Project STARS

6 Month Reunion

Back for More Fun!
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**Total Time:** 2hrs 55 min.
STARS Bingo

**Purpose:**
To get participants reacquainted with each other.

**Materials:**
- Pens
- Handout 1: STARS bingo sheets

**Time:**
10 min.

**Health Educator:**
Hello ladies, welcome back to STARS!! It is so good to see everyone!!! We know a lot must have been going on with everyone in the six months since we have seen each other!! In order for us to all catch up, we are going to play a little game called STARS Bingo! I am going to pass out a sheet to everyone, and I want you to go around the room and write down the names of someone who fits the description in the box. The first person to get the names filled out in a row yell bingo! And you will get a prize! (Have candy to give as a prize).

- HE: pass out the STARS bingo cards, encourage the ladies to circulate around the room, and also play too!!
- Have a STARS mix CD playing

**Bingo Questions:**
Find someone who can...
- Say one line of the STARS motto
- Sing the Good Times theme song
- Name one of the things that can happen to a woman when she gets a STD
- Put a condom on correctly

Find someone who...
- Likes to watch music videos
- Has had a birthday in the last 6 months
- Is glad to be here today!
- Has used one of the AMOUR options in the past 6 months with her partner
- Name the style of communication we want everyone to take home

**Health Educator**
Thank you ladies for your participation! We wanted you to get to know each other again and welcome you back to STARS!
### STARS BINGO

<table>
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<tr>
<th>Find someone who can name and describe the style of communication we want you to remember</th>
<th>Find someone whose birthday was in the past 6 months</th>
<th>Find someone who can say the STARS motto</th>
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<tbody>
<tr>
<td>Find someone who can sing the Good Times theme song</td>
<td>Find someone who can show us how to put on a condom using OPRAH</td>
<td>Find someone who has used one of the AMOUR options in the past 6 months</td>
</tr>
<tr>
<td>Find someone who can name 2 things that can happen to a woman if she gets a STD</td>
<td>Find someone who can state why it’s important for her partner to get treated for a STD if she tests positive for an STD</td>
<td>Find someone who can name the 5 AMOUR options</td>
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Motto Review

**Purpose:**
Reintroduce STARS motto to participants

**Materials:**
- Motto Poster
- Guidelines

**Time**
5 min.

Health Educator:
Ladies, I just wanted to remind everyone what STARS is about, and to have us go over the STARS motto!

- HE go over the STARS motto

We also wanted to remind everyone of the guidelines we set up when we first met. (HE go over Guidelines poster).

Thanks ladies for your cooperation! I know we will have a good time today!
Health Educator:
In these next few activities we are going to focus on what powerful and beautiful black women that we are. I want to start out by talking about self-esteem. How would any of you define self-esteem?
(allow participants time to answer)

Self-esteem is how you think about yourself, your self-value and self-worth. This is especially important when you are asserting yourself, and caring about not only your body as we talked about in the first workshop, but your entire being, goals and dreams. There is a quote from the National Association of Self-esteem that says: "self-esteem is the experience of being capable of meeting life's challenges and being worthy of happiness."

Your self-worth is very important, and can guide your behaviors.

As a black woman it can be especially hard to hold on to your self-worth and self-esteem. What are some challenges that you think black women go through that can negatively affect their self-esteem?
(allow participants time to respond)

Being able to overcome adversity is often a trait that black women have to continue to endure. How do you think a low self-esteem can affect a woman’s sexual choices and decision-making?
(allow participants time to respond)

A low self-esteem can have a negative effect on your sexual decisions. You might be less likely to assert yourself and your needs, and not communicate to your partner what you really want. This can be dangerous, especially when wanting to protect your self against HIV and other STDs, and even being in a healthy relationship. It is important to remember that if you don’t love and take care of yourself no one will! It can be hard at times to take time out to remember yourself and how valuable you are, but remember all of you are worth it! Handout 2 has some positive ways and affirmations self-esteem and holding on to your self-value and worth.
A Woman’s Worth
Holding on to your self-esteem

Remember you are a queen!

Some ways to maintain your self-esteem:

- Believe in yourself
- Choose friends who appreciate you for who you are. When you surround yourself with complainers or “takers”, your self-esteem suffers. Choose friends who encourage you. Friends are happy for, not resentful of, your growth and success.
- Let go of past hurts and forgiving others.
- Loving and accepting yourself unconditionally.
- Believing in your dreams and persisting to make your dreams become reality.
- Planning and setting attainable goals in life.
- Meditating and spending a few quiet moments by yourself each day.
- Visualize: See yourself achieving and prospering in life.
- Pray daily.

Remember! You are a unique, valuable, and worthwhile person, and this is not dependent on how other people view you.
Now that we have talked generally about self-esteem, I want us to focus more on our bodies. How we view our bodies can effect the treatment of our bodies. We are going to talk some about body image. When you think about Body Image what are some definitions that pop into your mind?

HE record and discuss participants answers

As Black women it can be especially difficult to maintain a good body image because most of the time we see one body type depicted on videos, commercials and in magazines instead of all the wonderful shapes and sizes that Black women come in. We are going to do a little exercise to get us thinking about our body image and how the media can affect how we view ourselves.

Around the room are questions posted concerning body image. Please go around and write a tally mark if you agree with the question, then we will have a discussion.

He pass out markers

Posted Questions:
- Do you think the media has an affect on how women view themselves and their bodies?
- Do you think the media negative messages of body image?
- Do you think most women look in the mirror and like what they see?
- Do you feel that your body is beautiful?
- Do you think a woman’s view of her body can affect her level of comfort when she is intimate with a partner?

Give participants time to go around the room and answer questions, play music.
Health Educator:

Thank you ladies for your participation. HE go over participant responses ask participants why they responded the way they did.

Maintaining a positive body image is important. Even if you feel like you want to change things about your body, you can still have a positive body image. Body image is about being happy with yourself overall, and feeling love for your body and that your body deserves to be treated with love and care.

If you love your body it might by easier to ask someone to use a condom to protect your body or choosing not to have sex at all because you want to protect your body. Having a positive body image is important to treating your body in a healthy manner, all components of AMOUR.

All that said, sometimes maintaining a positive body image is easier said than done, especially when other people make negative comments about our body. Let’s read this poem Handout 3 by Lucille Clifton that shows how she celebrates her “big hips” that usually people comment negatively about. She takes a negative and make it into a positive. (HE read poem aloud: she celebrates their fluid movement, their freedom, and working a man).

- Ask participants if they have any comments on the poem.

The author of this poem tried to change the way people saw her body, and the way they viewed her. She accepts what she has (or doesn’t have) and also wanted to show that to everyone else. I know changing the way we view our bodies is not that simple, but it is a step towards the positive, and thinking about how we see our bodies and ourselves.
Homage To My Hips

these hips are big hips
they need space to
move around in.
they don't fit into little
petty places. these hips
are free hips.
they don't like to be held back.
these hips have never been enslaved,
they go where they want to go
they do what they want to do.
these hips are mighty hips.
these hips are magic hips.
i have known them
to put a spell on a man and
spin him like a top!

