



Training of Facilitators

Training Manual Module III Handouts

**Handout 3-1:
Nia Facilitators' Session One Consistency Outline**

Session One date: _____ Name(s) of facilitator(s) filling out form: _____

Method	Comments/Notes
Before Session:	
Set up for session (including Risk Continuum Banner, video equipment, chairs, etc.).	
Welcome participants.	
During Session:	
 Introduce facilitators, agency, and purpose of Nia groups.	
 Set up group rules.	
 Conduct introductory activity.	
  Conduct Myths and Facts activity.	
  Set-up, show, and guide discussion of Video #1.	
   Distribute and guide discussion of PFR-1 on HIV/AIDS knowledge.	
Take break.	
  Set-up, show, and guide discussion of Video #2.	
    Conduct Risk Continuum Banner activity (sex behaviors), and guide related discussion.	

**Nia Facilitators’
Session One Consistency Outline (page two)**

Method	Comments/Notes
  Distribute and guide discussion of PFR-2 on sex behaviors.	
   Guide discussion on identifying risky situations.	
   Introduce trigger-identification skill, and conduct activity to create sexual risk scenario and identify triggers.	
  Introduce risk reduction decision-making skill and relate to previous activity.	
  Set up and show Video #3.	
End of Session:	
     Recap session concepts, and provide “take-home message.”	
 Thank participants for coming.	
 Remind participants about handouts.	
 Remind participants of next meeting.	
After Session:	
Fill out Session Evaluation form.	
Attend debriefing.	

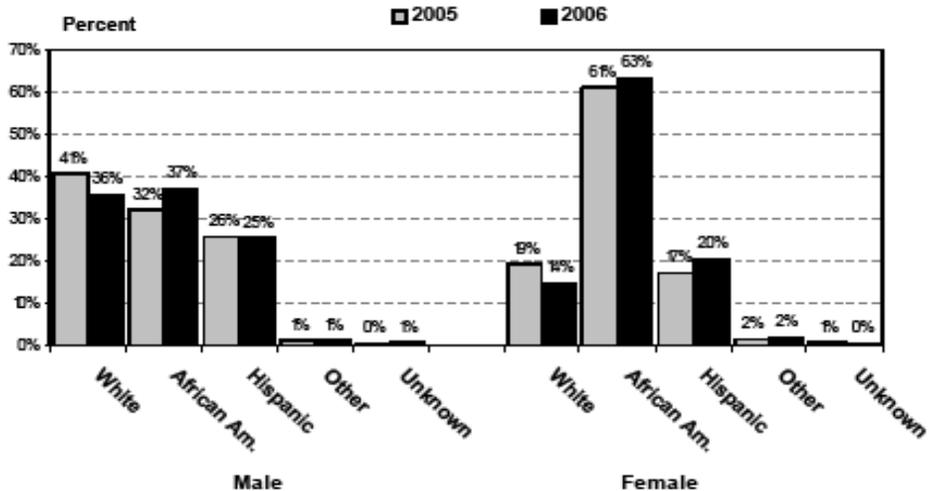
**Handout 3-2:
Samples of HIV/STD Statistical Sheets**

Texas HIV Statistics 2006

HIV Cases by Race/Ethnicity, Diagnosis Category and Sex, 2005 and 2006									
Adult/Adolescent Race/Ethnicity	Cumulative Cases*			2005			2006		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
White	7,711	1,356	9,067	1,210	157	1,367	901	114	1,015
African American	6,451	3,863	10,314	957	488	1,445	941	496	1,437
Hispanic	4,361	1,076	5,437	763	133	896	643	159	802
Asian	159	50	209	32	12	44	24	11	35
American Indian	27	13	40	2	1	3	2	3	5
Other/Unknown	43	23	66	9	6	15	17	3	20
Adult Total	18,752	6,381	25,133	2,973	797	3,770	2,528	786	3,314
Pediatric Race/Ethnicity									
White	53	29	82	5	1	6	-	1	1
African American	124	115	239	8	9	17	-	5	5
Hispanic	46	44	90	5	5	10	-	2	2
Asian	2	1	3	1	-	1	-	-	-
American Indian	1	-	1	-	-	-	-	-	-
Other/Unknown	1	1	2	-	-	-	1	-	1
Pediatric Total	227	190	417	19	15	34	1	8	9
Statewide Total	18,979	6,571	25,550	2,992	812	3,804	2,529	794	3,323

* Cumulative HIV data includes pediatric HIV infections reported since 1994 and adult/adolescent HIV infections reported since 1999 that have not progressed to AIDS.

**Adult/Adolescent HIV Case Percentages by
Race/Ethnicity and Sex, 2005-2006**



HIV/AIDS and BLACKS

Silence Is Death

United States (2005)

In 2005, blacks accounted for 48.2% of 45,669 AIDS cases reported in 2005, more than any other racial/ethnic group, and 34% of cumulative cases through 2005.

In 2005, almost two-thirds (64%) of all women reported with AIDS were black.

The reported AIDS case rate among black males was 103.6 per 100,000 populations, a substantial increase from a rate of 79.8 per 100,000 populations in 2000 and more than 8 times greater than the rate for white males.

