SHLE

Health Workshops for Young Black Women

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It’s My Body
Workshop 2: It's My Body

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SiHLE
Workshop 2:
It's My Body
It's My Body

Topic:
Introduction to STI and HIV risk

Objectives:
- To review values, goals and dreams
- To introduce concept of risk
- To introduce STI/HIV knowledge

Rationale:
The goal of this session is to introduce the young women to the risks related to STIs, especially HIV and what this can mean to them. This workshop begins with a review of the young women's values, goals and dreams. The information about STIs and HIV includes discussion of behaviors that put the women at risk for the diseases and how the diseases can affect their goals and dreams. Correct condom skills are introduced as a means of lowering STI risk. The workshop ends with a review of STI information.

Incentive:
Condoms
SiHLE Intervention Workshop 2
Outline

Activity A: Greeting & Icebreaker

Activity B: SiHLE Motto
Poster 4: SiHLE Motto

Activity C: Call Me Black Woman
Handbook Page 14: Call Me Black Woman

Activity D: Thoughtworks - Visualize 25
Handbook Page 11: Personal Values Clarification
Handbook Page 12: Visualize 25

Activity E: SiHLE Sistas are Special
Poster 5: SiHLE Sistas are Special

Activity F: Speaking of STIs....
Poster 6: What Can Happen When a Woman Gets an STI?
Handbook Pages 16-18: STIs

Activity G: Card Swap Game

Activity H: HIV/AIDS - What Every SiHLE Woman Should Know
Handbook Page 20: Myths about STIs Including HIV
Poster 7: Myths about STIs Including HIV

Activity I: Can You See an STI?
Poster 8: The Three Levels of Risk

Activity J: Consider This....

Activity K: Takin' Care of You!
Poster 9: To Lower Your Risk....

Activity L: OPRAH
Handbook Page 22: OPRAH
Poster 10: OPRAH

Activity M: SiHLE Jeopardy (refer to the Jeopardy envelope)

Workshop 2 Evaluation (refer to Evaluations envelope)
Materials Checklist

____ Teaching Manual
____ Sign-in Sheet
____ Handbook Pages for Session 2
   ____ Page 14: Call Me Black Woman
   ____ Page 15: What Can Happen When a Woman Gets an STI?
   ____ Pages 16-18: STIs
   ____ Page 19: HIV/AIDS - What Every SiHLE Woman Should Know
   ____ Page 20: Myths about STIs Including HIV
   ____ Page 21: What Makes Sense to You?
   ____ Page 22: OPRaH
   ____ Session 2 Evaluation (refer to Evaluations envelope)

____ Session Posters
   ____ Poster 4: The SiHLE Motto
   ____ Poster 5: SiHLE Sistas are Special
   ____ Poster 6: What Can Happen When a Woman Gets an STI?
   ____ Poster 7: Myths about STIs Including HIV
   ____ Poster 8: The Three Levels of Risk
   ____ Poster 9: To Lower Your Risk
   ____ Poster 10: OPRaH

____ Session Materials
   ____ pens/pencils
   ____ name tags
   ____ easel pad
   ____ easel
   ____ markers
   ____ pink, yellow, green and blue cards (Card Swap Game)
   ____ penis models or other penis proxies
   ____ condoms
   ____ SiHLE Jeopardy cards (refer to Jeopardy envelope)
   ____ prizes
Greeting & Icebreaker

Purpose:
To greet participants and reinforce the importance of being on time.

Materials Needed:
Sign-in Sheet
Pencils
Name Tags

Time:
8 minutes

Greet each participant as she arrives.

Peer Educator:
For our icebreaker today, we are going to have a round of "gossip." First, I will write down a sentence, then I will whisper it to one of you. The sentence will get passed along from person to person until everyone has heard the "gossip." The last person to hear the "gossip" will say the sentence aloud to the group.

After everyone has heard the "gossip" and the last person has said it aloud, I will read the original sentence to the group. If it is like real "gossip," it probably won't resemble the original sentence.
Motto

Purpose:

To recite and reinforce the SiHLE Motto.

Materials Needed:

Poster 4: SiHLE Motto

Time:

3 minutes

Display Poster 4: The SiHLE Motto.

Peer Educator:

Let's stand and say the SiHLE Motto together.

WE ARE STRONG, BEAUTIFUL SISTAS – INFORMING, HEALING, LIVING, EMPOWERING OURSELVES AND OUR COMMUNITIES.

WE ARE SIHLE!
SiHLE Motto

We are strong, beautiful sistas -- informing, healing, living, empowering ourselves and our communities.

