Session 7
Expanding the Village
(Group Session)

Type of Session:
Group

Session Outline:
Activity A: Opening and Welcome (5 minutes)
Activity B: Review Last Session (5 minutes)
Activity C: Overview of Current Session (5 minutes)
Activity D: Review of Homework and Goals (15 minutes)
Activity E: Reviewing Safer Sex Skills (25 minutes)
Activity F: Self-Assertiveness Skills (15 minutes)
Activity G: Reframing Your Requests (15 minutes)
Activity H: Building Your Village (10 minutes)
Activity I: Homework (10 minutes)
Activity J: Saying Good-bye to the Village (15 minutes)

Session Goals:
The goals of this session are:

- Enhance Sexual Communication Skills
- Learn How to Reframe Issues
- Develop Self-Assertiveness Skills
- Develop Strategies to Stay Connected to the Village

Materials Needed to Conduct Session:

- CD track #10: “Let’s Get It On” by Marvin Gaye
- CD player
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Newsprint: Ground Rules
- Poster #6: FENCE
- Poster #20: Quotation by Ash
- Poster #21: Categories for Safer Sex Jeopardy
- Workbooks for Facilitators
- Lubricated and Non Lubricated Condoms
- Water-based Lubricants
- Penis Models
- Timer
- Paper Towels
- Numbers for Selecting Order for Couples
- Question and Answer Cards for Safer Sex Jeopardy
- Basket for Winner of Safer Sex Jeopardy
- Packages of Condom-ments for Other Couples
- Safety and Protection Cards
- Paper Ankhs
- Post It Flip Chart
- Magic Markers
- Homework #7: Building Your Village
- Envelopes and Reimbursement (if handed out by facilitators)

**Instructional Time:**
2 hours (120 minutes)

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Estimated Time = 2 hours (120 minutes)
Activity A: Opening and Welcome

**Time:**
5 minutes

**Materials Needed:**
- Clock
- Tape Recorder
- Ankh
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #8: “Let’s Get It On” by Marvin Gaye.
- Poster #20: Quotation by Ash

**Procedure:**
1. Start by saying,

   *This is our last session as a group. We have enjoyed working with you as individual couples and in this group.*

   *In this session our purpose or Nia is to strengthen what we have learned together and celebrate that we have united as a village. In the spirit of self-determination (Kujichagulia) and collective work and responsibility (Ujima), we are prepared to share our message with our community.*

   *We would like to begin with a song.*

2. Play “Let’s get it on” by Marvin Gaye

*What does this song mean to you?*
How does this song make you think about not just having sex but how to have sex?

Are there any other thoughts, feelings or reactions to this song that you would like to share?

3. Make sure that Poster #20: Quotation by Ash is on the wall.

As we begin, let us take a moment and read the quotation for today.

“If you think you can, you can. If you think you can’t, you’re right” by Mary Kay Ash.

What does this quotation mean to you?

Yes, this quotation is on positive thinking and ties into today’s session on reinforcing and expanding the village and re-committing to staying safe and healthy.

4. Facilitators can also make some of the following points:

- Thinking and feeling strong and determined can help you reach your goals, your purpose or Nia, of protecting each other from STD/HIV.

- Thinking positively can help you find a way to be successful.

- Negative thinking can defeat you before you ever get started.
• When you believe in yourself, you can accomplish anything you put your mind to.

Thank you for sharing your thoughts about this quotation.

There is another quote in your Eban Workbook 7.2 on page ## called “Think Positive” that you can review later which also reinforces and expands the commitment to staying safe and healthy.
Activity B: Review Last Session

**Time:**
5 minutes

**Materials Needed:**
None

**Procedure:**
1. Start by saying,

   *In our sessions together we did some important work to improve your communication and problem solving skills.*

   *We learned the Talk and Listen Technique and FENCE.*

   *We also looked at barriers and challenges that can trigger a couple to have unsafe sex, and practiced using FENCE to overcome these problems.*

   *In our last session we talked about how HIV affects your relationship and about protecting each other.*

   *Do you have any questions about any of the information that has been discussed?*

   *Would anyone like to share any experiences from the couples sessions or from practicing what you learned at home?*

2. Wait a few moments for a volunteer.
Good. We are glad that you are finding these techniques useful and we are impressed with how you are practicing them.
Activity C: Overview of Current Session (5 minutes)

