFUSER. ROLE PLAY FOR 4 MINUTES.

How did that go?

What did you learn?

GO AROUND THE ROOM AND HAVE THE PAIRS REPORT. THEN

STIMULATE A GENERAL DISCUSSION OF TRYING TO  
INFLUENCE A PARTNER.

Sometimes things get nasty when one person refuses to have sex.

Let's take a look at that.

Exercise 5: What Do I Do About Violence?

(10 minutes)

**[The purpose of this exercise is to prepare the youth for a violent response. Discussion and suggestions are employed.]**

Next we want to deal with the issue of abuse because refusing unsafe sex may lead to it.

Many people define abuse as physical abuse, but in reality it is much more than that.

Here are some examples of abuse.

HAND OUT THE EXAMPLES OF ABUSE.

EXAMPLES OF ABUSE

PHYSICAL ABUSE:

HIT, SLAP, GRAB, SHOVE, PUSH, KICK, CHOKE, SCRATCH, PUNCHING, PULL, PINCH, BEND.

SEXUAL ABUSE:

FORCE YOU TO HAVE SEX AGAINST YOUR WILL.  
FORCE YOU TO ENGAGE IN SEXUAL ACTS YOU DO NOT ENJOY.  
FORCE YOU TO HAVE SEX WITH OTHER PEOPLE.  
FORCE YOU TO HAVE SEX WITH ANIMALS.  
FORCE YOU TO HAVE SEX WITH OBJECTS.

PSYCHOLOGICAL ABUSE:

THREATEN TO HURT YOUR CHILDREN.  
THREATEN TO HURT YOUR PETS.  
THREATEN TO HURT YOUR FRIENDS AND FAMILY MEMBERS.  
THREATEN TO DAMAGE YOUR PROPERTY.  
USE INTIMIDATION OR MANIPULATION TO CONTROL YOU OR YOUR CHILDREN.  
BECOME JEALOUS WITHOUT REASON.  
PREVENT YOU FROM SEEING YOUR FAMILY AND FRIENDS.  
PREVENT YOU FROM GOING WHERE YOU WANT AND WHEN YOU WANT.  
DENY YOU ACCESS TO FAMILY ASSETS, BANK ACCOUNTS, CREDIT CARDS, THE CAR.  
CONTROL ALL YOUR FINANCES AND MAKE YOU ACCOUNT FOR WHAT YOU

SPEND.  
INSULT YOU OR CALL YOU DEROGATORY RACIAL OR SEXUAL NAMES.  
HUMILIATE YOU IN FRONT OF OTHERS.  
PUT YOU DOWN ALL THE TIME.  
BEHAVE IN AN OVER PROTECTIVE MANNER.

Take a minute and read the examples.

You can see that there is a lot more to abuse than getting beat up.

Many women have experienced things on this list.

Some men may have experienced them too.

Abuse can come from same or opposite sex partners.

Being abused is not unusual, although it is totally unacceptable.

There is usually a pattern to the abusive behavior displayed by the abuser.

First tension builds up in the relationship.

Second, the abusing partner becomes very abusive - exploding, hurting, controlling, manipulating.

Third, the abuser is sorry, so there is the calm, loving stage which lasts until the tension builds up again.

Also, the longer the abusive relationship lasts, the worse the abuse will become.

Dealing with abuse is a big and complicated problem which we cannot cover here in this workshop.

But we want you to be aware of it and give some thought about what you could do.

From your own experience what ideas occur to you about ways to handle abuse?

ENCOURAGE SHARING OF STRATEGIES DEALING WITH ABUSE

ARISING FROM TRYING TO PROTECT ONESELF FROM UNSAFE  
SEX.

Those are some good ideas.

Here are some of our ideas.

HAND OUT THE IDEAS ON ABUSE.

**IDEAS ON DEALING WITH ABUSE**

1. DETERMINE THE SIGNS YOUR PARTNER WOULD SHOW IF HE/SHE WERE TO START BECOMING ABUSIVE.
2. HAVE A PLAN FOR WHAT YOU WOULD DO IF ABUSE APPEARED.
3. KNOW WHEN TO LEAVE - EARLY IN THE SEQUENCE.
4. DON'T BRING UP NEGOTIATIONS OR REFUSAL DURING SEXUAL AROUSAL.
5. PROTECT YOURSELF - YOUR PHYSICAL SAFETY COMES FIRST.
6. OBTAIN OUTSIDE SUPPORT AT THE FIRST SIGN OF ABUSE.

There are two dilemmas for a person here.

Earlier we said a person had the right to refuse unwanted sex.

The first dilemma is when does protecting yourself against physical violence become more important than your rights.

The second dilemma revolves around your bottom line.

How much abuse and exposure to HIV are you willing to put up with in order to keep your partner from

walking out on you?

Only you can resolve these dilemmas, and now is a good time to start thinking about them.

Programs for battered people usually help them think through the dilemmas that they face about staying with a partner.

