

INTERVENTION FACILITATOR'S TRAINING MANUAL

AFRICAN AMERICAN MEN'S HEALTH STUDY

January, 1990

University of California, San Francisco

Center for AIDS Prevention Studies

Multicultural Inquiry & Research on AIDS

GENERAL OVERVIEW

This intervention is designed as AIDS Risk Reduction Behavior Change workshops for Black gay and bisexual men. The workshops will be presented in either one session or three sessions. The workshops were developed based on extensive focus group interviews with Black gay men in San Francisco and Oakland, California. The intervention was adapted from similar techniques used by the "Stop AIDS" Project in San Francisco and was revised to be more suitable for nonwhite gay and bisexual men.

The intervention consists of small group interactions, role playing, social modelling, social skills and assertiveness training. The sessions, both single and multiple sessions, include major themes- I. INTRODUCTION, II. DUAL IDENTITY PROCESSES, III. AIDS KNOWLEDGE, SEXUAL TRANSMISSION AND DRUG USE, IV. NEGOTIATING SAFE SEX, and V. BEHAVIORAL COMMITMENT TO SAFE SEX.

In addition to assistance provided by facilitators, the research participants will be requested to select a "buddy" to assist them in developing and maintaining safe sex behavior. Based on the "Alcohol Anonymous" program, this support is intended to offer further encouragement for the participants to increase their AIDS risk reduction behavior.

The specific content of the behavior change intervention is described in the remainder of this manual. The single and multiple session interventions are described separately. First, an outline is presented of the content of both types of intervention workshops. Then, the script is provided of actual procedure in conducting all sessions of both workshops. An appendices is included at the end of the manual with a checklist of all the materials needed for each session.

1 Session Intervention

- I. Participants' Introduction (Dyads) - 10 min.
- II. Introduction of Intervention Workshops -5 min.

A. Introduction to Black Gay Men's Intervention Study

1. Goals & Importance
2. Subjects' Role
3. Outline of Sessions

B. Introduction of Guidelines for Intervention Workshops

1. All that is said in workshop should be confidential
2. Don't judge anything you hear someone else say
3. Don't censor what you are thinking

III. Analysis of Dual Identity Processes - 55 min

A. View Black Gay Identity Video

B. Group Discussion of Black Gay Identity

1. Benefits of Black/Gay Identity
2. Disadvantages of Black/Gay Identity
3. Consequences of Dual Identity for Risk of AIDS

C. View Black Gay Anthology Exhibit

IV. Self-Selection of Buddy and Social Support- 10 min

- A. Emphasize Development of Social Support
- B. Emphasize Communication and Interpersonal Interaction

V. Refreshment Break - 10 min.

VI. AIDS Knowledge, Sexual Transmission, & Drug Use - 20 min.

A. **Use Flip Chart and Handout Safe Sex Kits**

B. Large Group Discussion of AIDS Misconceptions of Black M

VII. Introduction to Negotiating- 20 min.

A. **View Black Safe Sex Video - 10 min.**

B. Condom Games - 10 min

Denlonstration with dildoes and condoms

1. .

2. Practice trials in large group with same props

VIII. Safe Sex Scenarios: Practicing to Overcome Hurdles -20 min

A. **Conduct Role Plays** (Small/Large Groups) -15 min

B. Examination and Reaction (Large Group) -10 min

IX. Behavioral Commitment to Safe Sex - 15 min.

A. Maintenance of Safe Sex

1. Avoidance of Relapse

2. Self-Reinforcement of Safe Sex

B. Social Norms for Safe Sex

X. Conclusion and Post-Intervention Evaluation - 5 min

Facilitator's Script: 1 Session Intervention

I. ParticipantXs Introduction (Dyads) - 15 minutes

Good Evening, guys. Thank you for your participation in the African American Men's Health Project Safe Sex Workshop. Before we begin, I would like us to briefly get acquainted. So, I would like each of you to form a two-person group and to take four or five minutes to introduce yourself to the other person. You may give any information you wish, such as your first name, birthplace, occupation, or anything you would like to share with the group. Then, when I call time, please reassemble in the large group and each person will be asked to introduce the other person you met to the members of the workshop. Then I will tell you the purpose of the workshop and ground rules for the group. Are there any questions? (Answer participants' questions). Now, please turn to the person sitting next to you and briefly introduce yourself. (After four or five minutes, call time, and politely ask the participants to form a large group again. Then ask each participant to introduce the person they just met).

II. Introduction of Intervention Workshops - 5 minutes

Now that we have introduced ourselves to each other, let me take a few minutes to cover the goals of the workshop, your role in the workshop, and the guidelines for the workshop. These points are important because this is the only research project of its kind in the United States devoted exclusively to helping Black gay and bisexual men lower their risk for contact with the AIDS virus. Gay and bisexual men make up the majority of AIDS cases among Blacks in the Bay Area. Research like this project is crucial in order for us to know what type of approach will help Black gay and bisexual men change high risk sexual behavior.

Goals

So, the first goal of our workshop is to help Black men stop unsafe sex. Unless we can help our "brothers" to end having unsafe sex, nothing else matters in ending the AIDS epidemic. Guys, this is the bottom line- No unprotected anal intercourse- giving or receiving.

The second goal of our workshop is to help Black men learn how to eroticize safe sex. I know it is not easy for some men to change to using condoms but it can be done and still be sexually satisfying. We will discuss ways to keep sex HOT and still practice safe sex.

