

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

## **Act Safe Module Sexual Decisions of HIV-Positive Youth Session #5: Should I Refuse Unprotected Sex?(2 hrs.)**

### OBJECTIVES:

1. Youth will explore the pros and cons of refusing unprotected sex.
2. Youth will identify and confront the ethical decisions in refusing unprotected sex.
3. Youth will practice how to refuse unprotected sex.
4. Youth will identify signs of abusive situations, and explore ways to deal with it.

### RATIONALE:

Up to this point the workshop has focused on two major decisions: whether to tell a partner that one is infected with HIV and whether to influence sexual partners to accept condom use by both people. But what should the youth do if his partner will not agree to condom use? This question is particularly crucial because so many of the youths in this population place enormous value on relationships. Thus, this last session relates refusal to possible selves, highlights the ethical dilemmas in refusal, explores the meaning of refusing, and provides practice in refusing.

One obvious consequence of refusing is losing a desired partner. Another outcome of refusal which is not often dealt with is abuse by the other partner. In this session the question of abuse is raised, and youths are prepared for what to do in such a situation.

As in other sessions, goals are emphasized, values are made explicit, and the decision to refuse is linked to the kind of person youths want to be. Furthermore there is an attempt to direct youths away from isolation and into the support and resources of the established community.

## SUMMARY OF EXERCISES:

1. Introduce session content, do lottery. Review goals and progress toward the session's objectives. (20 minutes)
2. Imagine refusing from the point of view of possible selves and explore the advantages and disadvantages of refusing unprotected sex. (15 minutes)
3. Use scripts to confront ethical issues in refusing and write a letter to uncover the meaning of refusing. (20 minutes)
4. Provide guidelines and models of refusing. Practice refusing. (25 minutes)
5. Identify the signs of abuse and brainstorm ways to deal with it. (20 minutes)
6. End with a progress report, setting goals, and group appreciation. (20 minutes)

## MATERIALS:

Lottery tickets  
Lottery prize  
"Thanks"  
Newsprint and marking pens  
Paper and pencils  
Goal Setting Chart  
Goal Cards  
Goal Summary Sheet  
Feeling Thermometer Chart  
Scripts: "No" & "But We Are Both Positive"  
Tips on refusing unprotected sex  
Examples of Abuse  
Tips for Dealing with Abuse  
Local Resources for Abuse  
My Actions Summary Chart  
My Actions  
Script: "Forget It"  
Process Measure

NOTES TO THE FACILITATORS: Text in **bold** letters tells you what the purpose of each exercise is. Text in CAPITAL letters tells you what to do. Text in small letters tells you what to say. Once you become familiar with what to say, please put it in your own words. Do not read

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aloud the text in small letters--make it natural.

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

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

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

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

Welcome back to the last session of this series on sexual decisions.

Let's do the lottery.

**■DO A LOTTERY. PASS OUT LOTTERY TICKETS AND HAVE YOUTHS WRITE THEIR NAMES ON THEM. COLLECT THE TICKETS, MIX THEM UP, DRAW A WINNER AND GIVE OUT THE PRIZE.**

Before we get into reviewing how working on your goals went, I want you to have "Thanks" to pass out.

That way you can let group members know that you liked what they did on their goals.

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

Now I want to find out what happened on your goals.

**■POST THE GOAL SETTING CHART.**

As you listen to others telling about what they did, feel free to comment and to help them figure out how to overcome any barriers they ran into.

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**■GO AROUND THE ROOM ASKING EACH YOUTH TO STATE WHAT HIS/HER GOAL WAS AND TO REPORT ON THE PROGRESS THAT WAS MADE IN ACHIEVING IT. REFER TO THE GOAL SUMMARY SHEET. GIVE "THANKS" AND COACH ON HOW TO GET OVER OBSTACLES. INVOLVE OTHER YOUTHS IN THE DISCUSSION.**

That was a good review.

At the end of the last session you filled out the "My Actions" questionnaire.

Here are the group totals.

Tell me what you think of them.

**■PUT UP THE NEW TOTALS AND THE TOTALS FROM THE FIRST TIME THE QUESTIONNAIRE WAS FILLED OUT. MAKE COMPARISONS. ENCOURAGE DISCUSSION.**

Today we are going to face the decision on whether to refuse unprotected sex.

We will start with seeing if refusing unprotected sex fits in with the kind of person you want to be.

