

SESSION 4
Training Aids

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TRAINING AID 1

Revisit Behavioral Risk Factors

Place question cards in a basket or box.

1. Ask a volunteer to take one card and read it to the group.
2. Ask the group to answer the question.
3. Use the attached talking points to clarify or correct information as needed.
4. Continue until all questions have been discussed.
5. Solicit additional questions for discussion from opinion leaders.

Behavioral Risk Discussion Questions

<p>1. WHAT IS THE SINGLE MOST RISKY BEHAVIOR FOR BLACK MSM TO ENGAGE IN?</p>	<p>2. IF SOMEONE IS GOING TO HAVE SEX, CONDOMS SIGNIFICANTLY REDUCE RISK IF THEY ARE USED EVERY TIME AND IF THEY ARE WHAT?</p>
<p>3. WHAT ARE THE SAFEST SEXUAL ACTIVITIES?</p>	<p>4. CAN YOU TELL WHETHER SOMEONE IS HIV-POSITIVE BY HIS OR HER APPEARANCE?</p>
<p>5. IS IT EVER TOO LATE TO CHANGE BEHAVIORS (OR TOO LATE TO REGAIN SAFETY IF LAPSED)?</p>	

BEHAVIORAL RISK

Discussion Questions and Talking Points

- 1. What is the single most risky behavior for black MSM to engage in?**
 - a. Unprotected anal intercourse.
 - i. If one person has unprotected anal intercourse with one person one time in a year, he has a 1 in 300 chance of getting infected with HIV. This means that if 300 men have unprotected sex one time in a year, 1 of them will get infected.
 - ii. If one person has unprotected anal sex with five men in a year, he has a 1 in 60 chance of getting infected with HIV. This means that if the same 300 men have unprotected anal sex one time each with five different men in a year, 60 of them will get infected.

- 2. If someone is going to have sex, condoms significantly reduce risk if they are used every time and if they are what?**
 - a. Latex and used with a water-based lubricant (e.g., K-Y Jelly, Foreplay).
 - b. Used as soon as sexual activity begins (i.e., it is not safe sex if you start with no condom and then put one on halfway through).

- 3. What are the safest sexual activities?**
 - a. Body rubbing to orgasm.
 - b. Outercourse; mutual stimulation; massage; cuddling; hugging; kissing; and using toys (dildos) not shared with a partner.
 - c. Frottage (body rubbing to orgasm).
 - d. Oral sex (with no contact with the penis head).

- 4. Can you tell whether someone is HIV-positive by his or her appearance?**
 - a. No! You cannot tell whether a person is infected with HIV by his or her appearance, and that person may not know himself or herself. At least one in five MSM is HIV-positive. Make informed decisions about the risks that you are willing to take.

- 5. Is it ever too late to change behaviors (or too late to regain safety if lapsed)?**
 - a. It is never too late to start being safe. If you are HIV-negative, you can remain negative.
 - b. If you are HIV-positive, you can prevent reinfection with a strain that may be more difficult for your medication to deal with. You can prevent infection with another sexually transmitted disease that would do more damage to your immune system. Safety should be your ultimate long-term goal.

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Activities

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ACTIVITY 1

HIV Remix

Time: 15 minutes

Materials

- Prepared newsprint
- Newsprint
- Markers for three groups
- Masking tape

Purpose of the Activity

Review and reinforce basic HIV transmission information.

Procedure

1. Before the session, write the following questions on a sheet of newsprint:
 - a. How is the virus transmitted?
 - b. How is the virus NOT transmitted?
 - c. What are the names of the five bodily fluids that transmit HIV and the names of the bodily fluids that do not transmit HIV?
 - d. What does “HIV” stand for?
 - e. What does “AIDS” stand for?
2. Ask opinion leaders to count off by threes.
3. Divide opinion leaders into three groups by their number (ones, twos, and threes).
4. Ask each group to identify a recorder and a reporter.
5. Give each group a sheet of newsprint and a marker.
6. Ask all groups to answer the questions listed on the prepared newsprint.
7. Allow 10 minutes for them to complete the activity.
8. Starting with the first question, ask the reporter of the first group to report the group’s answer.
9. Ask other groups to elaborate or correct as needed. Continue to the next group and question until all questions have been answered.
10. Thank opinion leaders for their participation.

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Handouts

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HANDOUT 1

d-up: Defend Yourself! Expanded Conversation Contact Form

My first name: _____

Place of Contact (bar, school, house party, etc.)	Age ¹	Race ²	Gender ³	Summary of Conversation
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Remember to try to have your conversations with friends.

¹Age: Age range, such as 18–30 years

²Race: Black (B), White (W), Latino (L)

³Gender: Birth gender (not gender orientation)