The third goal of the workshop is to help Black men make safe sex enjoyable. Helping you learn how to make safe sex HOT will also help make it enjoyable but there are other ways to make safe sex fun. We will also help you make safe sex creative, stimulating, and pleasurable.

Our final goal of the workshop is to help Black men maintain safe sex. It is no good practicing safe sex some of the time. One slip may be one too many, so we want to help you learn how to keep practicing safe sex once you start.

Participants' Role

Next, what do we ask of you in this workshop? First, we ask that you feel free to participate fully and follow the guidelines of group participation. Since this is a group workshop, you get the most from the sessions if you share your thoughts and feelings with the rest of the group. So no one will pressure you to say anything if you don't want to but each of you should participate or the workshop will not be helpful to other members of the group.

Second, and most important, remember to always keep us informed of your address for follow-up for the survey. Without being able to locate you for your other interviews, we will not know if the workshop is successful.

Guidelines

There are four guidelines that each of us must follow in this workshop. First, all that is said in the workshop is confidential. That means what we say here must not be repeated to anyone who is not in your workshop, even if they are in another workshop of the African American Men's Health Project.

The second guideline is that we don't judge anything we hear someone else says in the workshop, even if we disagree with them. Everyone is entitled to his opinion on how he feels, thinks, or acts.

The third guideline is that we don't want you to censor what you are thinking. Feel free to say whatever is on your mind because that is the only way we can help each other understand and use the information we share here.

The final guideline is that we must follow the time schedule of the workshop. Even, if you are enjoying the activities during any part of a session, we must stop and go on to the next activity when I ask the group to do so. This is required in order for us to finish all the sessions and cover all the material. We have tried to develop all the sessions so that you will enjoy each of them.

Now, enough discussion about the workshop, lets begin and I hope you will find it fun, exciting, and interesting.

III. Analysis of Dual Identity •55 minutes

This first session of the workshop will focus on our dual identity as both Black and gay or bisexual men. As you know, the Black community has not condoned men having sex with other men even if it allowed men to have sex with other men. In this session, I want to offer a safe, comfortable environment for you to express your feelings and thoughts about being both Black men and being gay or bisexual or having sex with other men. To help us get started, I want to show you a 10 minute video about "brothers who are Black and gay or bisexual." (**View Black Gay Video**)

Now, that you have seen the video, I want to open the group discussion. Please feel free to express anything you wish about the topic of "being Black and gay or bisexual". (Facilitate the discussion to address these three main areas:

Benefits of Black/Gay Identity

More likely to have or be able to overcome internalized homophobia, More likely to form a supportive network to help one respond to homophobia; More likely to find alternatives to high risk places -parks, public restrooms, and; bookstores- to meet new sex partners.

Disadvantages of Black/Gay Identity

More likely to experience homophobia from the Black community; More likely to be rejected by family, employers and heterosexual friends; More likely to experience racism from the white gay/bisexual community.

Consequences of Dual Identity for Risk of AIDS

More likely to feel at risk for AIDS if one has sex with white men; Less likely to feel at risk for AIDS if one has sex with only other Black men; Less likely to feel at risk for AIDS if one is always or usually the insertive partner during anal intercourse.)

(End this session after 55 minutes and then move to selection of buddies).

I am sorry, but we need to end this first session; I hope you feel it has been useful in addressing some of the issues it raised for you.

IV. Self-Selection of Buddy - 10 minutes

The next activity for the evening is to give you the kind of social support needed to help you practice safe sex. Changing to safe sex is not easy and having someone to talk to about the changes is helpful to many men. So, I would like each of you to form a buddy system to help get you through the sessions tonight. This person from the group will participate in all the workshop activities with you. Before you take time to select a buddy, does anyone have any questions about this? (**Answer questions. Be sure it is clear that all group members are encouraged to select a buddy**). Now after I give you the name of your buddy, please meet for about five minutes to get to know each other. Then when I call time, each of you will need to introduce your buddy to the rest of the group. (**All facilitators should be especially watchful for individuals being rejected or left out**).

(End this session after about 15 minutes and take a 10 minute refreshment break).

V. Refreshment Break - 10 minutes

(After the break, continue with the next topic on AIDS Knowledge, Sexual Transmission & Drug Use).

VI. AIDS Knowledge, Sexual Transmission & Drug Use - 20 minutes

Ok, let's continue with the workshop. In this part of the workshop, we want to talk about how you can be exposed to the AIDS virus through unsafe sex and through using drugs. One is at greatest risk of infection with the AIDS virus when he has unprotected anal sex or shares unclean needles when "shooting up". To help us get into this session, I like us to form two teams to play the Sex Game. The purpose of the Sex Game is to see which team has the most information about unsafe sex and risky drug use. I would like you to split the workshop group into two groups- one group will be the OJs and the other team will be the Temptations. Then I will pull a card from an envelop with the name of a sex act on it. Each team will have a chance to answer which category from low-, high and uncertain risk sex that a sexual act falls in. Each team will have 30 seconds to decide which answer is correct before time is called. If the team's answer is correct, the team will get 5 points; if the team's answer is wrong, they don't receive any points. At the end of the game, the team with the most points wins and the team will receive a prize. Are there any questions? (**Answer workshop members' questions if there are any and then begin the game and allow 10 minutes before ending**).