-Lucille Clifton
Now that we have talked about body image we are going to talk more about the media and some of the messages the media sends and how that can affect our body image. Can anyone tell me what your favorite song is? (Write down their list).

Ok now that we have a list of your favorite songs, lets test your knowledge of the lyrics of some contemporary songs. We’re going to play a game called “What’s The Next Line?” In this game, we’ll break up into two teams. A portion of the song will be played and the teams need to come up with the line that comes next. Whichever team rings the bell first gets to answer, but if the answer is incorrect the other teams gets a chance to respond. The team with the most correct answers correct wins!

HE: Play lyrics, read real lyrics if no one guesses

(Ask after playing songs)
 ➢ Who knew the “real” lyrics to the songs?
 ➢ Does some of the lyrics surprise you?
 ➢ How did the songs make you feel?

This was just a fun way for us to see that sometimes we really just don’t know what we’re singing when we’re singing it. For those of you who say, “I know that lyrics of some songs ‘dog’ women, but I like the beat.” I agree some of the beats are tight, however by singing along to the music, people who hear you may believe that you agree with the message or you can even become comfortable with saying the negative messages and words that are in music lyrics. Eventually you could begin to accept these messages as the truth and as a norm, but that’s not necessarily the case.
What’s the Next Line?

We have selected a total of 4 songs. We will play a portion of the song and once we stop the team captain must ring the bell and someone from the team must state the next few lines. If you ring the bell and don’t know, or if you get it wrong, the other team automatically gets a chance. Let’s get started.

HE NOTE: Don’t give the title of the song until the correct answers are given. Remember to pause as indicated by the words in this activity.
Erykah Badu, Common

**LOVE OF MY LIFE**

I met him when I was a Little Girl,
He game, He gave me poetry
He was my first
But in my heart I knew I wasn’t the only one
Cause when the tables turned
He had to break up
Whenever I got lonely or needed some advice
He gave me his shoulder, His words were very nice
But that is all behind me Cause now there is no other

STOP

NEXT LINE

My love is his and his is mine
My friend became the
Love of my Life You are my friend
50 CENTS
IN DA CLUB

Go, shawty – is yo birthday
We gon pary like is yo birthday
We gon sip bacardy like is yo birthday
And u noe we dun give a fuck if that’s yo birthday
[chorus]
You can find me in the club,
Bottle full of bub, look mami I got the ectasy in to taken drugs,
STOP

NEXT LINE
Im in there having sex I aint into making love,
So come give me a hug, if u in there getting rubbed
LL COOL J
I CAN LOVE YOU BETTER

Baby smile today
Cuz I been on that journey always
I’m gone love you better
When your friend’ll see you too
Just when you think there’s nothing else I can do
I’m gone love you better

When I think about the things we did
And I think about you having my kids
And when I think of us sharing a crib
Losin all that God forbid
STOP

NEXT LINE

You deserve flowers and candy, the simple things
In addition to the SL’s bigets and rings
Missy Elliot

WORK IT

Is it worth it, Let me work it
I’ll out my thang down flip and reverse it
It’s (flip it and reverse it backwards) backwards 2x
If you got a big (elephant) let me search it
And find out how hard I gotta work ya
It’s (flip it and reverse it) backwards 2x

I’d like to get to know ya, so I can show ya
Put the pussy on ya like I told ya

STOP

NEXT LINE

Give me all you numbas so I could phone ya
Yo girl actin stank then call me ova
Nelly, Kelly Rowland
DILEMMA

I love you, and I need you
Nelly I love you... I do I need you

No matter what I do, All I think about is you
Even when I ’m with my boo, boy you know I ’m crazy over you
No matter what I do, all I think about you
Even when I’m with my boo, boy you know I’m crazy over you

Check it, check it, check it
I met this chick and she just moved right down the block from me
And uhh she got the hots for me the finest thing my hood done seen

STOP

NEXT

But uh n, oh no, she gotta man
And a son, d’oh ooohhh, but that’s okay
Erykah Badu, Common
Love of my Life (An Ode to Hip Hop)

Way back, way back…ohhh
Way back, way back…ohhh….
I met him when I was a Little Girl,
He gave, He gave me poetry
He was my first
But in my heart I knew I wasn’t the only one
Cause when the tables turned
He had to break up
Whenever I got lonely or needed some advice
He gave me his shoulder, His words were very nice
But that is all behind me Cause now there is no other
My love is his and his is mine
My friend became the

Love of my Life You are my friend
Love of my life I can depend
Love of my life Without you baby
It feels like a sample true love
But this s*** didn’t clear

A beat freak, y’all and ya don’t stop
To the beat y’all and ya don’t stop
A beat freak

Or could it be that it was All just so simple then
A teenage lover who said He’s just a friend
He moved around and we kept
In touch through his friend Mic
The world was young and he knew We couldn’t rush but

Whenever I got lonely Or needed some advice
He gave me his shoulder His words were very nice
But that is all behind me Cause now there is no other
My love is his and his is mine
A friend became the

Love of My Life You are My friend
Love of My Life I can depend, yeah yeah
Love of My life Without you baby Feels like a sample true love
But this s** didn't clear
Erykah Badu, Common
Love of my Life (An Ode to Hip Hop)

Y’all know how I met her
We broke up and got back together
To get her back I had to sweat her
Thought she roll with bad boys forever in many ways
Them boys made her better, to I had to let her (Never)
She needed cheddar and I understood that
Lookin’ for cheese, that don’t make her a hood rat (Rat)
In fact she’s a queen to me, her light beams on me
I love it when she sings to me It’s like that now

Love of my life
Oh you know you rock my world and
Love of my Life
You’ll be boy And I’ll be girl and
love of my Life
We don’t stop until the break of dawn, oooh

Love of my Life
Ooh, you know you rock my world, and..
Love of my life..
You’ll be boy and I’ll be girl and
Love of my life Yeah…
50 Cents: In Da Club

Go, shawty- is yo birthday
we gon pary like is yo birthday
We gon sip bacardy like is yo birthday
and u noe we dun give a fuck if that's yo birthday

[chorus]
You can find me in the club,
bottle full of bub, look mami i got the ecstasy in to taken drugs,
im in there having sex i aint into maken love,
so come give me a hug, if u in there gettin rubbed