Percentage of HIV (not AIDS) Cases, Black Adolescents and Adults by Mode of Exposure and Sex, 38 Areas with Confidential Name-Based HIV Infection Reporting, 2005				
	Males		Females	
	US % in 2005	FL % in 2006	US % in 2005	FL % in 2006
MSM	40	35	---	---
IDU	9	6	8	6
MSM/IDU	3	3	---	---
Heterosexual	11	25	38	56
Other/NIR	37	32	53	38

Of the estimated 3,764 persons under the age of 13 living with AIDS at the end of 2005, 66% were black.

58 children were newly diagnosed with AIDS in 2005, of which 39 were black.

By the end of 2005, an estimated 211,559 blacks died from AIDS. 82% of blacks will survive more than 36 months after diagnosis with AIDS, which is lower than any other race.

Florida (2006)

Blacks comprise 14%* of Florida's adult (13+) population, but nearly half (48%) of the 104,036 AIDS cases and 52% of the 36,787 HIV cases reported through December 2006.

In 2006, blacks accounted for 45% of AIDS cases in men and 69% in women.

In 2006, blacks accounted for 40% of HIV cases in men and 66% in women.

81,972 adults in Florida are currently living with HIV/AIDS, 41,086 (50%) are black, 57% male and 43% females.

In 2006, 1,525 black men were reported with AIDS in Florida.

Black women comprised 1,058 of the 1,559 reported AIDS cases among women in 2006 and 1,049 of the 1,581 women who were reported with HIV.

In 2006, the AIDS case rate among black women was 17 times higher than that among white women. The Hispanic to white rate ratio for females was 2.8:1 and the AIDS case rate among black males was 6 times higher than that for white males in Florida.

Of the 1,912 pediatric HIV/AIDS cases through 2006, 80% were among blacks. Black children less than 13 years old made up 16% of Florida's population (under age 13) in 2006.

In 2006, Black men who have sex with men accounted for almost 36% of reported HIV cases in 2006 and heterosexual men accounted for 25% of AIDS cases in Florida.

In 2006, heterosexual contact was the mode of transmission for 56% of black women in Florida with HIV.

HIV/AIDS cases have been significantly decreasing among blacks from 1999 through September 2006, although the rates are still many times higher than those among whites or Hispanics.

Silence is Death
Silence is Death

Break the silence by:

- Raising awareness about HIV/AIDS among blacks;
- Encourage individuals to be tested for HIV/AIDS;
- Increase youth involvement in HIV community planning, decision making and HIV prevention programming;
- Reduce barriers to HIV testing, prevention and care by reducing HIV/AIDS stigma; and
- Disseminate information on the health benefits of condoms and other risk reduction measures.

Source: The Florida Department of Health, Bureau of HIV/AIDS: CDC HIV/AIDS Surveillance Report, 2005 (Vol. 17)
The Florida Department of Health, Bureau of HIV/AIDS, Prevention, Silence Is Death Publication, 2006

**Handout 3-3:
Concepts from Session One**

Concept	I (Information)	M (Motivation)	B (Behavioral Skills)
1. The effect of HIV/AIDS on the participants' community			
2. The participants' role as strong men to protect themselves, their partners, and their community			
3. Correcting misinformation about HIV			
4. PFR-1: HIV knowledge			
5. PFR-2: Sexual behaviors			
6. The continuum of HIV risk (HIV Risk Continuum Banner)			
7. Identifying triggers to unsafe sex in risky situations			
8. Using risk reduction decision-making to manage those triggers			

**Handout 3-4:
Nia Pre-Intervention Assessment Survey**

Please answer the following questions as truthfully as possible; there is no right or wrong answer. Please take your time, and read each section carefully. Some sections require you to provide numbers. Others require you to circle the appropriate response. All answers will remain confidential to the extent allowed by law.

Participant ID Code: _____

Today's Date: ____/____/____

Age: _____

Birth date: ____/____/____

Ethnicity:

Hispanic/Latino

Not Hispanic or Latino

Race:

Mark your primary race first.

If you identify with more than one, please mark a secondary choice.

	Primary	Secondary
American Indian/Alaskan Native	<input type="checkbox"/>	<input type="checkbox"/>
Asian	<input type="checkbox"/>	<input type="checkbox"/>
African American/Black	<input type="checkbox"/>	<input type="checkbox"/>
White	<input type="checkbox"/>	<input type="checkbox"/>
Native Hawaiian/Pacific Islander	<input type="checkbox"/>	<input type="checkbox"/>

Please answer each question below.

1. Circle the highest grade or year of school that you have **completed**.

6th grade or below

7th-8th grade

9th-11th grade

12th grade

1-2 years college

Associate's degree

3 years college

Bachelor's degree

Graduate school

2. What is your current employment status? (Circle one letter)

a) Working

b) Unemployed

c) Student (either full- or part-time)

d) Other (Please explain _____)

3. Which of the following best describes your status regarding sex at this time?
(Circle one letter)

a) Not having sex

b) Having sex with more than one person

c) Having sex with just one person for less than one (1) year

d) Having sex with just one person for one (1) year or more

4. How many children do you have? (Circle one)

0 1 2 3 4 5 or more

5. Have you ever personally known someone with HIV or AIDS? (Circle one)

Yes No

(If yes) How many people with HIV / AIDS have you known? _____

6. Have you ever been incarcerated (in jail)? (Circle one)

Yes No



Please answer each question by circling either YES or NO.

