SESSION 4: 

BEHAVIORAL SELF-MANAGEMENT TRAINING

Rationale:
The inability to reduce unsafe sexual behaviors, whether the behaviors involve unsafe sexual practices, unsafe contacts or multiple partners, may reflect difficulties in self-management, especially when the individual is knowledgeable of AIDS risks and wishes to curtail high-risk aspects of her behavior but has trouble doing so. Unless the individual can exert behavioral controls preceding the encounters, she will remain at risk. While males and females are both responsible for safer sex, the responsibility often falls on the female partner, because males do not always practice safer sex. Previous sessions have focused on the fact that a woman can protect herself from engaging in unsafe sex. This session provides the women with the skills to use condoms properly. Through role play exercises the women also learn how to eroticize condoms to develop more positive attitudes towards using condoms. Furthermore, by increasing the women’s condom-use attitudes and skills, we hope to increase their ability to successfully negotiate safer sex behaviors.

Materials Needed:

<table>
<thead>
<tr>
<th>Materials Provided in the HAPPA Program Box:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening/Closing Poem: “The Way I Feel”</td>
</tr>
<tr>
<td>“Key Concepts on Assertiveness Skills Training” handout</td>
</tr>
<tr>
<td>“Condom Line-Up” cards</td>
</tr>
<tr>
<td>“How to Put a Condom On” handout</td>
</tr>
<tr>
<td>“Scenarios” role play handout</td>
</tr>
<tr>
<td>Session 4 Homework</td>
</tr>
<tr>
<td>Session 4 evaluation form</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Materials You Will Need for this Session:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flip chart, markers &amp; tape</td>
</tr>
<tr>
<td>Ground Rules/Expectations poster</td>
</tr>
<tr>
<td>Various Colored/Shaped/Flavored Condoms, Lubricant</td>
</tr>
<tr>
<td>A condom display showing samples of both condoms and condom packaging</td>
</tr>
<tr>
<td>Sufficient phallic-shaped vegetables for each woman to have a minimum of two to work with</td>
</tr>
</tbody>
</table>
Goals:

a) To explain and demonstrate how to use a condom properly.
b) To decrease the women’s anxiety about using condoms.
c) To demonstrate how to eroticize condoms.
d) To address reasons why women don’t ask men to use condoms.
e) To practice putting condoms on models.
f) To role play negotiating about safer sex.
g) To role play situations requiring assertiveness in order to decline unsafe sexual behaviors.

Objectives:

- Increase proper condom-use skills.
- Decrease anxiety about using condoms.
- Increase the ability to negotiate about safer sex.
- Develop more positive attitudes about towards using condoms.
- Increase the women’s ability to negotiate and bargain for safer sex.
- Increase the women’s ability to engage in health-promoting decision-making concerning safer sex.

Session 4 Outline:

1) Opening Poem: “The Way I Feel”
2) Review Session 3, including homework
3) Discussion: Why People Don’t Use Condoms
4) Exploring Condoms
5) Condom Card Line-Up
6) Condom Demonstration
7) “Safe Veggies” (Practicing with Cucumbers)
8) Negotiating Safer Sex: Role Play
9) Peer Norms
10) Homework
11) Evaluation
12) Closure
I. Opening Poem

a) Distribute “The Way I Feel” to the women.
b) Read the poem with or to the participants.

II. Session 3 Review:

a) Session 3 Concepts
   i. Distribute and discuss the “Key Concepts on Assertiveness Training” handout.
   ii. Write the concepts on the flip chart to correspond with discussion.

b) Session 3 Homework
   i. When discussing “Here Comes Trouble!” ask for a few volunteers to share their stories.
      1) Ask the group to discuss the hardest part of the exercise for them.
      2) Address any related questions or issues.
   ii. When discussing the second part of the homework, initiating a safer sex conversation with a friend or partner, again ask for volunteers to share their stories.
      1) Ask the group to discuss the hardest part of the exercise for them.
      2) Address any related questions or issues.