[X2]
When i pull out up front u see the benz on dub's
When i roll 20 deep is 20 knives in the club
Niggas heard i fuck with dre now they wanna show me love
When you sound like eminem and the hugs they wanna fuck
But homie ain't nothing change hold down, G's Up
i see xzibit in the cut that nicca roll the weed up
If you watch how i move you mistake me fo a playa or pimp
Been hit wit a few shells but i dont walk wit a limp
in the hood the ladys saying 50 you hot
they like me, i want them to love me like they love popa
but how them new york, niggas tell ya im lo-co
when the plan is to put the rap game in a chock-hold
im feelin focus man, my money on my mind
got a mill out the deal and im still on the grind
Now shorty said she feelin my style she feeling my flow
He girlfriend with it get ride and we ready to go

[Chorus X2]
Mah flow, Mah show, brought me the doh,
that bought me all my fancy things,
Mah Crib, mah cars, Mah pools, Mah jewels,
look nicca i got kmart and i aint change

And you should love it, way more then you hate it
nicca you mad, i thought that you'd be happy i made it
Im that cat by the bar, toasting to the good light
You that fagget ass nicca trying to pull me back ride
When it dark, Well be pumping in the club, its on
i wit my eyes on my bitch, if she smiles, she gone
if the roof on fire, let that muthafucka burn
if u talken bout money homie, i aint concern
imma tell you banks homie cause go ahead switch the style up
if figgas hit the letta make watch the money pile up
or we go upside there wit a bottle of bub
you know where we fucking be

[chorus X2]
Dilemma
Nelly, Kelly Rowland

I love you, and I need you
Nelly I love you... I do I need you

No matter what I do, All I think about is you
Even when I’m with my boo, boy you know I’m crazy over you
No matter what I do, all I think about you
Even when I’m with my boo, you know I’m crazy over you

Check it, check it, check it
I met this chick and she just moved right up the block from me
And uhh she got the hots for me the finest thing my hood done seen
But uh no, oh no, she gotta a man
And a son, d’oh ooohhh, but that’s okay
Cause I, wait for my cue and just listen, play my position
Like a shortstop, pick up e’rything mami hittin
And in no time ... ( no time ) I...
I plan to make this wah-one mi- ine and that’s for sure
Cause , I, I never been the type to, break up a happy home
But uh, there’s something about baby girl I just can’t leave alone
So tell me ma what’s it gonna be? She said
You don’t know what you mean to me

[Chorus]

Check it check it check it, uhh
I see a lot and you look and I never say a word
I know how niggaz start actin trippin out here about they girls
And there’s no way, Nelly gon fight over
No day -hey -ame as you can see
But I, I like your steez, your style, your whole demeanor
The way you come through and holla and swoop me in his 2-seater
Now that’s gansta-aah
And I got a special ways to thank ya... don’t you forget it
But uh it aint that easy for you to pack and leave him
But uh you and dirty got ties for different reasons
I respect that and right before I turn to leave, she said
You don’t know what you mean to me
Dilemma
Nelly, Kelly Rowland

[Chorus]
I love you and I need you
Nelly I love you, I do
And it's more than you'll ever know
Boy it's fo sho
You can always count on my love
Forever more, yeah yeah

East coast, I know you shakin' right
Down south, I know you bouncin' right
West Coast, I know you walkin' right, cause
Midwest, I see you swingin' right
You don't know what you mean to me
Repeat 2x

[Chorus]
Work It
Missy Elliot

DJ Please pick up your phone…I’m on the request line
Is it worth it, Let me work it
I’ll put my thang down flip it and reverse it
It’s (flip it and reverse it backwards) backwards 2 x
If you got a big (elephant) let me search it
And find out how hard I gotta work ya
It’s (flip it and reverse it) backwards 2x

I’d like to get to know ya so I could show ya
Put the p*%&**& on ya like I told ya
Give me all yo numbas so I could phone ya
Yo girl actin stank then call me ova
Not on ya bed lay me on ya sofa
Call me befo you come I need to shave my chocha
Ya do or ya don’t or you will or wontcha
Go downtown and eat it like a vulcha
See my hips and my tips doncha
See my ass and my lips doncha
Lost a few pounds in my whiffs for ya
Dis da kinda beat dat go ba ta ta ta ta ta
Brah ta ta ta ta ta ta ta ta ta
ta
Sex me so good I say blah blah blah
Work it!
I need a glass of wata
Boy o boy its good to know ya

If u a fly gal get yo nails done
Get a pedicure Get yo hair did
Boy lift it up lets make a tosta
Let’s get drunk its gona bring us closa
Don’t I look like a Halle Berry posta
See da Bellvedere playing tricks on ya
Girlfriend wanna be like me neva
Ya won’t find a b@#*! that’s even betta
I make ya hot like Las Vegas weatha
Listen up close while I take ya backwards (said reversed)
I’m not a prostitute but I could give ya wacha want
Work It
Missy Elliot

I love yo braids and yo mouth full of fonts
Ya love da way my ass go ba bum ba bum bum
Keep ya eyes on my ba bumb bum bum bum
You think you can handle this ga donka doonk doonk
Take my thong off and my ass go boom
Cut the lights on so you could see what I can do

Boys boys all types of boys
Black white Puerto Rican Chinese boys
Wy thos thyo thyo thing 2 x
Girls girls get that cash
If its nine to five or shaking dat ass
Ain't no shame lady's do yo thang
Just make sho you ahead of the game
Just cause I gotta lotta things supa
Prince couldn't get me change my name howpa
Kunta kinte a slave again no sah
Picture blacks sayin o yessa massa
Picture lil kim dating pastor
Minute man big red can out last ya
Who is the best I don't have to ask ya
When I come out you won even matta
Why ya act dumb like ugggh duh
So ya act dumb like ugggh duh
As the drummer boy go ba rum pa pum pum
Give ya some some some dis in a cinn-a-bun

To my fellas
I like da way you work dat
Tot eh ladies
You sho know how to work dat
I Can Love You Better
LL Cool J

This is hard to say
I wanna make sure I go about this in the right way
Cuz lately I been busy a lot
And I know you don't feel appreciated and what not
I used to tell you that your hair looked fly
Kiss you slow and stare in your eyes
Now I talk real foul and slick
Every other sentence is “you make me sick”
Back in the days I was your number one pick
Now your heart’s half broken and that’s hard to fix
I had to dig deep inside myself
cause I can’t see you bouncing with somebody else
It’s a long journey back to the place we was
When I was too embarrassed to admit I was in love
And you was my good girl who wouldn’t give it up
I can’t let us self –destruct

Baby smile today
Cuz I been on that journey always
I’m gone love you better
And your friends’ll see you too
Just when you think there’s nothing else I can do
I’m gone love you better

When I think about the things we did
And I think about you having my kids
And I think about us sharing; a crib
Losin’ all that God forbid
You deserve flowers and candy, the simple things
In addition to the SL’s baguettes and rings
Instead I walk around like I’m a king and having you ain’t nothing but a thing
I even stopped telling you the lovin was good
Too busy frontin in the hood
Baby girl, hold me tight don’t ever let go
I’m a do it real gentle baby nice and slow
One more chance baby and don’t say no
Cuz I got another side to show
Some say love is painful it helps you grow
Well its time for the pain to go, ya’know
I Can Love You Better
LL Cool J