Now, let's form our large workshop group and talk about what we learned from that exercise. We want to make sure we talk about the misconceptions we as Black men have about how we can get the AIDS virus. Disagreement in the group is ok but I will state our position from the African-American Men's Health Project. Even if none of us feels that way, let's bring up any mistakes that we think other "brothers" may have about unsafe activities. Any reactions? (If no immediate response, help the group begin discussion). Was there anything that you have questions about that was in the game? Was there anything that we said that you feel "brothers" have a lot of problems doing?

(Facilitate the discussion to address the following points:

Why Black men are at risk of HIV infection if they have unprotected sex with Black or white men;

Why the bottom line on unsafe sex is NO UNPROTECTED ANAL SEX-INSERTIVE (GIVING) OR RECEPTIVE (RECEIVING) WITH EJACULATION (CUMMING);

How blood contact with sensitive membranes (the butt or the vagina) allows the AIDS virus to enter the body;

Why anal sex with ejaculation is a remote chance of HIV transmission;

How the AIDS virus can be passed on to any sexual partner- male-to-male, male-to-female, female-to male;

What the risks are of having unprotected sex if both partners are HIV + or HIV-;

Why STDs are a co-factor for infection or disease progression;

Why rimming is a danger in transmission of intestinal parasites;

Why danger of fisting depends upon association with anal intercourse)

Both past and present risky sexual and drug activities increase your risk for infection with the AIDS virus (HIV);

Now that there is something that can be done to slow the onset of illness, the earlier one is tested and knows his antibody status the greater the importance is early (treatment) intervention;

But TESTING IS STILL AN INDIVIDUAL DECISION SO NO ONE SHOULD ALLOW THEMSELVES TO BE PRESSURED TO BE TESTED;

If one has had or still has high risk activity, emotional support and assistance to receive antibody testing should be encouraged.

REGARDLESS OF THE DECISION TO BE TESTED OR NOT, EVERYONE SHOULD PRACTICE SAFE SEX.

(Stop the discussion after about 10 minutes and immediately proceed to the next topic of safe sex negotiation).

VII. Negotiating Safe Sex - 20 minutes

Now we will talk about how to use condoms. (rubbers) during HOT safe sex because no matter how HOT you can make safe sex, it is useless if you do not know how to correctly use a condom. To begin this part of the session, first, we will see the Black Safe Sex Video then we will practice how to use a rubber by playing the "Condom Game". I will explain the game after the video. Are there any questions before we see the 10 minute safe sex video ? **(Answer any questions and then show the Black Safe Sex Video.)**

Any comments about the video before we begin the "Condom Game"? **(Allow comments and/or questions).**

Ok, now let's see how well we know how to use a condom. I will give each person a dildo and a rubber. After we have a practice session, we will have a condom race to see who can put the condom on correctly in the least amount of time. I know you won't be racing to put it on before sex, but the better you can do it before sex the easier and quicker you will be able to do it in the heat of passion. There will be a prize for the person who is the winner of the condom game. Let's have our practice round first. **(Handout dildoes and condoms)**. Does everyone have a condom and dildo? **(Demonstrate use of condom with group following alone. As participants model your actions, have them to put the dildo between their legs in order to be able to put condom on efficiently)**.

Are there any questions before the condom game? **(Answer any questions and then begin the "Condom Game")**.

(Facilitate This part of session by carefully watching participants to be sure they are using the condom correctly and after the game point out tips that workshop members' used that were helpful. Answer any questions, participants may have. Stop this exercise after approximately 10 minutes and have the workshop members' do their checkout with their buddy).

VIII. Safe Sex Scenarios: Practicing to Overcome Hurdles - 20 minutes

Now that we have talked about how to use a condom, it's time to talk about how to get your sexual partner to agree to use one when the time comes. I want you to have a chance to rehearse what to do and what to say to your sex partner. This exercise will allow you to improve your social skills in having safe sex and to be more assertive with your partner in using condoms. Some of you will be given a role play about having sex to act out before the group. The rest of the group will observe and comment on how the sexual situation was handled in the role play. I want this to be a safe, nonthreatening place for you to get helpful feedback and support for using condoms with your sexual partners. Before we begin the role plays, are there any questions? (Briefly answer any participants' questions and then assign the role plays).

(Allow up to 20 minutes for this activity in this part of the workshop).

Let's begin the role plays. Who would like to do one? (Accept any volunteers and if there are none, choose two buddies to go first. After they finish, allow the group to briefly process that role play activity). What's the group's reaction to how this situation was handled?

(Facilitate the discussion of the role plays by pointing out any ways to overcome hurdles to having safe sex. At the end of this session, immediately continue with the last session on behavioral commitment to safe sex).

IX. Behavioral Commitment to Safe Sex - 15 minutes

Our final exercise in the workshop is on how to maintain safe sex practices or how to keep from "falling off the wagon". Many men have started practicing safe sex only to relapse and begin unsafe sex again later. We want to share strategies and rewards for staying with safe sex once started. One of the best ways to do this is to talk with others about what works and does not work for them. Let's take 15 minutes to do two things. First, I would like you to suggest what you think you can do that will keep you from falling into unsafe sex. If you like anyone's suggestion, give it a try and see if it works for you. Feel free to ask that person any questions if you have one about a suggestion you like. Then, I would like to know what you think you can do to get other brothers to practice safe sex. The more brothers who practice safe sex the harder it will be to find a sex partner who is willing to do something unsafe. So we should talk about what

we can do to get other brothers to practice safe sex, especially our friends. Are there any questions? (Answer any questions and then begin the round table discussion).