- | | | | |
|-----|--|------------|-----------|
| 7. | Are AIDS and HIV two names for the same thing? | YES | NO |
| 8. | Does a person who has HIV always have AIDS? | YES | NO |
| 9. | Can a person be infected with HIV and not show signs? | YES | NO |
| 10. | Does a negative HIV test always mean a person does not have HIV? | YES | NO |
| 11. | Does getting tested for HIV help protect a person from getting the virus? | YES | NO |
| 12. | Does a negative test mean a person cannot get HIV? | YES | NO |
| 13. | Can a person with HIV who looks healthy pass the virus to others? | YES | NO |
| 14. | Can a person get HIV through contact with saliva? | YES | NO |
| 15. | Does having sex with more than one partner increase a person's chances of getting HIV? | YES | NO |
| 16. | Can a woman give HIV to a man? | YES | NO |
| 17. | Do people get HIV the same way that they get Gonorrhea and Syphilis (VD)? | YES | NO |
| 18. | Can a person who got HIV from shooting up drugs give the virus to someone by having sex? | YES | NO |
| 19. | Does using shortening and other oils to lubricate latex condoms help them work better? | YES | NO |
| 20. | Does washing drug equipment with warm water kill HIV? | YES | NO |
| 21. | Do most types of birth control also protect against HIV? | YES | NO |
-

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22. Based on your behavior **in the past 2 months**, what do you think is your risk for getting the virus that causes AIDS? (Circle one)

No risk at all Somewhat at risk Good deal at risk Extremely at risk

Please answer these statements by circling either YES OR NO.

- | | | | |
|-----|--|------------|-----------|
| 23. | I worry about getting HIV. | YES | NO |
| 24. | I think that HIV is a serious problem in my community. | YES | NO |
| 25. | I have thought about how to protect myself from HIV. | YES | NO |
-



The statements below describe feelings or thoughts you may have about condoms. For each question, please circle an answer to indicate whether you agree or disagree with the statement.

- | | | | |
|-----|---|-----------------|--------------|
| 26. | The use of condoms can make sex more exciting. | Disagree | Agree |
| 27. | Condoms are uncomfortable. | Disagree | Agree |
| 28. | I find it embarrassing to be seen buying condoms. | Disagree | Agree |
| 29. | Using condoms can be pleasurable. | Disagree | Agree |
| 30. | Using condoms can show concern and caring. | Disagree | Agree |
| 31. | Condoms ruin the “mood.” | Disagree | Agree |
| 32. | Condoms mess up foreplay. | Disagree | Agree |
| 33. | I feel comfortable when I buy condoms. | Disagree | Agree |
| 34. | Condoms don’t always work. | Disagree | Agree |
| 35. | Condoms are an effective method of preventing sexual diseases. | Disagree | Agree |
| 36. | I feel good about sex with a condom. | Disagree | Agree |
| 37. | Most women would break up with me if I said we had to use a condom. | Disagree | Agree |
| 38. | My friends would approve of me using a condom. | Disagree | Agree |

Now, vividly imagine a situation with a person where they want to have sex with you without a condom. Imagine that you are very attracted to this person and want to be with them, and they really want to have sex with you. Please circle the number beside each statement below that best describes how confident you are that you can do each.

		Definitely Not Confident 1	Somewhat Confident 2	Definitely Confident 3
39.	I will keep condoms nearby.	1	2	3
40.	I will remind myself to use a condom during sex.	1	2	3
41.	I will bring up the need to use a condom.	1	2	3
42.	I will use a condom.	1	2	3
43.	I will tell myself that sex with a condom is as good as sex without a condom.	1	2	3
44.	I will not drink or use drugs before sex.	1	2	3
45.	I will refuse to have sex without a condom, even if my partner pressures me to have unsafe sex.	1	2	3
46.	I will decide ahead of time what I will and will not agree to do.	1	2	3
47.	I will actively guide our actions to safe sex.	1	2	3



Now please think carefully about risky situations like the one on the previous page. Please circle the number beside each statement below that best describes how certain you are that you can do each.

		Definitely Not Certain	Somewhat Certain	Definitely Certain
48.	I can know when a situation is risky.	1	2	3
49.	I can avoid being in a risky situation.	1	2	3
50.	I can use a condom.	1	2	3
51.	I can talk to my partner about using condoms.	1	2	3

Please circle your answer to the following questions.

52. When you have sex, how often do you have a condom with you?

1 2 3 4 5
Every time Almost Every Time Sometimes Almost Never Never

53. When you have sex, how often do you use a condom?

1 2 3 4 5
Every Time Almost Every Time Sometimes Almost Never Never

54. How likely do you think it is that from now on you will use a condom every time you have sex?

1 2 3 4
Very Likely Likely Unlikely Very Unlikely



Please circle your answer to the following.

- | | | | |
|-----|---|-----|----|
| 55. | Have you ever shared needles to inject (shoot-up) drugs? | YES | NO |
| 56. | Have you had a sex partner who you think used needles to shoot-up drugs? | YES | NO |
| 57. | Have you given someone money, drugs, or other things to get sex? | YES | NO |
| 58. | Have you ever had sex with another man? | YES | NO |
| 59. | Have you been treated for a sexual disease (VD, STD) such as Syphilis, Gonorrhea, Herpes, or Chlamydia? | YES | NO |

If YES, how many times? _____



Now please think carefully about the past **2 months** and fill in the spaces with the **number** of times you have had these types of sex or **number** of partners you have had. If you do not remember the actual **number**, please estimate this to the best of your ability.