Do you think I meant to hurt you no (repeat 2X)
So let’s laugh together, cry together
God willing we gone die together

It’s a brand new me, a brand new you
A brand new day, skies so blue
Hold my hand while I walk with you
Sit on my lap, lemme talk to you
No more games callin you foul names
Actin like females is all the same
I’m gone love you better, mentality changed
From this day forward I’ll never be the same
I’ma rub your lower back, share my dreams
I love you, lemme show you what I mean
Give you the deepest love a girl ever seen
Watch you sleep so peaceful and serene
A toast to the queen, you’re back in my life
But this time I’m gone do it right
Trust me from the bottom of my heart,
Nothings gonna tear us apart
Media Masquerade Con’t

**Health Educator:**
What we see is as important as what we hear. As we discussed earlier, on television, billboards and in magazines different companies suggest to us what being a woman should look like. Women are often presented in ways that make us appear insignificant, as mere objects or decoration, or generally less intelligent or powerful than men. These images present women in a very limited way. Because these images are seemingly everywhere, they can affect how we feel about ourselves. Let’s take a look at some images of women that we’ve taken from some popular magazines.

*(HE pass out magazine pictures).*

**HE ask participants some of the questions:**
- How do the pictures show sex?
- Are these pictures realistic?
- How are women dressed?
- How are men dressed?
- Are men and women treated the same?
- Do these pictures reflect how you feel about yourself?

**Health Educator Suggested Recap:**
We can see from our discussion that we are constantly bombarded with messages of what we should look like and how we should act. Some of those images are positive and reflect women as powerful, intelligent, and responsible beings. Others are more negative in that they show women in limited roles or refer to our bodies as decoration.

Some of you may say, “Well it’s just a song” or “It’s just a picture in a magazine”. But think about how many times you had to have a new pair of shoes, clothes from a certain designer or buy a CD, because you saw it in an ad or heard about it in a new song. Whether you admit it or not, these messages are getting through to us.

We just want you to remember that what you see and hear can affect your behavior as well as influence the choices we make. We’ll be talking more about this later. For now, just remember to think about the images around you before you accept them as the truth.
How do these pictures show sex?

_________________________________________________________________
_________________________________________________________________

Are these pictures realistic?

_________________________________________________________________
_________________________________________________________________

How are women dressed?

_________________________________________________________________
_________________________________________________________________

How are men dressed?

_________________________________________________________________

Are men and women treated the same? ______________________________

Do these pictures reflect how you feel about yourself?

_________________________________________________________________
_________________________________________________________________
Strong Black Women

Health Educator:
Now that we’ve talked about some of the negative portrayals of Black women, let’s focus on the positive. Black women have a strong sense of pride because they are aware of their rich culture and African heritage. **STARS** sistas look to their ancestors for ideas and inspiration. They look to other strong Black sisters (both past and present) as role models.

- What is a role model? A role model is someone you can look up to and learn from.
- When we see strong, successful Black women, it makes us feel stronger. Why do you think that is so?

Purpose:
To encourage participants to recognize the importance of African American women as role models by identifying important women in their lives and by learning about African American women in shaping our history.

Materials:
- Successful Women Taboo Cards
- Buzzer/Bell
- Handout 10: Role Models
- Handout 11: “Successful African American Women”

Time:
20 min.

Health Educator:
Now we are going to play a game similar to the game Taboo. We will split up into two teams (Team A & B) and one person from each team will come forward to receive a card. This card will have the name of a positive Black female role model and a list of descriptive characteristics. Each team will guess the name of the person on the card in a time limit of one minute. The team member who is providing the clues will have four characteristics on the card that is printed in red, which cannot be used. In addition, body gestures also cannot be used to give clues. If you use the words or body gestures, you will be buzzed and the other team will receive a point.
Strong Black Women

(Pass out biographies of the women, Handout 10: Successful African – American Women, when activity is completed)

Health Educator:
Now that we have identified some successful Black women and talked about role models, I want you to think about someone you consider a role model. Take this time now to write in your journal on someone who is a role model in your life. Also, write some descriptive characteristics about your role model. Let’s take a minute to complete this activity.

- Will someone like to share with the group who your role model(s) is and what makes them special to you?

It is important to recognize role models in our life so that we can draw on their strength to help us live happier lives.
Strong Black Women

Inner and Outer Characteristics of Our Role Models

Please write your role model’s name on the blank and their relationship to you, if any. Then draw a line to the word(s) that describe beautiful characteristics about that person, or you can write your own description about that individual in the free space.

Elegant  
Compassionate  
Graceful  
Intelligent  
Healthy  
Physically Fit  
Attractive  
Ambitious  
Goal-oriented  
Courageous  
Honest  
Spiritual  
Strong  
Well-rounded  
Educated  
Determined  
Good Sense of Humor  
Optimistic  
Friendly and Positive Nature  
Committed to Helping Others  
Provides Community Support  
Knows Black history  
Energetic  
Strong values  
Consistent  
Good parent  
Dedicated to a job well done  
Loving and Affectionate  
Intellectual  
Other ________________
Handout 11

Successful African-American Women
Strong Sisters

Mary J. Blige: In the 60’s and 70’s, America had Aretha Franklin to call their Queen of Soul. Today’s generation has Mary—a regal woman who came from humble beginnings in the projects of Yonkers, New York. Growing up around violence, Mary found an escape through music. She first began singing in church at the age of seven and quickly landed solos in the choir. But it was Sean “Puffy” Combs, an enterprising young producer at Uptown, who helped Blige perfect the sound and the image that would soon crown her the “Queen of Hip-Hop Soul.”

Toni Morrison: is a best-selling author who won the 1993 Nobel Prize in literature for her book Jazz. Morrison was the first black, and only the eighth woman, to win the prize since it was first awarded in 1901. Born in Lorraine, Ohio, as Chloe Anthony Wofford, her most vivid memories of her childhood include learning about black folklore, music and myths, and storytelling, which was a major source of family entertainment. Morrison has received more than 15 honorary degrees and numerous honors and awards. Her other works include Tar Baby (1981), Beloved (1987), the play Dreaming Emmet (1992), and a book of essays Playing in the Dark (1992). Morrison was inspired by “things that had never been articulated, printed or imagined…about black girls, black women. I don’t want to redress wrongs. I want to alter the language and rid it of…it’s racism and fill the void with the voice of black women. It is a risky business.”

