SAHARA

Sistas Accessing HIV/AIDS Resources At a Click
Health Education Facilitator Manual
Session Two Wrap-Up Discussion
Facilitator Session Preparation Instructions

Prior to the facilitation of this curriculum, it is important that the health educator review the interactive, video-based HIV risk-reduction intervention provided in Sessions One and Two of the SAHARA DVD.

Ensure that you have all of the following from the session materials Checklist:

- “Sexual Roulette” Scenarios cards – one card with each scenario
- Small Bowl
- Male Condoms
- Flavored Male Condoms
- Scissors
- Female Condoms
- Lubricant
- Phallic proxies
- Hand sanitizer
- Napkins
- Copy of the Outline of Activities on SAHARA DVD
- Session Evaluation Forms
- Health Educator Feedback Form
- Incentive money and receipts
## Group Discussion Activities Outline

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Sexpectations

Time: 5 minutes

Materials: Bowl, "Sexual Roulette" Scenarios

Script:

I hope you enjoyed the video! I just want to take a few moments to review the key points of the video with you.

Does anyone remember the communication style that was recommended on the video that’s best to use to get your point across to your partner?
(Allow participants a few moments to answer)

That is correct; we recommended the ASSERTIVE style of communication to talk to your partner. Can anyone describe the assertive style of communication?
(Allow participants time to answer)

Make sure they mention the following:

- Direct eye contact
- The use of “I” statements
- Honest, direct words
- Clear confident voice

The video also talked about when being assertive to use the AMOUR style of communication. Remember that AMOUR stands for:

A- Allow your partner to speak their concerns
M- Make sure you validate their responses
O- Ok pause (make sure your partner knows you are listening)
U- Use “I” statements to assertively express your feelings
R- Remember to choose the best AMOUR option at the time
When we are assertive we don't want to appear threatening to our partner, or talk to him in a way that will “hurt” his male ego.

Let’s practice being assertive with a partner that might not be that open to AMOUR options with some different role play cards.

I have a bowl here filled with papers describing a few different scenarios. For different scenarios, one of you will act the part of the female, and another one will be the male. The woman is going to draw one of the cards, read the scenario to herself, then come to the front and role play it with her “male” partner. The male partner will react to what she is saying. Remember to be a “resistant” partner! You won’t have any time to really practice, because in real life you don’t get to practice the conversation with your partner.

➢ There are 5 scenarios, number of role plays will depend on size and of the group – each group of two will choose one scenario.

The main point we want you to take away from this activity is that you have the power to protect yourself. Just make sure that you assertively communicate to your partner that you want to protect both you and him each and every time that you engage in sexual activity. Finally, remember that assertively communicating with your partner also means that you listen to his point of view and concerns but in the end you have the power and the right to protect yourself! If your partner does not agree with your sexual wishes, then you do not have to engage in the sexual act.

Remember to stick to your values!
“SEXUAL ROULETTE” SCENARIOS

1. You are becoming involved with a new guy. You have decided that you would like to try abstinence as a healthy sexual option, at least until you feel like you know this new guy a little better. Your new partner says that he is definitely not down with being abstinent; he tells you that you’re going to have to give it up or be on your way! How would you respond to this brotha?

2. A friend of yours was recently diagnosed with an STI. She just went in for a routine check up and was told that she has an STI—she didn’t have any symptoms. Finding out that a close friend has an STI has made you a little scared so you bring up the issue of routinely getting tested to your boyfriend. Your boyfriend is very offended that you would suggest such a thing. He says that he will not get tested, and he further tells you “baby, I’m clean can’t you tell!” How can you convince your boyfriend that it is important for him to get tested for HIV and other STIs?

3. You are still involved with your son’s father. The both of you just have amazing sexual chemistry together. However, you are trying to go back to school and while you love your one-year old son, you just aren’t ready to have any more kids right now. You tell your baby’s daddy that you think it’s a good idea for you guys to use condoms every time that you have sex. He looks at you like you’re crazy and says that doing it “raw dog” was never an issue before—so what’s the problem now? What do you say to him?

4. You’ve been seeing this guy for about six months now. You guys have had sex in the past but you’ve recently decided that you would like to try mutual masturbation instead of having sex. When you bring up the subject of mutual masturbation to your partner, he says that the only reason for people to masturbate is if they can’t get some any other way. He also tells you that if you don’t want to have sex with him anymore then he’ll just find someone else who will get the job done! What’s your response to him?