We are SiHLE!
**Purpose:**

To reinforce the concept that SHLE Sistas are beautiful women with a strong rich heritage by reading and discussing poetry written by an African-American artist.

**Materials Needed:**

Handbook page 14: Call Me Black Woman

**Time:**

10-12 minutes

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**Call Me Black Woman**

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**Peer Educator:**

I am going to read the poem *Call Me Black Woman* by Priscilla Hancock Cooper aloud. (Refer to Handbook page 14: *Call Me Black Woman.*)

- What does this poem say about being a Black woman?
  - Black women are proud
  - celebrate their beauty
  - have a special place in history
  - they are all different but connected in a special way.

- Which lines of the poem suggest that the author thinks Black women have a unique beauty?
  - "Make me broad-nosed, round-eyed, full-mouthed and wide-hipped..."
  - "Dip my skin in shades of chocolate-dark, bronze-deep, caramel-tan, toast-light, or give me just a hint of tint."

The things you should remember about this poem are...

1. Black women live in all parts of the world and speak many different languages.
2. Many of our features are different from what is typically considered pretty by society. Yet it is our unique appearance that gives us our essence and flair and makes us beautiful.
3. Our skin tones pick up the colors of the sun and radiate them beautifully.
4. We wear our clothes both fitted and flowing. We have different styles.
5. We have skin tones of various shades from light to dark.
6. Our images have been preserved in history and can be seen everywhere today.
7. We are all different, but we are all connected. We share a special pride in being Black women.
8. Our diversity gives us character. No matter where we live, what we look like, or what we wear, we all have that inner beauty and strength that is inherited from generations of beautiful Black women that connect us on all levels.
Call Me Black Woman

make me a rainbow in brown hues stretching
from west to east across the Atlantic

make me sisters rapping in Yoruba, Geechie, British
English,
and all forms of American-ese.

make me
broad-nosed, round-eyed, full-mouthed and wide-hipped...
...and call me black woman.

wrap me in sun colors
of orange, red and indigo.

drape my dresses full and flowing
wrap my skirts tight and tempting

dip my skin in shades of
chocolate-dark, bronze-deep, caramel-tan, toast-light,
or give me just a hint of tint.

etch my likeness
on the walls of caves, pyramids or
boarded storefronts.

make me a rainbow
of sisters talking
wrapped in sun colors

and call me
black woman.

Priscilla Hancock Cooper
**Purpose:**
To review the SHLE Sistas' personal values and future goals and reinforce their importance in decision making.

**Materials Needed:**
Handbook page 11: Personal Values Clarification
Handbook page 12: Visualize 25

**Time:**
10-12 minutes

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**Peer Educator:**

Turn to Handbook page 11: Personal Values Clarification.

Look at the items that you rated as 3s. How many are there?

Look at the items that you rated as 2s. How many are there?

Look at the items that you rated as 1s. How many are there?

Let's share some of our ratings. (Talk through the sheet, giving participants time to share their different ratings for each item.)

Some of you had the same ratings for some items. However, I doubt that any two people had exactly the same ratings for every single item. Why do you think that is?

**Visualize 25**

**Peer Educator:**

Now let's look at Handbook page 12: Visualize 25 and share some of our pictographs. (After some have shared, ask:)
- How many of you included marriage on your pictograph?
- A career?
- Children?
- Nice house?
- Great apartment or condo?
- Terrific car?

**Health Educator:**

Now that you have listed your goals, how do you think you can reach your goals?

- Use specific goals as examples.
SiHLE Sistas Are Special!

**Purpose:**
To reintroduce and reexamine concepts taught in Session 1.

**Materials Needed:**
Poster 5: SiHLE Sistas Are Special

**Time:**
5 minutes

**Peer Educator:**
Think back to what we talked about in the first workshop. We talked about things that make SiHLE Sistas special.

Display Poster 5: SiHLE Sistas Are Special. Read the poster aloud to the group as a mini-review of Workshop 1.

**Peer Educator:**
SiHLE Sistas are special because . . .

They know they are beautiful

They know what's important to the them

They know how to take care of themselves
Sihle Sistas are special because...

They know they are beautiful.

They know what's important to them.

They know how to take care of themselves.
**Purpose:**
To teach SISTERS about STIs and how having an STI can make them and their unborn child sick.

**Materials Needed:**
- Handboek page 15: What Can Happen When a Woman Gets an STI?
- Handboek pages 16-18: STIs
- Poster 6: What Can Happen When a Woman Gets an STI?

**Time:**
10 minutes

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**Health Educator:**

Do you know what the letters STI stand for?