**Time:**
5 minutes

**Materials Needed:**
- Newsprint – Goals for Session
- Poster #3: Nguzo Saba

**Procedure:**
1. Start by saying,

   *This session is the last session in the village. Today we will be reinforcing the importance of Nzubo Saba Principle Number Five, Nia or purpose. The purpose of our work in Eban has been to support each couple to practice safer sex, and to restore the health and well-being of our community by sharing the Eban message.*

   *Today we will review some of the things learned in earlier sessions, like HIV and STD facts, safer sex strategies, communication skills, and problem solving techniques.*

   *We think that this is an excellent opportunity for you to share with each other what has worked for you as a couple and problem solve together.*

   *We will say good-bye to each other and talk about ways to stay connected to the village, so that we can fulfill our common purpose or Nia of protecting ourselves and our community.*
Activity D: Review of Homework and Goals

**Time:**
15 minutes

**Materials Needed:**
- Homework for Session 6 (in workbook)
- Couple Goal Progress worksheet

**Procedure:**
1. Start by saying,

   Last week we had homework to do to practice the skills you learned in Eban to work on your triggers for unsafe sex.

   Was everyone able to practice your Eban skills and work on your triggers?

   How did that go?

   What skills did you practice?

   We also asked you to check in with each other, and use talk and listen to discuss how you felt about the session, especially the experience of discussing the reality of HIV?

   How did that go?

   How did this experience affect your feelings about protecting each other?
What are your feelings about participation in this village?

We are very pleased that you are working so hard and taking yourselves so seriously.

2. Transition to talking about goals.

In Session 2, each couple set goals for their relationship. If you think about it, those goals help to bring us closer to our purpose or Nia of keeping ourselves, our relationship, and our community safe and healthy. At the end of each session, you agreed to do homework which was a smaller step to reaching your ultimate goal.

We would like to check how each of you has been doing with the goals you set as a couple to reduce your risks for HIV and STDs and improve your relationship.

Would any couple like to begin sharing how using the Talk and Listen Technique, FENCE, or any other technique has helped in achieving your goals?

Good. Thank you for volunteering. Can you begin by stating what your goal was?

3. Give them a few moments to state the problem.

Yes, how did you work on that goal?

What worked best?
Did you reward yourself for those successes?

Did you have any problems?

Does anyone have some ideas about how this couple might overcome this problem so they can be more successful in achieving their goals?

Yes, those are good ideas.

4. Try to have each couple share a goal and their experience and involve the group in problem solving.
Activity E: Reviewing Safer Sex Skills

Time:
25 minutes

Materials Needed:
- Poster #21: Categories for Safer Sex Jeopardy
- Penis model
- Condoms
- Timer
- Flipchart
- Markers
- Post-its to cover questions
- Grand Prize for winner, and smaller prizes for the other couples

Procedure:

FACILITATOR’S NOTE

- Be sure that Poster #21: Categories for Safer Sex Jeopardy is visible on the wall and write the couples names on a Flip Chart to use as a score sheet.
- Hide Poster #3: Nguzo Saba and Poster #6: FENCE.

1. Start by saying,

In order to review some of the material that you have learned in previous sessions, we would like to play a game called “Safer Sex Jeopardy”. Each couple will be a team.

2. Facilitators can suggest that more experienced participants put the condom on
Putting Condom on Correctly

Your first task is to practice the correct way to put on a condom. If both partners put the condom on correctly, your couple team will start the game with 200 extra points.

When you are practicing, think about what you learned in earlier sessions, like the correct steps in putting on a condom and ways that can make using a condom sexy and fun.

3. The facilitators should work with each participant to use the correct steps to put on and then take off the condom.

4. If a participant does not put the condom on correctly, the facilitators should guide them towards using the correct technique.

If you do not do it exactly the first time, you can try again and still receive full credit.

5. Give all the participants an opportunity in sequences to successfully put on the condom.

Great! All of you did a great job putting on a condom, so you all start with 200 points which we will write on the score sheet.
Now we will continue playing the game.

Safer Sex Jeopardy is designed to discuss issues related to Safer Sex and reinforce what you have learned in a fun way.

You should all draw a number to determine what order you will answer questions. The couple with number one goes first. Then number two goes next and so on.

When it is your turn, you will choose the category and difficulty of the question, like in Jeopardy. We’ll read the question aloud, and you’ll have 30 seconds talk to your partner and decide on the answer.

We will play this game for 15 minutes, starting now (start stopwatch or timer). At the end of the 15 minutes, the couple with the most points wins the game.

6. The couples compete to answer the questions correctly. The first couple selects the category and the difficulty of the question.

