



WHY I WILL TAKE CARE OF ME

1.

2.

3.

4.

5.

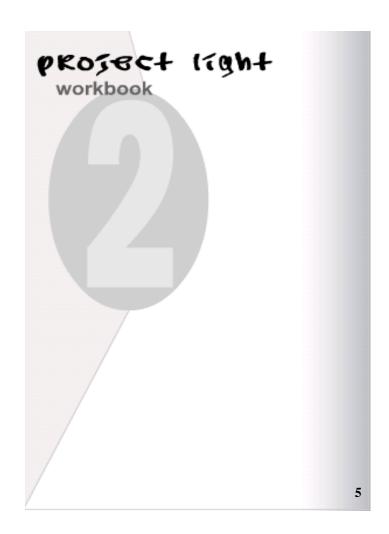
6.

BONTEADT OF BONNITMENT

Project Light Living In Good Health Together Contract of Commitment

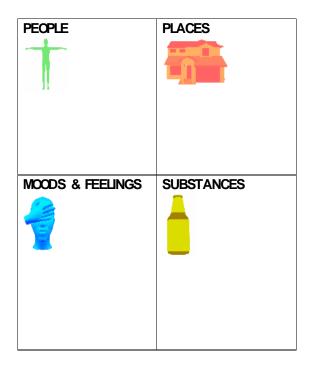
promise myself (and to others important to me) that I will complete the computer program and practice ways to reduce my risk of getting or giving HIV/AIDS. I will try my best to use everything I learn in this program to protect myself from getting or giving HIV/AIDS.			
Your signature ———————————————————————————————————			

goal:1
What I noticed about HIV/ AIDS {on TV, Radio, Buses, Anything}



WORKING WITH TRIGGERS

MY PERSONAL TRIGGERS





Goals should be real and should be accomplished between sessions. We want to set goals we can accomplish, not set ourselves up to fail. Goals should be:

S.M.A.R.T

Specific tells exactly what you will do Measurable so you can tell if it is done Appropriate fits the situation well Realistic not too hard or too easy Time tells when goal will be completed

My Goal is... Circle one you will try

Carry a condom with me at all times

Avoid someone I had unprotected sex with last week

Make sure I have two condoms with me whenever I go to a ditching party

When I feel lonely I will call a friend instead of calling someone I know wants to have sex

I will drink less than usual at the party this weekend so I will be more likely to remember to use a condom

I'll hang out with some friends instead of going to a party where I probably would have sex

I will not go over to my gir I/boyf riends house, but will ask them to come to my house instead since I have condoms at home



PROBLEM SOLVING

YOUR TRIGGERS

- **1. IDENTIFY YOUR TRIGGER** What is your most difficult trigger?
- 2. CHOOSE YOUR GOAL what's your goal to remain safe?
- 3. POSSIBLE ACTIONS TO REACH GOAL What are some possible actions that you could take to reach the goal?
- 4. **EVALUATE ACTIONS** which Action do you think is best to take and why?
- 5. CHECK THAT YOU HAVE EVERYTHING what else might you need to make it work?
- 6. **DO IT**

PROBLEM SOLVING

YOUR TRIGGERS

1.	MY DIFFICULI TRIGGER
	MY GOAL is
3.	MY POSSIBLE ACTIONS
4.	EVALUATE Act ions
5.	Is there anything else?



How Can I Keep Myself Up?

I am going	t o
l will	
I a m	

goal: 3



- Think of a friend who would be willing to practice the problem solving steps with you
- 2. Have your friend choose a trigger
- On page 10 in your workbook are the problem solving steps
- 4. Go through these problemsolving steps with your friend to help him or her deal with their trigger



qoal:4



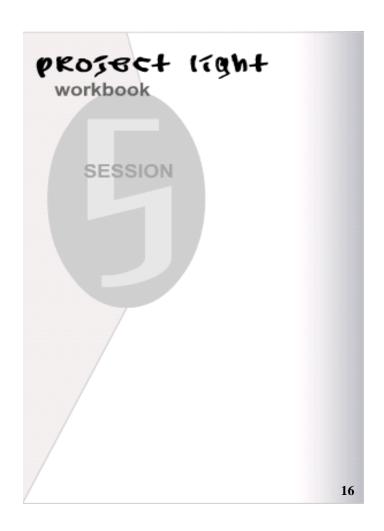
My Goal is ... Circle one you will try

Go to a store or clinic and get some condoms

Practice putting on a condom when alone

Practice one of the alternatives to unsafe sex you thought of today

Ask your friends about ways to make safe sex fun and write down three ways you had not thought of before





goal: 5

3	CASE D
l st <mark>Goal</mark> is respond	I to things I might
near someone say	about condoms
	s; they just spoil the mood
YOUR RESPONSE	
Use Condoms? Don't	
YOUR RESPONSE	
We never used one b	efore, why now?
YOUR RESPONSE	
We don't need a conc pill.	dom. You're (I'm) on the
YOUR RESPONSE	·
It doesn't feel as good	
YOUR RESPONSE	

2nd Goal is to find a friend to practice the TALK Tools with

Tell your partner "I hear you"

- Acknowledge
- Use an I statement

Assert what I want in positive way

- State my goal or need
- Be positive
- Use an I statement

List my reasons for being safe

- Be brief
- Use a reason that is about me
- Don't mention disease

Know my alternatives and my bottom line



DEALING WITH RELAPSE



What If I Mess Up?
PROBLEM SOLVING STEPS

1. MY DIFFICULT TRIGGER

2.	MY GOAL is
3.	MY POSSIBLE ACTIONS
4.	EVALUATE Act ions
5	Is there anything else?

HIV Spreads by:

Having unprotected sex (Vaginal, anal or oral)

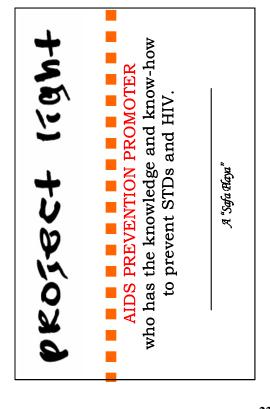
Or

Sharing injection equipment (Needles and syringes)

Or

Passing HIV to a baby during birth or breastfeeding

YOU ARE A LEADER



Cut here

You are a leader, you can help other people stay safe by telling them what you leaned.

Tell them, "Being worried about AIDS is smart"

Tell them, "A lot of people are worried about HIV"

Tell them "Practicing safer sex is smart"

Tell them how AIDS has affected your behavior

Tell them steps they can take to stay safe

Share the word and make an impact

You can protect yourself from HIV by:

- 1. Not having sex (abstain)
- 2. Having orgasm without intercourse
- 3. Using latex condoms during intercourse
- 4. If injecting, always using a new clean needles and syringes

NOTES:		

Helpful information

Testing

MLK/Charles R. Drew University Clinic 310 763 9746 310 668 4213

Minority AIDS Project 323 936 4949

AIDS Healthcare Foundation 323 468 2581

AltaMed 213 629-0962

Hotlines

Teen Line 1-800 TLC TEEN

CDC National AIDS Hotline 1-800 342 AIDS

Planned Parenthood National Hotline 1-800 230 7526