SESSION 3
TOOLS FOR THE JOURNEY
(Couple Session)

Type of Session:
Couple

Session Outline:
Activity A: Opening and Welcome (10 minutes)
Activity B: Review Homework (20 minutes)
Activity C: Review of Last Session (5 minutes)
Activity D: Overview of Current Session (5 minutes)
Activity E: Review Homework (20 minutes)
Activity F: Male and Female Anatomy (20 minutes)
Activity G: Using Barrier Methods Correctly (20 minutes)
Activity H: Making Safer Sex Fun (20 minutes)
Activity I: Homework (10 minutes)

Session Goals:
The goals of this session are:

- Address Distress About Positive STD Results
- Learn about Male and Female Anatomy
- Practice Correct Way to Use Male and Female Condoms
- Learn How Safer Sexual Techniques Can Be Fun

Materials Needed to Conduct Session:

- Eban CD track #6: “Love and Happiness” by Al Green
- Newsprint: Ground Rules for Participation
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- Poster #8: Characteristics of Good Goals
- Poster #9: Quotation of Joyner-Kersee
- Poster #10: Male Anatomy
- Poster #11: Female Anatomy
- Poster #12: Using male condoms
• Poster #13: Eban Café
• Poster #14: How to Make Safer Sex More Fun
• Newsprint: Goals for session
• Workbooks for Facilitators
• Handout #7: Couple Goal Setting
• Handout #9: Eban Café Menu
• Handout #10: Putting on Condoms in New Ways
• Supply of Lubricants
• Plastic Wrap (non-microwaveable)
• Dental dams and sheer dams
• Supply of Male Condoms
• Supply of Female Condoms
• Penis Model
• Pelvic Model
• Goodie Bag for Couple
• Post It Flip Chart
• Magic Markers
• Homework #3: Date Night
• Envelopes and Reimbursement (if handed out by facilitators)
• CD player

Tips for Facilitators

• Facilitators should demonstrate technique once and let the participants practice several times.
• Work as same-gender coach to help couples role play rather than modeling a second time.
• Reinforce couple talking to each other.
• Encourage couple to work together on safer sex activities.

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

Time:
10 minutes

Materials Needed:
- Clock
- Tape Recorder
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #6: “Love and Happiness” by Al Green.
- Poster #9: Quotation of Joyner-Kersee

Procedure:
A. Start by saying,

Welcome and it is great to see you again. This is the third session of the Eban Program. We would like to begin by discussing the song for today’s session, “Love and Happiness.”

B. Play song “Love and Happiness” by Al Green.

What does this song mean to you?

How does it relate to our shared purpose (our Nia) of protecting each other by practicing safer sex?

Love can make you do right: It can make you be good to yourself and your partner by protecting each other from HIV and STDs.
C. Be sure Poster #9 is visible: Quotation from Joyner-Kersee

Would one of you like to read the quotation for today?

D. If participants do not feel comfortable reading the quotation, facilitator can read it.

“It is better to look ahead and prepare than to look back and regret” by Jackie Joyner-Kersee, American Olympic Heptathlete.

What does that quotation mean to you?

Yes, it shows the importance of thinking about the future and planning ahead to protect yourself and your partner with condoms and other devices. Today we will focus on doing so creatively.

Yes, each person has the power to take control of his/her life, and sometimes we do so in new and interesting ways.

What are things you have taken control of in your life?

Examples are:

- Getting a job that you had a hard time finding.
- Going on a diet and losing weight.
• Being unhappy about your apartment and finding a new one.

• Being in a negative relationship and leaving it.

• Developing a budget and saving money.

You have just named examples of ways that you have already taken control of your life. These sessions are about taking control of your health and safety and we just want to remember that you have all taken control of your life before, and therefore, you CAN do it again.

