



APPENDIX M
HIV Risk Continuum Banner and Cards

How to Create the HIV Risk Continuum Banner and Cards

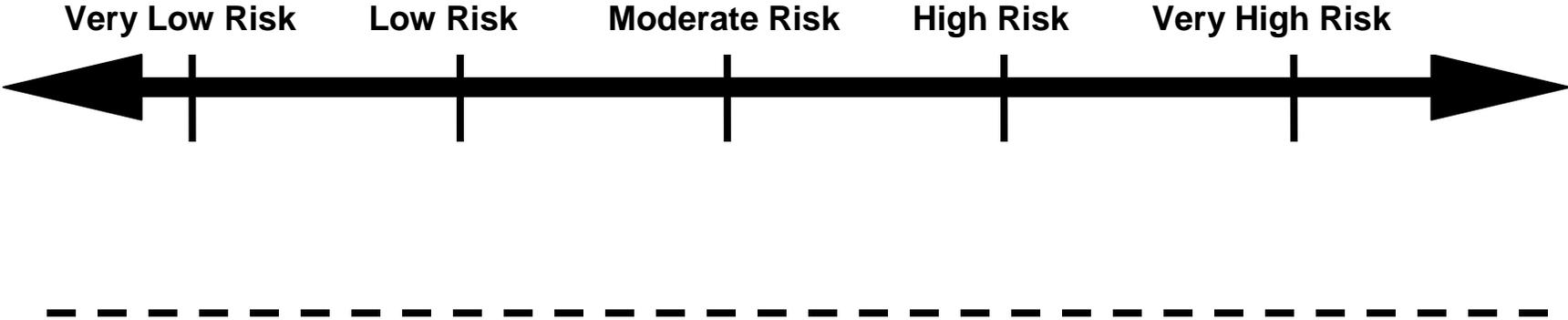
This appendix contains samples of the HIV Risk Continuum Banner and Cards for the activity in Session One. At the end of the appendix is a list of the cards and a key for the risk levels of the various behaviors. These materials can be produced in a variety of ways, depending on your preference and resources. They also can be adapted to be more appropriate for your target population. See the last paragraph on this page and **Appendix F** for more information on adaptation.

Prepare the Risk Continuum Banner using the graphic on the next page. Recommended enlargement size is between 400 and 500 percent. If you do not have a printer at your office capable of creating banners, you can take or send the file to any commercial printing company and ask them to enlarge the image to show the portion of the page above the dotted line. It also is recommended to laminate the banner, so it can be reused. If desired, to make the banner easier to hang on a wall, you can have grommets added in the corners and along the top and bottom edges of the banner.

Sample Risk Continuum Banner Cards are found beginning on the page after the banner. Prepare the cards for use with the Risk Continuum Banner by copying the cards, printing the cards on heavy paper or card stock, and cutting them out. For durability, you may want to laminate them. If so, run each sheet individually through a lamination machine. Trim cards so the space around them is fairly even (approximately ½ inch). If you do not have access to a lamination machine, most commercial printing companies can do this for you. You can attach your adhesive of choice to the back of each card in advance or let participants do that during the Risk Continuum Banner activity.

If you wish to customize or add to the cards in this appendix, you can change the text electronically or add new text to the blank cards provided. Using the electronic version of these cards, a computer, and almost any word processing program, simply insert the cursor inside the card, and highlight any text there. Hit the delete button. Add any desired text. Adjust font size or style, if needed or desired; graphics can also be added. If you prefer, you can also make copies of the blank cards, and write the terms appropriate for your population on them. You can also include blank cards in the activity and allow participants to write their own terms for sexual behaviors on the cards. When customizing the cards to be used, remember that the point of the exercise is to show visually that only a few behaviors are very high risk, while many more are very low risk.