7. One facilitator should read the question after the couple has selected the category and the difficulty level.

8. After each answer, the other facilitator should discuss the topic, and put a post-it over the question to indicate that it’s been answered.

**HIV/STD Facts**

**Question.** For 100 points, name three ways that HIV can be transmitted?
**Answer.** Unprotected sex; sharing IV drug needles; blood products; pregnant mother to unborn child, during the birth process, or through breast milk.

**Question.** For 200 points, what are three safer sexual behaviors that are less likely to transmit HIV or STDs?

**Answer.** Kissing, Massage, Masturbation, Mutual masturbation (using your hands on each other’s genitals), fantasy

**Question.** For 300 points, having an STD increases your chances of becoming infected with HIV. True or False?

**True.** STDs can cause blisters or sores on or around the genitals, and the HIV virus can enter the body through these sores.

**Question.** For 400 points, STDs always have symptoms? True or False?

**False.** Sometimes you can have an STD and not have any symptoms. This is especially true for women.

**Question.** For 500 points, indicate whether with the new medications, HIV infection is no longer a danger. True or False?

**False.** Some medications slow down HIV progression, but the virus remains in the body, and it can still be transmitted. Also, we do not know the long-term effects of many of the medications.
**Question.** For 600 points, what is now the most common way to get infected with HIV or STDs?

**Answer.** Unprotected sex between men and women, where one person is infected.

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**Condoms**

**Question.** For 100 points, what is the material that condoms should be made of to protect against HIV infection?

**Answer.** Latex (rubber) or Polyurethane

**Question.** For 200 points, what can be used with condoms to make sex smooth and easy?

**Answer.** Lubricants

**Question.** For 300 points, what lubricants should never be used with condoms and why?

**Answer.** Oil-based lubricants, such as Vaseline, baby oil, cooking oil, olive oil, Crisco because they can damage the condoms.

**Question.** For 400 points, what can happen if you carry condoms in a hot or warm place like in your pocket?

**Answer.** The heat from your body can damage condoms within 24 hours.
**Question.** For 500 points, name three ways to make condoms more fun and pleasurable?

**Answer.** Use extra lubricant in the tip and outside the condom; use a condom as a part of foreplay; put them on for your partner; act silly when putting them on; make up sexual fantasies when using them; use different types of condoms (ribbed, flavored, colored)

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**Safer Sex Techniques**

**Question.** For 100 points, what can you use to make oral sex on a woman safer?

**Answer.** Dental dams, sheer dams, and non-microwaveable saran wrap.

**Question.** For 200 points, why should some space be left at the tip of the condom when a condom is placed on the penis?

**Answer.** It helps to prevent the condom from breaking by giving the sperm some place to go.

**Question.** For 300 points, when do you remove a used condom?

**Answer.** After ejaculation but before the penis gets soft.

**Question.** For 400 points, how should a condom be removed after sexual intercourse?

**Answer.** Roll it slowly to the tip of the penis, remove it carefully and throw it in the trash (not the toilet, because it can clog the plumbing).
**Question.** For 500 points, what are four things you can keep in your condom-ment bowl?

**Answer.** Male and female condoms, lubricants, dental dams, sheer dams, saran wrap, and sex toys.

**Question.** For 600 points, what are three advantages of female condoms as opposed to male condoms?

**Answer.** Female condoms may give women more sense of control; they can be put on hours before sex so you do not have to stop in the “heat of the moment;” people allergic to latex can use them; some couples say they like the feeling better than male condoms; they cover a greater area (the labia).

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**Communication and Problem Solving**

**Question.** For 100 points, what is a communication technique you can use to talk to your partner about difficult emotionally sensitive topics?

**Answer.** The Talk and Listen Technique.
**Question.** For 200 points, what does the Talk and Listen Technique involve?

**Answer.** One person talks about their feelings about an issue, and the other person listens, tries to understand the partner’s feelings, and repeats back what they hear. Then they switch roles.

**Question.** For 300 points, when is the best time to talk to your partner about condoms?

**Answer.** Before any type of sexual behavior that could lead to the exchange of body fluids.

**Question.** For 400 points, what is the FENCE technique?

**Answer.** FENCE is a problem solving and decision-making approach.

**Question.** For 500 points, what do the letters in FENCE stand for?

**Answer.**
- F = Find out what’s going on
- E = Explore your partner’s feelings
- N = Name and discuss options
- C = Choose the best option
- E = Execute the plan

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**Nguzo Saba**

**Question.** For 100 points, what does Nguzo Saba mean?

**Answer.** Nguzo Saba means 7 principles.

**Question.** For 200 points, name at least 5 of the Nguzo Saba?
Answer. Unity, Self-determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith

Question. For 300 points, what is the purpose of the Nguzo Saba?