- **S** = Sexually (By having sex)
- **T** = Transmitted (Passed from one person to another)
- **I** = Infections (Diseases or illnesses)

STIs are diseases that ANY woman can get when she has sex with a guy who is infected. Now, I have some really important information to give you about STIs. Some of it you may already know, but my guess is that some of it will be new information for you. First of all, **let's talk about the way a woman's body is made.** As a woman, your body is made in a special way that allows you to get pregnant and carry a baby inside for nine months. Because of the way your body is made, you can get an STI and carry the infection inside you for a long time -- without even knowing it!

(Display Poster 6 and refer to Handboek page 15: What Can Happen When a Woman Gets an STI?)

**CAN YOU TELL IF YOU HAVE AN STI?**

In fact, **most of the time** a woman cannot tell if she has an STI. And **most of the time** she cannot tell if her partner has an STI.

**NOT ABLE TO HAVE BABIES**

When a woman carries an STI inside her -- untreated -- for a long period of time, she can become infertile -- which means that she can never have a baby.

**CAN MAKE UNBORN CHILD SICK**

Also, women who are pregnant can get STIs just as easily as women who are not pregnant. In fact -- their risk is even greater because STIs can hurt them AND their baby. STIs can mean blindness, brain damage, and even death for your unborn or newborn baby.
Health Educator:

**PAIN**
Also STIs can be painful. They can make you so uncomfortable that it hurts to urinate or have sex. (Of course, urinate means to tinkle, pee, do number 1, etc.)

**CANCER**
STIs can increase your risk of cancer. One very common STI (genital warts) increases a woman’s risk of cancer.

**INCREASES YOUR CHANCE OF GETTING HIV**
HIV/AIDS is a deadly, incurable STI. People with AIDS die much earlier than they would have.

Refer participants to Handbook pages 16-18; STIs.
What Can Happen When a Woman Gets an STI?

- She may not be able to have babies
- She can make her unborn child sick
- She increases her chance for getting cancer
- She increases her chance for getting AIDS
What Can Happen When a Woman Gets an STI?

- She may not be able to have babies
- She can make her unborn child sick
- She increases her chance for getting cancer
- She increases her chance for getting AIDS
**STIs**

**STI - What does it mean?**

S  - Sexually (through sex)
T  - Transmitted (passed from one person to another)
I  - Infection (illness or sickness)

STIs are infections passed from one person to another through sexual contact. Sexual contact is vaginal or anal intercourse, or oral sex. You get STIs by having sexual contact with an infected person. You've probably heard of some of these infections: syphilis, gonorrhea, herpes, chlamydia, and trichomonas. There are more than 25 STIs, and they are among the most preventable diseases in the United States. Three million teens will get an STI this year!

**Q. What causes STIs?**

A. Not all STIs are caused by the same organism.

Some are caused by viruses, some are caused by bacteria, and some are caused by parasites. The symptoms, if any, and treatments vary for each disease.

Since viruses have no cure, only the symptoms of a viral STI can be treated with medication. Some viral STIs, like HIV are very serious and can cause death. Others cause discomfort but aren’t life-threatening if treated.

STIs caused by bacteria are often hard to detect because there may be no symptoms. If left untreated, bacterial STIs cause extensive, permanent damage that may leave a woman unable to have children. But if caught early, most bacterial STIs can be cured effectively with antibiotics.

The one thing all STIs have in common is that each of these diseases is passed from one person to another during vaginal, anal, or oral sex. Syphilis, herpes, and other STIs that cause sores can also be transmitted through direct contact with the sore.

In addition, some STIs can be transmitted by contact with an infected person’s body fluids, such as blood, semen, or vaginal secretions. This means that all sexual contact is risky.

HIV may also be transmitted through the sharing of needles, syringes or other drug equipment. That’s why these diseases often occur among injection drug users. Before 1985, some people were infected through blood transfusions. This is very uncommon now because of better blood screening.

**Q. What STIs should I know about?**

A. **Genital Herpes or Herpes Simplex:**

It won’t kill you, but this condition can make you miserable. It’s incurable and very contagious. It causes sores on or near the mouth or genitals. You can get infected by touching these sores. An estimated 40 million Americans have herpes.

**Genital Warts:**

One of the most common STIs, these tiny pink or reddish warts are caused by a virus known as human papilloma virus (HPV). The warts appear on the genitals and/or anus. The virus is passed through direct skin-to-skin contact -- when a wart touches skin that is broken or cut. (Tiny breaks in the skin often occur during sexual intercourse.) HPV can also be passed when no symptoms are present.
Chlamydia:
This is one of the most common STIs in the U.S. today affecting about four million people each year. It is very difficult to recognize because about 80% of women and 10% of men have no symptoms. When there are symptoms, women may notice a vaginal discharge and pain in the lower abdomen. Men may have a discharge from the penis and painful urination.