Today we are going to learn some skills to practice safer sex and make it creative, so that you can take care of each other, take control of safer sex, and still share satisfying sex.
Activity B: Review of Homework

Time:
20 minutes

Materials Needed:
- Session 2 Homework (in Workbook)
- Poster #8: Characteristics of Good Goals
- Goal Progress Worksheet (in Workbook)

Procedure:
1. Start by saying,

   Your homework was to work on your two goals, using the Talk and Listen Technique and FENCE.

2. Listen for cues that the couple is integrating the Nguzo Saba into their learning experience. Praise them for doing so.

   How was that experience?

   What did you talk about?

   What problems came up?

3. If the couple does not seem clear about what a goal is, go over the characteristics of good goal.
We would like to review your goals and what you did this week to work on your goals.

4. Facilitators review the couples’ goals from the previous session.

5. If the couple did not do the homework, ask what made it difficult.

6. Praise progress and identify any problems.

7. Suggest how the goal might be modified or problem-solve so that the goal can be achieved. Encourage the couple to be creative in brainstorming their options.

You should write down progress last week on your Couple Goal Form and rewarding yourself.

When we set goals and work on them, it is very important to reward ourselves for achievement. This keeps us going and makes it all worthwhile. You deserve a reward when you reach a goal.

What would you like to do to reward yourself?

What will you do as a couple to reward yourselves?
Yes, those are good examples of rewards (e.g., treats, candy, movie, calling a friend to tell them how you are doing, giving each other a massage, going out to dinner).
Activity C: Review of Last Session

**Time:**
5 minutes

**Materials Needed:**
None

**Procedure:**

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**FACILITATOR’S NOTE**

When reviewing the last session, listen for cues that the couple is integrating the Nguzo Saba into the learning experience. Offer praise and positive reinforcement when they do.

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1. Start by saying,

   *We had such a good meeting last time. You both used the Talk and Listen Technique so well. It was really impressive.*

   *We also practiced using FENCE.*

   *We also talked about 3 principles from the Nguzo Saba: “Unity” or Umoja, “Collective work and responsibility” or Ujima and “Purpose” or Nia.*
Activity D: Overview of Current Session

**Time:**
5 minutes

**Materials Needed:**
Newsprint: Goals for session

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

   *In this session, we are going to work on Nguzo Saba Number Five-Purpose or Nia and Number Six-Creativity or Kuumba.*

   *In the first session we talked about Purpose as one of the seven principles. This week we are going to work on making Purpose (Nia) a part of our lives everyday. Our purpose today is to learn the knowledge and skills necessary to protect ourselves.*

   *We will be discussing male and female anatomy and correct use of male and female condoms which are essential to practicing safer sex.*

   *We will also be introducing you to a creative way of protecting each other -- the Eban Café -- which has a menu of activities that you can use to make safer sex more fun for both of you.*
Activity E: Male and Female Anatomy

Time:
20 minutes

Materials Needed:
Poster #10: Male Anatomy
Poster #11: Female Anatomy

Procedure:

FACILITATOR’S NOTE

Be sure that Poster #10: Male Anatomy and Poster #11: Female Anatomy are visible.

1. Start by saying,

Sex can be fun, but since everybody is so different, we need to learn about our bodies, what you and your partner like and dislike about being touched, and what makes you comfortable or uncomfortable about sex.

We would like to discuss male and female anatomy with you because it is important that you understand your body. This information can also be useful in helping you to practice safer sex and increase your pleasure.

2. (Male Facilitator) - Male Anatomy
We would like to talk briefly about the male anatomy.

3. **(Male Facilitator)** - Point to the anatomical parts as you discuss them.

Where is the penis on this diagram?

Some men have circumcised penises, meaning that the foreskin of the penis has been removed but some men are uncircumcised and have not had their foreskin removed.

The internal sex organs are made up of the testicles, which is where the sperm are created.

Where are the testicles?

When you become sexually excited, blood flows into the penis, causing it to become stiff, hard, and erect. If not enough blood flows into the penis, the erection may only be partially hard, which makes it difficult to put on a condom or to have intercourse.