Risk Continuum Banner



Anal Sex
Without
Condom

Anal Sex With
Condom

Vaginal Sex
Without
Condom

Vaginal Sex
with Condom

Getting Oral
Sex Without
Condom

Getting Oral
Sex With
Condom

Giving Oral
Sex Without
Barrier

Giving Oral
Sex With
Barrier

Frottage
With Clothes
On

Fingering

Kissing

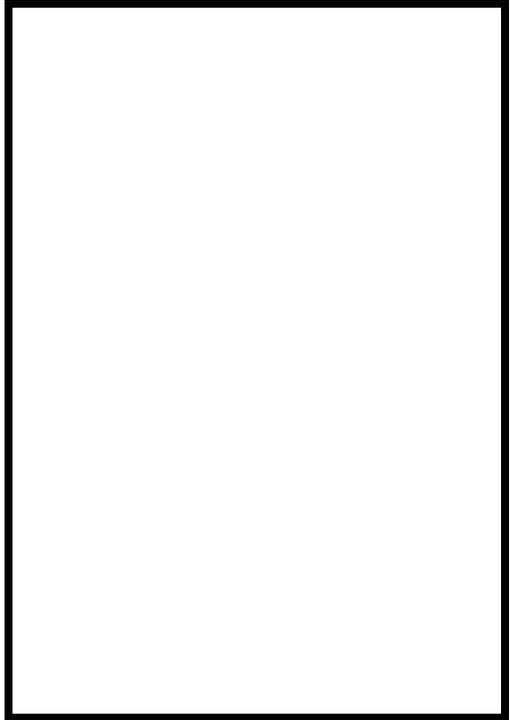
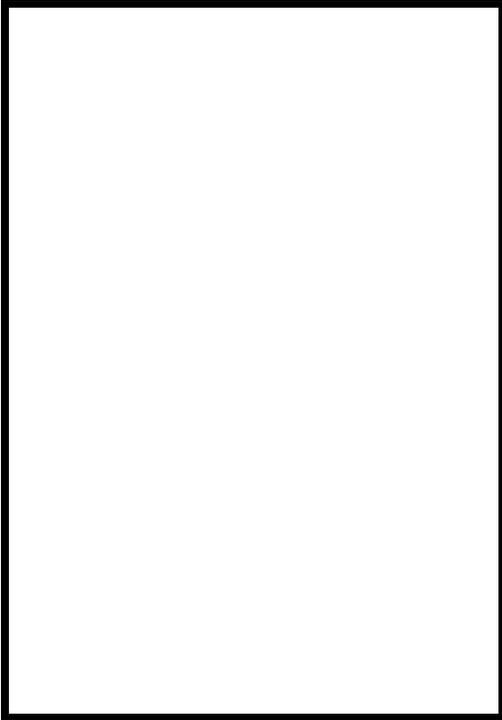
Hugging

