

**Make sure answers include:**

- Feel better about yourself
- Have healthier relationships
- Stay out of trouble
- Accomplish your goals
- Make people feel proud of you
- Reduce your risk of teen pregnancy, STDs and HIV
- Have a healthier body
- Stay in school
- Feel like you are helping your loved ones and your community

**8. Ask the participants:**

Can teens get infected with STDs and HIV? Once they respond you can explain:

Everyone is vulnerable to STDs and HIV infection. Since teens are one of the fastest-growing populations in the United States at risk for STDs and HIV infection, they need to take some of the responsibility for preventing this. This program has been developed to build your knowledge and skills so you can protect yourselves and others against STDs and HIV infection, as well as helping you to prevent teen pregnancy. If people have sex, the proud and responsible thing to do is to use latex or polyurethane condoms. People who engage in responsible behavior feel proud for helping to protect themselves, their sexual partners, families, and communities.

## AGREE OR DISAGREE STATEMENTS

Lesbians don't really have to worry about HIV or STDs. (Even though we may not often hear about it, lesbians are at risk for HIV and other STDs. If they are sexually active, they may be exposed to infected bodily fluids through oral sex or other sexual activities.)

Oral sex is not really sex. (Some people may not consider it to be sex, while others feel oral sex is a form of sexual intercourse. Whichever you believe, oral sex is a sexual act. Engaging in oral sex still puts you at risk for contracting HIV or other STDs because there is exposure to semen, vaginal secretions and in some cases, blood.)

It's not a big deal if you get an STD that is curable. (Even if an STD is curable, if it is not detected early enough, your health can still be at risk. You also will still have the emotional and physical discomfort of dealing with an STD and the side effects of the medications.)

Only people who sleep around have to worry about catching a disease. (The risk does increase if you have more partners, but everyone who is sexually active needs to worry about getting HIV or an STD)

You don't have to worry about getting HIV or an STD if your partner tells you they are a virgin. (Anyone who is sexually active needs to worry about getting HIV or an STD. If you or your partner has had oral sex with someone else in the past, there is still a risk for contracting HIV or another STD. Also, this means you are taking your partner's word that they really are a virgin)

The media makes teen pregnancy look cool. (The media may make teen pregnancy look easier than it is, but in real life, it is very difficult to manage school, work, family, money, a social life and having a baby.)

If a person gets HIV or and STD its their own fault. (While no one deserves to get HIV or any other STD, ultimately it is up to you to practice behaviors to protect yourself.)

It's mainly the girl's responsibility to avoid pregnancy. (It is both, the male and the female's responsibilities to practice behaviors that prevent pregnancy).

3. Unfold the pre-labeled newsprint entitled *Contraceptives* and ask the participants to brainstorm all the methods of birth control or contraception that they can think of. Write the list on the newsprint

Answers should include:

- Male Condoms
- Female Condoms
- Birth Control Pills, Patch, and Ring
- IUD
- Depo-Provera (the shot)
- Implanon
- Abstinence

4. Then point to the *Contraceptives* poster and say

This poster displays some common birth control, or contraceptive methods. We will discuss them briefly. We won't have time to examine them in detail, but we want you to know what is available when you are ready to use them.

5. Using the *Contraceptives* and *Uterus* posters, carefully describe and demonstrate the various contraceptives listed below. Begin by explaining,

Contraceptive methods fall into two different categories: over-the-counter methods and prescribed methods, which require a prescription from your doctor. We will begin our discussion with the over-the-counter methods.

6. Using the following information, teach and demonstrate the various contraceptive methods.

4. Read each of the following unfinished sentences, following the procedure you just described.

- Concerning STDs, HIV/AIDS and pregnancy, teenagers need to know ...
- Asking my partner if he or she is having sex with other people is ...
- People do not like to use condoms because ...
- If I were carrying a condom, my partner would think ...
- If I had to encourage my partner to use a condom he/she would ...
- Practicing sexual abstinence to avoid pregnancy, STD or HIV infection is ...
- Condoms could make sex more fun by ...

5. When all the unfinished sentences have been discussed, tell everyone to have a seat. Give the following instructions and explain:

You have just engaged in an exercise involving "verbal intercourse." What if you had been in a situation involving possible sexual activity or intercourse? Let's see what might have happened then.

- Ask the person who has a D on their card to stand. Explain that this person has a sexually transmitted disease and everyone with that person's name on his or her card has been in contact with someone who has a disease.
- Ask everyone who has that person's name on his or her card to stand.
- Say, "If you have a C on your card, you may sit down because you used a condom."
- "If you have an O on your card, you may sit down because you had outcourse (this means that you engaged in sexual activities without having intercourse, such as masturbation, massage, body rubbing)."
- "If you have an A on your card you may sit down because you abstained and did not have sex."