Exercise 2: How Does Refusing Fit With Who I Want To Be?  
(15 minutes)

**[The purpose of this exercise is to increase motivation to refuse unprotected sex. Linking refusal to possible selves and considering advantages and disadvantages are the method employed to reach the exercise's objective.]**

Here's a situation you might face some day.

You have tried every way you know how to convince your partner that the two of you should use condoms.

Your partner(s) won't go along and wants to have unprotected sex with you.

How would you hope to be and what would you be afraid of being in this situation?

Maybe you would hope to be tough and would be afraid that you would be chicken and give in.

Think of your own personal possibilities.

■ALLOW TIME FOR IDENTIFYING POSSIBLE SELVES.

Now think of yourself successfully handling this situation in the future.

■HAVE YOUTHS IMAGINE SUCCESS.

Let's look at the advantages and disadvantages.

■ON NEWSPRINT WRITE "REFUSING" AT THE TOP OF THE PAGE. THEN MAKE TWO COLUMNS. WRITE "ADVANTAGES" AT THE HEAD OF ONE COLUMN AND

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"DISADVANTAGES" AT THE TOP OF THE OTHER.

Call out what you see as advantages and disadvantages.

■ENCOURAGE RESPONSES. WRITE THEM ON THE NEWSPRINT AS THEY ARE GIVEN. FOR EXAMPLE:

ADVANTAGES

PROTECT SELF

PROTECT PARTNER

DO THE RIGHT THING

LESS ANXIOUS DURING SEX

DISADVANTAGES

LOSE LOVER

LONELY

GET BEAT UP

NO SEX

Those are good lists of advantages and disadvantages.

■HOLD UP A COPY OF A FEELING THERMOMETER.

Using the Feeling Thermometer which disadvantages would make you feel the most uncomfortable?

■OBTAIN READINGS AND RESPONSES. EXPLORE WHY THAT DISADVANTAGE HAS THE WORST FEELING ASSOCIATED WITH IT.

Which one of the disadvantages would be the most difficult to fix?

■ENCOURAGE SHARING OF WHICH DISADVANTAGES ARE THE HARDEST TO DEAL WITH.

This decision on refusing unprotected sex may have conflicts in it for some of you.

Next, let's see what those conflicts are on doing the "right" thing.

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Exercise 3: What Conflicts Do I Face In Refusing?  
(20 minutes)

**[The purposes of this exercise are to make ethical dilemmas explicit and to explore the personal meaning that refusing unprotected sex would have. Scripts and letter writing are used here.]**

We are going to get at the conflicts in refusing unprotected sex through some soap scenes and reacting to them.

In this first scene a gay couple is coping with refusing.

Foster can be Felicia if you want to work out a straight scene.

Foster/Felicia is HIV-positive and has not told Stewart.

Stewart's status is unknown.

Who will play Foster/Felicia and who will play Stewart?

■SELECT THE VOLUNTEERS. GIVE THEM THE SCRIPT  
AND HAVE THEM READ THE SCENE ALOUD TO THE  
GROUP.

NO

FOSTER/FELICIA: I've tried to give you every good reason why we should use condoms. And you still aren't going to do it.

STEWART: That's right.

FOSTER/FELICIA: Not wearing condoms says to me that you don't really care about me.

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STEWART: Stop trying to manipulate me with that "if you love me, you will do what I tell you." I love you but I'm not wearing condoms.

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

STEWART: Right!

FOSTER/FELICIA: Well, I guess we'll have to do it without putting it in me.

STEWART: I won't go along with that.

FOSTER/FELICIA: 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 straight answer.

STEWART: I don't want to wear one.

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

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

FOSTER/FELICIA: I don't want to break up. I care about you. I don't want to lose you.

STEWART: But you would throw me out over a stupid rubber.

FOSTER/FELICIA: You shouldn't put me in that position. Either way I lose.

STEWART: It wasn't my idea to insist on condoms. You know I love you, but I'm not going to put up with this shit.

FOSTER/FELICIA: I'm not making a choice. When you are agreeable to sex with condoms, we'll be back doing it like we were before. I'm not breaking up with you. I'll enjoy your company and everything else we do together. The two of us will live here like we always have, only no sex.

STEWART: I can't believe this.

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Thanks--that was great!

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

To get us started trying to uncover the dilemmas in this situation I will ask each of you a question.