When a man ejaculates, the sperm move from the testicles into a large tube, and is shot out.

Pre-cum is a liquid that comes out in the beginning of arousal but it does contain some
sperm. This is why it important to use a condom from the beginning and not to start without it and “pull out” because orgasm. This pre-cum can cause pregnancy or transmit HIV other STDs.

Finally, men also have nipples and breasts. They can be sensitive to touch. Do not forget them in your love making.

Do you have any questions?

4. (Female Facilitator) - As you discuss anatomical parts, point to them.

5. (Female Facilitator) - Female Anatomy

Just like with the male anatomy, we will briefly review the female anatomy. Many more people know about the male anatomy because most of it is more visible.

Fewer people know about the female anatomy because most of it is inside a woman’s body.

First, the female genital area is called the vulva; vulva means opening. The only way for a woman to see her vulva is by using a mirror.

Second, the vulva is made up of a number of parts:
Where is the Labia on this diagram?

**Outer Labia.** The outer labia which has two thick folds of skins, sometimes called the lips of the vagina. They are made of fat and have pubic hair.

**Inner Labia.** The inner labia are thinner in some women but help to protect the vaginal opening.

Where is the vagina on this diagram?

The vagina is a tube approximately five inches long that connects the uterus with the outside of the body. This is where the penis fits during sexual intercourse.

Normally the walls of the vagina are quite close together; it is arranged in folds like a large accordion. This means that the vagina can be temporarily stretched for the birth of a baby.

When a woman is sexually excited, her vagina can lubricate or become wet. If it does not, a water-based lubricant, such as Glide, Vagisil, or K-Y jelly can be used.

Where is the clitoris on this diagram?

The clitoris is one of the most important parts of a woman’s body for sexual arousal. It is a highly sensitive area. When a woman becomes sexually excited, it becomes erect.

The clitoris is as sensitive to women as the tip of the penis is to a man.
As part of female circumcision, the clitoris may be cut or removed and the labia may be sewn together so that the opening is much smaller. As a result, the woman loses sexual feeling.

The cervix is at the neck of the uterus or womb. A narrow canal runs through the cervix, connecting the uterus and vagina. During intercourse sometimes you can feel the penis rub against the cervix.

Finally, breast and nipples are highly sensitive. The nipples can become erect with sexual excitement.

Are there any questions?

Okay, now we would like to discuss sexual health and hygiene related to HIV/STD risk reduction.

**Sexual Health for Women**

Many women have explained to us that they were not told how to keep themselves healthy and to avoid yeast infections or other vaginal infections. For example, women were told as girls that douching was healthy, but we have new information today.

**Douching**
What is douching?

Douching is using a liquid like vinegar or a solution to flush out the vagina. But the vagina has its own natural cleansing system, so you don’t need douching.

Medical professionals advise that frequent douching can reduce the acidity of vagina which leads to more vaginal infections.
Douching will not protect you from pregnancy, HIV, and other STDs.

You should never use douching to treat vaginal burning, itching, discharge, or odor because these symptoms might signal that you have an STD. You need to seek medical attention immediately.

Yeast Infections

We think that it is important for women and men to know about yeast infections.

What are some things that can cause yeast infections?

Yeast infections are caused by stress, douching, or eating sugary, high carbohydrate foods (like donuts, sodas, or ice cream) that create an imbalance in the natural bacteria in the vagina.

Tight clothing (like thongs, tight jeans, and nylons) can also increase your chances of getting a yeast infection.
People can pass bacteria to each other. A man can get a yeast infection from a woman, and he can also pass a yeast infection back to his partner. Men who are uncircumcised may have bacteria in the folds of the foreskin (the skin around the head of the penis) if they do not clean with a wash cloth around that area.

Treating and Preventing Yeast Infections

Here are some tips to keep you healthy.