III. Discussion: Why People Don’t Use Condoms

a) Ask the group for their thoughts on why people don’t use condoms.
   i. Write their responses on the flip chart.

b) In collaboration with the women, consider each response (obstacle) individually, and develop a practical strategy for overcoming the obstacles to condom use.
Examples:

Obstacle: Condoms kill the mood.
Strategy: Only if you let them. We can show you ways that condoms can actually increase sexual excitement and pleasure.

Obstacle: People who use condoms don’t trust each other.
Strategy: It’s not a matter of trust. It’s a matter of caring for yourself and your partner.

Obstacle: Why do I need a condom if I’m on the pill?
Strategy: So you can protect your health. The pill does not help prevent HIV infection or other sexually transmitted diseases like syphilis.

Obstacle: Condoms break (tear) too easily.
Strategy: If the condoms are breaking or slipping off, this means that you are not using them properly. Today we will show you how to properly place a condom on your partner. And he’ll like it.

IV. Condom Exploration

a) Distribute condom packets and lubricant.

b) Encourage the women to play with the condoms and the lubricant and do crazy things (stretch them, blow them up, etc.) to see how strong the condoms are, and to reduce the women’s discomfort with the condoms.
V. Condom Card Line-Up

a) Inform the women that when using condoms, there are several things to remember, and it's important to get them in the right order.

"It is important to remember that even before ejaculation (cumming) the penis can release small amounts of fluid that can contain sperm and the AIDS virus. This is why we say that your (male) partner must wear a latex condom from the beginning to the end of your sexual contact if you are going to protect yourself and your partner."

b) Show the women the stack of Condom Line-Up cards.

c) Give each woman a card.

d) Ask the women to line themselves up so that the first step to putting on a condom is at the head of the line and the last step is at the end.
   i. Consider telling them where the head of the line should be.
   ii. Don't give any other answers yet, let them work it out.

e) As they are lining up, explain that there are steps for deciding whether or not they want to have sex. That's what the SISTAS Assertiveness Model was about. But if they decide to have sex, these are the steps for using a condom.

f) If the cards are not in the correct order at this point, put them in the order below.

g) Talk about the importance of this ordering of how to put a condom on.
How to Put a Condom On: Condom Line-Up

Step 1 Talk to your partner.
Step 2 Buy condoms.
Step 3 Man gets a hard on.
Step 4 Open package carefully.
Step 5 Add lubricant to condom.
Step 6 Massage penis with lubricant.
Step 7 Pinch tip of condom to remove air.
Step 8 Unroll condom down to base of penis.
Step 9 Gently smooth out air bubbles.
Step 10 Enjoy having safe sex.
Step 11 Your man gets excited and cum.
Step 12 Hold the base of the condom when he pulls out to keep the condom from slipping.
Step 13 Remove the condom carefully to keep contents from spilling.
Step 14 Throw the used condom away.
(Never use a rubber twice.)

VI. Condom Demonstration

a) Distribute the “How to Put a Condom On” handout to the participants.

b) Demonstrate condom use by talking about each of the steps.
   i. As you explain the steps, encourage the women to ask questions.
   ii. Tell them that the other women are probably wondering the same things.
c) Talk with their partner(s):

“We have reviewed the importance of communicating with your partner in previous sessions. It’s important to talk about whether or not you both want to have sex, and to be clear about using condoms if you decide to have sex. Never assume that the other person knows what you are thinking.”

d) Buy condoms:

i. Bring the women’s attention to your condom display showing condom samples and ask the women to gather around so that they can see.

ii. Talk about the different kinds of condoms and what to look for on the packaging.

iii. Open up a few to show the difference between lubricated and non-lubricated, reservoir tip, etc.

“Latex is the only kind of condom that keeps the HIV virus from going through it. Buy only latex condoms. Some condoms are lubricated with a spermicide (this provides an extra layer of protection against pregnancy).

e) Open the package:

i. At this point, begin using a phallic proxy for the demonstration.