(Facilitate this part of session by keeping discussion flowing and reinforcing good suggestions. Stop this exercise after approximately 15 minutes, giving your closing comments and having the workshop members complete their workshop evaluations).

X. Conclusion and Post-Intervention Evaluation - 5 minutes

Well fellows, we must stop. This is the end of the safe sex workshops for the African American Men's Health Project. I hope you feel the workshops have been helpful to you in practicing safe sex. I have enjoyed meeting you and being your facilitator for this important project. I want to thank you for taking the time and effort to be in our workshop. It's great to see brothers helping brothers which is what safe sex is all about anyway.

Remember, you will be recontacted for your follow-up interviews and that you will be reimbursed for each interview. These other interviews are VERY, VERY important, so please stay in contact with the project office. Here is a card for your wallet with the Project name and telephone number on it to help you be able to reach us. Please let Lee Middleton at the project office know if you should move or change phone numbers. Thank you again for your participation in the workshop and remember to "play safe". Good night.

Have each person write their ID# or birthday down and hand them over to you before leaving session. This is a form of attendance keeping and must be given to or called into Lee at the project office after the session.

3 Session Intervention

Session 1

Participants' Introduction (Dyads) - 15 min.

II. Introduction of Intervention Workshops -5 min.

A. Introduction to Black Gay Men's Intervention Study

1. Goals & Importance

2. Subjects' Role

3. Outline of Sessions

B. Introduction of Guidelines for Intervention Workshops

1. All that is said in workshop should be confidential

2. Don't judge anything you hear someone else say

3. Don't censor what you are thinking

III. Analysis of Dual Identity Processes - 1 hour 10 min.

A. View Black Gay Identity Video

B. Group Discussion of Black Gay Identity

1. Benefits of Black/Gay Identity

2. Disadvantages of Black/Gay Identity

3. Consequences of Dual Identity for Risk of AIDS

C. View Black Gay Anthology Exhibit

IV. Self-Selection of Buddy - 15 min.

A. Emphasize Development of Social Support

B. Emphasize Communication and Interpersonal Interaction

V. Refreshment Break - 10 min.

VI. AIDS Knowledge, Sexual Transmission, & Drug Use - 1 hour

A. Safe Sex Quiz

B. Large Group Discussion of AIDS Misconceptions of Black Men

VII. Closing - 5 min.

Session 2

I. Positive Feelings about Safer Sex - 1 hour 15 min

A. Learning to Enjoy Safe Sex: A Brainstorming Exercise - 1 hr.min.

B. **View Black Safe Sex Video** - 15 min.

II. Refreshment Break- 15 min.

III. Positive Actions in having Safer Sex.- 1 hr. 15 min.

A. Condom Games - 30 min.

1. **Demonstration with Dildoes and Condoms - 15 min.**

2. Practice Trials in Large Group - 15 min.

B. Condoms Preparedness Discussion: Rubbers-"Don't Leave Home Without Them" 45 min.

IV. Buddy System "Check-Out" - 15 min.

Session 3

I. Etroduction to Negotiating - 1 hour

A. Resistance Issues (Large Group Presentation)

1. **Use Flip Chart**

2. Analyze One's Own and Other's Hurdles to Safe Sex
3. Give and Receive Nonthreatening Suggestions of Risk Reduction
4. To Problem-Solve Alternatives to Hurdles to Safe Sex
5. To Develop Alternatives to High Risk Activities

II. Refreshment Break - 15 min.

III. Safe Sex Scenarios: Practicing to Overcome Hurdles - 1 hour

A. **Handout Role Play Exercises**

B. Preparation of Role Play Scenarios (Small Group) - 10 min.

C. Role Play and Discussion (Large Groups) 50 min.

IV. Behavioral Commitment to Safe Sex - 30 min.

A. Maintenance of Safe Sex

1. Avoidance of Relapse

2. Self-Reinforcement of Safe Sex

B. Social Norms of Safe Sex

V. Conclusion and Post-Intervention Evaluation - S min.

Facilitator's Script: 3 Session Intervention

Session 1

I. Participant's Introduction (Dyads) - 15 minutes

Good Evening, guys. Thank you for your participation in the African American Men's Health Project Safe Sex Workshop. Before we begin, I would like us to briefly get acquainted. So, I would like each of you to form a two-person group and to take four or five minutes to introduce yourself to the other person. You may give any information you wish, such as your first name, birthplace, occupation, or anything you would like to share with the group. Then, when I call time, please reassemble in the large group and each person will be asked to introduce the other person you met to the members of the workshop. Then I will tell you the purpose of the workshop and groundrules for the group. Are there any questions? **(Answer participants' questions)**. Now, please turn to the person sitting next to you and briefly introduce yourself. **(After four or five minutes, call time, and politely ask the participants to form a large group again. Then ask each participant to introduce the person they just met).**

II. Introduction of Intervention Workshops - 5 minutes

Now that we have introduced ourselves to each other, let me take a few minutes to cover the goals of the workshop, your role in the workshop, and the guidelines for the workshop. These points are important because this is the only research project of its kind in the United States devoted exclusively to helping Black gay and bisexual men lower their risk for contact with the AIDS virus. Gay and bisexual men make up the majority of AIDS cases among Blacks in the Bay Area. Research like this project is crucial in order for us to know what type of approach will help Black gay and bisexual men change high risk sexual behavior.