Before you have sex, you can wash yourselves or each other, to prepare yourself for sex. Cleaning each other can also make getting together more fun.

What can you do to treat a yeast infection?

Eat yogurt when you have a yeast infection. Yogurt contains the kind of health bacteria that can help heal yeast infections.

There are many new over-the-counter medications you can use to treat yeast infections. You can also take natural products like acidophilus, in a pill form, which you can get at a health food store or vitamin store.

Women who are HIV+ may get more severe yeast infections that will not go away. Yogurt and acidophilus may not be enough to treat severe yeast infections. In those cases, you can get an over-the-counter medicine to treat the yeast infections, or you can go to your doctor and get a prescription for Diflucan or Sporonax.
Remember a yeast infection does not have to be sexually transmitted. There are many things that can cause yeast infections. Yeast infections can be uncomfortable and can make sex painful. Treating your yeast infections and using condoms will keep you from passing yeast infections to each other.

6. Transition to discussing kegel muscle in vagina.

Before we show you how to use condoms, we would like to share a way to have a toned vagina. This is an exercise that can contribute to keeping sex creative.

Have you heard of the kegel muscle?

The kegel muscle in your vagina can get tighter if you work it and contribute to your having stronger orgasms. You can use the kegel muscle to tighten and release your hold on the penis, a creative way to make safer sex fun. Whether you are sexually active or not, you should flex your kegel muscle.

When you stop your flow of urine, you have just flexed the kegel muscle.

Practice your kegel exercises each day. For example, you can tighten and release this muscle when in the car at a stop light, when you are fixing dinner, or watching television. No one can see you doing it. Do your kegel exercises at least thirty times a day.

7. Transition to talking about sexual difficulties

Later today we will talk about how to choose safe fun sexy activities together. But first we’d like to talk a bit about what to do if things do not work out as you had planned.
Sexual difficulties are experienced by many couples at one time or another. Some health problems like diabetes and high blood pressure increase sexual problems.

These difficulties can involve:

- **Interest.** A lack of interest in sex.
- **Orgasm.** Difficulty in experiencing an orgasm.
- **Erection.** Difficulty for the man to have an erection.

People with HIV are at increased risk for sexual problems. Fortunately, there are things you can do to deal with these problems and make sex more fun.

8. If the couple says that they have no sexual difficulties, facilitators can move quicker through this section.

*We would like to go over the three steps that you can take if you are experiencing problems.*

**Step One**

First, get a physical exam.

**Be Candid with Doctor.** Let the doctor know about any sexual difficulties that you are
Options to Discuss with Doctor. One option you might discuss with your doctor is a blood test to see your hormonal levels. Low levels may indicate that you need hormone replacement that can increase the blood flow to the penis and the clitoris. Sexual pleasure is more likely to increase. Another option you can discuss with your doctor is medications. The doctor may prescribe medications or devices that can help with sexual difficulties.

Step Two

Use Talk and List to talk with your partner about how the two of you can improve your sex life.

What are some things that can make sex more enjoyable and satisfying?

Take Time. If you allow more time to be sexually excited, you will enjoy sex more.

Be Erotic. Using fantasy, sexy talk, and erotic books can help you become turned on and have more fun. Your own private fantasies do not have to be shared, even with your partner. However, it is nice to share fantasies to increase intimacy and have fun. Just make sure that the fantasy that you share or act out with your partner is something that both of you are comfortable with.
**Sexual Devices.** Visit an adult store that has sex toys, and consider using a vibrator that is cleaned with bleach and soap and water after each use. You can also get a vibrator that is sold as a massager in department stores.

**Maintaining Erection.** Some men have difficulties in getting or maintaining an erection. Sometimes wearing a condom can help men keep an erection. Stimulating with your hands can also help to get sexually excited.

**Premature or Rapid Ejaculation.** Some men may have problems with premature or rapid ejaculation, or coming too soon. Wearing a condom can help delay ejaculation. It also helps to become aware when you are getting close.