# HIV Risk Continuum Worksheet

*Facilitator Copy*

## Behavior

## Correct Placement

Vaginal sex without a condom -----	Red Light
Dry kissing -----	Green Light
Having sex with a person who is having sex with other people -----	Yellow/Red Light
Romantic conversation -----	Green Light
Oral sex on a guy without a condom -----	Yellow/Red Light
Sharing eating utensils with someone who has HIV -----	Green Light
Anal sex with a condom** -----	Yellow/Red Light
Masturbation -----	Green Light
Mutual masturbation -----	Yellow/Green Light
Practicing abstinence -----	Green Light
Vaginal sex with a condom -----	Yellow Light
Massage -----	Green Light
Having sex with multiple partners without using condoms -----	Red Light
Oral sex on a girl using a dental dam (latex sheath) -----	Yellow Light
Anal sex without a condom** -----	Red Light
Having sex with multiple partners and using condoms -----	Yellow Light
Having sex with a person who shoots IV drugs without using a condom -----	Red Light
Sexual fantasy -----	Green Light
Touching someone who has HIV -----	Green Light
Flirting -----	Green Light
Body rubbing/grinding (with clothes on) -----	Green Light
Hugging -----	Green Light
Having sex with only one person (monogamous) -----	Green/Yellow/Red Light

(Green if both test negative for HIV 6 months after their last risky behavior; Yellow if unsure of each other's status but using condoms; Red if unsure of each other's status and not using condoms)

\*\*Anal sex is considered a dangerous behavior that it is a high risk/red light behavior with or without a condom, but emphasize that if someone is going to engage in anal sex, using a condom with lots of water-based lubrication does reduce their risk of getting HIV and other STDs.

### STEPS FOR EFFECTIVE USE OF DENTAL DAMS

- Check expiration date on dental dam package.
- Carefully open package and pull out the dental dam.
- Check to be sure there are no holes or tears in it.
- Squeeze a few drops of lubricant on the side of the dental dam that will go on your partner (this makes it feel more pleasurable). If the lubricant is flavored, you can put a few drops on the other side too (this may make it more satisfying for you).
- Put the dental dam over your partner's vaginal and/or anal area.
- During oral play, you or your partner can hold it in place to make sure it's not slipping. Be sure to keep the same side against your partner.
- At the end of oral sex, remove the dental dam and be careful not to touch the side of the dental dam that was on your partner.
- Discard it by wrapping it in a tissue/paper towel and throwing it in the garbage.
- If you want to have sex again, use a new dental dam. Do not flip it over and reuse. (Ask: Why? Answer: If you flip it over to reuse it, you are exchanging bodily fluids)

#### 6. Ask the group.

What is a condom?

#### Sample Definition:

- A thin latex (rubber) sheath that slips snugly over an erect penis and keeps sperm from entering the vagina, mouth, or anus during ejaculation. Latex or polyurethane condoms help prevent pregnancy, HIV and other STDs.

### Additional Ideas

- Use extra lubrication.
- Use condoms as a method of foreplay.
- Use different colors and types/textures (some have ribs on them).
- Think up a sexual fantasy using condoms.
- Tell your partner how using a condom can make a man last longer.
- Have the partner put the condom on.
- Act sexy/sensual when putting condoms on.
- Have a sense of humor—be silly—make jokes.
- Hide it on your body and ask your partner to find it.
- Wrap them as a present and give them to your partner before a romantic dinner.
- Tease each other manually while putting on the condom.
- Put lubricant on tip of penis to increase sensitivity for men or use pre-lubricated condoms.
- Have fun putting them on your partner—pretend you are different people or in different situations.
- Use flavored condoms or dental dams for oral play.

### 6. Ask participants:

"Can you use a condom? Can you use a dental dam?"

"Will you use one?"

## FACILITATOR'S NOTE

Relaxation can wander throughout the whole process to show that relaxation should be a continuous part of the process. Loss of erection can also happen at any time throughout the process.

12. Next, use the following discussion question to stimulate positive attitudes toward condom use. Say,

Which steps in this process can involve the partner?

### Answers:

- Sexual arousal, rolling condom, intercourse, orgasm, holding onto rim, removing condom, and relaxation. Partners can also buy condoms and have them ready.

If a male loses his erection after putting on a condom and before intercourse, what could the couple do?

### Answers:

- This will happen to most males at some point in their lives. Have partner take off condom, continue playing and stimulating one another, relax, and enjoy the fun. After a while, put a new condom on as part of the play.

13. Summarize by saying:

You did a great job lining up the condom cards and discussing the correct steps of condom use. Remember and practice these steps so that you can make the proud choice and use condoms every time you have sex.