In the past 2 months, I have...

60. Had Vaginal sex **without** latex condoms (rubbers) _____ (**number of times**) in the past 2 months.
61. Had Vaginal sex **with** use of latex condoms (rubbers) _____ (**number of times**) in the past 2 months.
62. Had Anal (in the butt) sex **without** latex condoms (rubbers) _____ (**number of times**) in the past 2 months.
63. Had Anal (in the butt) sex **with** use of latex condoms (rubbers) _____ (**number of times**) in the past 2 months.
64. Gotten Oral sex (your partner performed oral sex on you) **without** a condom _____ (**number of times**) in the past 2 months.
65. Given Oral sex (you performed oral sex on your partner) **without** a condom or latex barrier _____ (**number of times**) in the past 2 months.
66. Gotten Oral sex (your partner performed oral sex on you) **with** a condom _____ (**number of times**) in the past 2 months.
67. Given Oral sex (you performed oral sex on your partner) **with** a condom or latex barrier _____ (**number of times**) in the past 2 months.
68. Drunk alcohol (beer, wine, etc.) before having sex _____ (**number of times**) in the past 2 months.
69. Used other drugs (marijuana, cocaine, or others) _____ (**number of times**) before having sex in the past 2 months.
70. Had sex with _____ (**number of women**) in past 2 months.
71. Had sex with _____ (**number of men**) in past 2 months.
72. Talked with my partner about using condoms _____ (**number of times**) in the past 2 months.
73. Refused to have sex because I did not have a condom _____ (**number of times**) in the past 2 months.

74. Planned ahead of time to practice safer sex _____ (**number of times**) in the past 2 months.

In the past 2 months, I have ...

75. Drunk less or used drugs less before having sex to be safe _____ (**number of times**) in the past 2 months.
76. Talked with a sex partner about getting tested for HIV _____ (**number of times**) in the past 2 months.

**THANK YOU FOR YOUR TIME. PLEASE RETURN THIS
QUESTIONNAIRE TO THE FACILITATOR.**

**Handout 3-5:
Personal Feedback Report-1 (PFR-1)**

You answered questions about your knowledge of HIV and STDs. Below is a summary of some of your responses.

	Your Answer	Right Answer
1. Are AIDS and HIV two names for the same thing?	_____	<u>NO</u>
2. Does a person who has HIV always have AIDS?	_____	<u>NO</u>
3. Can a person be infected with HIV and not show signs?	_____	<u>YES</u>
4. Does a negative HIV test always mean a person does not have HIV?	_____	<u>NO</u>
5. Does getting tested for HIV help protect a person from getting the virus?	_____	<u>NO</u>
6. Does a negative test mean a person cannot get HIV?	_____	<u>NO</u>
7. Can a person with HIV who looks healthy pass the virus to others?	_____	<u>YES</u>
8. Can a person get HIV through contact with saliva?	_____	<u>NO</u>
9. Does having sex with more than one partner increase a person's chance of getting HIV?	_____	<u>YES</u>
10. Can a woman give HIV to a man?	_____	<u>YES</u>
11. Do people get HIV the same way that they get Gonorrhea and Syphilis (VD)?	_____	<u>YES</u>
12. Can a person who got HIV from shooting up drugs give the virus to someone by having sex?	_____	<u>YES</u>
13. Does using shortening and other oils to lubricate latex condoms help them work better?	_____	<u>NO</u>
14. Does washing drug equipment with warm water kill HIV?	_____	<u>NO</u>
15. Do most types of birth control also protect against HIV?	_____	<u>NO</u>

Key for Creating Personal Feedback Report-1 (PFR-1)

(The numbers in the “Your Answer” column below reference the question numbers from the Pre-Intervention Assessment Survey. Copy the participant’s responses in this column to complete the PFR.)

	Your Answer	Right Answer
1. Are AIDS and HIV two names for the same thing?	___(#7)___	<u>NO</u>
2. Does a person who has HIV always have AIDS?	___(#8)___	<u>NO</u>
3. Can a person be infected with HIV and not show signs?	___(#9)___	<u>YES</u>
4. Does a negative HIV test always mean a person does not have HIV?	___(#10)___	<u>NO</u>
5. Does getting tested for HIV help protect a person from getting the virus?	___(#11)___	<u>NO</u>
6. Does a negative test mean a person cannot get HIV?	___(#12)___	<u>NO</u>
7. Can a person with HIV who looks healthy pass the virus to others?	___(#13)___	<u>YES</u>
8. Can a person get HIV through contact with saliva?	___(#14)___	<u>NO</u>
9. Does having sex with more than one partner increase a person’s chance of getting HIV?	___(#15)___	<u>YES</u>
10. Can a woman give HIV to a man?	___(#16)___	<u>YES</u>
11. Do people get HIV the same way that they get Gonorrhea and Syphilis (VD)?	___(#17)___	<u>YES</u>
14. Can a person who got HIV from shooting up drugs give the virus to someone by having sex?	___(#18)___	<u>YES</u>
15. Does using shortening and other oils to lubricate latex condoms help them work better?	___(#19)___	<u>NO</u>
14. Does washing drug equipment with warm water kill HIV?	___(#20)___	<u>NO</u>
15. Do most types of birth control also protect against HIV?	___(#21)___	<u>NO</u>

Personal Feedback Report-2 (PFR-2)

You answered questions about your feelings and experiences before coming to the counseling session. Below is a summary of some of your responses to the survey you completed.