**Slow Down.** If you want to last longer, stop moving when having sex to delay an orgasm. Start again after a while to keep the excitement going. It can be helpful to practice this technique while touching and stimulating yourself before you practice it with your partner.

**Lubrication.** Many women have problems getting lubricated. Using water-based lubricant can help if you are feeling too dry.

**Methods to Achieve Female Orgasm.** Some women have difficulties in reaching orgasm. Talking to your partner and letting him know what feels good is important. Using a vibrator can also help. You can use it by yourself, as well as with your partner. Also, practicing your Kagel exercise can help you to have stronger more pleasurable orgasms.
Step Three

If both partners are tired, stressed, and have outbreaks of STDs or a yeast infection, agree to have sex that does not involve vaginal, oral, or anal penetration.

What are some things you can do instead of sexual intercourse?

Non-Penetrative Sex. You might try holding each other, mutual massage, watching sexually erotic videos or reading erotic books.

Experiment. Sexual problems do not have to last forever. Keep finding new ways to enjoy each other. Take more time to talk to each other about what you like and experiment with new activities. You will become more familiar with how to increase each other’s pleasure.
Activity F: Using Barrier Methods Correctly

Time:
20 minutes

Materials Needed:
1. Latex and Polyurethane Male Condoms
2. Female condoms
3. Water-based Lubricants
4. Oil-based lubricant
5. Penis Model
6. Pelvic Model
7. Dental dams and sheer dams
8. Non-microwaveable plastic wrap
9. Poster #12: Using male condoms
10. Using male condoms (in Workbook, section 3-8)
11. Using female condoms (in Workbook, section 3-9)

Procedure:
1. Start by saying,

   Now that we have reviewed male and female anatomy and hygiene, we would like to talk about using male and female condoms and other products to practice safer sex.

   Male Condoms

   We would like to spend some time looking at various types of male and female condoms (i.e., different brands of condoms; colored, flavored, and ribbed condoms; latex and polyurethane condoms).

2. Take 3 or 4 different kinds of condoms out of the basket of condom-ments, open them, and hand them to the couple to touch, feel and examine. Encourage the couple to read the boxes or packages and examine how the condoms are different.
3. Male Facilitator

*Be sure to use only latex or polyurethane condoms, not lambskin or natural condoms. Lambskin condoms have pores or tiny holes, so they don’t protect you from STDs or HIV. It is really important that you know how to use latex condoms and water-based lubricants to help keep yourselves safe.*

**Lubricants**

*Now that we have looked at different kinds of condoms, we would like to talk about lubricants. If you want sex to go smooth and easy, use a lubricant.*

*Now we would like to pass around a selection of safe lubricants, like KY jelly Aqua Lube and Astroglide.*

4. Pass out 3 or 4 safe lubricants like KY jelly, Aqua Lube and Astroglide. Allow the couple time to examine the lubricants and read the label, and touch and smell them.

*What makes for a safe lubricant and why?*

*Yes, that is correct. It is water-based and not oil-based because that would damage the condom.*

*We would like to demonstrate that by rubbing baby oil on this condom.*

5. Fully blow up a condom and tie it; then, rub the oil-based lubricant on it until it pops.
What does this demonstration show?

It shows that oil-based lubricants will make holes in a condom. It also shows how a condom can stretch to fit any size penis.

We have put all the unsafe lubricants on the shelf over there (e.g., baby oil, crisco, olive oil, massage oil, etc.)

If you are unsure about whether a lubricant is water-based or oil-based, you can look at the first ingredient to be sure it is water.

6. Condom Demonstration

In your workbook, section 3-8, you’ll see instructions on “Using male condoms”, which show you the right way to use a condom.

7. Take out penis model.

Here is the penis model that we can use to practice using condoms correctly.

We can practice together.

We would like to go through the steps of putting a condom on this penis.