“Open the package carefully so you don’t tear the condom. Don’t use your fingernails.”

f) Use spermicide:

i. Blow up a condom (pretty big), and tie it off.

1) Rub Vaseline on one spot. After about three minutes, the condom will break.

ii. Inform the women of the importance of using a water-based lubricant like K-Y Jelly.

iii. Demonstrate unrolling a condom a little bit on the proxy to be sure it’s rolling down the outside.
g) Unroll and eroticize the condom:
   i. Pinch the tip of the condom, leaving enough space at the tip of the condom for semen to go.
   ii. While pinching the tip, unroll the condom all the way down to the base of the phallic proxy.
   iii. Smooth out any air bubbles that may be trapped inside.
   iv. Now add more lubricant.

h) Remove the condom:
   i. Say to the women:
      “After you have finished having sex, pull away gently while holding onto the base of the condom, so that it doesn’t slip off. Be careful not to spill the contents when taking the condom off.
      Throw the used condom away.”

   ♦ Never use the same condom twice

VII. “Safe Veggies” (or, Practicing with Cucumbers)

   a) Watch the women carefully as they practice placing the condoms on their phallic proxies
   b) Distribute two cucumbers or other phallic-shaped vegetables to all the women.
      i. Each woman practices putting a condom on her first vegetable.
      ii. When everyone has finished placing her condom on the vegetable, answer any question that may arise.
      iii. Then invite the women to take another condom, and practice eroticizing the condom on their second vegetable

VIII. Negotiating Safer Sex: Role Play

   a) Distribute the “Scenarios” handout.
i. If possible, invite a male colleague to play the male roles. If not possible consider playing the male roles yourself, allowing the women to play the female roles.

b) Read the Scenarios one-at-a-time, as a group.

c) Using "The SISTAS Assertiveness Model," ask them what they would do in each situation.

i. Invite a volunteer to role play each Scenario to a conclusion.

Scenario A: Don't You Trust Me?
Latisha and Doug have been dating for two years. After Latisha goes to a sex education class, she realizes the importance of using a condom. But she has the following concern: "If I told my man to use a rubber, he'd go crazy and say, "Who have you been with?" I haven't been telling him to use a rubber in the past two years, so how can I ask him to use a rubber now?"

What would you do/say?

Scenario B: I'll Beat Your Ass!
Karen and Mark have been dating for 9 months. Karen read in the newspaper that condoms protect you from the AIDS virus. The next time Karen and Mark had sex, Karen asked Mark to wear a condom. Mark told her that he would beat her ass if she ever asked him that again.

What would you do/say?

Scenario C: You're Breaking My Love Flow
You are at a party that is winding down. You have been flirting with someone all night and he is responding to you. His parents are out of town and he asks you to come back to his house. You are in the heat of the moment and ask him to use a condom. He says he doesn't want to use a condom because it breaks his "love flow."

What do you do/say?
IX. Peer Norms

a) Initiate a discussion emphasizing the following points:

1) Many African-Americans do use condoms.
2) Male partners of African-American women do use condoms.
3) Many men say they would use a condom if women would ask them to.

X. Homework

a) There are three homework assignments for this session.
   i. In the first assignment, the women will go to the local drug store and purchase a packet of condoms.
   ii. In the second assignment, the women will ask their partner to use a condom when they have sex.
   iii. The third assignment is to write about the above experiences on the “Homework for Session 4” handout.

XI. Evaluation

a) Distribute anonymous evaluation forms to all.
   i. This session will be evaluated as to how the information was presented and the extent to which the session accomplished its goals and objectives.
XII. Closure

a) Closing poem: "The Way I Feel" by Nikki Giovanni

b) Recitation of the Motto:

THE SISTA PROJECT Motto
SISTA Love is Strong,
SISTA Love is Safe,
SISTA Love is Surviving!