Answer. The Nguzo Saba are guidelines for positive living that bring us together as couples, families, and communities. They are known to many as the principles of Kwanzaa, and represent the culture of African Americans and Black people living in the Americas. They are guidelines that can apply to many groups, and they can help remind us of our commitment to protect each other from HIV and STDs.

Question. For 400 points, please give the Swahili pronunciation for 3 of the Nguzo Saba?

Answer.
Unity – Umoja.
Self-determination – Kujichagulia.
Collective Work and Responsibility – Ujima.
Cooperative Economics – Ujamma.
Purpose – Nia.
Creativity – Kuumba.
Faith – Imani.

Question. For 500 points, please describe how you would apply one of the Nguzo Saba to protect yourself and your partner from HIV and STDs?

Answer. Accept any answer that shows an understanding of the principle and how it can be applied to safer sex.

Some examples:
Creativity – Using Eban Café to make safer sex fun and creative.

Self-determination – Using what you learned in the program and deciding for yourself what you will do to keep yourself and your partner safe.

Collective Work and Responsibility – Using FENCE to deal with barriers and triggers, working together with your partner and sharing the responsibility for safer sex.

Purpose – Remembering your purpose, which is to keep your partner, family and community safe and healthy. For example, using positive self-talk or quotes from the program to remind yourself of that purpose.

Unity – Uniting as a couple, a group, and a community to protect each other from HIV and STDs. For example, calling people from the group so you can support each other to practice safer sex.

9. At the end of the 15 minutes, say “Time” and give all the teams their total score.

We hope you enjoyed playing this game, you did a great job.

You remembered a lot of information. Everyone is a winner!

Remember to use this information when you talk to each other, make decisions, and use condoms and other methods to protect yourself and your partner.

Here is a prize for everyone and a top prize for the couple earning the most
10. After game is finished, redisplay Poster #3: Nguzo Saba and Poster #6: FENCE.
Activity F: Self-Assertiveness Skills

**Time:**
15 minutes

**Materials Needed:**
- Poster #6: FENCE
- Flipchart
- Markers

**Procedure:**
1. Start by saying,

   *In Eban, we have all practiced good communication and problem solving skills that will help us stay committed to our purpose or Nia. Now we would like to use those skills to address some sensitive and difficult issues that come up in a relationship.*

   *Today we would like to talk about using your communication skills to discuss difficult topics.*

   *Remember we discussed communication skills in our second session. What were some negative patterns we talked about?*

   *One pattern was withdraw-withdraw, which was a passive way of talking, where issues are not brought up. Another pattern was demand-demand, an aggressive way of talking. A third pattern was demand-withdraw where one person was aggressive and the other was passive.*

   *A better way of talking is the talk and listen, which allows each person to be assertive and talk about their needs and feelings, while the other listens.*
We can use this assertive communication to say what we want in a loving way and make sure our needs for safety and protection are met in our relationship.

Can a couple role play how can you say no to unsafe sex in a loving way, using assertive communication like talk and listen?

2. Wait for volunteers. If there are no volunteers, set up a role play with one member of a couple.

Yes, those are good ideas.

Now we would like to role play telling your partner that you will only have sex with a condom?

3. Wait for volunteers. If there are no volunteers, set up a role play with one member of a couple.

That was good.

Now we would like to use FENCE to find ways to protect each other in situations where there might be disagreement.

As a couple you have been doing a good job of practicing safer sex, but then one day your partner says “I really want to have sex with you, without a condom. I really miss how it used to feel. Let’s do it, just this once, without a condom.”

F = Find out what is going on?
What are the consequences? What is good for you and what is not good for you? What’s in your best interest? You may have engaged in certain sexual behaviors in the past that increased your risk for HIV and STDs. Now you want to be safe, so that you can protect yourself and your partner from HIV and STDs.

\[ E = \text{Explore your partner’s feelings and thoughts about the behavior.} \]

Initiate this conversation in a private setting where you and your partner can talk in length about sex. This is not the conversation to have while you are having sex. Say something positive – you want to confirm that you care about this person and state something positive that you enjoy about having sex with them.

\[ N = \text{Name and discuss your options.} \]

How can you change your routine? What else can you do? – “I know in the past that we have done xyz. Now I would like to do zyx because it would help us both to stay healthy.”

\[ C = \text{Choose the best option.} \]

Go to the Eban Cafe menu to choose your options. A good strategy when you are asking your partner to give something up is to present them with 3 options that you are comfortable with and let them make the choice.

\[ E = \text{Execute the plan.} \]

Now you can put your new plan into action. For example, you can make a date with your partner to experiment with the new option.