There are also programs for people who abuse.

Most of the time the programs are for women abused by men and men who abuse women, although abuse can happen to anyone, by anyone.

Here are some resources for domestic violence.

**■GIVE OUT SOME LOCAL RESOURCES FOR DOMESTIC  
VIOLENCE (FROM BOTH SAME AND OPPOSITE SEX PARTNERS.)**

Today we have explored using protection when having sex, negotiating, refusal and violence.

The safest approach to protecting oneself is not to have sex.

Does that sound like something you would want?

Does a relationship have to have sex in it?

Those are questions for you to consider.

What does a good relationship look like?

Exercise 6: What Does a Good Relationship Look Like?

(5 minutes)

**[The purpose of this exercise is to identify characteristics of a loving and caring relationship. Brainstorming is the technique used here.]**

What does a loving and caring relationship look like?

Our task is to answer that question.

You call out what you want to see in a caring and loving relationship and I will write your ideas on newsprint so that everyone can see.

HAVE THE YOUTH BRAINSTORM THE CHARACTERISTICS OF A  
CARING AND LOVING RELATIONSHIP. AS THEY CALL THEM  
OUT WRITE THEM UP ON NEWSPRINT.

That's a great list.

I hope you are able to establish such a relationship in your life.

Now we are almost at the end of the session.

Setting goals and showing appreciation are all that remain.

Exercise 7: What Are My Goals?  
(20 minutes)

**[The purposes of this exercise carry what was learned in the session to the outside world and to build group appreciation. Goal setting and group appreciation are the approaches used.]**

We went over a lot of material today.

It should be easy to set a "between-session goal."

A goal might be related to using condoms or teaching someone else how to use them.

You might practice negotiating with someone.

You might practice refusing.

You might write out what your bottom line is in terms of how much abuse you will stand for.

There are lots of possibilities.

Take a few minutes and decide what your personal goal is going to be.

Remember goals are to be clear, realistic, not too much or too little and easy to see if completed.

Make a decision about yours.

ALLOW A FEW MINUTES FOR YOUTH TO SELECT A PERSONAL GOAL. THEN GO AROUND THE ROOM AND HAVE YOUTH SHARE THEIR GOAL. USE THE GOAL CARD AND THE GOAL FORM.

Those are some good goals.

At the beginning of the next session we will see how it worked out.

Now let's give appreciation to each other.

Wander around the room and let people know you liked what they said and did today.

MODEL GIVING APPRECIATION. MAKE SURE NO ONE IS LEFT  
OUT.

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

END OF SESSION 11 - YOUNG ADULT

## DO'S AND DON'TS FOR MALE CONDOMS

### DO

1. USE ONLY LATEX CONDOMS THAT ARE NOT TOO OLD.
2. USE FOR VAGINAL, ANAL AND ORAL SEX
3. USE ONLY WITH WATER-BASED LUBRICANT SUCH AS K-Y JELLY NOT VASELINE OR OTHER OIL BASED PRODUCTS.
4. CHECK OUT THE CONDOM PACKET FOR PUNCTURES
5. PUT ON CONDOM BEFORE PENIS EVEN TOUCHES ANUS, VAGINA OR MOUTH
6. PULL BACK FORESKIN
7. PLACE SMALL AMOUNT OF LUBRICANT WITH NON-OXYNOL 9 IN CONDOM TIP
8. ROLL CONDOM ALL THE WAY TO BASE OF PENIS
9. LEAVE ROOM IN END OF CONDOM FOR CUM
10. SQUEEZE OUT ANY AIR POCKETS.
11. HOLD ON TO THE RIM OF THE CONDOM AT THE BASE WHEN PULLING OUT
12. CAREFULLY REMOVE CONDOM
13. THROW CONDOM AWAY
- 14. USE THE 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 LAMB SKIN CONDOMS
- 5. DON'T HAVE SEX WITHOUT A CONDOM**

## USING THE FEMALE CONDOM

Practice inserting it.

Help insert the penis.

If something goes wrong, throw the condom away and start again.

If the outer ring gets pushed into the vagina, stop.

Use the condom **every time you have sex**.

Use a new condom every time you have sex.

Never use a condom twice.

Do not remove the condom's inner ring.

Do not use a male condom and a female condom at the same time.

Don't tear the condom.

Use more lubricant if needed.

### Removing the Female Condom

Squeeze and twist the outer ring to keep the semen inside the condom.

Pull out gently.

Throw away in a wastebasket - not down the toilet.

## **IDEAS ON INFLUENCING YOUR PARTNER**

### **GET READY:**

1. DETERMINE WHEN, WHERE AND HOW YOU SUCCESSFULLY PERSUADED HIM/HER TO DO SOMETHING HE DIDN'T WANT TO DO IN THE PAST.
2. DECIDE ON YOUR BOTTOM LINE AND WHAT TRADE-OFFS YOU ARE WILLING TO MAKE.
3. FIGURE OUT WHAT AND WHOM YOUR PARTNER RESPECTS.
4. IDENTIFY WHAT CHALLENGES AND WHAT SUPPORTS YOUR PARTNER'S SELF ESTEEM.
5. DEVELOP STRATEGIES THAT FIT YOU, YOUR PARTNER, AND YOUR RELATIONSHIP.