Gonorrhea:
Over 800,000 Americans get this STI each year. Most of these people are teenagers like you. Symptoms in women, while not always present, include a slight discharge from the vagina, a burning sensation during urination, abnormal menstruation and abdominal pain. In males, symptoms include a yellowish-white discharge from the penis and a burning sensation during urination.

Trichomonas:
Trichomonas, often called "trich" is a parasitic infection. Trich is a sexually transmitted disease that is most often spread through sexual contact -- either genital to genital or finger to genital touching. It can also be spread by contact with infected towels, washclothes, underwear and even toilet seats. The most common symptom is a foamy, yellow-green or gray foul-smelling discharge that can cause itching around the vagina. Spotting, swelling in the groin, and discomfort during urination or sex can also occur. Since trich is so easily passed back and forth, it is important that both partners be treated.

Syphilis:
This is one of the most dangerous STIs because it can cause brain damage, heart disease, blindness, and death. One of the first symptoms, if present, is a painless sore in the genital area. Later, there can be a rash, fever, sore throat, and swollen glands.

HIV (the Virus that causes AIDS):
HIV, Human Immunodeficiency Virus, causes an infection that leads to AIDS. AIDS stands for Acquired Immunodeficiency Syndrome. It is the most serious STI because everyone diagnosed with the disease will die from it. AIDS is the final stage of infection with the HIV virus. The virus makes people sick by attacking certain white blood cells, which normally fight disease. HIV eventually destroys the immune system. A person develops AIDS when he or she becomes sick from certain diseases or infections that the body can no longer protect itself against. Unfortunately, HIV is becoming more and more common in teenagers. AIDS is now one of the leading cause of death among 15-24 year olds. You need to know the facts about AIDS because it is a fatal disease.

It does not give anyone a second chance.

It's important to realize that if you get an STI, you may or may not have symptoms. If you do have symptoms, they can disappear after a while without treatment. That does not mean that the disease is no longer present. And, if you have any STI, the risk of being infected with HIV is greater.

Q. Aren't STIs just a problem for people who sleep around?
A. Anybody can get an STI.
   If you're having sex, you are at risk. It can take only one unprotected exposure to develop a disease.

Q. How can I tell if someone has an STI?
A. You can't always tell.
   So always use a condom! People who are infected can pass STIs to others even though they don't look or feel sick.
Q. What should I do if I think there's a chance I've been infected with an STI or HIV?
A. Get tested!

The only way to be certain if you or someone else is infected is through a medical exam that includes STI testing. People who are sexually active or who have shared needles should have regular medical exams. They should certainly have a medical exam if they have any of the following symptoms: an unusual sore in the genital area; swollen or tender lymph glands; unusual genital discharge; discomfort or a burning sensation during urination; rashes; and for women, pelvic pain or discomfort, especially during intercourse.

Sexually active young women should have an annual pelvic exam and Pap smear. Young men who are sexually active should also have a medical exam. If you suspect that you or your partner have been exposed to HIV or an STI, both of you should be tested. These tests are specific and are not included in a routine annual exam; you'll need to request them.

The easiest place to go for information about testing is your doctor, a doctor at a health clinic, or the local health department.

Q. Why should I get tested if some of these diseases have no cure?
A. You won't know if the STI you have is curable unless you get tested.

Chlamydia, gonorrhea, syphilis, and trick are curable, but they can go undetected for a long time because they may cause no symptoms. However, that doesn't mean they don't do damage. A woman who has syphilis, HIV, or herpes can pass the disease to her baby, causing serious birth defects and health problems.

It is important to know if you're infected so that you can avoid passing these diseases to others. If you are sexually active and think you may have been exposed to an STI or HIV, get tested! Don't wait for symptoms to develop because they may not be obvious or show up for a long time. You don't want to risk your health or someone else's!

Q. Is it true that once you have one STI you can't get any of the others?
A. Not true!

Most bacterial STIs can be cured. But once treated for an STI, you usually don't build up an immunity to that particular STI or any of the others. There are no vaccinations for STIs, except for hepatitis B. You can get more than one STI at a time, and you can get reinfected again and again.
Unfortunately, viral STIs like HIV and herpes cannot be cured. Medications help relieve the symptoms, but once you have the disease, it's with you for the rest of your life.

Q. How can I make sure I don't get an STI or HIV?
A. Start by knowing the facts!
Before you have sex, talk about your sexual past and be honest. Think about this:

When you have sex with somebody, it's like having sex with all his or her previous sexual partners.

