

Introduction to Session 3

Session 3 of SEPA is called “How to Prevent HIV and Other Sexually Transmitted Diseases.” Key topics include abstinence, fidelity, and condom use.

The agenda for Session 3 is found on the following page. The session lasts about two hours and there is a note in the guide that indicates the halfway point for the session. If participants are actively engaged in discussion, as we hope, it is likely that the session will last close to two and one-half hours. Please ask participants to schedule two and one-half hours for each session.

After the agenda, we list the materials, supplies, and equipment you need for Session 3.

We also provide the core elements and associated activities that apply to Session 3 to emphasize the importance of maintaining fidelity to core elements by not eliminating related discussions and activities.

**Session 3: How to Prevent HIV and Other
Sexually Transmitted Diseases
Agenda**

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Equipment, Supplies, and Materials for Session 3

- Facilitators Guide
- Participant Workbooks
- CD of Session 3 PowerPoint slides
- LCD projector
- Laptop computer
- Screen
- Podium
- Newsprint
- Easel stand
- Paper
- Markers
- Pens and pencils
- Nametags
- Penis models for male condom demonstrations – enough for one model for every two participants
- Male condoms
- Female condoms
- Bottles for female condom demonstration — enough for one bottle for every two participants (the opening or mouth of the bottle should be about two inches in diameter)

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CORE ELEMENT	ACTIVITIES
<p>Core Element 1: Provide culturally and linguistically appropriate information to sexually active women at risk of acquiring HIV from unprotected sex with male partners in interactive, small group sessions that focus on</p> <ul style="list-style-type: none"> • HIV and STD transmission and prevention; • human sexuality and male and female anatomy; • interpersonal communications; and • relationship violence. 	<p><u>Discussions</u></p> <ul style="list-style-type: none"> • Protecting your family’s health • Fidelity <p><u>Group Activities</u></p> <ul style="list-style-type: none"> • Abstinence • The truth about condoms
<p>Core Element 2: In addition to presentations and discussion, incorporate skill-building activities to enhance women’s self-efficacy for safer sex behaviors, including demonstrations and practice exercises on male and female condom use and role-playing on assertive communication with sex partners, including condom negotiation.</p>	<p><u>Demonstrations and Practice Exercises</u></p> <ul style="list-style-type: none"> • The male condom • The female condom
<p>Core Element 3: Build self-efficacy and knowledge for safer sex behaviors, improved communication with partners, and violence management through homework exercises and the sharing of personal experiences.</p>	<p><u>Homework</u></p> <ul style="list-style-type: none"> • Homework review • Homework assignment

SESSION 3: HOW TO PREVENT HIV AND OTHER SEXUALLY TRANSMITTED DISEASES

WELCOME PARTICIPANTS



Discussion



Purpose: To welcome participants back, review the key messages from Session 2, review Session 2 homework, and introduce Session 3



Needed Equipment, Supplies, and Materials: Session 3 slides 1–3, Participant Workbooks



Time: 10 minutes

Welcome participants back, and encourage them to talk to each other before you officially begin the session. Then begin Session 3.

Welcome to Session 3. It's wonderful to see you. How many of you attended Sessions 1 and 2? Those who did will receive certificates during Session 6.

Today's session is really important because we will learn how to protect ourselves from HIV and other STDs.

Session 2 Review

Session reviews help reinforce lessons learned from the prior session. Use this time to answer any remaining questions from Session 2.

We learned a lot about STDs last week. Here are some questions to help us remember what we learned.

Questions to prompt discussion:

- *If you think you may have an STD, what should you do?*
- *Where can you go to get an HIV test?*

Possible responses:

- If you think you have an STD, go to the clinic or your family doctor.
- Call the CDC information line or go to the CDC website.
- Call your local health department.
- Look up the closest STD clinic.
- Use www.hivtest.org to find a site.

Let's continue to review Session 2 because it sets the stage for our session today.



Session 2 Key Messages

- You can be infected with an STD and have no symptoms.
- It can take years for symptoms of some STDs to develop.
- Having an STD raises the risk of contracting HIV infection.
- You can get an STD test from your health care provider, local health department's STD clinic or go to www.hivtest.org for a list of local testing centers.
- The National STD-CDC Hotline: 1-800-232-4636.

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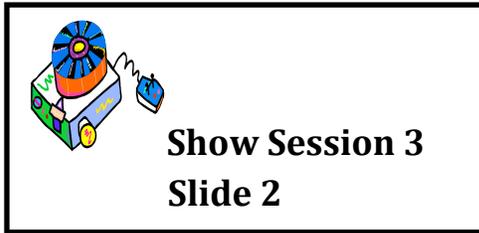
You can be infected with an STD and have no symptoms.