1. You said that you _____ worry about getting HIV- the virus that causes AIDS.
2. You said that you _____ thought about protecting yourself from HIV.
3. You said that you were _____ confident that you could bring up the need to practice safer sex.
4. You said that you were _____ confident that you could refuse to have unsafe sex even if your partner pressured you to be unsafe.
5. You said that you had _____ partners in the past 2 months.

Below are sexual activities you said you practiced in the past 2 months:

6. Getting oral sex without a condom _____ times.
7. Giving oral sex without a condom/latex barrier _____ times.
8. Vaginal sex without a condom _____ times.
9. Vaginal sex with a condom _____ times.
10. You said that you used condoms _____% of the times you had vaginal sex.
11. Anal sex without a condom _____ times.
12. Anal sex with a condom _____ times.
13. You said that you used condoms during _____ % of the times you had anal sex.
14. In the past 2 months, you drank alcohol _____ times just before sex.
15. In the past 2 months, you used drugs _____ times just before having sex.
16. You have been treated _____ times for a sexually transmitted disease (STD, VD) in the past year.

Key for Creating Personal Feedback Report-2 (PFR-2)

(The numbers before each of the statements below reference the question numbers from the Pre-Intervention Assessment Survey that give the information needed to complete the PFR.)

1. You said that you (#23: do or do not) worry about getting HIV - the virus that causes AIDS.
2. You said that you (#25: have or have not) thought about protecting yourself from HIV.
3. You said that you were (#41: definitely not, somewhat, or definitely) confident that you could bring up the need to use a condom.
4. You said that you were (#45: definitely not, somewhat, or definitely) confident that you could refuse to have unsafe sex even if your partner pressured you to be unsafe.
5. You said that you had (sum of #70 and #71) partners in the past 2 months.

Below are sexual activities you said you practiced in the past 2 months:

6. Getting oral sex without a condom (#64) times.
7. Giving oral sex without a condom/latex barrier (#65) times.
8. Vaginal sex without a condom (#60) times.
9. Vaginal sex with a condom (#61) times.
10. You said that you used condoms ({#61 divided by the sum of #60 and #61} times 100) % of the times you had vaginal sex.
11. Anal sex without a condom (#62) times.
12. Anal sex with a condom (#63) times.
13. You said that you used condoms during ({#63 divided by the sum of #62 and #63} times 100) % of the times you had anal sex.
14. In the past 2 months, you drank alcohol (#68) times just before sex.
15. In the past 2 months, you used drugs (#69) times just before having sex.
16. You have been treated (#59) times for a sexually transmitted disease (STD, VD) in the past year.

Personal Feedback Report-2 (PFR-2) Poster

1. You said that you **(do or do not)** worry about getting HIV - the virus that causes AIDS.
2. You said that you **(have or have not)** thought about protecting yourself from HIV.
3. You said that you were **(definitely not, somewhat, or definitely)** confident that you could bring up the need to use a condom.
4. You said that you were **(definitely not, somewhat, or definitely)** confident that you could refuse to have unsafe sex even if your partner pressured you to be unsafe.
5. You said that you had **(#)** partners in the past 2 months.

Below are sexual activities you said you practiced in the past 2 months:

6. Getting oral sex without a condom **(#)** times.
7. Giving oral sex without a condom/latex barrier **(#)** times.
8. Vaginal sex without a condom **(#)** times.
9. Vaginal sex with a condom **(#)** times.
10. You said that you used condoms **(#)** % of the times you had vaginal sex.
11. Anal sex without a condom **(#)** times.
12. Anal sex with a condom **(#)** times.
13. You said that you used condoms during **(#)** % of the times you had anal sex.
14. In the past 2 months, you drank alcohol **(#)** times just before sex.
15. In the past 2 months, you used drugs **(#)** times just before having sex.
16. You have been treated **(#)** times for a sexually transmitted disease (STD, VD) in the past year.

Personal Feedback Report-3 (PFR-3)

You answered questions about your feelings and thoughts about condoms. Below is a summary of some of your responses.

The use of condoms can make sex more exciting.	Disagree	Agree
Condoms are uncomfortable.	Disagree	Agree
I find it embarrassing to be seen buying condoms.	Disagree	Agree
Using condoms can be pleasurable.	Disagree	Agree
Using condoms can show concern and caring.	Disagree	Agree
Condoms ruin the “mood.”	Disagree	Agree
Condoms mess up foreplay.	Disagree	Agree
I feel comfortable when I buy condoms.	Disagree	Agree
Condoms don’t always work.	Disagree	Agree
Condoms are an effective method of preventing sexual diseases.	Disagree	Agree
I feel good about sex with a condom.	Disagree	Agree
Most women would break up with me if I said we had to use a condom.	Disagree	Agree
My friends would approve of me using a condom.	Disagree	Agree

