Session 1
Preparing for the Journey (Male Version)

(Group)
Activity A: Introduce the Journey (5 minutes)
Activity B: Introduce Talking Circle / Icebreaker (20 minutes)
Activity C: Introduce the Eban Symbol (5 minutes)
Activity D: Group Rules for Participation (5 minutes)
Activity E: Itinerary for Journey (5 minutes)
Activity F: Introduce the Seven Principles (20 minutes)

(Single Gender-Male Group)
Activity A: Review Purpose of Journey (5 minutes)
Activity B: Enhance Gender Pride (15 minutes)
Activity C: STD and HIV Facts (20 minutes)
Activity D: Barriers to Risk Reduction (15 minutes)
Activity E: Homework (5 minutes)
Session 1
Preparing for the Journey (Couples Group)

Goals
The goals of this session are to:

- Orientation to Eban Program
- Learn and Apply Nguzo Saba
- Learn about STD/HIV Facts
- Enhance Gender Pride and Cultural Pride
- Identify Barriers to Practicing Safer Sex

Materials Needed

- Sign-In Sheets
- Name Tags
- Pens
- Ankh
- Poster #1: Eban Symbol
- Newsprint: Group Rules for Participation
- Poster #3: Nguzo Saba (Seven Principles)
- Eban Workbooks for Participants
- Handout #1: Certificate of Commitment and Confidentiality
- Post It Flip Chart

FACILITATOR’S NOTE:

- Use the term “we” as often as possible in order to “join” with participants as members of the African American/Black community.
- Many communities have principles but in this program, Kwanza will be used.
- Reinforce verbal contributions to increase participation.
- Model scenarios to reinforce points and prepare for role plays.
- Do not rush each section; it is critical to engage each member in the process.
- Normalize behavior by saying “Many people feel that way.”
### Instructional Time
60 Minutes

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Introduce the Journey</td>
<td>5 minutes</td>
</tr>
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</tr>
<tr>
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<td>5 minutes</td>
</tr>
<tr>
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<td>20 minutes</td>
</tr>
</tbody>
</table>
Activity A: Introduce the Journey

Time:
5 minutes

Materials Needed:
- Clock
- Tape recorder
- Name tags

Procedure:

1. Distribute name tags to participants.
2. Orient participants to the purpose of the intervention.

Welcome to the Eban Program. Our names are _______________________ and we will be the co-facilitators for your Eban Sessions. Eban is an African concept symbolizing safety, security, and love in one’s family and community. The Eban program was developed because couples affected by HIV want to know more about how to keep their relationship healthy and safe.

We are working together as co-facilitators to teach you about safer sex and how to make your relationship more healthy and happy. We will be with you for eight sessions and may call you during the week to check in and remind you about the next session. Here are our cards with our phone numbers at work if you need to ask questions or reschedule your appointment.

This is one of the first programs designed for African American/Black heterosexual couples. We are glad that you decided to be a part of this ground breaking program.

How has HIV/AIDS affected the Black / African American community?

AIDS is killing many Americans but it is the leading cause of death for young African American men and women. African Americans and Blacks represent 11% of the U.S. population but account for 38% of AIDS cases. This is 3 times higher than the U.S. population.

We need to speak directly to African Americans/Blacks in order to save our communities. In addition to helping you as a couple, we hope that you will become an
How do you think you could help your community?

In this program we are taking a journey together to learn to talk to each other about how to be safe as a couple. Along the way we will use values and ways of relating from the African American/Black culture to communicate strategies to do this.

3. Ask if there are any questions and watch to see if group members look like they would like to ask a question.

Do you have any questions?

4. Facilitators should answer questions, and then point out tape recorder.

In the informed consent form you were told that the sessions would be recorded each week. We are doing this so that we can review the tapes and be sure that we are covering the important points and learn ways to do the sessions better in the future.

We will only be using your first names so that no one can identify you. The tapes will only be reviewed by us, our supervisors, and other authorized people who work on this study.

The tapes will be stored in a locked file and will be destroyed when the study is over.

Do you have any questions?

5. Answer participants’ questions.
Activity B: Introduce Talking Circle / Icebreaker

**Time:**
20 minutes

**Materials Needed:**
- Ankh

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

   Now we would like to introduce the talking circle and, then, have all participants introduce themselves.

   The talking circle is an opportunity for each person to share with the group. You only need to discuss things that feel comfortable to you.

   This is an ankh which is an Egyptian symbol representing the key of life and unity between men and women. In the talking circle, we will pass the ankh around the circle and the person who is holding the ankh can speak and, then, pass the ankh to the left so that the next person can speak.

   Now we would like to go around the circle and share our feelings about being here.

   As you know, my name is _______. I am here because I’m committed to helping our community and making it stronger. I’m excited to be part of this group with you.

   3. Facilitator should pass the ankh to the left and that person should be invited to introduce himself or herself. The ankh should continue to be passed to the left until all
participants have introduced themselves.

Those are excellent reasons to participate in this Eban program and we are sure that together we can accomplish these goals.

4. If not named, you could suggest other reasons below.

- To improve our relationship.
- To protect each other.
- To make sure we stay healthy.
- To communicate better.
- To maintain our monogamous committed relationship.
- To have an enjoyable experience together.

Now, to get to know each other a little better, let’s play a game. It’s called two truths and a lie.

To play this game, you think of two odd or unbelievable events or truths about your lives, and add in one lie. Each of you will share the interesting facts you came up with. Everybody else tries to guess which one is the lie.

For example:

1) I have piloted a plane.

2) I am related to Bill Cosby.

3) I have saved someone's life.
5. Give participants moment to come up with their truths and lie. Ask participants to share them. Remaining participants will have to determine which is the lie. Participants can give brief explanations to back up their truths.

That was fun! It was great to hear all of those interesting facts about your lives.
Activity C: Introduce the Eban Symbol

Time
5 minutes

Materials Needed:
- Poster #1: Eban Symbol

Procedure:
1. Be sure Poster #1: Eban Symbol is visible to all participants. Start by saying,

   Now we would like to introduce the Eban symbol and tell you what you can expect from this program.

   Eban is a word that originates from the Akan people in Ghana, West Africa. Eban means “fence.”

   Why do you think that a fence is a good symbol for a program for couples?

2. Wait for responses and reinforce answers.

   Yes, good, a fence is a symbol for safety, protection, security, and love.

3. Facilitator should refer to the poster, which depicts the Eban symbol, and relate those concepts to the visual images.

   Here is the Eban poster for this program and you have a copy in the workbook. What do you see in this poster?
4. Listen carefully to responses and reinforce verbal participation.

During these eight sessions, we will be taking a journey together and you will be building a fence of safety, love, and protection around your partner, your family, and your community.

You and your partner will work together to do this. You will both go through a process of change in this journey which gives you a chance to begin a new, safer life together and to strengthen and protect the future of our community.

On our journey we will sometimes meet as couples and sometimes as a group.

Over the next couple hours, we will talk about three main things: first, we will review how we can feel safe in these sessions together and get the most out of them.

Then, we will review some cultural principles upon which Eban is based. After that we will break into two groups—a men’s and women’s group—so we have an opportunity to share from different perspectives. In those groups we will begin to talk about HIV and other sexually transmitted diseases and the things that get in the way of practicing safer sex.

Are there any questions?
Activity D: Group Rules for Participation

Time:
5 minutes

Materials Needed:
- Flipcharts for ground rules
- Markers
- Handout #1: Pledge of Commitment and Confidentiality

Procedure:
1. Facilitators should brainstorm with group members to develop their own group rules for participation. Making their own rules for participation is the first step in becoming a village. Start by saying,

   Now we would like to develop some group rules for participation. What rules do you think we should have as a group to help everyone feel comfortable in participating?

2. One facilitator should write the group suggestions on the Post-It flip chart labeled: Group Rules for Participation.

3. The facilitator should reinforce any suggestion that is made. If participants leave out any of the rules suggested below, suggest them to the group and if they concur, add them to the list.

4. Facilitators will ask participants if they have any other suggestions they would like to add. These group-specific Rules for Participation should be available at every meeting.
- **Confidentiality** (privacy). Yes, that is a very important one. When people share private information in this group, it should be kept private. We will not talk about any personal information that we hear in this group with people outside of this group.

- **Listen without Interrupting.** We will listen when others are talking and respect their right to speak even if we disagree with their point.