Sojourner Truth: Born a slave in upstate New York in approximately 1797, she labored for a succession of five masters until July 4, 1827, when slavery was finally abolished in New York State. Then Isabella, as she had been named at birth, became legally free. After prevailing in a courageous court action demanding the return of her youngest son Peter, who had been illegally sold away from her to a slave owner in Alabama, Isabella moved to New York City. After 15 years in New York, Isabella felt a call to become a traveling preacher. She took her new name, Sojourner Truth, and began speaking to people in the countryside about her life and her relationship with God. Over the next decade, she traveled and spoke widely. She is particularly remembered for the famous “Ain’t I A Woman?” speech she gave at the women’s right convention in Akron, OH in 1851. After the Civil War, she set out on a final crusade to gain support for her dream of a land distribution program for former slaves, an idea, which, despite her lobbying, Congress refused to enact. Finally she returned to her home in Battle Creek, MI, where she died in 1883.

Venus & Serena Williams: It all began at the ages of 4 and 5 years old, on the run-down tennis courts of Compton, California. Before Venus and Serena were born, their father already had his mind set on their future. Now almost sixteen years later, Venus and Serena have become two of the youngest and successful pro tennis players in the world. With their outrageous power, and unbeatable speed on the court, they are dominating the world of tennis.

Iyanla Vanzant: A best-selling author with a successful business and a loving family, has a remarkable story to tell. It wasn’t long ago that she was a teenage mother (at sixteen years old) and a high school drop out on welfare. She knows that a young woman’s life can sometimes be lonely and hard but she has been able to overcome many obstacles that faced her. She attributes her success to learning to love herself and God.

Cynthia Cooper: You might think the WNBA’s 2000 Most Valuable Player was born with a basketball in her hand, but Cynthia was a late bloomer. At 16, she saw a girl dribble the ball behind her back, penetrate the hole and lay it in the basket. Cooper was hooked, but she needed
practice. In high school, she went from averaging 8 points per game as a junior to 45 points in her senior year. She played professionally in Europe for 11 years and lived the “good life.” When the WNBA called, she jumped at the chance to come home. Cooper’s #1 fan is her mother who struggled through a bout of breast cancer. Despite her illness, Cooper’s mother attended every game, even rescheduling chemotherapy treatment so she could attend playoff games. Off the court, Cooper devotes a lot of time to helping others. She established a scholarship program and “Coop Hoops for Kids,” a foundation that recognizes students who excel in academics and sports. She is also a spokesperson for Concept Cure, a General Motors program that raises money for breast cancer research.

**Angela Bassett:** Born in New York City, she grew up in St. Pete. Pushed by a high school teacher, she applied for Yale University and received a scholarship, ultimately spending 7 years there including 3 post-grad years studying drama. She first appeared in a small role in the cult favorite F/X, but it was not until 1990 that a spate of TV roles brought her notice. Her breakthrough role, though, was playing Tina Turner whom she had never seen perform before taking the role. Bassett has built his career around playing some of the most celebrated real-life pioneering black women of the 20th century. She as Oscar-nominated and won both the Golden Globe for Best Performance by an Actress in a Motion Picture Comedy/Musical and the NAACP Image Award for Outstanding Lead Actress in a Motion Picture for her star-making performance as Tina Turner in “What’s Love Got To Do With It” (1993). Other dream roles include “Boyz in the Hood” (1991) and “Malcom X” (1992) as Betty Shabazz. She also impressed as Michael Jackson’s mom Katherine in the TV ministries “The Jacksons: An American Dream” (1992).

**Queen Latifah:** Grammy Award-winning recording artist, star of television and film, published author, artist manager, business owner and now, talk show host and executive producer, Queen Latifah is an entertainment triple-threat, twice-over. Whether singing, acting, producing or running her business empire, Latifah has never forgotten what’s important to her: take pride in yourself and your community. Blessed with style, substance and a generous heart, Queen Latifah has, quite simply, done everything she’s set out to do in her young life.

**Oprah Winfrey:** grew up in a very poor family in Mississippi. She had a very difficult childhood. When she was 9 years old, Oprah was sent to Tennessee to live with her father. While in Tennessee, Oprah was raped by one of her cousins and sexually molested by other men. After these experiences, Oprah began to lead a wild and promiscuous life. At age 14, Oprah’s mother threatened to put her into a juvenile detention center. At this point she decided to make some changes in her life. She began reading and journaling and earned good grades in school. She also developed her interests in TV and radio. Today, Oprah Winfrey has become America’s #1 talk show host and she is one of the richest women in the world.

**Madam C. J. Walker:** Born Sarah Breedlove on December 23, 1867 on a Delta, Louisiana plantation, this daughter of former slaves transformed herself from an uneducated farm laborer and laundress into of the 20th century’s most successful, self-made women entrepreneur. Working for as little as $1.50 a day, she managed to save enough money to educate her daughter Lelia. During the 1890’s, Sarah began to suffer from a scalp ailment that caused her to lose most of her hair. She experimented with many homemade remedies and store-bought products. After changing her name to “Madam” C. J. Walker, she founded her own business and began selling Madam Walker’s Wonderful Hair Grower, a scalp conditioning and healing formula, which she claimed had been revealed in a dream. As her business continued to grow, Walker organized her agents into local and state clubs. Her Madam C. J. Walker Culturists Union of America convention in Philadelphia in 1917 must have been one of the first national meetings of
businesswomen in the country. Walker used the gathering not only to reward her agents for their business success, but to encourage their political activism as well.

**Aaliyah Haughton:** Born in 1979 in Brooklyn but raised in Detroit, she was influenced by an entertainment background—her mother was a singer, her uncle an entertainment lawyer once married to Gladys Knight. She appeared in concert with Knight at the age of 11, and released her first album just four years later. By the end of 90’s, she’d made the move to film, starring in Romeo Must Die, the soon to be released Queen of the Damned and agreeing to appear in the projected pair of sequels to The Matrix. Just one month after her self-titled third album appeared in 2001, though, she died in a private-plane crash while returning from a video shoot in the Bahamas.

**Coretta Scott King:** King was born April 27, 1927, in Heiberger, near Marion, Alabama. She spent her childhood on her parents’ farm in Heiberger. The farm had been in the family since the Civil War, but the Scotts were not at all rich. As a young child, King walked five miles each day to attend the one-room Crossroads School. While studying at the conservatory she met Martin Luther King Jr., who was also a student in Boston at the time, and they were married in 1953. Over the years, King has worked hard to raise funds for the MLK Center, which succeeded in achieving her goal to get her husband’s birthday honored a national holiday. King continues to speak out against injustice, especially racial injustice, doing what she can to make her husband’s dream of fairness and equality come true.