Goals

So, the first goal of our workshop is to help Black men stop unsafe sex. Unless we can help our "brothers" to end having unsafe sex, nothing else matters in ending the AIDS epidemic. Guys, this is the bottom line- No unprotected anal intercourse- giving or receiving.

The second goal of our workshop is to help Black men learn how to eroticize safe sex. I know it is not easy for some men to change to using condoms but it can be done and still be sexually satisfying. We will discuss ways to keep sex HOT and still practice safe sex.

The third goal of the workshop is to help Black men make safe sex enjoyable. Helping you learn how to make safe sex HOT will also help make it enjoyable but there are other ways to make safe sex fun. We will also help you make safe sex creative, stimulating, and pleasurable.

Our final goal of the workshop is to help Black men maintain safe sex. It is no good practicing safe sex some of the time. One slip may be one too many, so we want to help you learn how to keep practicing safe sex once you start.

Participants' Role

Next, what do we ask of you in this workshop? First, to attend all sessions. It is very important for the success of the workshop that you come to all three sessions of the workshop. Each session covers different information and focuses on new issues which will help you reduce and maintain safe sex activity. So it is critical not to miss a session.

Second, we ask that you feel free to participate fully and follow the guidelines of group participation. Since this is a group workshop, you get the most from the sessions if you share your thoughts and feelings with the rest of the group. So no one will pressure you to say anything if you don't want to but each of you should participate in the workshop if it is to be helpful to other members of the group.

Third, and most important, remember to always keep us informed of your address for follow-up for the survey. Without being able to locate you for your other survey, we will not know if the workshop is successful.

Guidelines

There are four guidelines that each of us must follow in this workshop. First, all that is said in the workshop is confidential. That means what we say here must not be repeated to anyone who is not in your workshop, even if they are in another workshop of the African-American Men's Health Project.

The second guideline is that we don't judge anything we hear someone else say in the workshop, even if we disagree with them. Everyone is entitled to his opinion on how he feels, thinks, or acts.

The third guideline is that we don't want you to censor what you are thinking. Feel free to say whatever is on your mind because that is the only way we can help each other understand and use the information we share here.

The final guideline is that we must follow the time schedule of the workshop. Even, if you are enjoying the activities during any part of a session, we must stop and go on to the next activity when I ask the group to do so. This is required in order for us to finish all the sessions and cover all the material. We have tried to develop all the sessions so that you will enjoy each of them.

Now, enough discussion about the workshop, let's begin and I hope you will find it fun, exciting, and interesting.

III. Analysis of Dual Identity - 1 hour. 10 min.

This first session of the workshop will focus on our dual identity as both Black and gay or bisexual men. As you know, the Black community has not condoned men having sex with other men even if it allowed men to have sex with other men. In this session, I want to offer a safe, comfortable environment for you to express your feelings and thoughts about being both Black men and being gay or bisexual or having sex with other men. To help us get started, I want to show you a 10 minute video about "brothers who are Black and gay or bisexual." (**View Black Gay Video**)

Now, that you have seen the video, I want to open the discussion to the group. Please feel free to express anything you wish about the topic of "being Black and gay or bisexual". (Facilitate the discussion to address these three main areas:

Benefits of Black/Gay Identity

More likely to have or be able to overcome internalized homophobia; More likely to form a supportive network to help one respond to homophobia; More likely to find alternatives to high risk places -parks, public restrooms, and; bookstores- to meet new sex partners.

Disadvantages of Black/Gay Identity

More likely to experience homophobia from the Black community; More likely to be rejected by family, employers and heterosexual friends; More likely to experience racism from the white gay/bisexual community.

Consequences of Dual Identity for Risk of AIDS

More likely to feel at risk for AIDS if one has sex with white men; Less likely to feel at risk for AIDS if one has sex with only other Black men; Less likely to feel at risk for AIDS if one is always or usually the insertive partner during anal intercourse.)

(End this session after 1 hr. 10 minutes and move to selection of buddies.)

I am sorry, but we need to end this first session. I hope you feel it has been helpful in addressing some of the issues it raised for you.

IV. Self-Selection of Buddy - 15 minutes

The next activity for evening is to give you the kind of support you need to always practice safe sex. Changing to safe sex is not easy and having someone to talk to about the problems in having safe sex maybe helpful. So, I would like each of you to form a buddy system to help get you through the workshops each week. This person from the group will participate in all the workshop activities with you and will be someone you can talk to between the different workshops. You should feel free to call each other before the next workshop if you need to check in and share anything that the workshop brought up for you. Also it is important to attend each session because your buddy will be depending on you for the activities we cover in the workshop sessions. To select a buddy, I will ask you to turn to the person sitting next to you on your right and briefly introduce yourself by sharing anything you wish about yourself- first name, birthplace, length of time you have been in the Bay Area, etc.). Before you take time to meet your buddy, are there any questions? **(Answer questions. Be sure it is clear that all group members are encouraged to select a buddy).** Now, please take then next 5 minutes to meet your buddy. **(All facilitators should be especially watchful for individuals being rejected or left out. The host should expect to become a buddy with someone in odd numbered groups).**

(End this session after about 15 minutes and take a 10 minute refreshment break.)