- **Be Respectful.** We will show respect for others’ opinions and not through word or behaviors show disrespect or disapproval. We can work together, without judging each other, despite any differences in our experiences and attitudes.

- **Be Honest.** We will be as honest as possible and express our real feelings when sharing our opinion.

- **Right to Choose to Participate.** Everyone is invited to participate. This is an opportunity and not an obligation. No one should feel pressured into participating in any activity or answering a question that makes you feel uncomfortable. If you feel uncomfortable, you can say “pass.” Also, please remember to use “I” statements, and only speak for yourself, and not for your partner.

- **No Drugs or Alcohol.** You can participate better, and get more out of each session, if you have not been drinking or using drugs just before each session. If you become disruptive or cannot participate—for any reason—you may be asked to leave and you will not receive reimbursement for that session.

- **No cell phones.** Taking a phone call during a group or couple session can be disruptive and is rude to the other participants.

- **Right to Ask Questions.** You should ask questions at any time whenever you feel
that you do not understand something or if you want more information.

Now I would like to re-read the group rules one at a time, and ask each of you to nod your head to indicate that you agree to follow that rule.

5. Facilitators will then pass out Handout #1: Pledge of Commitment and Confidentiality for participants to sign as a pledge to participate in the group. Facilitators should ask for a volunteer to read the pledge aloud.

We are handing out a Pledge of Commitment and Confidentiality which we would like each of you to read and sign. In order for the Eban program to be successful, it is important that everyone be committed to the process and each other. Would someone like to read the pledge aloud?

6. Collect the certificates and put them in the session file.

Are there any questions?

We would also like to remind you some people have an easier time talking in groups than others. In order to let everyone in the group have a chance to express their ideas and feelings, we would like you to raise your hand.

Please let other people finish their thoughts before you speak. If you disagree with them, remember that everyone has a right to her/his opinion. The way to express a difference of opinion is by saying “I understand and respect your point. However, I feel…”

Each of you needs to decide if and how you will respond to each other if you happen to meet in your community. Some people may find it awkward and therefore may not
wish not to socialize away from this group. If you do not want to be acknowledged out of the group, please let the group know now.

How would you like to be acknowledged if people see you outside of the group?

Okay. Thank you for being honest with the group.
Activity E: Itinerary for Journey

Time:
5 minutes

Materials Needed:
- None

Procedure:
1. Now the facilitators should explain the logistics of the sessions. Start by saying,

   Now we would like to give you a short overview of the journey that we will take together.

   Although the information is serious and important, we hope that we can learn together and have a good time. To make the program interesting, fun, and informative, we will use videos, activities, and games that we hope you will enjoy.

   Beginning next week, you will come with your partner for three couples’ sessions to meet with two facilitators. The couples’ sessions will be for about two hours and will be in private rooms.

   These sessions will include you, your partner, and two facilitators. These sessions will focus on strengthening your relationship and teaching you safer HIV/STD risk reduction techniques.

   After your three couple sessions, you will again participate in three group sessions like this one. If you are comfortable, you can share what you have learned with the group and receive support from each other for your efforts and ideas.

   We know that it helps to talk to and hear from other people who are going through some of the experiences. We hope to learn from each other and form a bond as a group.
Then, the last session will be only with your partner and the facilitators.

At the end of this session, each of you will receive a workbook which has the information about the sessions and activities that you will be doing in the session and at home. Please take these workbooks home with you and keep them in a safe place so that you can do your exercises between sessions. You and your partner should also bring it with you to each session so that we can refer to sections that you might want to use.

At the end of each session, you will be given a homework assignment. Some of these will be from the workbook which will help you practice some of the skills that you will be learning in these sessions together and help you achieve your goals.

Do you have any questions about these sessions?
Activity F: Introduce the Seven Principles

**Time:**
20 minutes

**Materials Needed:**
- Poster #3: Nguzo Saba

**Procedure:**

FACILITATORS NOTE:

Be sure that Poster #3: Nguzo Saba (Seven Principles) is visible to all participants.

1. Facilitators will lead discussion of Nguzo Saba and relate them to the journey. Start by saying,

Before we break into two groups, we would like to share with you how we hope to use our culture as the basis for these sessions.

As part of the African American/Black community, we have made many positive contributions to history, our families, our communities, and to the world. Our ancestors have also survived middle passage, slavery, and Jim Crow, and we continue to survive racism, oppression, discrimination, imprisonment, and many other obstacles.

We are a resilient people who have “made a way out of no way.” Our culture made us strong enough to survive despite fierce obstacles. HIV/AIDS is another obstacle that we can overcome.
Many of us have survived and thrived by drawing on the strength of our culture. The Nguzo Saba, familiar to many as the principles of Kwanzaa represent the culture of African Americans and Black people living in the Americas. The seven principles are guidelines for positive living that bring us together as couples, families, and communities and can apply to many groups.

One or more of these principles will be highlighted in each session and throughout the workbook for the Eban program as they relate to your relationship, health, and safety.

How familiar are you all with the Seven Principles?

Good! Now we would like to talk about Nguzo Saba (in goozo sah-bah) and what they mean in general and, then, relate them to our journey and our desire to live a safer and healthier life as couples.

2. Principle #1- Unity-Umoja (oo mo jah)

The first principle is Umoja which is unity. Let’s say it together.

Good.

Umoja is the principle that encourages you to strive for and maintain unity in the family, community, nation, and race.

Now what does unity mean to you in your relationship?

3. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.
Yes, those are all good points about the value of unity.

- Our union is jointly committed to safer sex practices and to maintaining a healthy lifestyle and being true to each other.

- In Eban, we encourage couples to unite in your effort to reduce risk and to use condoms and other safer sex methods to protect one another. The commitment of two is better than one. We unite as a group and community to protect ourselves from HIV and STDs.

4. Principle #2 - Self-Determination-Kujichagulia (Koo jee chah goo leeah)

The second principle is Kujichagulia which is self-determination. Let’s say it together.
Good.

Kujichagulia is the principle that encourages us to define ourselves, name ourselves, create for ourselves, and speak for ourselves instead of being defined, named, created for, and spoken for by others.

Now what does self-determination mean to you in your relationship?

5. The facilitators should reinforce the responses that the participants provide and enhance discussion with points below.
Yes, those are all good points about self-determination in our relationships.

- In Eban, self-determination means that each couple is the expert in their lives. Each couple has the knowledge, power and skills to jointly determine how they will stay safe sexually.

6. Principle #3- Collective Work and Responsibility-Ujima (oo jee mah)

The third principle is Ujima which is collective work and responsibility. Let’s say it together.

Good.

Ujima is the principle that encourages us to build and maintain our community together and make our sister’s and brother’s problems our problems and to solve them together.

Now what does collective work and responsibility mean to you in your relationship?

7. The facilitators should reinforce the responses that the participants provide and enhance discussion with some of the points below.

Yes, those are all good points about collective work and responsibility.

- In Eban, Ujima is about “sharing the load” and working together to protect each other and the community. Couples can help each other work and take responsibility
for safer sex, so that one by one, couple by couple, we can promote safety and health for our community and ourselves.

8. Principle #4 - Cooperative Economics-Ujamma (oo jah mah)

The fourth principle is Ujamma which is cooperative economics. Let’s say is together.

Good.

Ujamma encourages us to build and maintain our own stores, shops and other businesses, and to profit from them together.

Now what does cooperative economics mean to you in your relationship?

9. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are all good points about working together to make money.

- In Eban, this principle focuses on working together, being honest, and being responsible for the well-being of your partner, family, and community.

- In Eban, Ujamaa means a commitment to pooling our strengths and our financial and emotional resources to help one another maintain health and safety as couples and as community.

10. Principle #5 - Purpose-Nia (nee ah)
The fifth principle is Nia which is purpose. Let’s say it together.

Good.

Nia is the principle that encourages us to collectively build and develop our community in order to restore our people to our traditional greatness.

Now what does purpose mean to you in your relationship?

11. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, understanding the purpose of the Eban program will help you both become centered and focused on safer sex practices.

- In Eban, our purpose is to keep each other safe, to protect each other and to maintain safer sexual practices in our loving, intimate relationships and in our communities. In this way we help to restore our community’s health and well being.

12. Principle #6 - Creativity-Kuumba (koo oom bah)

The sixth principle is Kuumba which is creativity. Let’s say it together.

Good.

Kuumba encourages us to always do as much as we can, in the way that we can, in order to leave our community better than we inherited it.

Now what does creativity mean to you in your relationship?
13. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about creativity in your relationship.