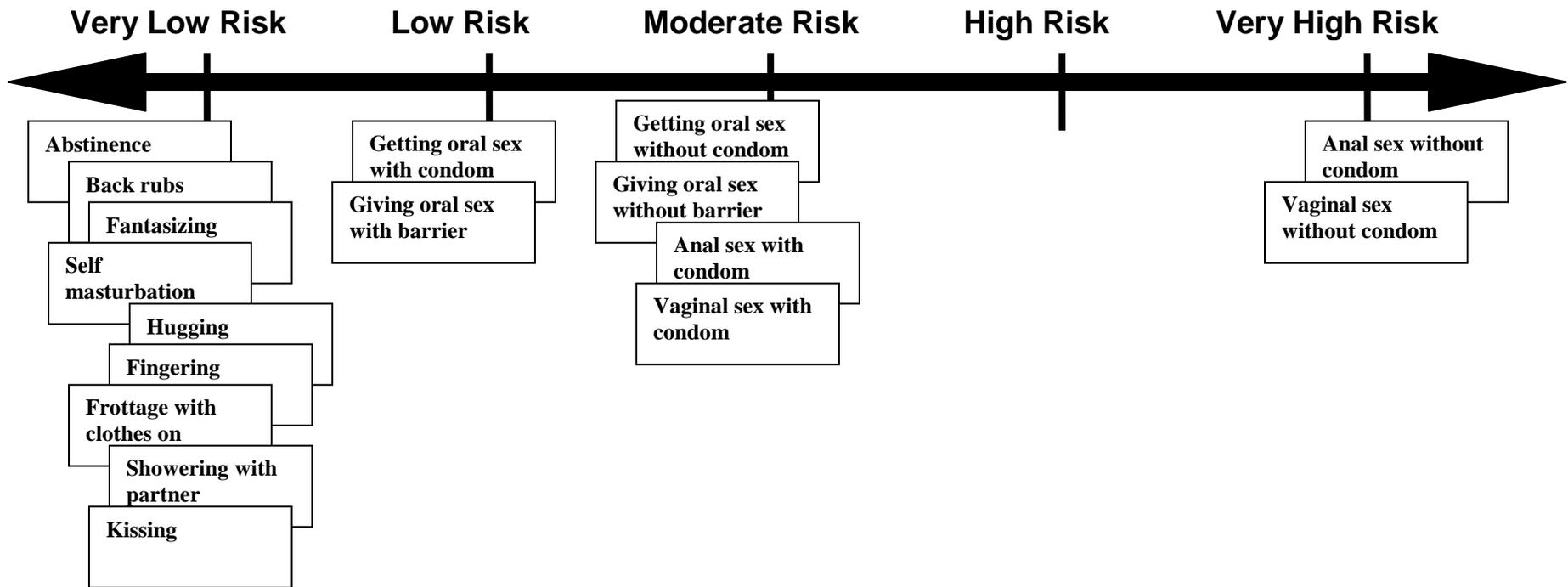
Key for Creating Personal Feedback Report-3 (PFR-3)

(The numbers before each of the statements below reference the question numbers from the Pre-Intervention Assessment Survey that give the information needed to complete the PFR.)

(#26) The use of condoms can make sex more exciting.	Disagree	Agree
(#27) Condoms are uncomfortable.	Disagree	Agree
(#28) I find it embarrassing to be seen buying condoms.	Disagree	Agree
(#29) Using condoms can be pleasurable.	Disagree	Agree
(#30) Using condoms can show concern and caring.	Disagree	Agree
(#31) Condoms ruin the “mood.”	Disagree	Agree
(#32) Condoms mess up foreplay.	Disagree	Agree
(#33) I feel comfortable when I buy condoms.	Disagree	Agree
(#34) Condoms don’t always work.	Disagree	Agree
(#35) Condoms are an effective method of preventing sexual diseases.	Disagree	Agree
(#36) I feel good about sex with a condom.	Disagree	Agree
(#37) Most women would break up with me if I said we had to use a condom.	Disagree	Agree
(#38) My friends would approve of me using a condom.	Disagree	Agree

**Handout 3-6:
Visual of Completed Banner and Answer Key**

Risk Continuum Banner



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.

**Handout 3-7:
Nia Facilitators' Session Two Consistency Outline**

Session Two date: _____ Name(s) of facilitator(s) filling out form: _____

Method	Comments/Notes
Before Session:	
Set up for session (including video equipment, easel and easel paper, chairs, etc.).	
Welcome participants.	
During Session:	
 Welcome participants back; thank them for coming.	
 Note and inquire about missing participants.	
 Review group rules.	
     Conduct review of previous session.	
    Lead discussion of sex behavior options that reduce risks.	
  Conduct "Pros and Cons of Condom Use" activity.	
   Distribute and guide discussion of PFR-3 on condom attitudes.	
  Set-up and show Video #4, and guide brief discussion.	
  Demonstrate proper condom use.	

**Nia Facilitators’
Session Two Consistency Outline (page two)**

Method	Comments/Notes
  Conduct condom practice.	
Take break.	
   Set-up and show Clips #1-6. Relate each to identifying triggers to unsafe sex and practicing safer sex decision-making skills.	
   Lead discussion about personal safer sex planning.	
End of Session:	
     Recap concepts from both sessions, and provide “take-home message.”	
     Give participants opportunity to share what they gained from the sessions.	
 Remind participants about handouts.	
 Thank participants for participating in Nia .	
 Present participants with certificate, award, and/or other tokens of acknowledgement.	
 Ask participants to fill out Participant Satisfaction Survey and Post-Intervention Assessment Survey.	
After Session:	
Fill out Session Evaluation form.	
Attend debriefing.	