**Jill Scott:** Jill Scott was born and raised in North Philadelphia, in which her childhood was poor by monetary standards, yet rich with life experiences. It was full of culture that would leave an indelible footprint on the poems and music that were to follow. Perhaps the seed was planted when Miss Fran Danish, Jill's eighth-grade English teacher, who gave her students assignments that required the writing of biographies. Jill's choice was Nikki Giovanni who was a black woman that not only shared Jill's experience but was writing her story. Thus began Jill's love affair with words. She read her poetry at places like the October Gallery and the "Black Lilly" at the Five Spot both in Philadelphia. But the words, the feelings, and public's reaction to them motivated Jill to sing and not just talk. At one of her spoken-word events, Amir Guestlove (drummer for The Roots), heard Jill and asked her to join the band in the studio. Jill wrote "You Got Me" in 5 minutes, which was then performed by The Roots and Erykah Badu. The track went on to earn the 1999 Grammy for the Best Rap Performance. On July 18, 2000, “Who Is Jill Scott? Words and Sounds Vol. 1” was released.

**Lisa Leslie:** As a six-foot tall junior high student in Los Angeles, Calif., Leslie was more embarrassed by her height than empowered by it until she was urged to play basketball by a classmate. The ensuing years have been one of basketball's great recent success stories. While at Morningside High School in Los Angeles, Leslie emerged as one of the top prep players in the nation. She led her team to a pair of state championships while also compiling some impressive personal statistics. In fact, Leslie secured a place in basketball folklore when, as a senior, she scored 101 points in the first half of a game. From there, Leslie's story only got better. One of the nation's most recruited players, she decided to stay home and play at the University of Southern California. Leslie surpassed all expectations at USC, earning All-America honors three times and was the unanimous selection as the National Women's Player of the Year in 1994. In Atlanta, Leslie led all U.S. players in scoring (19.5 ppg.), and culminated her first Olympics by recording a team best 29 points and adding six rebounds in the USA's gold medal game victory over defending World Champion Brazil. Currently playing professionally in her hometown as a member of the WNBA's Los Angeles Sparks, in the WNBA's inaugural season in 1997, she...
averaged 15.9 ppg. and 9.5 rpg. and was named first-team All-WNBA. Leslie is no longer shy about her role on the court; she embraces it, as she has become one of the world's most prolific players.

**Johnetta B. Cole:** Johnetta Betsch was born in 1936 in Jacksonville, Florida, where her family had long been established as leaders of the Black community. At age 15, Johnetta Betsch entered Fisk University, through the school’s early admissions program. She completed her undergraduate degree at Oberlin College and went on to earn a Master’s and Ph.D. in anthropology from Northwestern University. In 1987 she made history by becoming the first African-American woman to serve as President of Spelman College. In 1996, Money magazine listed Spelman as the number one historically Black college, the number one women’s college and the number seven college of any kind in the United States. In addition to her academic duties, Dr. Cole has served on the board of Directors of Home Depot, Merck & Co., Inc., NationsBank South and was the first woman ever elected to the Board of Coca-Cola Enterprises.

**Nikki Giovanni:** Nikki Giovanni is a black poet, essayist, and lecturer, who work influenced many throughout the years. Giovanni was born in Knoxville, TN in 1943. She attended Fisk University were she received her degree in 1967. In 1970, Giovanni founded a publishing company called Niktom Limited. She now works as a professor in the English department of Virginia Polytechnical Institute. Giovanni believes that change is necessary for growth. Her poetry is renowned for its call of urgency for Black people to realize their identities and understand their surroundings. She is considered to be a leader in the Black poetry movement. Her collection of poetry, *Black Feeling, Black Talk, Black Judgement,* captures the militant attitude of the civil rights and Black Art movements of that time. Giovanni continues to write, speak, and teach about history and future of Black people and has become a symbol for Black women and women writers today.

**Harriet Tubman:** Born Araminta Ross in 1820 near Cambridge, Maryland, one of 11 children of Benjamin and Harriet (Green) Ross, Harriet Tubman took her mother’s first name. At age 13, she was seriously wounded by a two-pound weigh when she intervened between a freeing slave and an overseer. During her convalescence, she began to question the workings of a society in which she had no power. Carrying a long rifle – to encourage fleeing slaves who had second thoughts as well as to defend against attack – Tubman made 19 trips, leading an estimated 300 people to freedom in Canada along an “underground” network of “safe houses” that become known as the Underground Railroad. She became so notorious that rewards for her capture totaled $40,000. After the war, Tubman moved to Auburn, New York, where she opened the Harriet Tubman Home for the aged and raised funds for schools for former slaves. In 1896, she was a speaker at the first annual convention of the National Federation of Afro-American. After a two-year residence in her retirement home, she died of pneumonia at the age of 93.

**Marion Jones:** Marion Jones was 9 when the Olympics came to town and helped her chart a course for her life. The 24-year-old sprinter, arguably the world’s highest profile female athlete, pursued an unprecedented five gold medals during the 2000 Olympics, which begin in September in Sydney. She qualified for 3 events - the 100 meters, 200 meters, and the long jump - with victories at the U.S. Olympic Track and Field Trials in Sacramento in July. The buildup for that Drive For Five has become inescapable, both for Jones and those anticipating the Sydney Games. The roots of Jones’ drive trace back to her childhood as a self-described tomboy, tagging along with her brother Albert. As a freshman and sophomore, she attended Rio Mesa High in Oxnard, CA and won state championships in the 100 and 200 both years, moving into the national rankings in both events her sophomore year. As a junior, she competed at the Olympic Trials in New Orleans, finishing 4th in the 200 and 5th in the 100. In 1997, she won the 100 at the world
championships and ran on the U.S. team that won the 4x100 relay setting an American record of 41.47. Marion won 3 gold metals (100, 200, 4x100) at Sydney Games in 2000 and she is a 5-time world champion: 100m (1997,99), 200m (2001), 4x100m (1997,01). She was also voted Women's Athlete of the Year in 1997, 98 and 2000, the 1999 Jesse Owens Award winner, and the 2000 AP and USOC Female Athlete of the Year.

**Ananda Lewis:** She tells people not to jump to conclusions, that “beneath the plasticky TV” stuff, is an audacious thinker with a sharp mind that will surprised anyone who knows her just for her bubbly on-air persona. She has a head full of progressive ideas that separate her from the crowd of beautiful people and hint at what will be an exciting career long after she puts down the mike for MTV. As a young girl growing up in sunny San Diego, Ananda Lewis has a spotlight-grabbing presence. She started doing theater when she was just 3 years old and spend nine years in performing-arts school. From San Diego, she went to Howard University in Washington, D.C., where she studies history and had her sights set on teaching. After college, she made an abrupt U-turn and decided to pursue a career in entertainment, reaching back to the foundation she had laid in San Diego. Despite the quick professional ascent and her omnipresent smile, not every moment in Ananda’s life has been idyllic. An ugly early sexual experience colored her outlook about the sexual role of women, and has pushed her to the forefront of teaching adolescent girls that abstinence is a cool choice to make. She has let it be known publicly that she has long periods of abstinence, and in so doing acts as a role model for the millions of teenage girls who look up to her.

