Project STARS

12 Month Reunion
STARS Trick-or-Treat

Purpose:
Inform participants of STI statistics that affect African American women

Materials:
- STI “Candy”
- Trick-or-treat bags
- Flip chart
- Markers
- Handout 1: STARS-Trick or Treat

Time:
15 minutes

Health Educator:
Welcome ladies to our last STARS session! We wanted to bring everyone back as the big group you started out with. We are going to start off by playing what we call STARS Trick-or-treat. I will give each of you a bag and I want you to go around the room and pick out the “treats” that you want and put it in your bag. Only get one piece of candy from each bowl.

Have participants walk around the room and choose from the different “candy stations” and fill their bags. Note pass out handouts after game.

Okay ladies, lets talk about the treats that you have. How many of you selected a candy bar? Please stand up if you have the candy bar, it should have a “G” on the back. We “tricked” you with our “treats.” The G means that you have Gonorrhea. Look around the room. About 75% of African American women 15-24 years old have been diagnosed with Gonorrhea. (Have women sit back down).

Health Educator:
Now how many of you have these pieces of candy? Stand up. There is a “C” on the back. You have Chlamydia. About 49% of black females ages 15-24 have been diagnosed with Chlamydia. (Have women sit back down).

If you have the lollipop, please stand up. There should be a “T” on the back. This means that you have Trichomoniasis. African American women get diagnosed with this, anywhere from 23-51% of young women (have women sit back down).

If you have these truffles please stand up. There should be a HP on the back. You have HPV. About one out of 4 college women have been diagnosed with HPV (have women sit back down).

And finally, who has the M and Ms? Please stand up. There is a H on the back. You have HIV. HIV/AIDS is the 3rd leading cause of death among women 25-44 years old (have women sit back down).
Health educators:
Thank you for your participation. Handout 1 has these statistics that I mentioned. We wanted to bring it back and remind you about the purpose of STARS, to help protect ourselves against STDs, and these are the ones African American women are most commonly infected with. STD infections are highest here in the south, and all it takes is one unprotected sexual moment, and you can get infected. Although we learned different things in each of our groups, we all learned the importance of valuing our bodies and our health, and that we need to protect ourselves. (Also ask participants if they have any questions).
3 out of 4 African American women 15-24 years have been infected with Gonorrhea

49% of black females ages 15-24 have been infected with Chlamydia

23-51% of black women have been infected with Trichomoniasis

1 out of 4 black college aged women are infected with HPV

HIV/AIDS is the 3rd leading cause of death among female women ages 25-44 years old
HIV-Tic Tac Toe

**Health Educator:**
Now we are going to test your knowledge on a more dangerous STI- HIV, through what I call HIV tic-tac toe. We will divide into two teams. One team will be the letter “X” and the other team will be the letter “O.” Each team will have a team captain.

I will ask a question about HIV. If you get it right, the team will be able to select where you want your letter to go. If you get it wrong, then you don’t get to place your letter on the board, and the other team can guess. The one who has tic-tac-toe first wins! Any questions?

HIV Tic-tac-toe questions:

- What does AIDS stand for?
  *Acquired Immune Deficiency Syndrome*

- What does HIV stand for?
  *Human Immunodeficiency Virus*

- What is the difference between HIV/AIDS?
  HIV is the virus that causes AIDS. Most people with HIV do not have any symptoms but can also pass the virus to others. AIDS is the actual disease HIV develops to, and people with AIDS usually have a series of infections that attack the immune system, that people who are HIV negative can normally fight off.

- What is the difference between Confidential HIV testing and Anonymous HIV testing?
  Anonymous-use no names; Confidential-name is used, but can’t give out your information without your authorization, can be released to medical professionals for treatment.

- What are 4 bodily fluids that can spread HIV?
  Blood, semen/pre-cum, vaginal fluids and breast milk. (HE note: participants my bring up saliva, mention it takes ~8 gallons to possibly transmit the virus, but essentially non-existent amounts)
What are 3 ways a mother can pass HIV to her child?
During pregnancy (sharing blood supply), during delivery, through breast milk through breast-feeding

What is the HIV testing window period?
The period of time when you are exposed to HIV and could be infected, but not producing HIV antibodies. HIV antibodies for most people show up within 6 months after unprotected sex. If you test too early, you may show up negative even if you are positive. Most health providers recommend getting tested every 6 months

What are at least 2 symptoms of AIDS?
This can only be diagnosed by a doctor-some signs are fever, fatigue, swollen lymph glands, significant weight loss, white spots in the mouth, problems with organs, opportunistic infections, eventually death

What 2 things you can do to prevent HIV?
Use a condom, be abstinent, get tested (use AMOUR options-this is a more open question)

What are (3) different HIV tests you can take to find out your HIV status? Oraquick (finger prick or venipuncture-results ready in 20 min. to an hour), Orasure (mouth swab-results ready in 1-2 weeks), Blood Test results ready in 1-3 weeks

HE Note: As participants try to answer questions, try to explain to them the answer to each question.
Health Educator:
Thank you for your responses ladies! Just to recap on HIV, HIV is the virus that causes AIDS. When people are diagnosed with AIDS is when they can die. It is important for people who are HIV positive to be able to stay as healthy as possible.