**■GO AROUND THE GROUP ASKING EACH YOUTH A QUESTION ABOUT THE SCENE. EXPECT ONLY BRIEF ANSWERS. HOLD GROUP DISCUSSION UNTIL AFTER THE QUESTIONS HAVE BEEN ANSWERED. THE QUESTIONS ARE AS FOLLOWS:**

1. WHO DID YOU IDENTIFY WITH--FOSTER/FELICIA OR STEWART?
2. WAS FOSTER/FELICIA BEING UNREASONABLE?
3. WAS STEWART BEING UNREASONABLE?
4. WHAT WAS BEHIND STEWART'S UNWILLINGNESS TO WEAR CONDOMS?
5. WHAT WAS THE CHOICE FOSTER/FELICIA HAD TO MAKE?
6. WOULD THIS BE A DIFFICULT SITUATION FOR YOU?

Those were interesting answers.

Now let's discuss the scene briefly.

**■KEEP THE DISCUSSION FOCUSED.**

If Foster/Felicia were to do the "right" thing, what decision would he/she make?

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■ENCOURAGE A DISCUSSION OF THE ETHICAL ISSUES AND DILEMMAS IN THIS SCENE. TAKE THE POSITION THAT IT IS A PERSONAL DECISION BASED ON THE INDIVIDUAL'S STANDARDS AND ON HIS IMAGE OF WHAT KIND OF PERSON HE/SHE SHOULD BE. DON'T TRY TO COME UP WITH THE ONE AND ONLY RIGHT ANSWER.

That was very good.

Let's turn to a second scene.

This scene is about Ted and Penny--a couple who have been together a while.

Penny can be Pete if you want to work out a gay scene.

Both Ted and Pete/Penny are HIV-positive.

Who will play Pete/Penny and who will play Ted?

■SELECT THE PLAYERS. GIVE THEM THE SCRIPT AND HAVE THEM READ IT ALOUD FOR THE GROUP.

BUT WE ARE BOTH POSITIVE

TED: Tell me this again. You want us to use wear condoms when we have sex?

PETE/PENNY: That's right.

TED: That doesn't make any sense. We both are infected. So what difference does it make?

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PETE/PENNY: I don't want to get re-infected.

TED: Have you been going to the park again?

PETE/PENNY: No!

TED: Well, I haven't either. So, there's no danger.

PETE/PENNY: If we got STDs, that could make things much worse for us.

TED: It doesn't make any sense. We promised each other we would be faithful. Are you cheating on me?

PETE/PENNY: You know I wouldn't do that.

TED: So, what are you telling me? Are you suggesting that I'm playing around on the side?

PETE/PENNY: I didn't say that.

TED: You didn't say that, but you implied it.

PETE/PENNY: I just don't want to take any chances.

TED: Then you must think there is a chance that I might cheat on you.

PETE/PENNY: I didn't say that.

TED: You think it.

PETE/PENNY: Why can't you agree to wear condoms?

TED: It isn't necessary.

PETE/PENNY: I really wish you would.

TED: You don't trust me. What have I done to make you think I would cheat on you?

PETE/PENNY: Nothing.

TED: 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?

PETE/PENNY: I don't mean to hurt you. I just want us to wear condoms.

TED: Don't you love me any more?

PETE/PENNY: Of course, I do.

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

PETE/PENNY: I can't.

THE END

Thanks for a great scene!

■GIVE THE PLAYERS "THANKS."

Has anyone been in a situation like this one?

■ENCOURAGE SHARING OF EXPERIENCES.

Let's discuss the scene briefly.

Is cheating a worry?

What are the conflicts going on within Pete/Penny in this situation?

What should Pete/Penny do?

■ENCOURAGE A DISCUSSION OF THE ETHICAL

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## DILEMMAS IN THIS SITUATION.

Next, we are going to practice refusing.

Exercise 4: How Do I Refuse Unprotected Sex?  
(25 minutes)

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

There are many situations where a guy or girl might want to refuse sex.

You might not like the person who is trying to seduce you.

The guy won't wear a condom.

The guy wants to stick it in when you would rather just play around.

You are tired.

You just doesn't feel like it.

Well, the good news is that there are many ways to refuse.

Today, we are going to practice direct methods, because they work best.

I want you to get ready for practicing refusal.

Imagine that in the future you decide to refuse having unprotected sex.

You hope that you will be able to hold your ground.