**Alicia Keys:** Alicia Keys’ artistic light is so bright it could illuminate a pitch-black room. A true musical prodigy whose multi-dimensional gifts emerged at age five, the beautiful Alicia will soon take modern R&B soul to a whole new level at the tender age of nineteen. Born aware of her old soul yet living in New York’s inner city admist the dominance of Bigg and Jay Z, Alicia’s natural talents blossomed into a rare mix of hip-hop flavor and insightful wise-beyond-her-years songwriting. At age 16, Alicia’s outstanding grades allowed her to finish high school early. Right out of high school, Columbia University accepted Alicia Keys and though she gave it a whirl, the desire to focus on music was the driving force over all else.
What I love about being a Woman

I think Maya Angelou said it best when she described us as phenomenal women.

What does it mean to you to be a black woman? (Allow participants time to respond)

What do you enjoy about being a black woman? (Allow participants time to respond)

We are special because we are women and being a black woman also makes us special, and there is a wide range of diversity among all of us.

Let’s see how special you really think you are with a little fill in the blank challenge. Turn to handout 12. You have 3 minutes to fill in the blanks. (Read aloud for participants)

Women are special creatures because they possess ____(compassion)____. We have the ability to ____(love)____ and ____(create)____.

Men take notice of our ____(beauty)____ but most of all we take notice of our ____(inner spirit)____ which will always be the essence of our ____(existence)____.

Thank you ladies! Would anyone like to share their masterpiece? That’s just what we are ladies a masterpiece a fine, never tarnishing nor depreciating jewel. Imagine if you consistently carried yourself in this fashion how others would have no choice but to follow suit or get out of the game.

Purpose:
To inspire a sense of self-pride, accomplishment, confidence and empowerment in participants.

Time:
10 min.

Materials:
Handout 12: Women are special
Women are special creatures because they possess ______________.
We have the ability to ______________ and ______________.
Men take notice of our ______________ but most of all we take notice of our ______________ which will always be the essence of our ______________.
Keeping Love (AMOUR) Alive

**Health Educator**

Ladies I want us to spend these next few activities troubleshooting the AMOUR options. We all know the options: Abstinence, Masturbation, Oral Sex, Uninfected partner, Regular use of condoms. Now raise your hand in the past 6 months if you have used any of the AMOUR options?

➢ **Allow participants to raise their hands**

Now has anyone brought up using any of these options to their sexual partner in the past 6 months?

What were some of your partner’s responses? *(allow participants time to respond)*

Has anyone had any negative responses from their partner? How did you respond to them? *(Allow participant time to respond)*

We know it can be difficult to bring up some of these options to a sex partner, especially if they are resistant to what you are bringing up, and they are used to doing other things.

I want us to be able to have a space where we can talk to each other and help each other out with communicating these options to their partner. On the post-it notes we are passing out, write down if any communication that has worked and place it by the option you used it for. We will go over them afterwards. *(read over participant answers)*

Thank you for sharing! Lets focus more on the resistant AMOUR partner.

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**Purpose:**
Allow participants time to troubleshoot through communicating AMOUR options to their sexual partner

**Time:**
10 min.

**Materials:**
- Flip chart
- Post-it notes
Health Educator
We know how important it is to know what you want in a relationship and how to communicate this to your partner? Does anyone remember the communication style that was recommended to get your point across to your partner? (Allow participants a few minutes 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? (HE allow participants time to answer)

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

Remember 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.

Health Educator
Now we are going to practice being assertive with a partner that might not be that open to AMOUR options with some different role play cards. I want one half of the room to be the “man” and the other half of the room be the “woman.” I have this deck of cards with 5 scenarios on them. 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, and 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.

- Go around the room and pass out cards until all 5 scenarios have been read

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 your boundaries and 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 STD. She just went in for a routine check up and was told that she has an STD—she didn’t have any symptoms. Finding out that a close friend has an STD 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 STDs?

3. You are still involved with your son’s father. The both of you just have an 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 STDs. 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?
Love Me Long Time

**Purpose:**
To discuss the difficulty of bringing up safer sex with a long-term partner

**Materials:**
- Handout 13: Love me long time

**Time:**
20 min.

**Health Educator:**
I want you to turn to handout: and answer the questions. We are going to go over them. What were your responses to each of the questions.
*(go through each question and participant responses)*

#1: You have been with your man for 2 and a half years. He has been wearing Tommy cologne for as long as you have known him, and suddenly he decides to wear Curve cologne. You ask him what’s up, and he just says he wants to wear something new. Would you be suspicious? Why or why not?

#2: You have been with your man now for 3 years, and he says he wants to try something new in the bedroom. How would you feel?

#3: Every Thursday you and your man of 4 years have cooked dinner together and then rented a movie. Tonight is Thursday and you are ready for a nice home cooked meal with your man. He tells you that he’d like to change the routine and start going out to dinner, and maybe do something different. How would you feel about this situation?
Health Educator
Now what were some of your responses?
(allow participants time to respond)

Ok ladies, if you haven’t guessed, we are talking about bringing up change in a relationship, especially long-term relationships. How many of you have been in a relationship for a year or longer?

➤ Allow participants time to raise hands

Sometimes when you are in a long-term relationship, it is hard to bring up something new for you and your partner to do without having him be suspicious. Sometimes bringing up change might indicate to him that you are cheating, or he is doing something wrong in the relationship. Even though you feel that because you have been with this person for awhile, and that communication is good, it might be difficult to bring up new AMOUR options to a boyfriend you’ve been with for years.

What do you think some of the differences in the relationship dynamics are with a relationship of less than a year, and a relationship of more than a year?

➤ Have flip chart dividing the attributes of a relationship less than a year/more than a year and list responses.
(Responses could be, communication, condom use, familiarity)

**Health Educator:**
As we can see, there are some differences in being in a long-term relationship, verses a shorter one. One of the things that is common is not using a condom as frequently once you have been with a partner for awhile. This comes with trusting the person, and believing in fidelity in a relationship. So if you brought up using condoms now after being in a relationship for awhile, what kind of reaction do you think you will get out of your sex partner?

➢ Allow participants time to respond (some possible responses-anger, betrayal, suspicion, rejection)

It’s important to think about your partner’s feelings when bringing up some of these AMOUR options, especially when you have been with them for awhile. Think about some of the scenarios that you read about change and how they first made you feel. Often when we bring up new things to someone they first get defensive, and it’s hard to get past that, and have them really listen to you.

What are some ways we can bring up AMOUR options to a partner you have been with in a long-term relationship that can address some of these issues?