5. Your man has just come out of jail after being locked up for almost a year. You are really glad that he’s out now, and of course he wants to get busy in the bedroom but you’re a little hesitant to have sex with him before he gets tested for HIV and other STIs. You try to suggest having oral sex with a condom to him in the meantime. Your man is not trying to hear that, and he tells you that if you really love him then you wouldn’t make him wait until he gets tested. What do you say to your man?
Male Condom Demonstration

**Time:** 5 minutes

**Materials:** Male Condoms, Phallic Proxies, Lubricant, Napkins, Hand Sanitizer

**Script:**

As we learned in the interactive video version of SAHARA, it is very important for us to use a condom correctly each and every time we have sex in order to reduce our risk of getting HIV or other STIs. One reason many women don’t use condoms is that they DO NOT KNOW HOW to correctly put a condom on their partner.

We’re going to review the CORRECT steps for putting a condom on your partner that were covered in the video by Nikia.

**Remember the 4 simple steps—Open, Pinch, Roll, and Hold:**

*(Health educator have phallic proxy and male condom out and demonstrate to participants as you go over the steps:)*

*(Tell participants to always check the expiration date first before opening and always use a latex or polyurethane condom)*

- **Open** package and remove rolled condom without twisting, biting, or using your fingernails. This could damage the condom or allow fluid to leak out.
- **Pinch** the tip of the condom to squeeze the air out, leaving ¼ to ½ inch extra space at the top.
- **Roll** condom down on penis as soon as the penis is hard, **before** you start to make love.
- **and** after sex is over...
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.

> Hand out the condoms and models. Allow participants a few moments to handle the condoms and get over the giggles. After they have settled down, demonstrate how to put the condom on the penis model using the steps.

Now that I've shown you how to put a condom on CORRECTLY I want each of you to practice. I’d like each of you to put a condom on your model. We are going to walk around the room and observe you and answer any of your questions.

> Have participants demonstrate condom use.
Four Simple Steps: Open, Pinch, Roll, and Hold!

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

Pinch the tip of the condom to squeeze the air out, leaving 1/4 to 1/2 inch extra space at the top.

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

And after sex is over...

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.
Word of Mouth

**Time:** 3 minutes

**Materials:** Male Condoms, Flavored male condoms, phallic proxy

**Script:**

It’s difficult to believe that in the new millennium the word is not out that oral sex is a fun and erotic alternative to sexual intercourse. Most of us have done it, yet we’re ashamed to admit it. I’m here to tell you ladies that there is absolutely nothing wrong with sparing your hips and using your lips.

There are many benefits to having oral sex, there is a lower STD risk, there are no worries about pregnancy, and you can still achieve sexual pleasure!

We already learned about how to put on a condom — now we’re going to get ORAL with it!

**O** = Open the package and remove the condom without twisting, biting, or using your fingernails. Pinch the tip of the condom by using your lips (instead of your fingers).

**R** = Roll condom on the tip of the penis with your lips. Continue rolling the condom down the shaft of the penis with your mouth and/or hands.

**A** = Action! You may choose to use your tongue and lick his penis vigorously or thrust up and down on the penis using your mouth.

**L** = Let your partner remove the condom from his penis while it is still erect (hard). If you desire to continue to have oral or vaginal sex, put a new condom on by following the steps of ORAL.
This is a fun way to eroticize condom use and to get a reluctant partner more interested in using them! Try it at home. You may also want to try using flavored condoms for oral sex.

(Health Educator: Demonstrate flavored condoms)
O.R.A.L.

O = Open the package and remove the condom without twisting, biting, or using fingernails. Pinch the tip of the condom by using your lips (instead of your fingers).

R = Roll condom on the tip of the penis with your lips. Continue rolling the condom down the shaft of the penis with your mouth and/or hands.

A = Action! You may choose to use your tongue and lick his penis vigorously or thrust up and down on the penis using your mouth.

L = Let your partner remove the condom from his penis while it is still erect (hard). If you desire to continue to have oral or vaginal sex, put a new condom on by following the steps of ORAL.
**Reality Bites**

**Time:** 5 minutes

**Materials:** Female Condoms, vagina model

**Script:**

Now we want to review how to put on a female condom since it also serves as another form of protection against HIV. It is made out of polyurethane material and is good for people who are allergic to latex. The female condom covers the lips of the vagina and can further protect against STIs and can also be put on up to 8 hours before sex. It is also looser than the male condom and may constrict the penis less. Also, the female has the control of putting the condom on instead of the male!