Protect yourself and others by using latex condoms every time you have sex, even oral or anal sex. Women and men should carry condoms and insist they be used every time. Latex condoms should be worn from the very start of any sexual activity — don't wait until penetration.
Purpose:
To illustrate to the SHLES Sistas how HIV is spread by heterosexual contact and injection drug use.

Materials Needed:
Blue, yellow, green, and pink cards

Time:
20 minutes

Card Swap Game

Health Educator:
Today we are going to find out how people get HIV and spread it to other people. We are also going to see how one infected person who has unprotected sex can infect others.

Pass out 4 cards to each person. Each person can receive any combination of colors.

Health Educator:
Write your name on all 4 of your cards. When I say "SWAP," find a partner and trade one of your cards for one of your partner's cards.

When I say "SWAP" again, find a different partner and trade another one of your cards.

We will SWAP until you don't have any of your own cards left.

Have everyone stand up. Do 4 rounds of SWAPS. Make it clear to the students that they should only give away cards that have their own names on them. When finished swapping, have the students sit down.

Health Educator:
Let me explain how each card color represents something you've chosen to do:

<table>
<thead>
<tr>
<th>COLOR</th>
<th>BEHAVIOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue</td>
<td>Sharing dirty needles</td>
</tr>
<tr>
<td>Green</td>
<td>Safer sex with a condom</td>
</tr>
<tr>
<td>Pink</td>
<td>Unsafe sex</td>
</tr>
<tr>
<td>Yellow</td>
<td>Touching, kissing, talking</td>
</tr>
<tr>
<td></td>
<td>(no penetration)</td>
</tr>
</tbody>
</table>

55
Card Swap Game (con’t.)

Pick 1 student to stand up.

Health Educator:

For the purposes of this game, let’s say that this person was HIV positive at the beginning of the swap.

Have the standing student read the names on any blue or pink cards she is holding. Ask all the people whose names were called to stand. The first person should remain standing.

Health Educator:

The people who just stood up were also infected with HIV because they shared dirty needles (blue cards) or had unsafe sex (pink cards) with people who carry HIV. Now I need each of you who are standing, to read the names from your blue and pink cards. If your name was just called, please stand. The people who just stood up were also infected with HIV because they shared dirty needles (blue cards) or had unsafe sex (pink cards) with people who carry HIV.

By now, most of the room will probably be standing.

Health Educator:

Are you surprised by the number of people standing? If you are still sitting, look at your cards. If you have blue or pink cards, they should only be from people who are also sitting. This means that you had unsafe sex or shared needles with someone who wasn’t HIV-infected, so it was a gamble, but you were not infected. If you have green cards from any of the standing students, that means you had SAFER sex with an HIV-infected person. It is most likely that you weren’t infected with HIV, as long as you were careful not to exchange any semen, blood or vaginal fluids which means using a condom correctly from start to finish of vaginal, oral or anal intercourse.
A/ A/orkshop 2: Activity G

Card Swap Game (con’t.)

Health Educator:

Green cards from other sitting students mean safer sex with a person who was never exposed to HIV. Both of you are safe from AIDS this time. Yellow cards mean that you didn’t have sex or share needles at all with your partner. You talked, hugged, kissed, played soccer, held hands, ate lunch, rode the bus, or whatever. Either partner could be infected with HIV, but you would not infect the other person by exchanging a yellow card.

Lead students in a discussion of the activity by asking for their responses to the following:

Health Educator:

- Review the ways a person can be infected with HIV.
- Remind them that you could not tell that the person you swapped with was HIV-infected.
**HIV/AIDS**

*What Every SHLE Woman Should Know*

**Purpose:**
To educate the SHLE Sistas about what AIDS is, myths about AIDS, and how to protect yourself from AIDS.

**Materials Needed:**
- Handbook page 20: Myths About STIs Including HIV

**Time:**
12 minutes

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**Health Educator:**

AIDS (Acquired Immune Deficiency Syndrome) is the most serious STI because the people who get AIDS will die from it. AIDS cannot be cured with antibiotics. The AIDS virus attacks your body's immune system so you are unable to fight off many kinds of infections and cancers.

**How you get the AIDS virus (HIV)**

AIDS is caused by the Human Immunodeficiency Virus (HIV). The person infected with this virus may look and feel healthy for months or years. But they can spread the virus to others without knowing it.

HIV lives in blood, semen, and vaginal fluid. It may also live in saliva. If infected blood, semen, or vaginal fluid gets into your body, the virus can infect you, too. Most people who have AIDS got it from having sex with an infected partner, or from sharing needles used to shoot drugs. The AIDS virus can also be passed from a mother to her baby.