➢ Allow participants time to respond

**Health Educator:**
Thank you for your responses. Many times it’s important to remember it’s not necessarily what you say, but how you say it. Your partner might be more receptive if you phrased what you were saying in a way where he knows you are looking out for both of you. If you are a healthy relationship, then ultimately the communication should not be an issue. It’s that initial hump of bringing up the options that is often hard to do, especially with a partner who is used to doing things one way with you.
We wanted to end this session by doing a role play of what this communication with a male partner might look like you’ve been with for years.

*(HE’s role play scenario)*

**Male:** Yeah you know you really trippin’ talking ‘bout how you want us to masturbate and stuff. You never said nothing like that before, and we’ve been years. You trying to say your man don’t please you anymore?

**Female:** Not at all baby. I was just wondering if masturbation would make our sex life better, and it’s a way we can protect ourselves.

**Male:** How’s that gonna make our sex life better when I’m not going inside you? And who you need protection from? U getting it from somewhere else?

**Female:** Now you know I’m not getting it from anywhere else, and we have been together for 3 years and u know I’m not cheatin’. I just thought it would be cool to bring up something new. And you know sometimes you get mad that I be tired when you want some. If I masturbate you, you would still get yours.

**Male:** I don’t know, it still sounds kind of weird to me, like something to do if u not gonna get any. I hear you though, I ain’t mad at ya for bringin up something new. Let me think about that one ok?

**Female:** Cool, and that’s all I ask, trust me, I will definitely will make it be something you enjoy. But I do really want us to try masturbation with eachother, so think about it.

**Male:** Aiight.

**Health Educator:**
Here she still stood her ground, but was able to communicate with her partner. He might not jump and say “OK” when he first hears your bring up these new options, and that’s ok. The important thing is to be able to communicate about your decision and stand firm in what you want to do.
You have been with your man for 2 and a half years. He has been wearing Tommy cologne for as long as you have known him, and suddenly he decides to wear Curve cologne. You ask him what’s up, and he just says he wants to wear something new. Would you be suspicious? Why or why not?

You have been with your man now for 3 years, and he says he wants to try something new in the bedroom. How would you feel?

Every Thursday you and your man of 4 years have cooked dinner together and then rented a movie. Tonight is Thursday and you are ready for a nice home cooked meal with your man. He tells you that he’d like to change the routine and start going out to dinner, and maybe do something different. How would you feel about this situation?
AMOUR’S Plan for Getting Love

Purpose:
Get participant to explore their decisions about using AMOUR and to preplan its outcome

Materials:
- Handout 14: AMOUR plan for getting love
- Amour poster

Time:
10 minutes

We want to end this session of relationships with you thinking about how you want to protect ourselves. Let’s see if we can choose and commit to at least one of the five AMOUR Protection Plans. To help you do just that turn to Handout 8 entitled AMOUR Protection Plan (HE goes over AMOUR options). Okay ladies your policy reads as follows:

HE have plan written out

I ________________________________ have
chosen to use the ____________________________ AMOUR option within the next ___________ days. I have read, reviewed and understand all the necessary steps to ensure a safe, healthy and pleasurable experience. If I am not completely satisfied with this plan, I can exchange it with one of Amour’s many other options without penalties. (Give participants time to complete hand out)

HE: Ask participants if they remember how to make their chosen plan fun and exciting (give examples of putting a condom on or using toys for masturbation.

Good safe lovin’ Ladies!
I_______________________ have chosen to use the
_________________ AMOUR option protection plan
within the next _____ days. I have read,
reviewed and understood all the necessary steps
to ensure a safe, healthy and pleasurable
experience. If I am not completely satisfied with
this plan, I can exchange it with one of AMOUR’s
many other options without penalties.
**Purpose:**
Get participants to practice their condom skills

**Materials:**
Condoms and dildos

**Time:**
10 min.

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**Health Educator**
Now that we got the AMOUR communication out the way we are going to go back to our condom use skills and practice! Let’s go over the steps of OPRaH

- **O**- Open
- **P**- Pinch
- **R**- Roll
- **a**- After sex is over
- **H**- Hold

What we are going to do is divide into equal groups and have a condom roll race! Each person is responsible for running up to the dildo and placing the condom on correctly! The team that finishes first wins! You have to put on the condom correctly using the OPRaH steps in the correct order! If you get any of the steps wrong that teammate has to go to the back of the line and go again until they get it right! You have a few minutes to talk over what the steps are and then we’ll tell everyone to get into their places and begin!

(Allow participants 2 min. to talk to teammates)

Have them play the game and watch to make sure steps are done correctly but don’t give the correct answer!

**Health Educator:**
Thank you for playing! Great job! Now we are just going to go over OPRaH together one more time!

- ❖ **HE go over OPRaH**
  (check the expiration date)
- **O**- Open
- **P**- Pinch
- **R**- Roll
- **a**- After sex is over
- **H**- Hold

We also want you to remember that you have to use a condom correctly each and every time to help reduce your risk of HIV and other STDs.
Summary

Health Educator

Well ladies we have come to an end of our workshop. We looked at self-esteem and the media by examining lyrics and what they are really saying and looking at the different portrayal of men and women in magazines. We also focused on positive role models and looking at the beauty and specialness of black women. We focused on troubleshooting through bringing up AMOUR options to our partner, and practiced communication to a partner resistant to AMOUR. We sharpened our condom skills, and left choosing one AMOUR option we can commit to. We want you to continue practicing your AMOUR options in the next 3 months as well.
6-MONTH BOOSTER EVALUATION

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

1. Overall, how much did you enjoy today’s workshop? 1 2 3 4 5
2. How well prepared were the STARS Health Educators? 1 2 3 4 5
3. How well were the activities/information presented? 1 2 3 4 5
4. How well did the activities encourage your participation? 1 2 3 4 5
5. How clearly were your questions answered? 1 2 3 4 5
6. How clear were the session handouts? 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?

8. **STARS Bingo**
   Bingo review 1 2 3 4 5
9. **A Woman’s Worth**
   Black women and self-esteem 1 2 3 4 5
10. **Our Bodies, Ourselves**
    What we like and dislike about our bodies 1 2 3 4 5
11. **Media Masquerade**
    Lyrics and pictures from the media 1 2 3 4 5
12. **Strong Black women**
    Taboo game with black role models 1 2 3 4 5
13. **What I love about being a woman**
    Writing about why women are special 1 2 3 4 5
14. **Keepin' Love (AMOUR) Alive**
    Revisiting AMOUR options 1 2 3 4 5
15. **Ssexpectations**
    Role play with a resistant partner 1 2 3 4 5
16. **Love Me Long Time**
    Bringing up AMOUR options to a long-term partner 1 2 3 4 5
17. **Love Plannin’**
    AMOUR contracts 1 2 3 4 5
18. **Roll Out**
    Condom roll race 1 2 3 4 5
19. Was there anything about today’s workshop that you did not like?
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

20. What did you like the best?
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

21. Something new I learned was
______________________________________________________________________________________
______________________________________________________________________________________
______________________________________________________________________________________

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

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