- In Eban, Kuumba means that couples will use their skills and creativity to find exciting ways to use condoms and other safer sex methods to strengthen their relationship and reduce sexual risk.

14. Principle #7 - Faith-Imani (ee mah nee)

The seventh principle is Imani which is faith. Let’s say it together.

Good.

Imani is the principle that says we should believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

Now what does faith mean to you in your relationship?

15. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about what faith means to your relationship.

In Eban, Imani means that we have faith in ourselves to work collectively to reduce HIV
and STD risks in our communities. As a couple, you believe in your and your partner’s ability to have safe and satisfying sex.

Together as a group, we have done a wonderful job of exploring the Nguzo Saba and how we can use them to keep our relationships and communities safe and healthy.

Now that we have had a chance to meet each other and talk about the Eban journey, we will break into a women’s group and a men’s group.

We are doing this so that these groups can talk about what it means to be a woman and what it means to be a man. You will have the chance to talk about the Eban journey from a man’s perspective or from a woman’s perspective.

We will meet in our single gender groups for the next hour or so, and then we will rejoin and set up an appointment for your next session.

Before we do that, we will give you a minute to say goodbye to your partner. Then, the men will go into another room.

Male facilitator leaves room with men and one copy of the Group Rules for Participation and female facilitator stays in same room with women.

**Session 1**
**Preparing for the Journey**
**(Male Group)**

**Goals**
The goals of this session are to:

- Orientation to Eban Program
- Learn and Apply Nguzo Saba
- Learn about STD/HIV Facts
- Enhance Gender Pride and Cultural Pride
• Identify Barriers to Practicing Safer Sex

Materials Needed

• Newsprint: Group Rules for Participation
• Poster #4: STDs
• Poster #5: HIV
• Eban Workbooks for Participants
• Handout #2: “You Will Recognize your Brothers” by Haki Madhabuti
• Two sets of STD Cards
• Two sets of HIV Cards
• Post It Flip Chart
• Magic Markers
• CD track # 3: Curtis Mayfield, Keep on Pushin
• CD player
• Homework #1: What We Cherish About Ourselves and Our Partner
• Envelopes and Reimbursement (if handed out by facilitators)

Instructional Time
60 Minutes

Activity

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</tr>
</thead>
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Activity A: Review Purpose of Journey

**Time:**
5 minutes

**Materials Needed:**
- Flipchart with ground rules

**Procedure:**
1. Male Facilitator will review reasons for coming to the group and check if they would like to say anything that they were reluctant to share in group.

**FACILITATOR NOTE:**
Facilitators should probe for issues that are gender-based or gender/power issues.

Now that we are together as men, we want to review if there are other reasons that brought you here today that you might not have been comfortable discussing in front of your partner?

Some men might be here because they want to use condoms, but they are afraid to suggest using condoms to their partner because they will hurt her feelings or she will become angry.

2. Facilitators emphasize that the goal of the program is to communicate better with your partner and to be able to share such things with him in the future.
I am glad that you were willing to share these issues with us. Our Eban sessions are designed to help you feel comfortable sharing these feelings with your partner. What do you find hard to talk to your partner about?

3. Allow time for men to talk and reinforce responses.

Yes, those are all difficult topics to bring up but if you cannot share these feelings with your partner, then you may have a harder time practicing safer sex and having a healthier relationship.
Activity B: Enhance Gender Pride

**Time:**
15 minutes

**Materials Needed:**
- Flipchart
- Markers
- CD track #3 “Keep on Pushin” by Curtis Mayfield
- Handout #2: “You will recognize your brothers” by Haki Madhabuti

**Procedure:**
1. Participants will be asked what it means to be a man, what they enjoy about being a man, and what makes them proud to be a man. Facilitators should relate this to the main issue of protecting self and partner.

2. Write down the men’s responses.

   *We separated into two groups so that we have an opportunity to celebrate together as men and share what it means to be a man.*

   *We do not often have a chance to celebrate being men, and how being men influences how and who we are.*

   *Being a man can mean many things. What does it mean to you?*

3. Wait for and reinforce responses.

   *I am proud that as men we are strong, nurturing and work hard to maintain relationships. I am also proud that we achieve a lot and contribute a lot to society.*
Being proud of who we are can help us to take care of our families and ourselves and help us to keep others from treating us badly or taking advantage of us.

We would like to play a song that captures how great men are. As you listen to this song, think about what it means, what kind of messages it communicates.

4. Facilitator plays song by Curtis Mayfield, Keep on Pushin (Track #3).

What are some of the messages of this song?

5. Write responses on flip chart.

This song remind us to be proud of ourselves, not based on anything outside of us, but based on who we are, what’s inside. When we are proud that we are men, we don’t have to use what’s outside of ourselves to feel good. When we are proud that we are men, we can keep on pushing, even when the odds seem against us.

6. Participants brainstorm what makes them proud to be men. Facilitator writes responses on the flip chart (i.e., being strong, being nurturing, taking care of your family, expressing yourself).
We would like to talk about what makes us proud to be men. We will identify the things that we value about ourselves.

What makes you proud to be a man?

7. Participants should be given Handout #2, a poem by Haki Madhubuti titled “You Will Recognize Your Brothers”, which is also in the workbook, section 1.7.

8. Facilitator should ask if volunteer would read poem aloud. If no volunteer, facilitator should read aloud.

This is a poem by a male poet name Haki Madhubuti (ha kee mah dah boo tee) called “You Will Recognize Your Brothers.” He tells us that we are phenomenal because we are men and our qualities come from the inside. Would someone like to volunteer to read the poem?

What does this poem mean to you?

9. Reinforce participants’ responses.

As African American men, we are leaders, educators, protectors, fathers, partners, lovers, and professionals of our community. Haki Madhabuti reminds us of the strength and power that we possess especially when we connect with one another and provide care and support to each other. We will recognize each other as brothers because of beauty, power, and commitment of our families and communities and that, my brothers, is what we have to be proud of.
When we are proud that we are men, we can surround ourselves with the things that make us happy. When we are proud that we are men, we can be strong.

When we are proud that we are men, we can be assertive, asking for what we want and need for our partners, family, our community, and ourselves.

10. Facilitators should now integrate gender pride as it is relevant to HIV/STI risk reduction.

The pride we have in our gender and the level of comfort we feel with ourselves can influence how we feel in relationship. Sometimes understanding these feelings better can help us to reduce our risky behaviors.

For example, among couples where one person is positive and the other is negative, some HIV positive men have told us that they are so concerned about their partner not becoming positive that they put more emphasis on condom use than their partner, which leads to conflict.

For HIV negative men, they are so concerned that they not hurt their partner’s feelings, that they do not practice safer sex.

We want to balance the needs of both partners to stay as healthy as possible together, so they can lead long happy and safer lives together.

These health issues threaten our community and us and that is why we are here today.
11. Facilitator should summarize and transition into next activity.

Having taken some time to remind ourselves of how we are proud to be men and proud of our heritage, we would like to talk about some basic facts about STD transmission.

These health issues threaten us and our community and that is why we are here today.
Activity C: STD and HIV Facts

**Time:**
20 minutes

**Materials Needed:**
- STD cards
- HIV cards
- Poster #4: STDs
- Poster #5: HIV

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

   We would like to talk about things that you may have heard about STDs (or sexually transmitted diseases) and specifically about HIV transmission because there are many myths.

   What are some sexually transmitted diseases?
   Yes, those are all important ones.

   Gonorrhea, Chlamydia, Herpes, genital warts or human papilloma virus, HIV, Hepatitis B, Hepatitis C, Syphilis, Trichomoniasis.

**FACILITATOR NOTE:**
Be sure Poster #4: STDs is visible.
There is a chart with information on these STDs in your workbook, which you will receive at the end of today’s session.

Do you know which of those STDs are curable?

Yes, that is correct. Gonorrhea, Chlamydia, Syphilis, and Trichomoniasis are curable, and can often be treated with only a single treatment. It is very important that you receive immediate treatment if you have any symptoms or your partner has symptoms. Do not have sex with an untreated partner. Herpes, Hepatitis B, Hepatitis C and HIV are not curable.

2. Facilitator introduces STD exercise.

3. One at a time facilitator(s) hold up card and read statement to group, encouraging participants to confer and shout out the correct answer.