**What to watch for...**

There are no easy clues. Because AIDS makes you get sick easily, there are many different symptoms. Most of them have nothing to do with your genitals.

**How you don't get it...**

You don't get the AIDS virus through touch, kissing on the cheek, food, coughs, mosquitoes, toilet seats, sharing knives and forks, donating blood, or swimming in public pools.

**How to protect yourself...**

The surest way to protect yourself from AIDS is not to have sex or shoot drugs. If you do have sex, help protect yourself by following "safer sex" guidelines. Use a latex condom every time you have vaginal, oral (mouth), or anal sex. If you use a lubricant, use one that is water-based, such as K-Y Jelly. For vaginal sex, you can use spermicides along with condoms for added protection. Do not rely on spermicides alone.
Health Educator:

Now we are going to talk about some STI myths. A myth is a story that is often not true.

**Myth:** Douching after sex protects you from getting an STI.
**The Truth:** Douching can increase your chance of getting an STI by irritating your vagina. Only douche if your doctor tells you to douche.

**Myth:** If a woman uses birth control pills, it lowers her risk for getting the AIDS virus.
**The Truth:** Using birth control pills, does not reduce your chance of getting the AIDS virus.

**Myth:** If a man pulls his penis out prior to ejaculation (cumming), this lowers a woman's chance of getting the AIDS virus.
**The Truth:** Pre-ejaculatory fluids (pre-cum), may enter a woman's body prior to a man removing his penis, and this pre-cum can increase your chance of getting HIV because it can carry the AIDS virus.

**Myth:** Women don't have to worry as much as men about protecting themselves for STIs including HIV.
**The Truth:** Women are more likely than men to get infected with STIs and the AIDS virus through sex, so it is very important that they use condoms during sex.

Where you can get help.....
If you think you've been exposed to the AIDS virus, call a doctor, your local public health department, or an STI clinic for more information.

To learn more about AIDS, or where to go in your area for free testing or treatment, call the National AIDS Hotline (1-800-342-AIDS). The call is free, and no one will ask your name. Now if you have any more questions about any of the things we've discussed, I want you to take a piece of paper and write it down--don't put your name on it--and give it to me. We'll discuss the answers to these questions the next time we get together.
AIDS (Acquired Immune Deficiency Syndrome) is the most serious STI because most people who get AIDS will die from it. So far, there is no cure. The AIDS virus attacks your body’s immune system so you can’t fight off many kinds of infections and cancers.

How you get the AIDS virus (HIV)
AIDS is caused by the Human Immunodeficiency Virus (HIV). The person infected with this virus may look and feel healthy for months or years, but she or he can spread the virus to others without knowing it.

HIV lives in blood, semen, and vaginal fluid. If infected blood, semen, or vaginal fluid gets into your body, the virus can infect you, too. Most people who have AIDS got it from having sex with an infected partner, or from sharing needles used to shoot drugs. The AIDS virus can also be passed from a mother to her baby as well as through cuts in your skin.

What to watch for...
There are no easy clues. Because AIDS makes you get sick easily, there are many different symptoms. Most of them have nothing to do with your genitals.

How you don’t get it...
You don’t get the AIDS virus through touching, kissing on the cheek, food, coughs, sharing knives and forks, mosquitoes, toilet seats, donating blood, or swimming in public pools.

How to protect yourself...
The surest way to protect yourself from AIDS is to not have sex (practice abstinence) and don’t shoot drugs. If you do have sex, help protect yourself by following “safer sex” guidelines. Use a latex condom every time you have vaginal, oral (mouth), or anal sex. If you use a lubricant, use one that is water-based such as K-Y Jelly. For vaginal sex, you can use spermicides along with condoms for added protection. Do not rely on spermicides alone.

Where you can get help.....
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# MYTHS About STIs Including HIV

<table>
<thead>
<tr>
<th>MYTHS</th>
<th>The TRUTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Douching after sex protects you from getting an STI.</td>
<td>Douching can <strong>increase your chance</strong> of getting an STI.</td>
</tr>
<tr>
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</tr>
<tr>
<td>If a man pulls his penis out prior to cumming, this lowers a woman's chance of getting the AIDS virus.</td>
<td>Pre-ejaculatory fluids (pre-cum), may enter a woman's body prior to a man removing his penis, and this pre-cum <strong>can increase your chance</strong> of getting HIV because it can carry the AIDS virus.</td>
</tr>
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<td>Women don't have to worry as much as men about protecting themselves for STIs including HIV.</td>
<td>Women <strong>are more likely</strong> than men to get infected with STIs and the AIDS virus through sex, so it is very important that they use condoms during sex.</td>
</tr>
</tbody>
</table>
MYTHS About STIs Including HIV

**MYTHS**

Douching after sex protects you from getting an STI.

