Making Proud Choices!

A Safer-Sex Approach to HIV/STDs and Teen Pregnancy Prevention

Curriculum Manual

Third Edition

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What I Think About HIV/AIDS and Safer Sex-Forced Choice (10 minutes)

**Activity C**

**Preparing for the Activity**

**Rationale**
Examining attitudes and beliefs about HIV risk behaviors focuses participants on factors that can keep them from practicing safer behaviors.

**Materials**
- “Agree” “Disagree” signs
- Masking tape

**Time**
10 minutes

**Procedure**

1. Tape the “Agree” and “Disagree” signs to opposite sides of the room.

2. Begin this activity by saying,

   We want to know what you think about HIV/AIDS and safer sex.

3. Read the following directions:

   - I will read some statements and ask if you agree or disagree with them.
   - After I read each statement, stand under the “Agree” sign if you agree with the statement or stand under the “Disagree” sign if you do not agree with it.

4. Ask participants to stand.

5. Read the Agree/Disagree Statements one at a time (included at the end of the activity).

6. After each statement, ask the participants to decide if they agree or disagree with the statement and to stand under the appropriate sign.

7. After each statement, ask why they agreed or disagreed with the statement.
FACILITATOR’S NOTE

During the activity, bolster the attitudes supportive of condom use, and respond to those unsupportive of condom use by using the information provided after each statement.

8. Give the participants a chance to switch after discussion of each statement.

9. Thank the participants for sharing their opinions. Have them return to their seats.

10. Summarize as follows,

This activity showed us that different people can have different opinions and beliefs. You may have a different opinion about sex, HIV, and condoms than your boyfriend or girlfriend. But the facts about HIV/AIDS remain the same. Here are some facts we can agree on: HIV is transmitted sexually through blood, semen, and vaginal secretions. Whenever you have sex, you must use a latex condom to reduce the chance of HIV transmission.
How to Make Condoms Fun and Pleasurable (10 minutes)

Procedure

1. Unfold the newsprint entitled, “Sex is more fun...”

2. Introduce this activity by saying,

   How would you complete this unfinished sentence?

   “Sex is more fun when condoms are used because...”

3. Record their responses.

4. Add the following ideas to the list if they were not already mentioned by the participants.

   Sex is more fun when condoms are used because...
   - You can use condoms as a method of foreplay.
   - You can think up a sexual fantasy using condoms.
   - You can act sexy/sensual when putting condoms on.
   - You can hide one on your body and ask your partner to find it.
   - You can tease each other sexually while putting on the condom.
   - You can have fun putting one on your partner, while pretending you are different people or in different situations.
   - You feel more relaxed and can really enjoy yourself.
   - Condoms make the erection last longer.
5. Unfold the newsprint entitled “Condoms won’t ruin the mood if...” and ask,

How would you complete this unfinished sentence?
“Condoms won’t ruin the mood if...”

6. Record their responses. Add the following ideas to the list if they were not already mentioned by the participants.

Condoms won’t ruin the mood if...
- You use extra lubrication inside and outside the condom.
- You use different colors and types/textures.
- You tell your partner that using a condom can make a man last longer.
- The woman puts the condom on the penis.
- You have a sense of humor and make jokes.
- You put lubricant on the tip of the penis to increase sensitivity or use lubricated condoms.
- You talk about them in advance.
- You have the condom open and ready to use.

**FACILITATOR’S NOTE**

Emphasize strategies for how to make condom use more pleasurable. Remember that some of the young people may not be sexually active and that for them, this discussion may not make much sense.

Though different colors and textures may be appealing, “glow in the dark” condoms should not be used. They are only gag gifts.

Emphasize that you are not endorsing sexual activity among teenagers.
7. Ask the group to define "spontaneous."

   **Answers may include**
   - Just Do It
   - Natural flow
   - No interruptions
   - No need to wait

8. Then, ask them to brainstorm ways to increase the spontaneity and pleasure of condom use. (No need to record answers.) Say,

   **What are some ways that you can increase the spontaneity and pleasure of condom use?**

   **Answers may include:**
   - Make sure you have condoms before you get romantic.
   - Eroticize condom use with partner. (Make it sexy.)
   - Have condoms close by to eliminate fumbling.
   - Prepare the condom in advance.
   - Learn to put the condom on first.
   - Use extra lubricant.

9. Then ask the group the following questions. Encourage everyone to respond.

   **Can you use a condom when you have sex? Will you use one?**

10. Summarize as follows,

    **Once you both agree to use condoms, do something positive and fun. Go to the store together. Buy lots of different brands and colors. Plan a special day when you can experiment. Just talking about how you’ll use all of those condoms can be a turn on. Remember, the proud and responsible thing to do is to always use latex condoms if you have sex.**
exercise is for Linda to be proud and responsible and resist pressure to have unsafe sex.

37. Remind observers to fill out their “Observer Checklists” as they watch the role-play.

38. Read aloud the scenarios for both characters, and then have participants present the role-play.

Role-Play D

(Linda and Jerod talking)

You and your boyfriend, Jerod, have been sexually active for awhile. However, you have just completed an HIV/AIDS education program called “Be Proud! Be Responsible!” You are thinking about the things you didn’t know and the things that concern you. You think about your own behaviors. You think about Jerod’s past sexual life and your own past sexual life. And now you begin to worry because you and your partner have been sexually active without using condoms. Now you want to use condoms. You know Jerod is stubborn and gets jealous very easily. You are afraid to say that you are concerned about HIV because he might fly into a rage, believe you are cheating on him, or even go and find a new girlfriend.

You decide to tell Jerod about the program and all the important information you learned and that you want to use condoms if you have sex again. When he arrives, you are looking at the information about condoms that was given to you at the program. You try to encourage him to use condoms. Your task is to convince Jerod that you want to be proud and responsible and use condoms.