8. Facilitators should demonstrate putting a condom on the model as they’re going through the steps.
We’ve created a fun way to remember the steps of using a condom—it is called OPRaH.

OPRaH consists of 4 simple steps- Open, Pinch, Roll, and Hold!

Before you open the condom you want to check the expiration date, and be sure the package is not damaged. Squeeze the package to be sure that there is an air pocket in it.

**O**= Open package and remove rolled condom without twisting, biting, or using your fingernails. This could damage the condom or allow fluid to leak out.

**P**= Pinch the tip of the condom to squeeze the air out, leaving ¼ to ½ inch extra space at the top.

**R**= Roll condom down on penis as soon as the penis is hard, **before** you start to make love.

**a** = and after sex is over...

**H**= Hold the condom at the rim or base while your partner pulls out after ejaculation but before the penis goes soft. You could lose protection if the condom comes off inside you.

Now we would like you to each practice putting a male condom on the penis model.

Who usually puts the male condom on?
Choose which condom you would like to practice with from a variety of condoms in the Condom-ments basket.

9. The Facilitator should observe each participant practicing placing and removing condom, providing guidance and feedback, until the skill is mastered.

You both did an excellent job. Now we would like to go through the same process with the female condom using this pelvic model.

Have you ever used a female condom?

Female Condom

There are pros and cons to using the female condom:

Pros

- **Control.** May give women more sense of control.
- **Coverage.** Covers the labia -- the lips of the vagina, and can give further protection against STDs.
- **Usage.** Can put female condom on up to 8 hours before sex.
- **Comfort.** They are loose enough that it does not constrict the penis.

- **Feeling.** Polyurethane conducts heat better than latex, so couples say they like the feeling of female condoms better than male latex condoms. However, there are male condoms that are made of polyurethane too.

- **Non-Allergic.** Fewer people are allergic to polyurethane than to latex.

**Female Condom**

**Cons**

- **Reluctance to Use.** A woman may not want to touch her vagina so deeply.

- **Too Large.** Circumcized women may not have a large enough opening in which to fit the female condom.

- **Visible.** The female condom is visible: It hangs outside the woman’s body.

In some parts of the world and in the U.S. among some African cultures and ethnic groups the practice of female circumcision still takes place. Women who have been circumcised or stitched are unable to wear the female condom. Whether or not you decide that you would like to try it, we’d still like you to see how to use it. You may have an opportunity to tell someone else you know about it.
10. If the woman indicates she has been circumcised or stitched, you may skip the female condom demonstration if she prefers, and go on to the Five Most Commonly Asked Questions about Condoms.

<table>
<thead>
<tr>
<th><strong>Step One.</strong> Before you open the condom you want to check the expiration date, and be sure the package is not damaged. Squeeze the package to be sure that there is an air pocket in it. Open the package carefully so the condom is not damaged.</th>
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<tbody>
<tr>
<td><strong>Step Two.</strong> Now unroll the condom and separate two rings. The loose ring inside the pouch is called the inner ring and the ring connected to the opening of the pouch is called the outside ring.</td>
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<td><strong>Step Three.</strong> Rub the condom gently to evenly spread the lubricant.</td>
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<td><strong>Step Four.</strong> Grab the ring with your thumb and middle finger and pinch the edges together (like a diaphragm).</td>
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<td><strong>Step Five.</strong> Place your index finger between the thumb and middle finger to prevent the condom from slipping. Now use your finger to guide the condom into the vagina, being careful not to twist the condom. Push the ring in until the cervix is completely covered. The ring will fall into place once it is correctly inserted.</td>
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Step Six.  The outside ring remains outside the vagina, protecting the labia, or lips outside the vagina. Insert your index finger through the inside of the condom to make sure the condom is not twisted or loose.

Step Seven. Make sure that it is completely covering the labia and that it is not twisted.

Step Eight. Immediately after ejaculation, twist the end of the condom that is protecting the labia. Remove the condom by pulling it off, being careful not to spill its contents.