4. Facilitator then confirms correct answer and moves on to next card until all have been read.

FACILITATOR NOTE:
Move quickly through this section, stopping to clarify information only as needed.
This next exercise is a game. It’s fun. See if you can keep up with me. I’m going to hold up some cards and read the statements on the cards. They are all about STDs. This is just a little test to see how much you already know about STDs. As I read the cards, you work together to call out the right answer… true or false, myth or fact…let’s try one.

**Question:** STDs always have symptoms. True or false?

**FACILITATOR NOTE:**
Facilitator should wait until you get an answer from participant(s) before reading correct answer.

**Answer:** False. Sometimes someone can have an STD and not have any symptoms. The person may not even know that he/she has an STD and therefore can have had it for a long time. This can result in serious health problems, like pelvic inflammatory disease.

**Question:** Some STDs do have symptoms, do you know what some of these symptoms are?

**Answer:** Some early symptoms for most STDs include itching, soreness of genitals or anus, pain when urinating, bad smells or discharge.
**Question:** How do most people become infected with STDs?

**Answer:** The main way people become infected with STDs is through unprotected vaginal, anal, or oral sex.

**Question:** Can STDs be transmitted from mother to child?

**Answer:** Yes, the mother can transmit STDs to her baby during pregnancy, birth, or breastfeeding.

**Question:** How can you reduce your risk of becoming infected with an STD?

**Answer:** By using a condom every time that you have sex.

**Question:** STDs affect men more than women. True or false?

**Answer:** False. If a woman has sex with an infected man, she is twice as likely to become infected with an STD than a man who has sex with an infected woman. This is because a man’s penis is covered with strong dermis or skin, while the woman’s vagina is lined with very soft tissue that is more susceptible to infection by bacteria or viruses.
Also, women are less likely than men to have symptoms if they have an STDs, so they are less likely to seek early treatment. They can have an STD for a long time and not know it. They also suffer more consequences of STDs, consequences that men do not suffer, like pelvic inflammatory disease, cervical cancer, or miscarriages.

**Question:** Are other STDs transmitted more easily than HIV.

**Answer.** Yes. It is easy to become infected with other sexually transmitted diseases. In fact, every 10 seconds, someone becomes infected with an STD.

5. Put up Poster #5: HIV

Now we would like to talk about HIV.

6. Just like for the STD questions, facilitator should read the question to the group. Facilitator should wait until you get an answer from participant(s) before reading correct answer and moving on to the next card.

**Question:** Do you know what HIV and AIDS are?

**Answer:** HIV is Human Immunodeficiency virus and AIDS is the diagnosis that you receive when your immune system fails and you become sick with certain opportunistic infections and experience other health problems that define AIDS according to the Centers for Disease Control (CDC). AIDS stands for Acquired Immune Deficiency...
**Question:** Can condoms protect you from HIV? When we say condoms we mean latex or polyurethane condoms.

**Answer:** Yes. Using male condoms or female condoms correctly and consistently can help protect you from transmitting or becoming infected with HIV.

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**Question:** What are other ways to prevent HIV transmission?

**Answer:** Some sexual behaviors that are less likely to transmit HIV are kissing, massage, and pleasuring each other with your hands instead of having sex. Not sharing injection drug needles also prevents transmission.

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**Question:** Is having sex with someone who has HIV the only way of becoming infected with the virus?

**Answer:** No. There are other ways of coming in contact with bodily fluids and becoming infected: sharing needles for injecting drugs or during tattooing; sharing sex toys; breast feeding.

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**Question:** Can people living with HIV become reinfected with the virus?

**Answer:** Yes. Even people living with the HIV virus can become reinfected with a
different virus which means that the current medications might not work any more.

**Question:** Because of the new medications, does that mean that HIV infection is no longer a danger?

**Answer.** Some medications called highly active anti-retroviral treatment (HAART) slow down HIV progression. However, the virus always remains in the body, so it can always be transmitted, even if you are receiving treatment and your viral load is low. Also, we do not know the long-term effects of the anti-retroviral medications.

**Question:** Do STDs increase the likelihood of HIV infection?

**Answer.** Yes. STDs increase the likelihood of becoming infected or reinfected with HIV. Therefore, obtaining treatment for STDs and preventing STD transmission reduces HIV transmission.

**Question:** Why do you think STDs increase your chances of becoming infected with HIV?

**Answer:** STDs can cause blisters or sores on or around the genitals. During sex, the virus can enter the body through these sores and the person can become infected with HIV.
**Question:** Do STDs have an effect on HIV progression?

**Answer.** Yes. STDs can further weaken your immune system, and result in increased viral load and faster HIV progression. This is another reason to ensure that you are protected for STDs, and to obtain early testing and treatment for STDs.

You did great. You know a lot about HIV and therefore are able to protect yourself from this risk.

We do not want to frighten you or to make sex something you would not want to do but STDs are serious and they threaten our health and safety. If we know about STDs and understand how easy it is to become infected, then we can protect our partners and ourselves by using condoms.

If someone is concerned about having STDs, it is important to go to the doctor or clinic to obtain medical evaluation and treatment.

As we said, most bacterial STDs like Chlamydia, Gonorrhea, Syphilis, and Trichomoniasis can be treated.

Later, you will be receiving your test results and we hope that this information can help you feel better prepared to understand what they mean for you and your partner.
Activity D: Barriers to Risk Reduction

**Time:**
15 minutes

**Materials Needed:**
- Flipcharts
- Markers

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

   We have talked about what it means to be men, about STDs that affect us, and about risky behaviors. Now we will talk about some of the things that make it hard to change sexual behavior, which is sometimes risky behavior.

2. Facilitator encourages participants to call out barriers to practicing safe sex, writing out responses on flipchart as they are called out and paraphrasing how they are barriers to risk reduction.

   Many people know that they have HIV or another STD and they find it hard to practice safer sex.

   What are some things that make it difficult for men – or specifically for you and your partner - to make changes in your sexual behavior and to use condoms?

3. Wait for responses and facilitators writes them on a flip chart.
Yes, those are good responses.

- Condoms do not feel good;
- Want skin to skin contact;
- Do not want to stop spontaneity;
- Afraid of partner’s reactions if ask to use condoms.
- Asking your partner to use a condom may be interpreted as an accusation of infidelity.

4. Facilitator encourages participants to call out ways to overcome barriers to practicing safe sex, writing out responses on flipchart as they are called out.

Now we would like to get your ideas about how a couple can overcome these problems.

Yes. Those are good ways.

- Make condoms and their use part of the fun of having sex.
- Use colored and flavored condoms.
• Put condoms on in unusual ways, such as by the mouth.

We will be working with you and your partner to overcome any of these things that are a problem for you as a couple. We will be talking about those problems with you and your partner in the Eban program.

5. Transition to returning to couples’ group. Start by saying,

Now we are going to rejoin the women where we are going to give you an activity to do at home and to set up an appointment for you as a couple.

Remember, what’s said in the group stays in the group, so we ask you to not discuss what others shared here with anyone who wasn’t present. Take a few minutes to say good-bye to each other.
Activity E: Homework

Time:
5 minutes

Materials Needed:
- Workbook
- Session 1 Homework assignment (in Workbook)

Procedure:
1. Facilitators introduce the homework assignment. Start by saying,

   *In order to change our behavior, including reducing sexual risk, we need to have good reasons for staying healthy and safe.*

   *One step towards this goal is to describe what is important to you and to your partner, and what you hope your future will be like.*

   *If we recognize that staying healthy is important to reaching our goals as a couple, then it is easier to motivate ourselves to change.*

2. Hand Workbook out to participants.

3. Refer to Homework #1 in Workbook: What We Cherish About Our Partner and Ourselves, section 1.12.

   *In the Workbook, section 1.12, you’ll find the homework for this session. We would like you to write four things:*
(1) what strengths you bring to the relationship;

(2) what is important to you about your relationship;

(3) what you love about your partner; and

(4) how you want to protect each other.

If you would like, you can create an image or picture, or write or select a song that reflects what you love about your partner, strengths you bring, what’s important to you, and how you want to protect each other.

You should bring this sheet with you when you come with your partner to Session 2. You will, then, have an opportunity to share these feelings with your partner.