Imagine that you are successful in refusing.

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Think about it for a minute.

■PAUSE WHILE YOUTHS IMAGINE SUCCESSFUL REFUSAL.

Let's look at some guidelines on refusing unwanted sex.

■PASS OUT TIPS ON REFUSING UNPROTECTED SEX AND GO OVER THEM.

### TIPS ON REFUSING UNPROTECTED SEX

1. GIVE A CLEAR MESSAGE.

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

2. STATE HOW YOU FEEL.

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

3. SHOW YOUR PARTNER THE POSITIVE SIDE.

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

4. TELL YOUR PARTNER ABOUT SOME OTHER SEXUAL OPTIONS.

"THERE ARE SEXY THINGS WE CAN DO THAT DON'T REQUIRE INTERCOURSE."

5. TELL YOUR PARTNER YOUR POINT OF VIEW.

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

6. STAY CALM.

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

7. DON'T GET INTO NAME CALLING, PUT-DOWNS OR THREATS.

8. REMEMBER, IF YOU YELL BACK, YOU'LL GET MORE OF THE SAME.

9. KNOW WHAT YOUR BOTTOM LINE IS.

Here is a very brief example of refusing unprotected sex.

Listen carefully and tell us whether the guidelines were followed.

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

I will play Sean, and \_\_\_\_\_ (THE CO-FACILITATOR) will play Grady.

Notice that the exact same scene applies to a straight couple, even the language used. If you have sex with women, you can imagine Sean to be Sally.

**FORGET IT!**

SEAN/SALLY: Wait a minute. Where's the condom?

GRADY: Forget it.

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SEAN/SALLY: I told you I wasn't having sex without a condom.

GRADY: We don't need one.

SEAN/SALLY: You agreed to use condoms.

GRADY: No, I didn't.

SEAN/SALLY: Yes, you did.

GRADY: Well, I'm not using one.

SEAN/SALLY: Look, it's for both of us. If I didn't care about you, I wouldn't be insisting on condoms.

GRADY: Let's get on with it.

SEAN/SALLY: I'm not doing it.

GRADY: I'm losing and chance of a hard on here.

SEAN/SALLY: Sorry. I can't.

GRADY: What a lover you turned out to be.

SEAN/SALLY: Wear a condom, and I'm fine.

GRADY: Let's stop all this crap. Come over here.

SEAN/SALLY: No condom, no sex.

GRADY: Will you jerk me off?

SEAN/SALLY: Sure.

THE END

How would you evaluate what Sean/Sally did?

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What did you like and what would you do differently?

**■ENCOURAGE EVALUATIONS OF SEAN/SALLY'S APPROACH.**

Now that we have gone over the guidelines and seen a demonstration, it is time to practice.

Let's role play a scene.

Remember the guidelines that we covered a few minutes ago.

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

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

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

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

The new partner role play is straight, and the steady partner role play is gay.

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

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

The new partner role play goes first.

■DECIDE WHO WILL PLAY THE FEMALE PARTNER REFUSING AND WHO WILL PLAY THE NEW MALE PARTNER. PLACE TWO CHAIRS IN THE MIDDLE OF THE ROOM.

(TO THE FEMALE WHO IS REFUSING)--You find this new guy really attractive and have been going out with him for three weeks, but no sex has happened yet.

You expect it will happen soon.

You tried every way possible to get him to agree to wear condoms, and he won't do it.

Your goal is to refuse your new friend if he wants to have unprotected sex.

(TO THE NEW PARTNER)--You like your new friend and want to have sex with her, but you will not wear condoms.

Your goal is to get your new friend to have unprotected sex with you.

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

Please sit in these two chairs.

The rest of you will be observers.

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Let me give the observers their assignments.

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

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

OK. Go ahead and do the role play.

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

That was great!

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

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

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

(TO THE NEW PARTNER)--Tell us how you felt, what one thing the girl did that you liked, and what one thing you would do differently if you were her.

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**■OBTAIN FEEDBACK.**

(TO THE OBSERVERS)--Tell us one thing the girl who was refusing did that you liked, and what one thing you would do differently if you had played that role.

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

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

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

He won't go along with you.

The next pair will do this role play.

One of you will play the guy who refuses unprotected sex, and the other one will play the steady partner.

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

(TO THE GUY)--Your goal is to refuse your steady partner if he wants unprotected sex.