V. Refreshment Break - 10 minutes

(Following the break, continue with the topic on AIDS Knowledge, Sexual Transmission & Drug Use).

VI. AIDS Knowledge, Sexual Transmission & Drug Use - 1 hour

Ok, let's continue with the workshop. In this part of the workshop, we want to talk about how you can be exposed to the AIDS virus through unsafe sex and through using drugs. To help us get into this session, I like us to form two teams to play the Sex Game. The purpose of the Sex Quiz is to see which team has the most information about unsafe sex and risky drug use. I would like you to split the workshop group into two groups- one group will be the OJs and the other team will be the Temptations. Then I will pull a card from an envelop with the name of a sex act on it. Each team will have a chance to answer which category from low-, high- and uncertain risk sex that a sexual act falls in. Each team will have 30 seconds to decide which answer is correct before time is called. If the team's answer is correct, the team will get 5 points; if the team's answer is wrong, they don't receive any points. Are there any questions? **(Answer workshop members' questions if there are any and then begin the game and allow 15 minutes before ending).**

Now, let's form our large workshop group and talk about what we learned from that exercise. We want to make sure we talk about the misconceptions we as Black men have about how we can get the AIDS virus. Disagreement in the group is ok but I will state our position from the African-American Men's Health Project. Even if none of us feels that way, let's bring up any mistakes that we think other "brothers" may have about unsafe activities. Any reactions? **(If no immediate response, help the group begin discussion)**. Was there anything that you have questions about that was in the game? Was there anything that we said that you feel "brothers" have a lot of problems doing? (facilitate the discussion to address the following points:

Why Black men are at risk of HIV infection if they have unprotected sex with Black or white men;

Why the bottom line on unsafe sex is NO UNPROTECTED ANAL SEX-INSERTIVE (GIVING) OR RECEPTIVE (RECEIVING) WITH EJACULATION (CUMMING);

How blood contact with sensitive membranes (the butt or the vagina) allows the AIDS virus to enter the body;

Why oral sex with ejaculation is a remote chance of HIV transmission;

How the AIDS virus can be passed on to any sexual partner- male-to-male, male-to-female, female-to male;

What the risks are of having unprotected sex if both partners are HIV + or HIV-;

Why STDs are a co-factor for infection or disease progression;

Why rimming is a danger in transmission of intestinal parasites;

Why danger of fishing depends upon association with anal intercourse)

Both past and present risky sexual and drug activities increase your risk for infection with the AIDS virus (HIV);

Now that there is something that can be done to slow the onset of illness, the earlier one is tested and knows his antibody status the greater the importance is early (treatment) intervention; But TESTING IS STILL AN INDIVIDUAL DECISION SO NO ONE SHOULD ALLOW THEMSELVES TO BE PRESSURED TO BE TESTED;

If one has had or still has high risk activity, emotional support and assistance to receive antibody testing should be encouraged.

REGARDLESS OF THE DECISION TO BE TESTED OR NOT, EVERYONE SHOULD PRACTICE SAFE SEX.

(Stop the discussion after about 30 minutes. End the session with a 10 minute summary of the major points and emphasize the consumer report on the quality of the condoms in their safe sex kits).

(Following the AIDS knowledge topic, lead the group in a 5 minute closing. Recap the evening's activities for the group and remind them of the need to attend all sessions and that each one

addresses different issues. **Have each person write their ID# or birthday down and hand them over to you before leaving each session. This is a form of attendance keeping and must be given to or called into Lee at the project office after each session.** Again, mention that all sessions are designed to be interesting, informative and enjoyable. Reemphasize these workshops are for "brothers" helping "brothers".)

Facilitator's Script: 3 Session Intervention

Session 2

Good evening, Guys, and welcome back to the second meeting of the AfricanAmerican Men's Health Project Safe Sex Workshop. I hope everyone had a chance to check with their buddy since the last workshop session. If not, I hope everyone is doing ok and did not have any serious problem from anything we covered in the last workshop. Before we begin, is there any comment we need to address? (Allow no more than four or five minutes to cover any pressing issues and explain you must begin this evening's workshop if the group is to have enough time to finish tonight's activities. Offer to meet with anyone during the break who has something he needs to discuss in more detail). Now, let's begin the workshop. Remember to pair off with your buddy to participate in all the sessions even if some of the sessions include other participants than just you and your buddy.

I. Positive Feelings about Safer Sex - 1 hour

Let's begin to address the positive or good side of safe sex with emphasis on the ways which make safe sex HOT, especially when using rubbers. Change can be fun as well as healthy. I would like to begin this part of the session with a group brainstorming exercise. I would like the members of the entire workshop to suggest ways to make safe sex enjoyable, erotic, and exciting. So I will take down as many ways as you can think of for eroticizing safe sex. Think of as many ways as you can, just throw out any idea, no matter how strange or new, that comes to mind. After we are done coming up with ideas, the group will vote on the top ten ideas they like most. Are there any questions? (Briefly, answer any questions and continue.) (Facilitate this exercise by taking notes on your flipchart of brainstorming ideas **Stop** this part of the session after about 15 minutes).