This has been a very good session. We hope that you are ready to learn new ways to have a healthier and happier relationship with your partner. We look forward to seeing you next week as a couple.
SESSION 1
PREPARING FOR THE JOURNEY
(FEMALE VERSION)

(Couples Group)
Activity A: Introduce the Journey (5 minutes)
Activity B: Introduce Talking Circle / Icebreaker (20 minutes)
Activity C: Introduce the Eban Symbol (5 minutes)
Activity D: Group Rules for Participation (5 minutes)
Activity E: Itinerary for Journey (5 minutes)
Activity F: Introduce the Seven Principles (20 minutes)

(Single Gender-Female Group)
Activity A: Review Purpose of Journey (5 minutes)
Activity B: Enhance Gender Pride (15 minutes)
Activity C: STD and HIV Facts (20 minutes)
Activity D: Barriers to Risk Reduction (15 minutes)
Activity E: Homework (5 minutes)

Session Goals
The goals of this session are to:

- Orientation to Eban Program
- Learn and Apply Nguzo Saba
- Learn about STD/HIV Facts
- Enhance Gender Pride and Cultural Pride
- Identify Barriers to Practicing Safer Sex

Materials Needed
- Sign-In Sheets
- Name Tags
- Pens
- Ankh
- Poster #1: Eban Symbol
- Newsprint: Group Rules for Participation
- Poster #3: Nguzo Saba (Seven Principles)
- Poster #4: STDs
• Poster #5: HIV
• Eban Workbooks for Participants and Facilitators
• Handout #1: Certificate of Commitment and Confidentiality
• Handout #2: “Phenomenal Woman” by Maya Angelou
• Two sets of STD Cards
• Two sets of HIV Cards
• Post It Flip Chart
• Magic Markers
• CD track #1: Song by India Arie – Video
• CD player
• Homework #1: What We Cherish About Ourselves and Our Partner
• Envelopes and Reimbursement (if handed out by facilitators)

**FACILITATOR’S NOTE:**

- Use the term “we” as often as possible in order to “join” with participants as members of the African American/Black community.
- Many communities have principles but in this program, Kwanza will be used.
- Reinforce verbal contributions to increase participation.
- Model scenarios to reinforce points and prepare for role plays.
- Do not rush each section; it is critical to engage each member in the process.
- Normalize behavior by saying “Many people feel that way.”

**Instructional Time**
2 hours (120 minutes)
<table>
<thead>
<tr>
<th>Activity</th>
<th>Time Needed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Couples Group</strong></td>
<td></td>
</tr>
<tr>
<td>A. Introduce the Journey</td>
<td>5 minutes</td>
</tr>
<tr>
<td>B. Introduce Talking Circle / Icebreaker</td>
<td>20 minutes</td>
</tr>
<tr>
<td>C. Introduce the Eban Symbol</td>
<td>5 minutes</td>
</tr>
<tr>
<td>D. Group Rules for Participation</td>
<td>5 minutes</td>
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<tr>
<td>E. Itinerary for Journey</td>
<td>5 minutes</td>
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<tr>
<td>F. Introduce the Seven Principles</td>
<td>20 minutes</td>
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<td>Subtotal = 1 hour</td>
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<tr>
<td>Subtotal = 1 hour</td>
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</tbody>
</table>
Activity A: Introduce the Journey

Time:
5 minutes

Type of Session:
Couples Group

Materials Needed:
- Clock
- Tape recorder
- Name tags

Procedure:
1. Distribute name tags to participants.

2. Orient participants to the purpose of the intervention. Start by saying,

   Welcome to the Eban Program. Our names are ___________________ and we will be the co-facilitators for your Eban Sessions. Eban is an African concept symbolizing safety, security, and love in one’s family and community. The Eban program was developed because couples affected by HIV want to know more about how to keep their relationship healthy and safe.

   We are working together as co-facilitators to teach you about safer sex and how to make your relationship more healthy and happy. We will be with you for eight sessions and may call you during the week to check in and remind you about the next session. Here are our cards with our phone numbers at work if you need to ask questions or reschedule your appointment.

   This is one of the first programs designed for African American/Black heterosexual couples. We are glad that you decided to be a part of this ground breaking program.
How has HIV/AIDS affected the Black / African American community?

AIDS is killing many Americans but it is the leading cause of death for young African American men and women. African Americans and Blacks represent 11% of the U.S. population but account for 38% of AIDS cases. This is 3 times higher than the U.S. population.

We need to speak directly to African Americans/Blacks in order to save our communities. In addition to helping you as a couple, we hope that you will become an important resource for your community.

How do you think you could help your community?

In this program we are taking a journey together to learn to talk to each other about how to be safe as a couple. Along the way we will use values and ways of relating from the African American/Black culture to communicate strategies to do this.

3. Ask if there are any questions and watch to see if group members look like they would like to ask a question.

Do you have any questions?

4. Facilitators should answer questions, and then point out tape recorder.
In the informed consent form you were told that the sessions would be recorded each week. We are doing this so that we can review the tapes and be sure that we are covering the important points and learn ways to do the sessions better in the future.

We will only be using your first names so that no one can identify you. The tapes will only be reviewed by us, our supervisors, and other authorized people who work on this study.

The tapes will be stored in a locked file and will be destroyed when the study is over.

Do you have any questions?

5. Answer participants’ questions.
Activity B:  Introduce Talking Circle / Icebreaker

**Time:**
20 minutes

**Type of Session:**
Couples Group

**Materials Needed:**
- Ankh

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

   Now we would like to introduce the talking circle and, then, have all participants introduce themselves.

   The talking circle is an opportunity for each person to share with the group. You only need to discuss things that feel comfortable to you.

   This is an ankh which is an Egyptian symbol representing the key of life and unity between men and women. In the talking circle, we will pass the ankh around the circle and the person who is holding the ankh can speak and, then, pass the ankh to the left so that the next person can speak.

2. Facilitators should model how to introduce oneself and share a personal reason for being there.
Now we would like to go around the circle and share our feelings about being here.

As you know, my name is _______. I am here because I’m committed to helping our community and making it stronger. I’m excited to be part of this group with you.

3. Facilitator should pass the ankh to the left and that person should be invited to introduce himself or herself. The ankh should continue to be passed to the left until all participants have introduced themselves.

Those are excellent reasons to participate in this Eban program and we are sure that together we can accomplish these goals.

4. If not named, you could suggest other reasons below.

- To improve our relationship.
- To protect each other.
- To make sure we stay healthy.
- To communicate better.
- To maintain our monogamous committed relationship.
- To have an enjoyable experience together.
Now, to get to know each other a little better, let’s play a game. It’s called two truths and a lie.

To play this game, you think of two odd or unbelievable events or truths about your lives, and add in one lie. Each of you will share the interesting facts you came up with. Everybody else tries to guess which one is the lie.

For example:

1) I have piloted a plane.
2) I am related to Bill Cosby.
3) I have saved someone's life.

5. Give participants moment to come up with their truths and lie. Ask participants to share them. Remaining participants will have to determine which is the lie. Participants can give brief explanations to back up their truths.

That was fun! It was great to hear all of those interesting facts about your lives.
Activity C: Introduce the Eban Symbol

Time:
5 minutes

Type of Session:
Couples Group

Materials Needed:
• Poster #1: Eban Symbol

Procedure:

FACILITATOR’S NOTE:
Be sure Poster #1: Eban Symbol is visible to all participants.

1. Start by saying,

Now we would like to introduce the Eban symbol and tell you what you can expect from this program.

Eban is a word that originates from the Akan people in Ghana, West Africa. Eban means “fence.”

Why do you think that a fence is a good symbol for a program for couples?
2. Wait for responses and reinforce answers.

   Yes, good, a fence is a symbol for safety, protection, security, and love.

3. Facilitator should refer to the poster which depicts the EBAN symbol and relate those concepts to the visual images.

   Here is the Eban poster for this program and you have a copy in the workbook. What do you see in this poster?

4. Listen carefully to responses and reinforce verbal participation.

   During these eight sessions, we will be taking a journey together and you will be building a fence of safety, love, and protection around your partner, your family, and your community.

   You and your partner will work together to do this.

   You will both go through a process of change in this journey which gives you a chance to begin a new, safer life together and to strengthen and protect the future of our community.

   On our journey we will sometimes meet as couples and sometimes as a group.
Over the next couple hours, we will talk about three main things: first, we will review how we can feel safe in these sessions together and get the most out of them.

Then, we will review some cultural principles upon which Eban is based.

After that we will break into two groups—a men’s and women’s group—so we have an opportunity to share from different perspectives. In those groups we will begin to talk about HIV and other sexually transmitted diseases and the things that get in the way of practicing safer sex.