**Handout 3-8:
Condom Checklist (for use with male condom)**

- Choose a condom.
- Check expiration date.
- Open packet without damaging the condom.
- Check to see which way the condom rolls.
- Place the condom on the head of the penis, making sure the reservoir tip is sticking out.
- Pinch the reservoir tip to remove all air.
- Roll condom on all the way down to the base of the penis slowly.
- Use a water-based lubricant, if desired, with latex condoms.
- Use the condom from start to finish.
- Hold the condom at base of the penis when pulling out of your partner.
- Remove the condom while the penis is still erect without letting the fluid spill out.
- Dispose of the condom properly afterwards in the trash can.

Informational tips on condoms

When an individual has an allergy to latex, polyurethane condoms provide an alternative for barrier protection. Although not as flexible as latex, polyurethane transmits body heat better. They can also be lubricated with any type lubrication, oil or water-based. It is not clear whether latex or polyurethane condoms are stronger; there are studies suggesting that either is unlikely to break. With both types, however, the likelihood of breakage is very small if they are used correctly. Latex and polyurethane condoms are effective against sexually transmitted diseases, including HIV.

The FC Female Condom® has been available in Europe since 1992 and it was approved in 1993 by the US Food and Drug Administration (FDA). Find more information about the FC at <http://www.femalehealth.com/>. In 1994, the world's first polyurethane condom for men was launched in the United States; it is reportedly less constricting to use than latex condoms. The 1990s also saw the introduction of colored and flavored condoms.

Natural Lambskins- These condoms do not provide a good barrier against HIV. There are pores large enough for the virus to pass through.

See the table on the next page for some different condom brands and their features.

Condom Brand	Type of feature
Prime Snugger Fit	Snug fit
Exotica	Smaller size
Trojan Magnum or Magnum XL	Large or extra large size
Trojan Enz	Large size
Lifestyles XL	Extra long and wide
Durex XXL	Extra large size
Black Ice Caution Wear	Extra long and flared
Beyond Seven	Large size
Bigger ONE	Large size and fancy package
Kimono Micro Thin	Micro-thin
Beyond Seven	Thin
Crown	Thin
Durex Intense Sensation	Studded (inside)
Durex Multiple Pleasure	Ribbed and studded
Pleasure Plus	Ribbed (inside)
Rough Rider	Studded (outside)
Trojan Ribbed	Ribbed (outside)
Beyond Seven Studded	Studded (outside)
Lifestyles Double Play	Ribbed and studded
Durex Avanti	Polyurethane (super thin)
Trojan Supra	Polyurethane (thin)
Trojan Natural Lube	Jelly lubricant
Premium Lube	Silicon lubricant
Ria Non-lube	Non-lubricated
Trustex Flavored	Flavored
Contempo Rough Rider Luscious Flavors	Flavored
Lifestyles Kiss of Mint	Flavored
Trojan Mint Tingle	Flavored
Durex Chocolate Passion	Flavored
Global Protection Night Light	Glow in the Dark
Lifestyles Rainbow Colors	Colors
FC Female Condom®	Female condom, polyurethane

**Handout 3-9:
Nia Session Evaluation Form**

Date of session: _____ **Session #:** _____ **Location:** _____

of participants attending: _____ **# of participants missing:** _____

If participants missed this session, list any information you have on why they were not there.

What went well in the session?

What could have been done better in the session?

List any memorable “quotes” from the session.

The objectives of Sessions One and Two are listed below. Put a check mark by each objective met for the current session. If there were objectives that were not met or problems meeting an objective, please explain.

Session One Objectives:

- Introduce goals and expectations of the program.
- Use videos, appropriate for and appealing to African American men, to present HIV information and to motivate personal risk-reduction among men who have sex with women.
- Correct misperceptions and misinformation regarding HIV by using gender and culturally appropriate videos and interactive exercises.
- Induce and enhance motivation to reduce risks for HIV by having men identify themselves and their behavior with the HIV epidemic.
- Build skills for identifying and managing sexual risk situations.

Session Two Objectives:

- Use videos and movie clips, appropriate for and appealing to African American men, to motivate personal risk-reduction among men who have sex with women and build skills for handling common risk situations.
- Induce and enhance motivation to reduce risks for HIV by having men identify themselves and their behavior with the HIV epidemic.
- Build skills for identifying and managing sexual risk situations.
- Enhance motivation and build behavioral skills for condom use or safer sex.

List any referrals or other items that need follow-up.

How engaged or involved (or not) were the majority of the participants?

Very

Somewhat

Not Very

Not At All

List any triggers or barriers to involvement or participation.

List any suggestions for increasing involvement.

List any signs of attitude change in the participants, particularly related to safer sex.

List any signs of intended behavior change in the participants, particularly related to safer sex.

List any additional information requested by the participants.