Now, let's stop and look at what you came up with as creative ideas for having HOT safe sex. (Review the list and allow about 15 minutes for this part of the session.) Let's see which five ideas most guys feel are their top preference for eroticizing safe sex. As I go down the list, please raise your hand if you feel this is a HOT safe sex act to you. (**Then tally the votes and offer any of your comments on this activity. Stop this activity and immediately view the the 10-minute Black safe sex video.**)

Now, to end the first half of this evening's session, I would like to show you a 10minute Black Safe Sex Video before we take a refreshment break. Are there any questions before we see the video ? (Answer any questions and then show the Black Safe Sex Video and take the refreshment break.)

II. Refreshment Break - 10 min.

III. Positive Actions in having Safer Sex - 1 hr.

Now we will talk about how to use condoms. (rubbers) during HOT safe sex because no matter how HOT you can make safe sex, it is useless if you do not know how to correctly use a condom. To begin this part of the session, first, we will practice how to use a rubber by playing the "Condom Game". Ok, now let's see how well we know how to use a condom. I will give each person a dildo and a rubber. After we have a practice session, we will have a condom race to see who can put the condom on correctly in the least amount of time. I know you won't be racing to put it on before sex, but the better you can do it before sex the easier and quicker you will be able to do it in the heat of passion. Let's have our practice round first. (Handout dildoes and condoms). Does everyone have a condom and dildo?(Demonstrate use of condom with group following alone. As participants model your actions, have them to put the dildo between their

legs in order to be able to put condom on efficiently. Allow about 5 minutes for this practice session, then begin the Condom Game).

Now, that's enough practice, let's begin the condom game. Are there any questions before the game? (**Answer any questions and begin the "Condom Game . Then have the teams begin the game.**) Let's begin the game. (Allow about 15 minutes for the game, carefully watch participants to be sure they are using the condom correctly and after the game immediately begin the group discussion on condom preparedness.

Next, let's talk about ways we can always be ready to have safe sex if the opportunity for sex happens. What are ways we can have condoms available whenever we need them. (Help participants suggest ways to be prepared to have safe sex, especially when they leave home- "motto- condoms, don't leave how without them". Then stop this exercise after approximately 45 minutes and have the workshop members' do their check-out with their buddy).

IV. Buddy System Check-Out - 15 minutes

Before, we end our workshop for tonight, I would like you to close the workshop with a check-out with your buddy. So could you please meet with your buddy and raise anything that you would like that may have come up for you in tonight's session. Also, don't forget to feel free to contact your buddy during the week before our last workshop next week. Our last workshop will be on how what to do and how to do it when you're in a sexual encounter. I think you will find it VERY helpful and hopefully quite enjoyable. **Have each person write their ID# or birthday down and hand them over to you before leaving each session. This is a form of attendance keeping and must be given to or called into Lee at the project office after each session. (Allow buddies to check-out with each other and be prepared to address any issues with workshop members as they leave.)**

Facilitator's Script: 3 Session Intervention

Session 3

Good evening, Guys, and welcome back to the last meeting of the AfricanAmerican Men's Health Project Safe Sex Workshop. I hope everyone had a chance to check with their buddy since the last workshop session. If not, I hope everyone is doing ok and if not that you have seen me about any problems you are having from things brought up in the workshop, especially last week. Before we begin, is there anything anyone would like to say? (Allow no more than four or five minutes to cover any pressing issues and explain you must begin this evening's workshop if the group is to have enough time to finish tonight's activities. Offer to meet with anyone during the break who has something he needs to discuss in more detail). Now, let's begin the workshop. Remember to pair off with your buddy to participate in all the sessions even if some of the sessions include other participants than just you and your buddy.

I. Negotiating Safe Sex - 1 hour

Our first activity tonight will focus on problems in negotiating safe sex with your sexual partners. Even if we know how and want to practice safe sex, it's a two-way street and our sex partner must be willing to as well. This means that if he doesn't want to and you do, then you have to negotiate, that is work out, the differences between yourselves if you are to have sex. The first part of this session is to help you overcome your partner's unwillingness to use condoms. We will help you be able to know what the hurdles are to using condoms and how get over those hurdles with your partner. Also we will give you tips on ways to reward yourself for overcoming those hurdles.

I will read you two sexual encounters and I would like each person in the workshop to tell me what the hurdles are to having safe sex in this sexual situation. Then we will try to find ways to overcome these hurdles in that situation. Are there any questions before we begin? **(Answer any questions and begin then read the first sexual scenario).**

Here's sexual encounter 1: You go into a bar one night to drink and begin to feel lonely. While you are there you see this hot guy who cruises you and you are attracted to him. You decide before the night is over that you want to have sex with him. You go up to him and start talking to him. After several drinks together, he asks you to go with him and you two go off and have unsafe sex. What are the hurdles in this situation to having safe sex? **(Allow about 15 minutes for discussion of the hurdles).** Now, what are the ways to overcome these hurdles? (Allow about 15 more minutes for discussion to overcoming the hurdles).

(Facilitate the exercise by using your flipchart to list the hurdles and alternatives for overcoming the hurdles of unsafe sex, such as the following:

HURDLES OVERCOMING HURDLES

Going to bar Go to cruising places other than bars

Going to bar alone Go to bar with a friend

Drinking too much Drink less

Seeking sex in bar When drinking too much, decline sex

Feeling lonely Find other ways to meet people

(After 30 minutes, discuss the second sexual encounter scenario using the same procedure).
Let's see how you guys feel about the hurdles and overcoming them in a different situation.