It's important to know your HIV status. The same unprotected sex that can give you other STDs we test and treat for (ie. gonorrhea), can also give you HIV. There are different testing sites in Georgia in your resource guide that will test for free, or on a sliding scale. Remember with Oraquick you can know your results in about 20 minutes! Handout 2 has the information we discussed.

Knowing your status and protecting yourself is all a part of our STARS message of taking care and valuing your body, because you only have one you! (There is also a handout with what we discussed).
### HIV TIC-TAC-TOE

<table>
<thead>
<tr>
<th>HIV—Human Immuno-deficiency Virus</th>
<th>Anonymous HIV Testing</th>
<th>4-bodily fluids that can spread HIV:</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIDS—Acquired Immune Deficiency Syndrome</td>
<td>no names are used</td>
<td>blood</td>
</tr>
<tr>
<td>HIV— No symptoms</td>
<td>Confidential HIV Testing—name is given but patient authorizes release-results can be released to health provider</td>
<td>semen</td>
</tr>
<tr>
<td>AIDS—Have symptoms</td>
<td></td>
<td>vaginal fluids</td>
</tr>
<tr>
<td></td>
<td></td>
<td>breast milk</td>
</tr>
</tbody>
</table>

### 3 ways a mother can transmit to her child:

<table>
<thead>
<tr>
<th>During pregnancy</th>
<th>HIV Testing Window Period: Period of time when someone is exposed to HIV, and when they actually start producing HIV antibodies and show up positive (most show up positive ~6 months after unprotected incident)</th>
</tr>
</thead>
<tbody>
<tr>
<td>During Delivery</td>
<td>Symptoms of AIDS: Fever, Fatigue, Rapid weight loss, Swollen glands, White spots in mouth, Organ problems, Opportunistic infections</td>
</tr>
<tr>
<td>During breast feeding</td>
<td></td>
</tr>
</tbody>
</table>

### 3 Types of HIV Tests:

<table>
<thead>
<tr>
<th>Oraquick—finger prick</th>
<th>Why knowing your HIV status is important:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Results ready in 20 minutes to 1 hour</td>
<td>To stay HIV negative and practice healthy behaviors to support this</td>
</tr>
<tr>
<td>The earlier HIV is detected, the earlier treatment can be given and longer quality of life</td>
<td></td>
</tr>
<tr>
<td>Orasure—mouth swab</td>
<td>Ways to Prevent HIV</td>
</tr>
<tr>
<td>Results ready in 1-2 weeks</td>
<td>Get tested! Know your status!</td>
</tr>
<tr>
<td>Blood Tests—results ready in 1-3 weeks</td>
<td>Use a condom every time (for sexual intercourse and for oral sex)</td>
</tr>
<tr>
<td></td>
<td>Practice abstinence</td>
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<tr>
<td></td>
<td>Communicate with your partner</td>
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</tbody>
</table>
What I Love About Being a Black Woman

**Purpose:**
Discuss gender pride and what it means to be a black woman

**Materials:**
Handout 3: Proud to Be a Black Woman

**Time:**
15 minutes

**Health Educator:**
I want to end our last STARS session by focusing on what it means to be the strong, beautiful STARS sista you all are. Without love and strength in yourself, it may be harder to overcome life’s challenges, protect yourself, and keep yourself healthy.

Handout 3: Proud to be a Black Woman has 2 questions about being a black woman. Take a few minutes to fill out the handout, and then let’s share some of our responses:

**Questions:**
What do you enjoy about being a black woman?
Why is it important to be proud as a black woman?

**HE:** Have participants share responses
Thank you ladies for sharing! That’s what STARS is about, remembering how wonderful it is to be a black woman, and that we have been through adversity, but we still remain strong. At STARS we talk about real solutions to protect we ourselves, so we can stay healthy and strong!

HE then commence with graduation activities, disbursement of graduation certificate, letter and bag and thank participants for their involvement in STARS!
Proud to be a Black Woman......

What do you enjoy about being a Black Woman?

Why is it important to be proud as a Black Woman?