Back Rubs

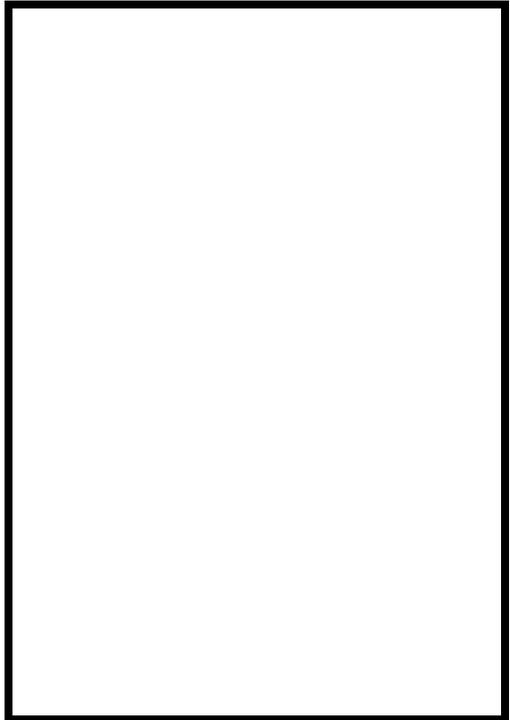
Abstinence

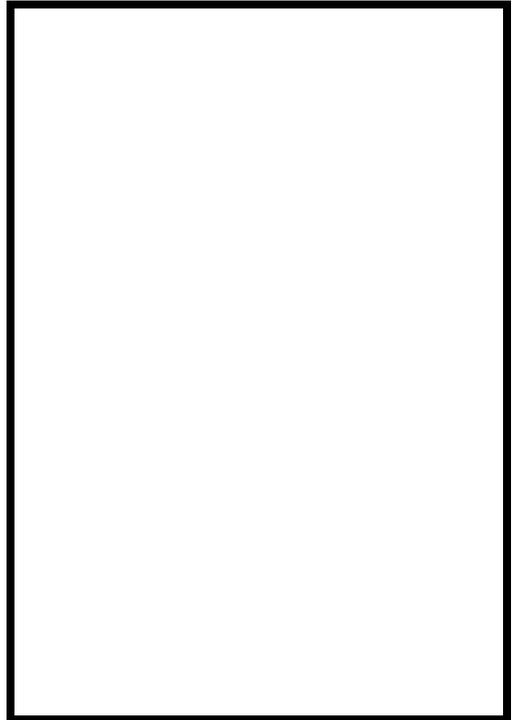
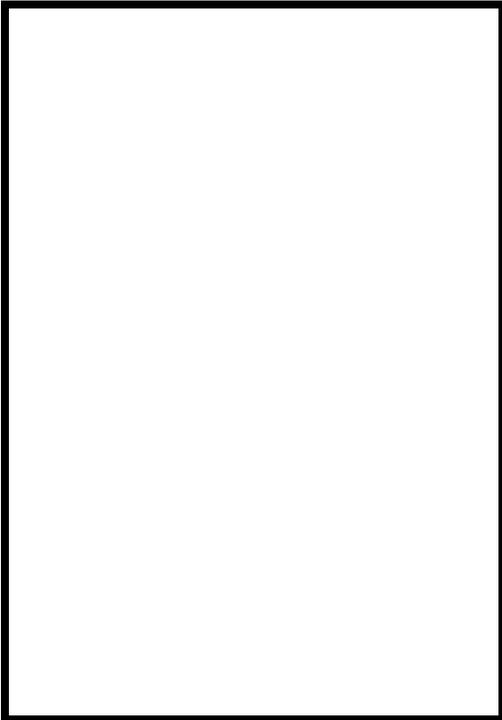
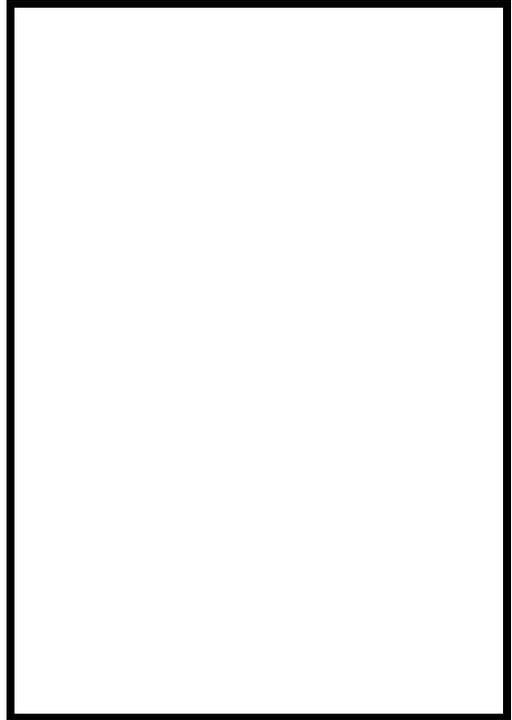
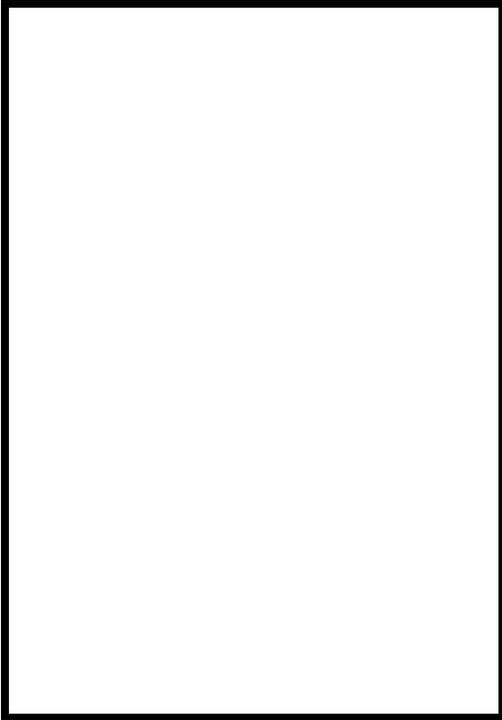
Fantasizing

Self
Masturbation



**Showering
With Partner**





Sexual Behaviors Risk Continuum Cards

1. Anal sex without condom
2. Anal sex with condom
3. Vaginal sex without condom
4. Vaginal sex with condom
5. Getting oral sex without condom
6. Getting oral sex with condom
7. Giving oral sex without barrier*
8. Giving oral sex with barrier*
9. Frottage with clothes on
10. Fingering
11. Kissing
12. Hugging
13. Fantasizing
14. Back rubs
15. Self masturbation
16. Abstinence
17. Showering with partner
18. Blank
19. Blank
20. Blank
21. Blank
22. Blank
23. Blank
24. Blank

* Barrier can include condoms or other latex barriers.

Key of Risk Levels for Sexual Behaviors on HIV Risk Continuum Cards*:

Very High Risk:

- Anal sex without condom
- Vaginal sex without condom

Between Moderate and Low Risk:

- Getting oral sex without condom
- Giving oral sex without barrier
- Anal sex with condom
- Vaginal sex with condom

Low Risk:

- Getting oral sex with condom
- Giving oral sex with barrier

Very Low Risk:

- Abstinence**
- Back rubs
- Fantasizing
- Fingering
- Frottage with clothes on
- Hugging
- Kissing
- Showering with partner
- Self masturbation

* This key is based on statistical information. Always adapt this key to the latest available information on what behaviors are most risky.

** Abstinence should be placed as the lowest risk of all behaviors.