If a woman uses birth control pills, it lowers her risk for getting the AIDS virus.

If a man pulls his penis out prior to cumming, this lowers a woman’s chance of getting the AIDS virus.

Women don’t have to worry as much as men about protecting themselves for STIs including HIV.

**The TRUTH**

Douching can increase your chance of getting an STI.

Using birth control pills, does not reduce your chance of getting the AIDS virus.

Pre-ejaculatory fluids (pre-cum), may enter a woman’s body prior to a man removing his penis, and this pre-cum can increase your chance of getting HIV because it can carry the AIDS virus.

Women are more likely than men to get infected with STIs and the AIDS virus through sex, so it is very important that they use condoms during sex.
**Purpose:**
To inform the SHLE Sistas about sexual behaviors that reduce their chance of getting STIs, including HIV.

**Materials Needed:**
Poster 8: The Three Levels of Risk

**Time:**
7 minutes

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**Health Educator:**

**Can you tell if you have an STI?**

Most of the time you can't! In some cases -- but certainly not always -- a woman will have a sore, a blister, pain when she urinates, bleeding after sex, or smelly discharge. If you ever have any of these signs, see a doctor. Just remember, if you SEE A SIGN -- SEE A DOCTOR! You can always go to the local health clinic.

**Can you tell if a guy has an STI?**

Most of the time you can't! The best thing to do is to always PROTECT yourself. (Display Poster 8: The Three Levels of Risk). There are 3 Levels of RISK for STIs & HIV:

- **Mega Risk**
- **Some Risk**
- **Little or No Risk**

* There is **Mega Risk** if the guy's penis goes inside (penetrates) your body IN ANY WAY without the use of a condom.

  Use these definitions to define vaginal, anal, and oral sex:
  - **Vaginal sex** - This is where a man puts his penis into your vagina (place you put a tampon.)
  - **Anal sex** - This is where a man puts his penis into your rectum (butt).
  - **Oral sex** - This is where a mouth is placed on the other person's genitals.

* There is **Some Risk** if the guy is wearing a latex condom when you have vaginal sex, anal sex, or oral sex. There is also **Some Risk** if he is using a dental dam or other barrier while performing oral sex to you.

* There is **Little or No Risk** if you engage in massaging, masturbating, cuddling, kissing or foreplay in which the guy's penis never goes inside your body.
The Three Levels of Risk:

Mega Risk

Some Risk

Little or No Risk
Consider This ... The Penetrating Question

Purpose:
To evaluate how getting an STI including HIV could change the SHLE Sistah values and goals.

Materials Needed:
Handbook page 11: Personal Values Clarification
Handbook page 12: Visualize 25

Time:
10 minutes

Peer Educator:

Consider this ...
Will his penis be INSIDE your body without a condom (at any point in time while you are having sex)?

INSIDE your vagina -- vaginal sex
INSIDE your anus -- anal sex
INSIDE your mouth -- oral sex

Let's say you have decided to have vaginal sex. We know that when you have vaginal sex, his penis will be INSIDE your body without a condom. What is your risk for STIs and HIV if you have unprotected vaginal sex?

MEGA Risk (Place your finger at MEGA Risk)

Now consider your risk. What does MEGA Risk mean for you?

MEGA Risk means that if your guy has an STI or HIV, you are likely to get infected yourself. Once is all it takes! That is why it is called MEGA Risk.

Now consider yourself. What does MEGA Risk mean for your dreams and goals?

What about your VALUES? How would an STI or HIV affect the things that matter most to you -- your family, your education, etc. Turn to page 11 in your Handbook, and look at your Clarification of Personal Values. Look at the items that you rated as 3s. How would an STI or HIV affect each one?

What about your DREAMS and GOALS? How would an STI or HIV affect your dreams and goals? Look at your pictograph on your Handbook Page 12: VISUALIZE 25, and consider the effect of an STI or HIV on your life goals.
Purpose:
To introduce the concept of responsibility by having women state how they care for themselves.

Materials Needed:
Poster 9: To Lower Your Risk...
Easel
Easel pad
Markers

Time:
5 minutes

Peer Educator:
As a SihilE Woman, I'm proud that I can take care of myself. I do a number of things to take care of myself -- like exercise, stay in school -- things like that. Name some things that you do to take care of yourselves. (Write participants' suggestions on the flip chart.)