### **MAIN POINTS:**

1. KEEP THE POSITIVE AND NEGATIVE ASPECTS OF THE EXPERIENCE IN BALANCE.
2. WHEN THE COMMUNICATION KEEPS GETTING MORE AND MORE NEGATIVE, STOP IT.

### **HOW TO REDUCE THE NEGATIVE AND INCREASE THE POSITIVE**

1. EXPRESS YOUR NEEDS AND FEELINGS WITH FIRMNESS, CONFIDENCE, AND INTELLIGENCE.
2. START OFF YOUR DISCUSSION WITH SOMETHING POSITIVE.
3. DON'T BLAME YOUR PARTNER OR UNDERCUT HIS/HER SELF-ESTEEM.
4. WHEN YOU UNDERSTAND YOUR PARTNER'S THOUGHTS AND FEELINGS, (EVEN IF YOU DISAGREE) LET HIM/HER KNOW.
5. WHEN YOUR PARTNER DOES SOMETHING YOU LIKE, TELL HIM/HER.
6. WHEN YOUR PARTNER MAKES SARCASTIC, SNIDE OR DEMEANING COMMENTS ABOUT YOU, IMMEDIATELY TELL HIM/HER YOU DON'T LIKE IT. IF HE/SHE STOPS, RESPOND POSITIVELY. IF HE/SHE DOESN'T, CHALLENGE HIM/HER AGAIN.

### **TIPS ON REFUSING UNSAFE SEX**

1. BE AWARE THAT YOU MAY HAVE DIFFERENT NEEDS.

SOME PEOPLE MAY DESIRE CLOSENESS WHILE OTHERS VALUE INDEPENDENCE MORE.

2. GIVE A CLEAR MESSAGE

DON'T SAY "NO" WHEN YOU MEAN "YES." DON'T SAY "MAYBE."

3. STATE HOW YOU FEEL.

"I AM HURT AND ANGRY THAT YOU ARE UNWILLING TO PROTECT ME."

4. TELL HIM/HER THE POSITIVE SIDE.

"I WOULDN'T BE MAKING A FUSS IF I DIDN'T WANT TO BE WITH YOU."

5. TELL HIM/HER ABOUT SOME OTHER OPTIONS.

FOR EXAMPLE, SEXY THINGS YOU WILL DO THAT DON'T REQUIRE INTERCOURSE.

6. TELL HIM/HER YOUR POINT OF VIEW.

I NEED... I WANT FROM YOU.... I WILL GIVE YOU....

"I'M NOT GOING TO PUT MY HEALTH AT RISK."

7. STAY CALM.

TELL YOURSELF YOU CAN REFUSE HIM/HER. TAKE A DEEP BREATH AND STAY FOCUSED.

8. BREAK THE CYCLE.

IF YOU SCREAM BACK, YOU'LL GET MORE OF THE SAME

9. KNOW WHAT YOUR BOTTOM LINE IS.

DON'T WASTE YOUR TIME ARGUING IF YOU WILL KEEP HIM/HER EVEN THOUGH HE/SHE WON'T USE A CONDOM.

## EXAMPLES OF ABUSE

### PHYSICAL ABUSE:

#### YOUR PARTNER MIGHT:

HIT, SLAP, GRAB, SHOVE, PUSH, KICK, CHOKE, SCRATCH, PUNCHING, PULL, PINCH, BEND.

### SEXUAL ABUSE:

#### YOUR PARTNER MIGHT:

FORCE YOU TO HAVE SEX AGAINST YOUR WILL.  
FORCE YOU TO ENGAGE IN SEXUAL ACTS YOU DO NOT ENJOY.  
FORCE YOU TO HAVE SEX WITH OTHER PEOPLE.  
FORCE YOU TO HAVE SEX WITH ANIMALS.  
FORCE YOU TO HAVE SEX WITH OBJECTS.

### PSYCHOLOGICAL ABUSE:

#### YOUR PARTNER MIGHT:

THREATEN TO HURT YOUR CHILDREN.  
THREATEN TO HURT YOUR PETS.  
THREATEN TO HURT YOUR FRIENDS AND FAMILY MEMBERS.  
THREATEN TO DAMAGE YOUR PROPERTY.  
USE INTIMIDATION OR MANIPULATION TO CONTROL YOU OR YOUR CHILDREN.  
BECOME JEALOUS WITHOUT REASON.  
PREVENT YOU FROM SEEING YOUR FAMILY AND FRIENDS.  
PREVENT YOU FROM GOING WHERE YOU WANT AND WHEN YOU WANT.  
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HUMILIATE YOU IN FRONT OF OTHERS.  
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