Here are the steps to putting on the female condom.

(Health educator have vagina model and female condom out and demonstrate to participants as you go over the steps.)

expiration date should always be checked first-explain the outer flap dates

R- Remove condom from package, without twisting, biting or using your nails and unroll condom and its rings. The ring inside the condom is called the inner ring, and the ring connected to the opening of the condom is called the outer ring.

I- Insert the inner ring inside the vagina towards the cervix being careful of not twisting the condom and insert until the outer vaginal lips (labia) are completely covered. The ring will fall into place once it is correctly inserted.
N - Now after sex is over twist the outer ring and remove the condom by pulling it out, being careful not to spill contents.

G - Get something to wrap the condom in and throw it away.

Do you have any questions? Would anyone like to try and practice?

(Allow participants to practice using the female condom)
the condom with 2 rings

4 steps....

R- Remove condom from package, without twisting, biting or using your nails and unroll condom and its rings. The ring inside the condom is called the inner ring, and the ring connected to the opening of the condom is called the outer ring.

I- Insert the inner ring inside the vagina towards the cervix being careful of not twisting the condom and insert until the outer vaginal lips (labia) are completely covered. The ring will fall into place once it is correctly inserted.

N- Now after sex is over twist the outer ring and remove the condom by pulling it out, being careful not to spill contents.

G- Get something to wrap the condom in and throw it away.
Wrap Up

Time: 5 minutes

Materials: Session Evaluation Forms, Large Envelope

Well we have come to the end of our program! We have learned how to protect ourselves and make healthy loving decisions! We hope you will use what you have learned in SAHARA in your current and future relationships! Remember it is important to know your values and what is important to you when making decisions about who to be in a relationship with and what you will tolerate in a relationship. We hope you remember the AMOUR options when making sexual decisions with your partner, and to be assertive about what you want and don't want.

(Have group say the options)

Most of all protect yourself and have fun!

If certificates are printed out, hand them out during this time.

We appreciate you taking the time to participate in SAHARA. Your feedback is important to us. Please take a few moments to complete an evaluation form of the session today. When you are finished please put your form in the envelope provided. These evaluations are anonymous; please do not write your name on the form.

(Hand out Evaluation Forms)

Thank you!
Session TWO
SAHARA DVD Workshop Evaluation

Date __________  COHORT _______  Sequence #________ Health Educator: ____________________

WHAT DO YOU THINK ABOUT…?

What do you think about today's workshop? Use this scale from 1 to 5 to tell us what you think:

<table>
<thead>
<tr>
<th></th>
<th>1= Poor</th>
<th>2= Fair</th>
<th>3= Good</th>
<th>4= Very Good</th>
<th>5= Excellent</th>
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</table>

1. Overall, how much did you enjoy today's workshop?  1 2 3 4 5
2. How well prepared was the SAHARA Health Educator?  1 2 3 4 5
3. How well was the activities/information presented in the DVD?  1 2 3 4 5
4. How well did the activities encourage your participation in the DVD?  1 2 3 4 5
5. How clearly were your questions answered by the SAHARA health educator?  1 2 3 4 5
6. How well prepared was the SAHARA Health Educator?  1 2 3 4 5
7. Was there enough time for discussions?  1 2 3 4 5

How would you rate each of these activities you did today on the DVD?

8. **3 Ways to Say It**
   3 ways of communication

10. **AMOUR Communication**
    Assertive role play

12. **Excuses and Comebacks**
    Excuses and comebacks of safer sex

13. **OPRAH**
    Male condom demo

14. **Reality Bites**
    Female condom demo

15. **Ask Sista Shanika**
    Assertive communication advice

16. **Healthy/Unhealthy Relationships**
    Acknowledging healthy and unhealthy aspects

18. Was there anything about today's workshop that you did not like?

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
19 What did you like the best?
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

20 Something new I learned was
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

21 Did you have to pay a babysitter to participate today?
   YES
   NO

22 Did you have to take the Marta, bus or any other form of paid transportation today?
   YES
   NO

23 Please share with us any other comments or suggestions that you may have.
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________