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

(TO THE STEADY PARTNER)--In playing the lover you are eager to have sex and will not wear a condom.

Your goal is to get your partner to have unprotected sex with you.

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Don't be too hard on your lover.

Please sit in these two chairs.

The rest of you will be observers.

Let me give the observers their assignments.

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

You pay attention to:

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

OK. Go ahead and do the role play.

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

That was great!

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

What feedback is there on the role play?

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We'll start with the players.

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

■SHOW THE FEELING THERMOMETER CHART AND  
OBTAIN FEEDBACK.

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

■OBTAIN FEEDBACK.

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

■OBTAIN FEEDBACK. BRING THE GROUPS BACK  
TOGETHER.

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

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

■SHOW THE FEELING THERMOMETER CHART AND  
OBTAIN FEELING THERMOMETER READINGS.

What would make you more comfortable and less comfortable in refusing your partner?

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■SHARE RESPONSES AND OPEN UP A GENERAL DISCUSSION  
ON REFUSING AND ON THE ROLE PLAY.

Now let's think about a situation where your partner becomes abusive.

Exercise 5: What If He Becomes Abusive?

(20 minutes)

**[The purposes of this exercise are to prepare for an abusive reaction from a partner when unprotected sex has been refused and to increase skills in dealing with abuse. Guidelines and working on abusive situations are used.]**

We can't talk about refusing unprotected sex without mentioning the possibility of your partner becoming abusive.

It may not happen often, but you need to be aware of it.

A lot of people are not sure what abuse is.

They only think of getting beat up.

Let's take a look at some examples of abuse.

■HAND OUT EXAMPLES OF ABUSE.

EXAMPLES OF ABUSE

PHYSICAL ABUSE:

HIT, SLAP, GRAB, SHOVE, PUSH, KICK, CHOKE, SCRATCH, PUNCH, PINCH.

SEXUAL ABUSE:

FORCE YOU TO HAVE SEX AGAINST YOUR WILL.

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FORCE YOU TO ENGAGE IN SEXUAL ACTS YOU DO NOT ENJOY.  
FORCE YOU TO HAVE SEX WITH OTHER PEOPLE.

PSYCHOLOGICAL ABUSE:

THREATEN TO HURT YOU.  
USE INTIMIDATION OR MANIPULATION TO CONTROL.  
THREATEN TO HURT YOUR FRIENDS AND FAMILY MEMBERS.  
PREVENT YOU FROM SEEING YOUR FAMILY AND FRIENDS.  
PREVENT YOU FROM GOING WHERE YOU WANT AND WHEN YOU WANT.  
INSULT YOU OR CALL YOU DEROGATORY RACIAL OR SEXUAL NAMES.  
PUT YOU DOWN.  
THREATEN TO DAMAGE YOUR PROPERTY.  
HUMILIATE YOU.

You can see that there are many angles to abuse.

Now that you know all the kinds of abuse, would you stay in an abusive relationship?

That is another important decision.

Have any of you experienced things on this list?

■ENCOURAGE SHARING.

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.

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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 that we cannot cover here in this session.

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

Here are some of our ideas on dealing with an abusive partner.

■HAND OUT THE TIPS ON DEALING WITH ABUSE AND GO OVER THE TIPS.

#### TIPS ON DEALING WITH ABUSE

1. KNOW THE SIGNS.
2. HAVE A PLAN FOR WHAT YOU WOULD DO.
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.

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Let's take a look at two situations and see how you would apply these tips.

One of them is before the abuse occurs, and the other is after it has occurred.

Tony could be a man or a woman.

Here is Tony's story.

Tony has been living with Franco for two months and is crazy about him.

They have had sex together.

Tony found out he/she is HIV-positive and did not tell Franco.

All Tony said to Franco was that he had to use a condom from now on.

Franco wouldn't do it.

Franco tried to have intercourse with Tony without using a condom, and Tony wouldn't let him.

Franco glared and said nothing.

Franco has a terrible temper.

Once before when he thought Tony paid too much attention to another guy, Franco tossed dishes all around the kitchen and put his fist through the wall.

Tony is worried about what Franco might do when he/she refuses the next attempt at unprotected

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sex.

What advice would you give to Tony?

Think about where to talk to Franco.

Who can Tony get help from?

What can Tony and Franco do to solve the problem?