Are there any questions?
Activity D: Group Rules for Participation (5 minutes)

**Time:**
5 minutes

**Type of Session:**
Couples Group

**Materials Needed:**
- Flipcharts for ground rules
- Markers
- Handout #1: Pledge of Commitment and Confidentiality

**Procedure:**

**FACILITATOR’S NOTE:**
Facilitators should brainstorm with group members to develop their own group rules for participation. Making their own rules for participation is the first step in becoming a village.

1. Start by saying,

   *Now we would like to develop some group rules for participation. What rules do you think we should have as a group to help everyone feel comfortable in participating?*

2. One facilitator should write the group suggestions on the Post-It flip chart labeled: Group Rules for Participation.
3. The facilitator should reinforce any suggestion that is made. If participants leave out any of the rules suggested below, suggest them to the group and if they concur, add them to the list.

4. Facilitators will ask participants if they have any other suggestions they would like to add. These group-specific Rules for Participation should be available at every meeting.

- **Confidentiality** (privacy). Yes, that is a very important one. When people share private information in this group, it should be kept private. We will not talk about any personal information that we hear in this group with people outside of this group.

- **Listen without Interrupting.** We will listen when others are talking and respect their right to speak even if we disagree with their point.

- **Be Respectful.** We will show respect for others’ opinions and not through word or behaviors show disrespect or disapproval. We can work together, without judging each other, despite any differences in our experiences and attitudes.

- **Be Honest.** We will be as honest as possible and express our real feelings when sharing our opinion.

- **Right to Choose to Participate.** Everyone is invited to participate. This is an opportunity and not an obligation. No one should feel pressured into participating in any activity or answering a question that makes you feel uncomfortable. If you feel uncomfortable, you can say “pass.” Also, please remember to use “I” statements, and only speak for yourself, and not for your partner.
• **Drugs or Alcohol.** You can participate better, and get more out of each session, if you have not been drinking or using drugs just before each session. If you become disruptive or cannot participate—for any reason—you may be asked to leave and you will not receive reimbursement for that session.

• **No cell phones.** Taking a phone call during a group or couple session can be disruptive and is rude to the other participants.

• **Right to Ask Questions.** You should ask questions at any time whenever you feel that you do not understand something or if you want more information.

Now I would like to re-read the group rules one at a time, and ask each of you to nod your head to indicate that you agree to follow that rule.

5. Facilitators will then pass out Handout #1: Pledge of Commitment and Confidentiality for participants to sign as a pledge to participate in the group.

6. Facilitators should ask for a volunteer to read the pledge aloud.

*We are handing out a Pledge of Commitment and Confidentiality which we would like each of you to read and sign. In order for the Eban program to be successful, it is important that everyone be committed to the process and each other.*

Would someone like to read the pledge aloud?
7. Collect the certificates and put them in the session file.

Are there any questions?

We would also like to remind you some people have an easier time talking in groups than others. In order to let everyone in the group have a chance to express their ideas and feelings, we would like you to raise your hand.

Please let other people finish their thoughts before you speak. If you disagree with them, remember that everyone has a right to her/his opinion. The way to express a difference of opinion is by saying “I understand and respect your point. However, I feel…”

Each of you needs to decide if and how you will respond to each other if you happen to meet in your community. Some people may find it awkward and therefore may not wish not to socialize away from this group. If you do not want to be acknowledged out of the group, please let the group know now.

How would you like to be acknowledged if people see you outside of the group?

Okay. Thank you for being honest with the group.
Activity E:  Itinerary for Journey

**Time:**
5 minutes

**Type of Session:**
Couples Group

**Materials Needed:**
- None

**Procedure:**
1. Now the facilitators should explain the logistics of the sessions. Start by saying,

   Now we would like to give you a short overview of the journey that we will taking together.

   Although the information is serious and important, we hope that we can learn together and have a good time. To make the program interesting, fun, and informative, we will use videos, activities, and games that we hope you will enjoy.

   Beginning next week, you will come with your partner for three couples’ sessions to meet with two facilitators. The couples’ sessions will be for about two hours and will be in private rooms.

   These sessions will include you, your partner, and two facilitators. These sessions will focus on strengthening your relationship and teaching you safer HIV/STD risk reduction techniques.

   After your three couple sessions, you will again participate in three group sessions like this one. If you are comfortable, you can share what you have learned with the group and receive support from each other for your efforts and ideas.
We know that it helps to talk to and hear from other people who are going through some of the experiences. We hope to learn from each other and form a bond as a group.

Then, the last session will be only with your partner and the facilitators.

At the end of this session, each of you will receive a workbook which has the information about the sessions and activities that you will be doing in the session and at home. Please take these workbooks home with you and keep them in a safe place so that you can do your exercises between sessions. You and your partner should also bring it with you to each session so that we can refer to sections that you might want to use.

At the end of each session, you will be given a homework assignment. Some of these will be from the workbook which will help you practice some of the skills that you will be learning in these sessions together and help you achieve your goals.

Do you have any questions about these sessions?
Activity F: Introduce the Seven Principles

**Time:**
20 minutes

**Type of Session:**
Couples Group

**Materials Needed:**
- Poster #3: Nguzo Saba

**Procedure:**

**FACILITATOR’S NOTE:**

Be sure that Poster #3: Nguzo Saba (Seven Principles) is visible to all participants.

1. Facilitators will lead discussion of Nguzo Saba and relate them to the journey. Start by saying,

   Before we break into two groups, we would like to share with you how we hope to use our culture as the basis for these sessions.

   As part of the African American/Black community, we have made many positive contributions to history, our families, our communities, and to the world. Our ancestors have also survived middle passage, slavery, and Jim Crow, and we continue to survive racism, oppression, discrimination, imprisonment, and many other obstacles.

   We are a resilient people who have “made a way out of no way.” Our culture made us strong enough to survive despite fierce obstacles. HIV/AIDS is another obstacle that we can overcome.
Many of us have survived and thrived by drawing on the strength of our culture. The Nguzo Saba, familiar to many as the principles of Kwanzaa represent the culture of African Americans and Black people living in the Americas. The seven principles are guidelines for positive living that bring us together as couples, families, and communities and can apply to many groups.

One or more of these principles will be highlighted in each session and throughout the workbook for the Eban program as they relate to your relationship, health, and safety.

How familiar are you all with the Seven Principles?

Good! Now we would like to talk about Nguzo Saba (in goozo sah-bah) and what they mean in general and, then, relate them to our journey and our desire to live a safer and healthier life as couples.

2. Principle #1- Unity-Umoja (oo mo jah)

The first principle is Umoja which is unity. Let’s say it together.

Good.

Umoja is the principle that encourages you to strive for and maintain unity in the family, community, nation, and race.

Now what does unity mean to you in your relationship?

3. The facilitators should reinforce the responses that the participants provide and
enhance discussion by adding from points below.

Yes, those are all good points about the value of unity.

- **Our union is jointly committed to safer sex practices and to maintaining a healthy lifestyle and being true to each other.**

- **In Eban, we encourage couples to unite in your effort to reduce risk and to use condoms and other safer sex methods to protect one another. The commitment of two is better than one. We unite as a group and community to protect ourselves from HIV and STDs.**

4. Principle #2 - Self-Determination-Kujichagulia (Koo jee chah goo leeah)

The second principle is Kujichagulia which is self-determination. Let’s say it together.

Good.

Kujichagulia is the principle that encourages us to define ourselves, name ourselves, create for ourselves, and speak for ourselves instead of being defined, named, created for, and spoken for by others.

Now what does self-determination mean to you in your relationship?
5. The facilitators should reinforce the responses that the participants provide and enhance discussion with points below.

Yes, those are all good points about self-determination in our relationships.

- In Eban, self-determination means that each couple is the expert in their lives. Each couple has the knowledge, power and skills to jointly determine how they will stay safe sexually.

6. Principle #3- Collective Work and Responsibility-Ujima (oo jee mah)

The third principle is Ujima which is collective work and responsibility. Let’s say it together.

Good.

Ujima is the principle that encourages us to build and maintain our community together and make our sister’s and brother’s problems our problems and to solve them together.

Now what does collective work and responsibility mean to you in your relationship?

7. The facilitators should reinforce the responses that the participants provide and enhance discussion with some of the points below.
Yes, those are all good points about collective work and responsibility.

- In Eban, Ujima is about “sharing the load” and working together to protect each other and the community. Couples can help each other work and take responsibility for safer sex, so that one by one, couple by couple, we can promote safety and health for our community and ourselves.

