



APPENDIX R  
Personal Safer Sex Plan Worksheet

## Personal Safer Sex Plan Worksheet

The form in this appendix can be used to help your participants create a personal safer sex plan during the segment at the end of Session Two on personal risk-reduction planning. Pass this form out to give participants a place to record their ideas after the group discussion. If you prefer, you could pass the plans out earlier.

The point of the activity is to make sure participants think about moving from thinking about safer sex to taking action. Facilitators should encourage participants to create a personalized action plan. Later, the group members can revise or expand their plan, either by themselves or with their prevention case manager, if they have one. This plan should be based on the behaviors they now want to maintain or change, and it should list specific safer sex strategies, such as always carrying condoms.

This form can be customized to better fit your clients. The questions mostly match what is asked in the steps listed for this activity, but you could add to the ones listed or change the wording. If your agency has a tool already developed for prevention planning, that form can be used instead. See **Appendix F** for more general information on adaptation.

## My Personal Safer Sex Plan

1. What are your personal triggers in risky sexual situations?

---

---

---

---

2. What could you do to make the situations less risky for you and your partner?

---

---

---

---

3. When would you talk to your partner about safer sex?

Before sex     When it (sex) is hot and sweaty     After it is over

4. What do you plan to do in advance of the next time you expect to have sex?

---

---

---

---

5. How can you make sure you have condoms when you want them?

---

---

---

---

6. What are some of the strategies you have for succeeding at practicing safer sex?

---

---

---

---

7. What other options do you have to reduce your chance of infection?

---

---

---

---

8. What else could you do to support safer sex in your community?

---

---

---