Step Nine. Put condom in a plastic bag and throw in trash.

Now we would like you to work together to put a female condom in the pelvic model.

11. Make sure that each partner practices using the model to insert and take out the female condom.

Five Common Questions About Condoms

We would like to ask you five commonly asked questions about condoms.

Question #1. Is it okay to keep a condom in your pocket?

Answer #1. Yes, but only for short periods. Prolonged exposure to heat (including body heat) can damage condoms. Condoms should be kept cool and dry until you are
ready to use them.

**Question #2.** Should you keep condoms after their expiration date?

**Answer #2.** No. So make sure to check the expiration date on your condoms. Throw away unused condoms once the expiration date passes.

**Question #3.** How can you tell if a condom package has been sealed properly?

**Answer #3.** You can press down on the package to check that there is a cushion of air in it, to make sure it is sealed. It is similar to a bag of chips: air should be sealed in. If you feel some bounce when you press down on the condom packet, then, it is sealed properly, but if there is no bounce, there could be a leak and you should not use the condom.

**Question #4.** Is it okay to reuse a male or female condom?

**Answer #4.** No. Never use a male or female condom more than once. After the man has come, you should remove the condom and throw it away.

**Question #5.** Can condoms stretch to fit any size penis?

**Answer #5.** Yes, though condom sizes vary slightly from brand to brand but most can fit any size penis.

Yes, you did very well. You know a lot about condoms.

Do you know where you can get condoms?
Yes, you can get condoms from STD or other primary care clinics or a pharmacy. Do not buy them from someone on street because they can be damaged and you cannot return them.

You can also get reimbursed for male and female condoms by Medicaid.

If you want more information about how you can get condoms in the future through Medicaid, look in your workbook on page ##.

12. Prompt couple for ideas they have on how to put on condoms erotically.

Now that we have covered the correct ways of using condoms, you and your partner can use your own creativity (Kuumba) to explore sexy ways of using condoms properly. What are some ideas for how you can put on condoms in a fun and sexy way?

Yes, these are good ideas.

13. Mention the following ideas if they were not brought up:

- The man can help put the female condom in as part of foreplay.
- The woman can put the male condom on with her hand using lubricant in a sexy way, or the woman can put it on with her mouth.

Oral Sex
We would like to talk about oral sex. There are two ways to have oral sex. One way is cunnilingus when the male partner puts his mouth on woman’s vagina. What do you call that?

The other way is fellatio where the woman puts her mouth on her partner’s penis. What do you call that?

What are some creative ways of making oral sex safer?

You can use flavored condoms (like kiss-of-mint) for oral sex on a man.

You can use non-microwaveable plastic wrap and dental dams to make oral sex on a woman safer. Do not use the microwaveable kind because that has pores or tiny holes where semen can leak through.

14. Pass out examples of different sizes of dental dam and sheer dams and pass around a box of plastic wrap so they can see how it is labeled.

What are some advantages and disadvantage of dental dams?

**Stretch.** Dental dams are stretchier than plastic wrap.

**Durable.** Dental dams are more durable, since they are made of latex.

**Different Sizes.** Dental dams come pre-made in different sizes and they can be
What are the advantages of plastic wrap?

**Thinner.** Plastic wrap is thinner, so some people say there is more feeling.

**Transparent.** Since plastic wrap is transparent, you can see more.

**Cheap and Accessible.** Plastic wrap is cheaper and more accessible; you can get it at grocery stores.

**Covers Larger Areas.** You can use a larger sheet of plastic wrap and cover more area.

**Frees Hands.** Plastic wrap is clingy, and you can even make plastic wrap underwear by wrapping it around, which frees your hands.

Are there disadvantages to using plastic wrap?

**Anal Sex**

Anal sex is when the penis enters the bottom or behind. Anal sex is higher risk than vaginal sex, especially if the man is HIV+.

Male condoms and lubricants should also be used. This is the best method for preventing HIV and STDs during anal sex.

