

THE FUTURE IS OURS

Training of Facilitators (TOF) Day 2

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Day 1 Review

- FIO package contents
- Overview of FIO
- Behavioral Theories
- “Thanks” Chips
- Feeling Thermometer
- Core Elements
- Key Characteristics
- How activities are related to Core Elements
- Session One

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Session 2 Objectives

After completing this session, participants will be able to:

Describe characteristics of men (from past relationships) who did not care about their needs.

Explain a way to avoid becoming involved in a relationship that could lead to unsafe sex.

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Session 2 Objectives *(Cont.)*

After completing this session, participants will be able to:

Explain the importance of being aware of their sexual rights in their relationships.

Describe a common gender stereotype and explain how it can create barriers to a woman taking steps to protect herself from becoming infected.

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Session 3 Objectives

After completing this session, participants will be able to:

- Name an effective method of preventing pregnancy that is not effective at preventing HIV and other STDs
- Name an effective approach to preventing HIV and STDs as well as pregnancy
- Demonstrate and describe how to put on a male condom correctly

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Session 3 Objectives (cont.)

After completing this session, participants will be able to:

- Demonstrate and describe how to insert a female condom correctly
- Describe how to use male and female condoms during sex
- Give an example of how to make using condoms fun and sexy

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Modified AIDS Risk Reduction Model

Identifies different stages to reducing one's HIV/STD risk:

- Labeling oneself as “at risk”—the recognition that one's high risk behaviors are a problem
- Prioritize safer sex
- Intention—making a commitment to change risky behaviors
- Enactment— seeking and implementing solutions
- Maintenance of safer behaviors