**Handout 3-10:
My Personal Safer Sex Plan**

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

2. What could you do to make them 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?

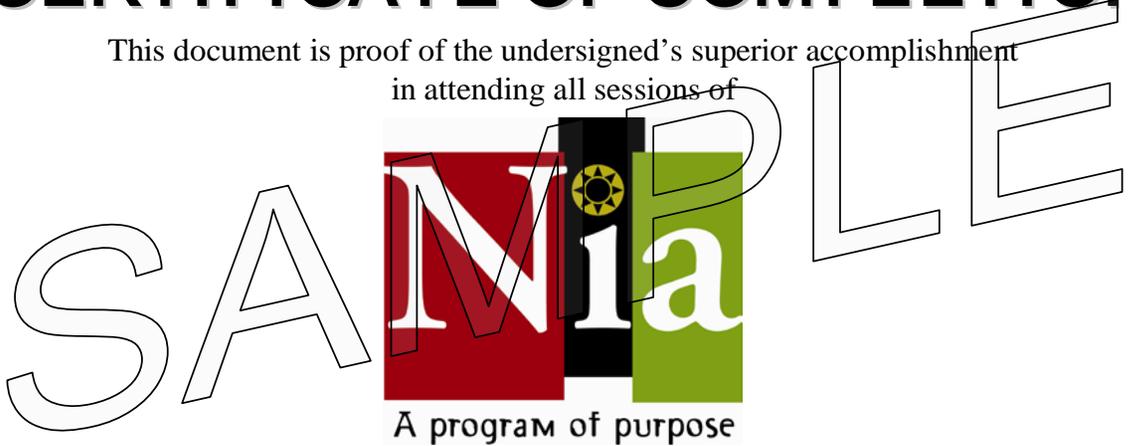
7. What else could you do to support safer sex in your community?

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

**Handout 3-11:
Sample Nia Certificate of Completion**

CERTIFICATE OF COMPLETION

This document is proof of the undersigned's superior accomplishment
in attending all sessions of



A program of purpose

The undersigned has completed 6 hours of intensive group activity offered by the Tejas Southeastern Medical Center at Dallas and is entitled to all rights and privileges related to or resulting from the completion of the aforementioned sessions.

Signature of **Nia** Participant

Date of Completion

Jesse D. Dawson

Jesse D. Dawson-Facilitator

Tracie Belton

Tracie Belton
Project Manager

TEJAS SOUTHEASTERN MEDICAL
CENTER AT DALLAS

**Handout 3-12:
Summary Chart of Nia Movie Clips**

Summary Chart of Original Movie Clips

Clip #: Movie Title	Counter Times	Description	Availability
Clip #1: <i>Boomerang</i>	0:13:21 to 0:14:32	A man and woman are out for the first time. He really wants to have sex with her but doesn't want her to know. He pretends not to be interested in getting physical (intimate) with her. He hopes that his lack of interest will prompt her to initiate sex, so as to show that it was all her idea. He is playing mind games.	Commercial video and film outlets
Clip #2: <i>Dead Air</i>	0:14:23 to 0:15:49	The guy is sitting in a bar having a drink and minding his own business, when in walks a woman. The woman is celebrating her birthday and is looking for someone to help her celebrate.	Commercial video and film outlets

Clip #: Movie Title	Counter Times	Description	Availability
Clip #3: <i>Boomerang</i>	0:48:08 to 0:50:32	This guy has wanted to have sex with this woman for a very long time and is not sure if he will ever get the chance. He really likes her and she seems to like him too, but up until now he has played it cool. The two are at a club, when he realizes this could be his only chance to have sex with her.	Commercial video and film outlets
Clip #4: <i>Boyz N the Hood</i>	1:13:40 to 1:17:18	A couple has been dating for awhile, but they have not had sex yet. After a very rough day, the guy wants to spend some time with his lady. His goal is to relax and unwind from the day, not to have sex with her.	Commercial video and film outlets
Clip #5: <i>Rage in Harlem</i>	0:21:50 to 0:25:39	The woman in this situation needs something from the man (a place to stay), and she is willing to do anything, including having sex with him, to get what she wants.	Commercial video and film outlets

Clip #: Movie Title	Counter Times	Description	Availability
Clip #6: <i>Jason's Lyric</i>	1:15:00 to 1:17:04	<p>This couple has been dating for several weeks. They are having sex and using condoms. Recently, they got HIV tests together and are waiting for their results. They had a major fight this morning. Each left angry, vowing to break up. Late that evening, the girlfriend visits the guy to make up.</p>	Commercial video and film outlets

**Handout 3-13:
Nia Facilitation of Clips Checklist**

✓ Before 1st showing	At end of 1st showing	At pause point	At end of 2nd showing
1. Introduce clip by saying:			
a) "Forget anything you know about the movie."			
b) "This is a 'prelude to sex' scene where a man..."			
c) "Watch the scene, and look for triggers to unsafe sex."			
d) "Focus on how the man handles the risky sexual situation and what could be said or done differently."			
e) "Think about how you would have reacted in a similar situation."			
2. Play clip all the way through.			
	3. Ask questions about ease of practicing safer sex and triggers to unsafe sex.		
	4. Ask for volunteer to pause clip where he thinks things might be done or said differently to lead to safer sex.		
	5. Start clip again.		
		6. Ask "what could he (<i>male character</i>) say/do?" and "what would you say/do?"	
		7. Ask others "does that sound real?" and "what would you say/do?"	
		8. Show rest of clip.	
			9. Facilitate one-liners where the participants show how they would handle the situation.