



workbook

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workbook





REASONS FOR STAYING HEALTHY

WHY I WILL TAKE CARE OF ME

1.

2.

3.

4.

5.

6.

CONTRACT OF COMMITMENT

Project Light
Living In Good Health Together
Contract of Commitment

I _____
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

Date

goal setting

goal:1 _____

What I noticed about
HIV/ AIDS...

{on TV, Radio, Buses, Anything}

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2

WORKING WITH TRIGGERS

MY PERSONAL TRIGGERS

PEOPLE 	PLACES 
MOODS & FEELINGS 	SUBSTANCES 

goal setting

goal:2



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 girl/boyfriends house, but will ask them to come to my house instead since I have condoms at home

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SESSION

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 DIFFICULT TRIGGER

2 MY GOAL is

3 MY POSSIBLE ACTIONS

4 EVALUATE Actions

5 Is there anything else?

Personal Confidence Card

POSITIVE SELF TALK

How Can I Keep Myself Up?

I am going to _____

I will _____

I am _____

goal setting

goal: 3



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

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4

goal setting

goal: 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

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SESSION

goal setting

goal: 5



1st Goal is respond to things I might hear someone say about condoms

Let's not use condoms, they just spoil the mood.

YOUR RESPONSE: _____

Use Condoms? Don't you trust me?

YOUR RESPONSE: _____

We never used one before, why now?

YOUR RESPONSE: _____

We don't need a condom. You're (I'm) on the pill.

YOUR RESPONSE: _____

It doesn't feel as good with a condom

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

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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 i o n s

5. Is t h e r e **anyt h i n g** e l s e ?

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

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AIDS PREVENTION PROMOTER

who has the knowledge and know-how
to prevent STDs and HIV.

A "Safesutra"

Cut here

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

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:

[illegible]

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