■ENCOURAGE BRAINSTORMING. LOOK FOR ADVICE SUCH AS THE FOLLOWING:

- 1) TALKING TO HIM IN A PLACE WHERE HE IS NOT LIKELY TO BLOW UP;
- 2) SEEKING SUPPORT FROM AN ABUSE COUNSELOR;
- 3) ASKING FRANCO TO GO WITH HIM/HER TO DISCUSS THE SITUATION WITH AN ABUSE COUNSELOR;
- 4) OFFERING SOMETHING INSTEAD OF UNPROTECTED INTERCOURSE;
- 5) FIND EXCUSES TO AVOID GOING OUT WITH HIM.

■DISCUSS THE RECOMMENDATIONS.

Here is another situation.

Larry and David are a gay couple.

Larry and David have been a couple for two years.

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Larry has always made the decisions and bossed David around.

Still they were devoted to each other.

David recently found out that he was HIV-positive and told Larry.

Larry went berserk, hitting David, pushing him down, calling him a faggot.

Larry accused David of having sex with other men and giving him the disease.

David knew it was the other way around: Larry occasionally had casual sex.

David tried to calm Larry and told him they could still love each other and have good sex as long as they used a condom.

Larry screamed at David that condoms were for hustlers and knocked David down again.

Then Larry stormed out of the apartment.

David knows Larry will come back and worries about what will happen then.

What advice would you give to David?

**■ENCOURAGE BRAINSTORMING. LOOK FOR WAYS TO ESCAPE, PROTECT HIMSELF, GET SUPPORT, AND GET COUNSELING FOR GAY COUPLES WHO BATTER. EXPLORE WHAT IS DAVID'S BOTTOM LINE. DISCUSS THE RECOMMENDATIONS.**

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Those were some really good ideas.

The main point is not to get trapped in an abusive relationship.

You are worth more than that.

Get out of it quickly.

For some people there is a real dilemma here.

How much abuse and exposure to re-infection and STDs 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.

Here is a list of community resources for couples where there is abuse and battering.

**■GIVE OUT SOME LOCAL RESOURCES.**

Are there any other comments or questions on abuse?

**■ENCOURAGE COMMENTS AND QUESTIONS.**

Now it is time for setting goals to carry on after the session is over.

Exercise 6: What Are My Goals For the Future?  
(20 minutes)

**[The purposes of this exercise are to increase motivation to achieve protect oneself and one's partners, to transfer learning to the real world, to build self-esteem, and to increase group support. Reviewing progress, setting goals, and group appreciation are employed to achieve the exercise's purposes.]**

We are near the end of the sessions on sexual decisions, and it is time to think of goals that you want to achieve.

Usually the goals are related to what we covered that day.

Today we worked on refusing and touched on abuse.

Possible goals related to this session might be as follows:

1. practice refusing unprotected sex with a friend, taking the part of my lover.
2. tell my partner that I won't engage in unprotected sex.
3. offer to engage in sexual acts with my partner where condoms aren't needed.

You might also have goals related to being in an abusive relationship. Also, because it is the last session on sexual decisions, you could also add goals from before like telling your partner you are HIV-positive or convincing your partner to use condoms.

Take some time and select a goal that you plan to achieve between now and our next session.

■POST THE GOAL SETTING CHART.

Remember to make the goal realistic, clear, not too easy or hard, easy to see if achieved, important to you, and one to which you are committed.

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**■ALLOW A FEW MINUTES FOR SELECTING A GOAL.  
HAVE THE YOUTHS WRITE IT ON GOAL CARDS.**

Now we will go around and hear what each person's goal is.

As each person describe their goals, feel free to ask questions and give support.

**■GO AROUND THE ROOM AND HAVE EACH PERSON  
DESCRIBE HIS GOAL. REFER TO THE GOAL CARDS.  
COACH AS NEEDED TO MAKE SURE THE GOALS MEET  
THE CRITERIA. THE FACILITATOR WRITES GOALS ON  
THE GOAL SUMMARY SHEET.**

Thank you. Those were some good goals.

Now I would like you to fill out the "My Actions" questionnaire one more time.

**■PASS OUT THE "MY ACTIONS" QUESTIONNAIRE. TAKE  
A FEW MINUTES TO FILL IT OUT. COLLECT THEM AND  
TABULATE THEM AT THAT TIME.**

Let's see how the answers come out today.