Here's sexual encounter 2: Your sexual partner and you have been together for a few months and you have been practicing safe sex. But one night when you started to have sex you were out of rubbers. Your partner said it was alright to go ahead anyway and have anal sex because one time won't hurt. Since you liked each other so much you went ahead and had sex without a condom. What are the hurdles in this sexual encounter ? (Allow 15 minutes for discussion of the hurdles to safe sex). Now, what are the ways to overcome these hurdles ? (Allow another 15 minutes to discuss the ways to remove the hurdles).

(Facilitate the exercise by using your flipchart to list the hurdles and alternatives for overcoming the hurdles of unsafe sex, such as the following):

HURDLES

Failing to talk about precautions
in advance with partner

Being less careful because of
close relationship to the partner

Running out of condoms

Believing that safety may not
always be needed if you know
your sexual partner well

OVERCOMING HURDLES

Talk about importance of safety with even
a steady partner and how to deal with conflict

Remembering the AIDS virus is not
impressed by the closeness of people's
relationships

Being prepared to have sex at any time

Partners have to be tested to know if they are
HIV- and even then they may not know what
the other has done with other sex partners

(Following this exercise, the group should take a 15 minute break).

Well, we need to end this part of the session; I hope you feel it has been helpful in addressing the issues it raised. During our break, please get some more refreshments. Remember, during the break I will be happy to meet with anyone who has something he would like to briefly talk about from a past session.

II. Break - 15 minutes

III. Safe Sex Scenarios: Practicing to Overcome Hurdles - 1 hour

Since we have talked about the hurdles to condom use and ways to overcome them, it's time to practice what we preach because practice makes perfect. I want you and your buddy to have a change to rehearse what to do and what to say to your sex partner. This exercise will allow you to improve your social skills in having safe sex and to be more assertive with your partner in using condoms. Some of you will be given a role play about having sex to act out before the group. The rest of the group will observe and comment on how the sexual situation was handled in the role play. I want this to be a safe, non-threatening place for you to get helpful feedback and support for using condoms with your sexual partners. Before we begin the role plays, are there any questions ? (lieflv answer any participants' questions and then assign the role plays).

(Following preparation of role plays, reassemble the workshop group and begin the role plays and discussion. Allow up to 50 minutes for this activity in this session of the workshop). Let's begin your role plays. Who would like to go first ? (**Accept any volunteers and if there are none, choose two buddies to go first. After they finish, allow the group to briefly** process that role play activity). What's the group's reaction to how this situation was handled ?

(Facilitate the discussion of the role plays by pointing out any ways to overcome hurdles in that particular role play that the group may have neglected. At the end of this session, immediately continue with the last session on behavioral commitment to safe sex).

IV. Behavioral Commitment to Safe Sex - 30 minutes

Our final exercise in the workshop is on how to maintain safe sex practices or how to keep from "falling off the wagon". Many men have started practicing safe sex only to relapse and begin unsafe sex again later. We want to share strategies and rewards for staying with safe sex once started. One of the best ways to do this is to talk with others about what works and does not work for them. Let's take 30 minutes to do two things. First, I would like you to suggest what you think you can do that will keep you from falling into unsafe sex. If you like anyone's suggestion, give it a try and see if it works for you. Feel free to ask that person any questions if you have one about a suggestion you like. Then, I would like to know what you think you can do to get other brothers to practice safe sex. The more brothers who practice safe sex the harder it will be to find a sex partner who is willing to do something unsafe. So we should talk about what we can do to get other brothers to practice safe sex, especially our friends.

Are there any questions ? (Answer any questions and then begin the roundtable discussion).

(Facilitate this part of session by keeping discussion flowing and reinforcing good suggestions. Stop this exercise after approximately 30 minutes, giving your closing comments and having the workshop members complete their workshop evaluations).

V. Conclusion and Post-Intervention Evaluation - 5 minutes

Well fellows, we must stop. This is the end of the safe sex workshops for the AfricanAmerican Men's Health Project. I hope you feel the workshops have been helpful to you in practicing safe sex. I have enjoyed meeting you and being your facilitator for this important project. I want thank you for taking the time and effort to be in our workshop. It's great to see brothers helping brothers which is what safe sex is all about anyway.

Remember, you will be recontacted for your follow-up interviews and that you will be reimbursed for each interview. These other interviews are VERY, VERY important, so please stay in contact with the project office. Here is a card for your wallet with the Project name and telephone number on it to help you be able to reach us. Please let Lee Middleton at the project office know if you should move or change phone numbers. Thank you again for your participation in the workshop and remember to "play safe". Good night.

Have each person write their ID# or birthday down and hand them over to you before leaving session. This is a form of attendance keeping and must be given to or called into Lee at the project office after the session.

RISK REDUCTION INFORMATION

HIGH-RISK ACTIVITIES

Unprotected insertive and receptive anal intercourse (the single highest -risk behavior)

Unprotected vaginal intercourse

Sharing inserted sex devices

Oral-anal contact

UNCERTAIN-RISK ACTIVITIES

Anal or Vaginal Intercourse protected by condom

Oral-genital contact with a condom

LOW-RISK ACTIVITIES

Masturbation activities if no sexual fluid contact with skin cuts or abrasions

Body rubbing (frottage) if no sexual fluid contact with skin cuts or abrasions

Oral-genital contact: without contact with penis head with the use of a condom

Massage

Cuddling

Kissing