

## **My Sister Barbara**

I've always listened to my older sister, Barbara. She and I can talk about anything. Barbara is four years older than I am and because she's seen and done so much I know I can trust her when she gives me advice.

One day we were talking about the men in our lives and Barbara said something that shocked me. She said that she always made the men in her life use condoms. I couldn't believe it, but then she said, "It's true. Not only do condoms make sex safe, they can also make it fun. There are some things you can do with condoms that can really please your man."

I knew that condoms make sex safe. Everybody does: but pleasant? I asked her about it and she said, "Sure, you just have to stop looking at condoms as a problem when you're having sex. You need to make them part of your lovemaking." Then using a banana she showed me how to roll a condom on and a few other tricks.

I love my sister Barbara and I know that she wants the best for me. That's why I took her advice and started using condoms, not only because they're safe, but because they can also be fun.

- 1. Characterization:** A 21 year-old African American woman.
- 2. Membership:** Heterosexual female.
- 3. Risk behavior:** She does not use condoms with main partner.
- 4. Goal:** Increase condom use.
- 5. Stage of Change:** Ready for action.
- 6. Influencing factor:** She fears that she may contract HIV. (Pro's & Con's)
- 7. Barrier to Overcome:** She does not like to use condoms.  
  
**Strategy:** She speaks with her sister and learns how to use condoms more efficiently.
- 8. Positive Outcome:** She started using condoms.
- 9. Source:** The Lower East Side Health Project Role Model Stories Library; February 1993 – Vol. 2, No 9 (A); Susan Tross, Ph.D., Principal Investigator.