**■COMPARE TODAY'S RESPONSES TO THE FIRST TIME YOUTHS  
TOOK IT.**

What are your reactions to the change or lack of change that you see?

**■ENCOURAGE A BRIEF DISCUSSION.**

It is time to show our appreciation to the group members for their work in today's session and  
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throughout the sessions on sexual decision making.

Give recognition to people for their contributions, style and presence.

**■ENCOURAGE GIVING GROUP APPRECIATION.  
REINFORCE THOSE GROUP MEMBERS WHO GIVE PRAISE  
TO OTHERS. MODEL GIVING APPRECIATION THROUGH  
"THANKS," COMMENTS AND GESTURES.**

Our sessions for the next few week, in this second module, are on keeping drug and alcohol use reasonable.

In order to evaluate this program, we would like each of you to take a few minutes to complete this short questionnaire.

**■EITHER FACILITATORS OR AN INTERVIEWER ASSISTS  
PARTICIPANTS IN COMPLETING THE PROCESS MEASURE.  
DIRECTIONS ARE IN THE PROCESS MEASURE PACKET.**

We will meet next week as usual on this new topic.

The meeting place will be \_\_\_\_\_, the time \_\_\_\_\_, the date \_\_\_\_\_ and the day \_\_\_\_\_.

We'll see you then.

THE END OF SESSION 5

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NO

FOSTER/FELICIA: I've tried to give you every good reason why we should use condoms. And you still aren't going to do it.

STEWART: That's right.

FOSTER/FELICIA: Not wearing condoms says to me that you don't really care about me.

STEWART: Stop trying to manipulate me with that "if you love me, you will do what I tell you." I love you but I'm not wearing condoms.

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

STEWART: Right!

FOSTER/FELICIA: Well, I guess we'll have to do it without putting it in me.

STEWART: I won't go along with that.

FOSTER/FELICIA: 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 straight answer.

STEWART: I don't want to wear one.

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

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

FOSTER/FELICIA: I don't want to break up. I care about you. I don't want to lose you.

STEWART: But you would throw me out over a stupid rubber.

FOSTER/FELICIA: You shouldn't put me in that position. Either way I lose.

STEWART: It wasn't my idea to insist on condoms. You know I love you, but I'm not going to put up with this shit.

FOSTER/FELICIA: I'm not making a choice. When you are agreeable to sex with condoms, we'll be back doing it like we were before. I'm not breaking up with you. I'll enjoy your company and everything else we do together. The two of us will live here like we always have, only no sex.

STEWART: I can't believe this.

THE END

BUT WE ARE BOTH POSITIVE

TED: Tell me this again. You want us to use wear condoms when we have sex?

PETE/PENNY: That's right.

TED: That doesn't make any sense. We both are infected. So what difference does it make?

PETE/PENNY: I don't want to get re-infected.

TED: Have you been going to the park again?

PETE/PENNY: No!

TED: Well, I haven't either. So, there's no danger.

PETE/PENNY: If we got STDs, that could make things much worse for us.

TED: It doesn't make any sense. We promised each other we would be faithful. Are you cheating on me?

PETE/PENNY: You know I wouldn't do that.

TED: So, what are you telling me? Are you suggesting that I'm playing around on the side?

PETE/PENNY: I didn't say that.

TED: You didn't say that, but you implied it.

PETE/PENNY: I just don't want to take any chances.

TED: Then you must think there is a chance that I might cheat on you.

PETE/PENNY: I didn't say that.

TED: You think it.

PETE/PENNY: Why can't you agree to wear condoms?

TED: It isn't necessary.

PETE/PENNY: I really wish you would.

TED: You don't trust me. What have I done to make you think I would cheat on you?

PETE/PENNY: Nothing.

TED: 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?

PETE/PENNY: I don't mean to hurt you. I just want us to wear condoms.

TED: Don't you love me any more?

PETE/PENNY: Of course, I do.

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

PETE/PENNY: I can't.

THE END

FORGET IT!

SEAN/SALLY: Wait a minute. Where's the condom?

GRADY: Forget it.

SEAN/SALLY: I told you I wasn't having sex without a condom.

GRADY: We don't need one.

SEAN/SALLY: You agreed to use condoms.

GRADY: No, I didn't.

SEAN/SALLY: Yes, you did.

GRADY: Well, I'm not using one.

SEAN/SALLY: Look, it's for both of us. If I didn't care about you, I wouldn't be insisting on condoms.