Activity G: Reframing Your Request
**Time:**
15 minutes

**Materials Needed:**
None

**Procedure:**
1. Start by saying,

   *Another strategy you can use to protect yourself and your partner, even when there is some resistance from your partner is called reframing.*

   *You can do that in step three of your problem solving, when you name and discuss options. Reframing involves changing your partner’s objection to safer sex and focuses on the positive goals in the situation. You can reframe safer sex as an act of love and caring, to help you both refocus on your purpose (Nia) of protecting one another.*

   *If your partner gives a negative reason for not wanting to use condoms, change it into a good reason to use one.*

   *What are some excuses people use to not practice safer sex?*

   *How can you turn them around into positive reasons to use safer sex techniques like condoms?*

   *Now we would like to look at some other negative reasons.*

2. Facilitators will role model several reframing statements.
**Facilitator One**

*We are going to pretend that we are a couple. I am going to read a negative reason for not using a condom and Facilitator Two will try to convince me to use a condom or avoid unsafe sex.*

**Excuse:** Condoms can break and they ruin the mood for sex.

**Facilitator Two**

**Response:** Only if we let it. With a little imagination, condoms can actually enhance sexual feeling. Also, when we use condoms I feel safer, so I can really “let go” and enjoy myself.

**Facilitator Two**

**Excuse:** Planning takes the magic out of sex.

**Facilitator One**

**Response:** Wait and see what I have been planning. With your help, we can create our own special magic.

Now we would like you to come up with the responses to reframe the excuse.

3. Facilitator 1 gives the excuse or request, and facilitator 2 asks “How could you respond?” Facilitators reinforce responses, and then give an additional way to respond.
1. **Request:** We do not have any more condoms. Let’s do it just this once without a condom.

   How could you respond?

4. Wait for and reinforce responses.

   Another way to respond could be:

   **Response:** Once is all it takes. I really care about you and about our future, I want us to keep protecting each other.

2. **Request:** Why should we change now? We did not use condoms before.

   How could you respond?

5. Wait for and reinforce responses.

   Another way to respond could be:

   **Response:** Having sex without condoms may have felt good. But we did not know what we know now. To protect our future, let’s protect each other.

3. **Request:** If you loved me, you would not ask me to use condoms.

   How could you respond?
6. Wait for and reinforce responses.

Another way to respond could be:

**Response:** It is because I love you that I want us to use condoms. I want to spend many, many years with you and we can only do that if we are safe.

4. **Request:** Condoms do not feel as good as the real thing, they are not natural.

How could you respond?

7. Wait for and reinforce responses.

Another way to respond could be:

**Response:** Today’s thin latex and polyurethane condoms feel natural. Putting a drop of lubricant inside the tip of the condom can make it feel even better. Condoms can make erections last longer, which can mean more pleasure for both of us.

5. **Request:** This is a special day. We have been together two years. I would like to celebrate by not using a condom tonight.

How could you respond?
8. Wait for and reinforce responses.

Another way to respond could be:

**Response:** If we are creative, I bet we can satisfy each other without having intercourse. How about [suggest something]. What else would you like to do?

6. **Request:** If you want me to use a condom it must mean that you have somebody else outside our relationship.

How could you respond?


Another way to respond could be:

**Response:** No, I just want us to be safer.

Those were great responses. They really show how much you have learned about ways to have fun and be intimate without having unsafe sex.
Activity H: Building Your Village

**Time:**
10 minutes

**Materials Needed:**
- Safety and Protection Cards
- Poster #3: Nguzo Saba

**Procedure:**
1. Start by saying,

   As you leave the Eban village, and begin to build your own villages in your own communities, remember your Nia or purpose of keeping each other safe and healthy. Remember Umoja (Collective Work and Responsibility) and how the two of you can continue to work together to use the skills you learned to protect each other from HIV and STDs.

2. Hand out Safety and Protection Cards

   Here are some Safety and Protection cards with messages that stress the importance of staying safe and protecting yourself, your family, and your community. There are also some blank cards that you can use to write your own messages.

   We would like you to use these cards to remind yourself and each other about your commitment to safer sex.