8. Principle #4 - Cooperative Economics-Ujamma (oo jah mah)

The fourth principle is Ujamma which is cooperative economics. Let’s say is together.

Good.

Ujamma encourages us to build and maintain our own stores, shops and other businesses, and to profit from them together.

Now what does cooperative economics mean to you in your relationship?

9. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are all good points about working together to make money.

- In Eban, this principle focuses on working together, being honest, and being responsible for the well-being of your partner, family, and community.
• In Eban, Ujamaa means a commitment to pooling our strengths and our financial and emotional resources to help one another maintain health and safety as couples and as community.

10. Principle #5 - Purpose-Nia (nee ah)

The fifth principle is Nia which is purpose. Let’s say it together.

Good.

Nia is the principle that encourages us to collectively build and develop our community in order to restore our people to our traditional greatness.

Now what does purpose mean to you in your relationship?

11. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, understanding the purpose of the Eban program will help you both become centered and focused on safer sex practices.

• In Eban, our purpose is to keep each other safe, to protect each other and to maintain safer sexual practices in our loving, intimate relationships and in our communities. In this way we help to restore our community’s health and well being.
12. Principle #6 - Creativity-Kuumba (koo oom bah)

The sixth principle is Kuumba which is creativity. Let’s say it together.

Good.

Kuumba encourages us to always do as much as we can, in the way that we can, in order to leave our community better than we inherited it.

Now what does creativity mean to you in your relationship?

13. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about creativity in your relationship.

- In Eban, Kuumba means that couples will use their skills and creativity to find exciting ways to use condoms and other safer sex methods to strengthen their relationship and reduce sexual risk.

14. Principle #7 - Faith-Imani (ee mah nee)

The seventh principle is Imani which is faith. Let’s say it together.
Good.

Imani is the principle that says we should believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

Now what does faith mean to you in your relationship?

15. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about what faith means to your relationship.

In Eban, Imani means that we have faith in ourselves to work collectively to reduce HIV and STD risks in our communities. As a couple, you believe in your and your partner’s ability to have safe and satisfying sex.

Together as a group, we have done a wonderful job of exploring the Nguzo Saba and how we can use them to keep our relationships and communities safe and healthy.

Now that we have had a chance to meet each other and talk about the Eban journey, we will break into a women’s group and a men’s group. We are doing this so that these groups can talk about what it means to be a woman and what it means to be a man. You will have the chance to talk about the Eban journey from a man’s perspective or from a woman’s perspective.

We will meet in our single gender groups for the next hour or so, and then we will rejoin and set up an appointment for your next session.
Before we do that, we will give you a minute to say goodbye to your partner. Then, the men will go into another room.

Activity G: Review Purpose of Journey (5 minutes)

Time:
5 minutes

Type of Session:
Single Gender-Female Group

Materials Needed:
- Flipchart with ground rules

Procedure:

FACILITATOR’S NOTE:

Female Facilitator will review reasons for coming to the group and check if they would like to say anything that they were reluctant to share in group.

Facilitators should probe for issues that are gender-based or gender/power issues.

1. Start by saying,

Now that we are together as women, we want to review if there are other reasons that brought you here today that you may not have been comfortable discussing in front of your partner?

Some women might be here because they want to use condoms, but they are afraid to suggest using condoms to their partner because they will hurt his feeling or he will become angry.
2. Facilitators emphasize that the goal of the program is to communicate better with your partner and to be able to share such things with him in the future.

I am glad that you were willing to share these issues with us. Our Eban sessions are designed to help you feel comfortable sharing these feelings with your partner.

What do you find hard to talk to your partner about?

3. Allow time for women to talk and reinforce responses.

Yes, those are all difficult topics to bring up but if you cannot share these feelings with your partner, then you may have a harder time practicing safer sex and having a healthier relationship.
Activity H: Enhance Gender Pride (15 minutes)

**Time:**
15 minutes

**Type of Session:**
Single Gender-Female Group

**Materials Needed:**
- Flipchart
- Markers
- CD track #1 “Video” by India Arie
- Handout #2: “Phenomenal Woman” by Maya Angelou

**Procedure:**

**FACILITATOR’S NOTE**
Participants will be asked what it means to be a woman, what they enjoy about being a woman, and what makes them proud to be a woman.

Facilitators should relate this to the main issue of protecting self and partner

Write down the women’s responses.

1. Start by saying,

_We separated into two groups so that we have an opportunity to celebrate together as women and share what it means to be a woman._

_We do not often have a chance to celebrate being women, and how being women influences how and who we are._
Being a woman can mean many things. What does it mean to you?

2. Wait for and reinforce responses.

I am proud that as women we are strong, nurturing and work hard to maintain relationships. I am also proud that we achieve a lot and contribute a lot to society.

Being proud of who we are can help us to take care of our families and ourselves and help us to keep others from treating us badly or taking advantage of us.

We would like to play a song that captures how great women are. As you listen to this song, think about what it means, what kind of messages it communicates.

3. Facilitator should play song by India Arie (Track #1).

What are some of the messages of this song?

4. Write responses on flip chart.

Yes, it means being proud of who we are, not based on material possessions but our inner worth, loving ourselves unconditionally, being proud of our strengths. We don’t need to use what’s outside of us to feel good about ourselves.
5. Participants brainstorm what makes them proud to be women. Facilitator writes responses on the flip chart (i.e., being strong, being nurturing, taking care of your family, expressing yourself).

We would like to talk about what makes us proud to be women. We will identify the things that we value about ourselves.

What makes you proud to be a woman?

6. Participants should be given Handout #2, a poem by Maya Angelou titled “Phenomenal Woman” which is also in the workbook, section 1.5.

7. Facilitator should ask if volunteer would read poem aloud. If no volunteer, facilitator should read aloud.

This is a poem by a woman poet name Maya Angelou, called Phenomenal Woman. She tells us that we are phenomenal because we are women and our qualities come from the inside. Would anyone like to volunteer to read the poem aloud?

What does this poem mean to you?

8. Reinforce participants’ responses.
When we are proud that we are women, we can surround ourselves with the things that make us happy. When we are proud that we are women, we can be strong.

When we are proud that we are women, we can be assertive, asking for what we want and need for ourselves, our partners, our family, and community.

As women we often take care of others, even when we do not take care of ourselves and this is often true when one person is HIV positive and the other is HIV negative.

9. Facilitators should now integrate gender pride as it is relevant to HIV/STI risk reduction.

So what does this have to do with safer sex?

The pride we have in our gender and the level of comfort we feel with ourselves can influence how we feel in relationship. Sometimes understanding these feelings better can help us to reduce our risky behaviors.

For example, among couples where one person is positive and the other is negative, some HIV positive women have told us that they are so concerned about their partner not becoming positive that they put more emphasis on condom use than their partner, which leads to conflict.
For HIV negative women, they are so concerned that they not hurt their partners feelings, that they do not practice safer sex.

We want to balance the needs of both partners to stay as healthy as possible together, so they can lead long happy and safer lives together.

10. Facilitator should summarize and transition into next activity.

Having taken some time to remind ourselves of how we are proud to be women and proud of our heritage, we would like to talk about some basic facts about STD transmission.

These health issues threaten us and our community and that is why we are here today.
Activity I: STD and HIV Facts

**Time:**
20 minutes

**Type of Session:**
Single Gender-Female Group

**Materials Needed:**
- STD cards
- HIV cards
- Poster #4: STDs
- Poster #5: HIV

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

> We would like to talk about things that you may have heard about STDs (or sexually transmitted diseases) and specifically about HIV transmission because there are many myths.

> What are some sexually transmitted diseases?

> Yes, those are all important ones.

> Gonorrhea, Chlamydia, Herpes, genital warts or human papilloma virus, HIV, Hepatitis B, Hepatitis C, Syphilis, Trichomoniasis.
Facilitator’s Note:

Be sure Poster #4: STDs is visible.

There is a chart with information on these STDs in your workbook, which you will receive at the end of today’s session.

Do you know which of those STDs are curable?

Yes, that is correct. Gonorrhea, Chlamydia, Syphilis, and Trichomoniasis are curable, and can often be treated with only a single treatment. It is very important that you receive immediate treatment if you have any symptoms or your partner has symptoms. Do not have sex with an untreated partner. Herpes, Hepatitis B, Hepatitis C and HIV are not curable.

2. Facilitator introduces STD exercise.

3. One at a time facilitator(s) hold up card and read statement to group, encouraging participants to confer and shout out the correct answer. Facilitator then confirms correct answer and moves on to next card until all have been read.