GRADY: Let's get on with it.

SEAN/SALLY: I'm not doing it.

GRADY: I'm losing and chance of a hard on here.

SEAN/SALLY: Sorry. I can't.

GRADY: What a lover you turned out to be.

SEAN/SALLY: Wear a condom, and I'm fine.

GRADY: Let's stop all this crap. Come over here.

SEAN/SALLY: No condom, no sex.

GRADY: Will you jerk me off?

SEAN/SALLY: Sure.

THE END





## TIPS ON REFUSING UNPROTECTED SEX

1. GIVE A CLEAR MESSAGE.  
DON'T SAY "NO" WHEN YOU MEAN "YES." DON'T SAY "MAYBE."
2. STATE HOW YOU FEEL.  
"I AM HURT AND ANGRY THAT YOU ARE UNWILLING TO PROTECT ME."
3. SHOW YOUR PARTNER THE POSITIVE SIDE.  
"I WOULDN'T BE MAKING A FUSS IF I DIDN'T WANT TO BE WITH YOU."
4. TELL YOUR PARTNER ABOUT SOME OTHER SEXUAL OPTIONS.  
"THERE ARE SEXY THINGS WE CAN DO THAT DON'T REQUIRE INTERCOURSE."
5. TELL YOUR PARTNER YOUR POINT OF VIEW.  
"I'M NOT GOING TO PUT MY HEALTH AT RISK."
6. STAY CALM.  
TELL YOURSELF YOU CAN REFUSE. TAKE A DEEP BREATH AND STAY FOCUSED.
7. DON'T GET INTO NAME CALLING, PUT-DOWNS OR THREATS.
8. REMEMBER, IF YOU YELL BACK, YOU'LL GET MORE OF THE SAME.
9. KNOW WHAT YOUR BOTTOM LINE IS.



## EXAMPLES OF ABUSE

### PHYSICAL ABUSE:

HIT, SLAP, GRAB, SHOVE, PUSH, KICK, CHOKE, SCRATCH, PUNCH, PINCH.

### 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.

### PSYCHOLOGICAL ABUSE:

THREATEN TO HURT YOU.  
USE INTIMIDATION OR MANIPULATION TO CONTROL.  
THREATEN TO HURT YOUR FRIENDS AND FAMILY MEMBERS.  
PREVENT YOU FROM SEEING YOUR FAMILY AND FRIENDS.  
PREVENT YOU FROM GOING WHERE YOU WANT AND WHEN YOU WANT.  
INSULT YOU OR CALL YOU DEROGATORY RACIAL OR SEXUAL NAMES.  
PUT YOU DOWN.  
THREATEN TO DAMAGE YOUR PROPERTY.  
HUMILIATE YOU.

## TIPS ON DEALING WITH ABUSE

1. KNOW THE SIGNS.
2. HAVE A PLAN FOR WHAT YOU WOULD DO.
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.

MY ACTIONS

1. NOW I TELL MY SEXUAL PARTNERS THAT I AM HIV POSITIVE.

YES \_\_\_ NO \_\_\_

2. NOW I WEAR A CONDOM WHEN GIVING ANAL SEX.

YES \_\_\_ NO \_\_\_ DON'T HAVE ANAL SEX \_\_\_

3. NOW I WEAR A CONDOM WHEN GIVING VAGINAL SEX.

YES \_\_\_ NO \_\_\_ DON'T HAVE VAGINAL SEX \_\_\_

4. NOW I HAVE MY PARTNER WEAR A CONDOM WHEN HE GIVES ME ANAL SEX.

YES \_\_\_ NO \_\_\_ DON'T HAVE ANAL SEX \_\_\_

5. NOW I HAVE MY PARTNER WEAR A CONDOM WHEN HE GIVES ME VAGINAL SEX.

YES \_\_\_ NO \_\_\_ DON'T HAVE VAGINAL SEX \_\_\_

6. NOW I WEAR A CONDOM WHEN MY PARTNER GIVES ME ORAL SEX.

YES \_\_\_ NO \_\_\_ DON'T HAVE ORAL SEX

7. NOW I HAVE MY PARTNER WEAR A CONDOM/DENTAL DAM WHEN I GIVE MY PARTNER ORAL SEX.

YES \_\_\_ NO \_\_\_ DON'T HAVE ORAL SEX \_\_\_