   You can use some of the following messages:
Safer sex is the ultimate demonstration of love.

Condoms show you care.

AIDS challenges our families and communities.

Safer sex can be sexy, fun and bring you both much closer.

We can protect others and ourselves.

FENCE IT!  For yourself, for your partner, for your future!

We can do a little at a time; do the best that we can do.

We can just live our lives, using what we learned in this program to protect each other.

We can be an example to others by showing our care and commitment.

There are also some safety and protection messages that use the Nguzo Saba, such as:

Collective Work and Responsibility (Ujima) -- We can work together to protect each other and our community.
Unity (Umoja) -- We are united in our commitment to safer sex practices.
Self-determination (Kujichagulia) -- We have the knowledge, power and skills to determine how we will stay safe sexually.

Purpose (Nia) -- Our purpose is to protect each other and to maintain safer sex practices in our loving intimate relationship.

Creativity (Kuumba) -- We can use our creativity to find exciting ways to use condoms and other safer sex methods

Faith (Imani) -- We have faith in our ability to practice safer sex and protect each other

Which messages do you like most?

What are some other messages that can be shared with each other or with other people?

What are some other messages that use the Nguzo Saba?

Actions speak louder than words. By practicing safer sex, you are showing your commitment to protecting your self, your family, and your community, more than you can with words alone.
Activity I: Homework

Time:
10 minutes

Materials Needed:
- Homework for Session 7 (in workbook, section 7-6)
- Safety and Protection Cards
- Couple goal progress worksheet
- Condoms

Procedure:
1. Refer to Homework #7 in Workbook: Building Your Village, section 7-6.

   For your homework, we want you to use Safety and Protection Cards with each other.

   Make a Couple Connection with your partner to discuss the messages on the Safety and Protection Cards. Develop three more messages and write them on the blank cards.

   Discuss with your partner which message is the most important to you in remembering to be safe.

   If you feel comfortable, talk with your family and friends about what you have been doing in the Eban Program in order to build a village of safety and protection for yourself.

   Also, please think about any questions or concerns you may have about the sessions or about safer sex, and bring them with you to the next session.

   Please also continue working on your two couple goals. Write down your goal progress in the “Goal Progress Worksheet”, and bring it with you to the next session.
Activity J: Saying Good-Bye to the Village

Time:
15 minutes

Materials Needed:
- Paper Ankhs
- Pens
- Envelopes
- Ankh
- Eban Circle (Workbook, section 5-7)

Procedure:
1. Start by saying,

   _Again, we would like to have a Talking Circle to share what we have learned from this program._

   _Before we do the Talking Circle, we would like to have you each write a statement about each of the other couples in the village on this paper ankh and put it in the envelope with their names._

   _You can mention the positive ways in which you have enjoyed getting to know this couple, positive descriptions of what you value about them as individuals and a couple._

   _We will, then, give the envelope to the couple at the end of the session._

2. Give the couples a few minutes to write things on their paper ankhs.
Now we would like to have the Talking Circle and our Closing Ceremony.

We will pass around the Ankh, an ancient Egyptian symbol that represents eternal life, unity between men and women, and our collective will to survive and thrive. When you have the ankh, it is your turn to talk.

You can talk about what you got from this intervention, and what you’d like to say to each other.

3. Participants will talk about how they feel about what they learned, make their parting statements to each other, and then pass the ankh to the person on their left.

It was very good to hear what you have learned from the Eban Program and to hear how you support each other.

Now we would like to have you do the Eban Closing Circle Ritual. We would like to stand in a circle and hold hands (if you are comfortable) to form the protective Eban Closing Circle.

4. Participants should stand in a circle during the Eban Closing Circle, but they don’t have to hold hands if they prefer not to.
I am going to read a statement which is in your workbook in section 5.7.

“This is the Eban circle, it represents 360 degrees of African unity, strength and solidarity. We are only as strong as our weakest link. There is protection and comfort within the circle. There is also protection from the outside because I can look over your shoulder and you can look over mine. We stand together for each person, each couple, our families and the community.”

5. After Eban Closing Circle, say:

We are all connected in this village. We would like for you to know that we are available if you have any questions. We hope that this program has been a rewarding experience.

If you would like to keep in touch with each other, feel free to exchange your contact information with other couples in the group if you have not already done so.

Keeping in touch with each other is important. You are dealing with many of the same challenges and you can help support each other, even after the group is over.

Before you leave, make an appointment to see us once again as a couple for the final session.

Good-bye and good luck!