4. Move quickly through this section, stopping to clarify information only as needed.
This next exercise is a game. It’s fun. See if you can keep up with me. I’m going to hold up some cards and read the statements on the cards. They are all about STDs. This is just a little test to see how much you already know about STDs. As I read the cards, you work together to call out the right answer… true or false, myth or fact…let’s try one.

**Question:** STDs always have symptoms. True or false?

5. Facilitator should wait until you get an answer from participant(s) before reading correct answer.

**Answer:** False. Sometimes someone can have an STD and not have any symptoms. The person may not even know that he/she has an STD and therefore can have had it for a long time. This can result in serious health problems, like pelvic inflammatory disease.

**Question:** Some STDs do have symptoms, do you know what some of these symptoms are?

**Answer:** Some early symptoms for most STDs include itching, soreness of genitals or anus, pain when urinating, bad smells or discharge.
**Question:** How do most people become infected with STDs?

**Answer:** The main way people become infected with STDs is through unprotected vaginal, anal, or oral sex.

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**Question:** Can STDs be transmitted from mother to child?

**Answer:** Yes, the mother can transmit STDs to her baby during pregnancy, birth, or breastfeeding.

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**Question:** How can you reduce your risk of becoming infected with an STD?

**Answer:** By using a condom every time that you have sex.

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**Question:** STDs affect men more than women. True or false?

**Answer:** False. If a woman has sex with an infected man, she is twice as likely to become infected with an STD than a man who has sex with an infected woman. This is because a man’s penis is covered with strong dermis or skin, while the woman’s vagina is lined with very soft tissue that is more susceptible to infection by bacteria or viruses.
Also, women are less likely than men to have symptoms if they have an STDs, so they are less likely to seek early treatment. They can have an STD for a long time and not know it. They also suffer more consequences of STDs, consequences that men do not suffer, like pelvic inflammatory disease, cervical cancer, or miscarriages.

**Question:** Are other STDs transmitted more easily than HIV.

**Answer.** Yes. It is easy to become infected with other sexually transmitted diseases. In fact, every 10 seconds, someone becomes infected with an STD.

6. Put up Poster #5: HIV

Now we would like to talk about HIV.

7. Just like for the STD questions, facilitator should read the question to the group. Facilitator should wait until you get an answer from participant(s) before reading correct answer and moving on to the next card.
**Answer:** HIV is Human Immunodeficiency virus and AIDS is the diagnosis that you receive when your immune system fails and you become sick with certain opportunistic infections and experience other health problems that define AIDS according to the Centers for Disease Control (CDC). AIDS stands for Acquired Immune Deficiency Syndrome.

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**Question:** Can condoms protect you from HIV? When we say condoms we mean latex or polyurethane condoms.

**Answer:** Yes. Using male condoms or female condoms correctly and consistently can help protect you from transmitting or becoming infected with HIV.

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**Question:** What are other ways to prevent HIV transmission?

**Answer:** Some sexual behaviors that are less likely to transmit HIV are kissing, massage, and pleasuring each other with your hands instead of having sex. Not sharing injection drug needles also prevents transmission.

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**Question:** Is having sex with someone who has HIV the only way of becoming infected with the virus?

**Answer:** No. There are other ways of coming in contact with bodily fluids and becoming infected: sharing needles for injecting drugs or during tattooing; sharing sex toys; breast feeding.
**Question:** Can people living with HIV become reinfected with the virus?

**Answer.** Yes. Even people living with the HIV virus can become reinfected with a different virus which means that the current medications might not work any more.

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**Question:** Because of the new medications, does that mean that HIV infection is no longer a danger?

**Answer.** Some medications called highly active anti-retroviral treatment (HAART) slow down HIV progression. However, the virus always remains in the body, so it can always be transmitted, even if you are receiving treatment and your viral load is low. Also, we do not know the long-term effects of the anti-retroviral medications.

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**Question:** Do STDs increase the likelihood of HIV infection?

**Answer.** Yes. STDs increase the likelihood of becoming infected or reinfected with HIV. Therefore, obtaining treatment for STDs and preventing STD transmission reduces HIV transmission.
**Question:** Why do you think STDs increase your chances of becoming infected with HIV?

**Answer:** STDs can cause blisters or sores on or around the genitals. During sex, the virus can enter the body through these sores and the person can become infected with HIV.

**Question:** Do STDs have an effect on HIV progression?

**Answer.** Yes. STDs can further weaken your immune system, and result in increased viral load and faster HIV progression. This is another reason to ensure that you are protected for STDs, and to obtain early testing and treatment for STDs.

You did great. You know a lot about HIV and therefore are able to protect yourself from this risk.

We do not want to frighten you or to make sex something you would not want to do but STDs are serious and they threaten our health and safety. If we know about STDs and understand how easy it is to become infected, then we can protect ourselves and our partners by using condoms.
If someone is concerned about having STDs, it is important to go to the doctor or clinic to obtain medical evaluation and treatment.

As we said, most bacterial STDs like Chlamydia, Gonorrhea, Syphilis, and Trichomoniasis can be treated.

Later, you will be receiving your test results and we hope that this information can help you feel better prepared to understand what they mean for you and your partner.
Activity J: Barriers to Risk Reduction

**Time:**
15 minutes

**Type of Session:**
Single Gender-Female Group

**Materials Needed:**
- Flipcharts
- Markers

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

   We’ve talked about what it means to be women, about STDs that affect us, and about risky behaviors. Now we will talk about some of the things that make it hard to change sexual behavior, which is sometimes risky behavior.

2. Facilitator encourages participants to call out barriers to practicing safe sex, writing out responses on flipchart as they are called out and paraphrasing how they are barriers to risk reduction.

   Many people know that they have HIV or another STD and they find it hard to practice safer sex.

   What are some things that make it difficult for women – or specifically for you and your partner - to make changes in your sexual behavior and to use condoms?
3. Wait for responses and facilitators writes them on a flip chart.

Yes, those are good responses.

- **Condoms do not feel good;**
- **Want skin to skin contact;**
- **Do not want to stop spontaneity;**
- **Afraid of partner’s reactions if ask to use condoms.**
- **Asking your partner to use a condom may be interpreted as an accusation of infidelity.**

4. Facilitator encourages participants to call out ways to overcome barriers to practicing safe sex, writing out responses on flipchart as they are called out.

**Now we would like to get your ideas about how a couple can overcome these problems.**

Yes. **Those are good ways.**

- Make condoms and their use part of the fun of having sex.
- **Use colored and flavored condoms.**
- **Put condoms on in unusual ways, such as by the mouth.**
We will be working with you and your partner to overcome any of these things that make it difficult for you as a couple to practice safer sex. We will be talking about those problems with you and your partner in the Eban program.

5. Transition to returning to couples’ group.

Now we are going to rejoin the men where we are going to give you an activity to do at home and to set up an appointment for you as a couple. Remember, what’s said in the group stays in the group, so we ask you to not discuss what others shared here with anyone who wasn’t present. Take a few minutes to say good-bye to each other.
Activity K: Homework (5 minutes)

**Time:**
5 minutes

**Type of Session:**
Single Gender-Female Group

**Materials Needed:**
- Workbook
- Session 1 Homework assignment (in Workbook)

**Procedure:**
1. Facilitators introduce the homework assignment.

   *In order to change our behavior, including reducing sexual risk, we need to have good reasons for staying healthy and safe.*

   *One step towards this goal is to describe what is important to you and to your partner, and what you hope your future will be like.*

   *If we recognize that staying healthy is important to reaching our goals as a couple, then it is easier to motivate ourselves to change.*

2. Hand Workbook out to participants.

3. Refer to Homework #1 in Workbook: What We Cherish About Our Partner and Ourselves, section 1-12.
In the Workbook, section 1.12, you’ll find the homework for this session. We would like you to write four things:

(1) what strengths you bring to the relationship;

(2) what is important to you about your relationship;

(3) what you love about your partner; and

(4) how you want to protect each other.

If you would like, you can create an image or picture, or write or select a song that reflects what you love about your partner, strengths you bring, what’s important to you, and how you want to protect each other.

You should bring this sheet with you when you come with your partner to Session 2. You will, then, have an opportunity to share these feelings with your partner.

This has been a very good session. We hope that you are ready to learn new ways to have a healthier and happier relationship with your partner. We look forward to seeing you next week as a couple.