A method that does not involve a barrier but is safe is mutual masturbation.
**Mutual Masturbation**

Masturbation or self-pleasure is when a person stimulates their bodies and genitals to orgasm. Mutual masturbation means that you and your partner stimulate each other with your hands or mouth. If you use sex toys, wipe them with bleach and, then, clean them with soap and water every time.
Activity G: Making Safer Sex Fun

**Time:**
20 minutes

**Materials Needed:**
- Poster #13: Eban Café
- Poster #14: How to Make Safer Sex More Fun
- Basket of condom-ments (male and female condoms, dental and sheer dams, lubricants)

**Procedure:**

**FACILITATOR’S NOTE**

Be sure that Poster #13: Eban Café and Poster #14: How to Make Safer Sex More Fun and are visible and basket of condom-ments is available.

1. Start by saying,

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Welcome to the Eban Café where safer sex is on the menu.

We would like to talk about sexual enjoyment in order to continue to be safer and healthier.

It can be difficult for most couples to talk about sex. Using the Talk and Listen Technique might help you plan some good conversations about sex.

This menu will give you creative ideas of how to remain safe and have variety in your
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sex life. You can see that there are appetizers, such as having a foot massage or an entrees, such as having sex with a male condom.

Remember that safety is an essential part of our purpose or Nia. Before you order from the menu, you may need to think about the timing of sex, where you want to be when you talk about sex, and your own comfort and readiness to discuss sex.

Would you like to add anything to the menu?

One of the things that you can do is put together a bowl or basket of “condom-ments” like this which you keep in a convenient place. Then, no matter what you select off the safer sex menu, you will be prepared.

What are some of the condom-ments that you would like to have available?

2. As the couple mentions things, take them out of the basket.

Yes, that is good. Variety of male and female condoms, some lubricants, sex toys, dental dams, sheer dams, spermicides, etc.

Where do you think would be a good place to keep your Eban Café Menu and Condom-ments?

Yes, that seems like a good place.

We would like to demonstrate how to order safer sexual activities from the Eban Café menu, but just remember that we are not actually a couple.

3. The facilitators should model ordering from the menu.
Facilitator One

*I feel like ordering something off the safer sex menu tonight. I would like to try [pick something from menu]. How does that sound?*

Facilitator Two

*That sounds good but I would like to choose sex using a condom, and begin with some mutual foreplay. Is that ok?*

4. Let couple role play ordering from the Safer Sex Menu with each other and be prepared to act as coaches.

*We would like you to select what you would like from the menu, and decide who wants to talk first.*

5. Guide couple through a role play of ordering from the Eban Café menu.

*Good. You did an excellent job of ordering from the Eban Cafe.*

*We have talked about how to choose fun activities together. We just want to remind you that this isn’t always easy to do, especially if you are dealing with some of the difficulties we talked about earlier. There may be many reasons for sexual challenges*
in a relationship and its most important for the two of you to talk about it, using Talk and Listen, and get professional help if you think you need it.
Activity H: Homework

Time:
10 minutes

Materials Needed:
- Homework for Session 3 (in Workbook, section 3-12)
- Condom-ments (male and female condoms, lubricants, dental dams)
- Goal Progress Worksheet

Procedure:
1. Point participants towards Homework #3: Date Night, in Workbook.

We would like you to plan a date night this week. We would like you to use your creativity (Kuumba) to find exciting ways to use condoms and other safer sex methods to keep each other safe.

Can you think of a good night during the next week when it would be good to have a date?

We would like to give you this bag of condom-ments (including male and female condoms, lubricants, and dental dams) so that you will be able to order safely off the Eban Café menu on your date night. Be sure to look at your “Levels of Risk” scale from Session 2, so that you can choose activities that are low risk or no risk.

We would also like you to work on a goal from your Couple Goal Form.

2. Facilitators will work with them to help them decide how they want to work on their goals.