- Eat low-fat food
- Date guys who respect me
- Don't use drugs
- Get regular check-ups
- Stay out of trouble
- Don't go out alone at night

I consider using condoms EVERY time I have sex one of the most important things I do to take care of myself. Using condoms makes sense to me because...

I know what matters to me. For example, even though I'm not ready to have a baby right now, I want to stay healthy so that I can have a baby some day.

I have a lot of living to do! I have places to go and people to see! I'm not willing to risk pain, cancer, and death! I choose to lower my risk for STIs and HIV by using condoms EVERY time I have sex.

Display Poster 9: To Lower Your Risk....

To lower your risk of STIs and HIV you can ...

1. Choose to use a condom every time you have sex

2. Choose to have sex that is little or no risk

3. Choose not to have sex at all (it's called abstinence)
WHAT MAKES SENSE TO YOU?

Spend some time thinking about what makes sense to you and answer the BIG question...

Is MEGA RISK (having sex without a condom) too much risk for you?

*Don't forget! MEGA RISK is the risk of getting an STI or HIV infection

TOO MUCH RISK?

If you decide that MEGA RISK is too much risk for you, then take some time to choose how you will lower your risk.

- Will you lower your risk to SOME RISK... by using a condom every time you have sex?
- Will you lower your risk to LITTLE OR NO RISK... by abstaining or by engaging in foreplay only?

*Don't forget! "Abstaining" is not having sex at all and "foreplay" is massaging, masturbating, and cuddling.

When you are thinking things through and making your decision, don't forget to CONSIDER YOURSELF -- your values and your dreams and goals. If you need to, look back at your VALUES sheet and your VISUALIZE 25 sheet.
Introducing OPRaH

Purpose:
To refine women's knowledge of HIV/STI prevention.

Materials Needed:
- Poster 10: OPRaH
- Handbook page 22: OPRaH
- Penis models or other proxies
- Condoms

Time:
20 minutes

Display Poster 10: OPRaH and refer to Handbook page 22: OPRaH. Introduce the group to OPRaH by talking them through what the five letters mean, demonstrating as you talk.

Peer Educator:

OPRaH consists of:
Four Simple Steps -- Open, Pinch, Roll, and Hold!

- O = Open package and remove rolled condom without twisting, biting, or using your fingernails. This could damage the condom and allow fluid to leak out.
- P = Pinch the tip of the condom to squeeze the air out, leaving 1/4 to 1/2 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 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 penis models. Allow participants a few moments to handle the condoms and get over the giggles. After they have settled down, have participants pair up and demonstrate OPRaH for one another. Provide modeling as needed. Supervise the pairs as they demonstrate for one another, giving feedback and further instructions, as necessary.
OPRAH

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OPRaH

O = Open

P = Pinch

R = Roll

a = and

H = Hold
**Purpose:**

To refine women's knowledge about HIV/STI transmission and prevention.

**Materials Needed:**
- SiHLE Jeopardy cards (refer to SiHLE Jeopardy envelope)
- Easel
- Easel Pad
- Markers
- Prizes

**Time:**
20-25 minutes

Peer Educator:

Has anyone watched the game Jeopardy on TV? Now we are going to play SiHLE Jeopardy, which is played the same way and is a fun way to review STI knowledge.

Using the Sihle Jeopardy cards (refer to SiHLE Jeopardy envelope), tape cards on board or wall by category (STI Facts, Condom Skills, etc.). The point value for each question appears on the front of the card, the question and response possibilities appear on the reverse side.

Divide the group into teams.

Each participant on each team chooses a category and answers the next available item.

If they respond correctly, the appropriate number of points are recorded for their team. Use the easel pad to keep Team scores.

The game continues until all categories and questions have been exhausted. The team with the most points wins and receives prizes.

Play the game until the group has “mastered” the subject of STIs.
What Do You Think About...?

Purpose:
The Health and Peer Educators distribute an evaluation of the session for the participants to fill out.

Materials Needed:
Evaluation forms: What Do You Think About...?
(Please refer to the Evaluations envelope for the Session 2 evaluation form.)

Time:
5 minutes

Health Educator:
At this time, we want to know what you think about today's session. This is your chance to rate what we've done for the past two hours.

Tell us what you liked and what you didn't like. Please be honest in your responses.

Do not put your name on the evaluation. Your comments are anonymous -- we won't know who said what.

On the evaluation is a list of statements about today's activities. Please rate the statement by writing the number in the blank that best describes your opinion of what we've been doing. The scale is:

1 = poor
2 = fair
3 = good
4 = very good
5 = excellent

We are going to give you about 5 minutes to finish it.