It can take years for symptoms of some STDs to develop.

Having an STD raises the risk of contracting HIV infection.

You can get an STD test from your health care provider, local health department's STD clinic, or go to www.hivtest.org for a list of local testing centers.

STD information, including clinics for testing, is available in English and Spanish from the Centers for Disease Control and Prevention, 24 hours a day, 7 days a week, 365 days a year by calling 1-800-232-4636.



Session 2 Key Messages

- There is no cure for some STDs, such as HPV – Human Papillomavirus.
- Many STDs that can't be cured can be treated, such as genital herpes. However, there are vaccines available that prevent hepatitis B and HPV.
- If you have an STD, you and your partner should both be treated.
- To reduce the risk of getting an STD, your partner should wear latex condoms.



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There is no cure for some STDs, such as HPV.

Many STDs that can't be cured can be treated, such as genital herpes. However, there are vaccines available that prevent hepatitis B and HPV.

If you have an STD, you and your partner should both be treated.

To reduce the risk of getting an STD, your partner should wear latex condoms.

Do you have questions?

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Homework Review

Homework reinforces concepts presented during each session. Encourage participants to share their experiences with homework assignments.

Last time we talked about the importance of knowing what healthy genitals look like so you can be aware of possible infection. How many of you spent some time looking at your genitals? I know this was a unique assignment.

Turn to your workbooks where you noted your answers to questions about this experience. Who wants to share her responses?

Thank you so much; some of these topics are not easy to talk about and I respect you for being so open and honest.



Facilitator's Note:

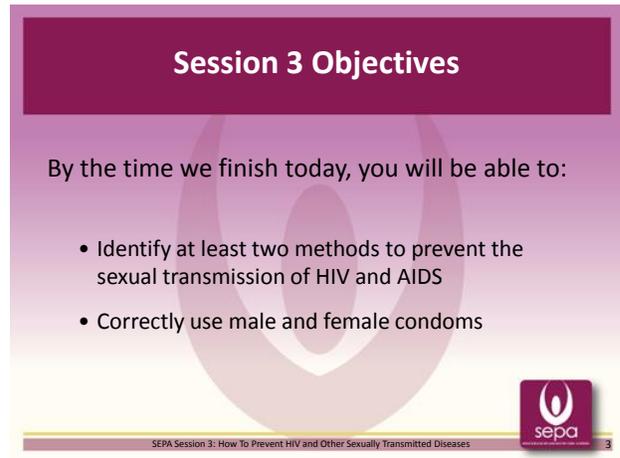
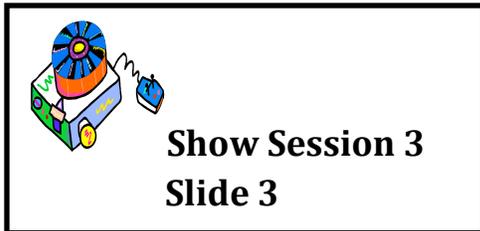
Thank the participants for completing their homework and sharing with the group.

Today we're going to focus on ways to prevent HIV and other STDs and this means we will spend time learning about condoms. This fits in with Session 2 and the Session 2 homework because in order to use condoms correctly it's necessary to know about anatomy. Two obvious examples are that male condoms go on the penis; female condoms are inserted into the vagina. Today, you will use what we learned to practice correct condom use.

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Session Objectives

Review session objectives.



Session 3 Objectives

By the time we finish today, you will be able to:

- Identify at least two methods to prevent the sexual transmission of HIV and AIDS
- Correctly use male and female condoms

SEPA Session 3: How To Prevent HIV and Other Sexually Transmitted Diseases



Here are today's objectives.

By the time we finish today, you will be able to:

- *Identify at least three methods to prevent the sexual transmission of HIV and other STDs*
- *Correctly use male and female condoms*

PROTECTING YOUR FAMILY'S HEALTH



Discussion



Purpose: To identify how health topics were discussed among family members



Time: 10 minutes

We have discussed the impact of HIV and AIDS on the Latino community. We have also discussed the importance of sharing the information you learn from SEPA with other people so they can live healthier lives. All of us want to have healthy families and healthy communities.

Questions to prompt discussion:

- *When you lived with your parents, what did they do to keep the children healthy?*
- *Did your mother or a sister talk to you about menstruation, dating, and STDs?*
- *Do you recall having any discussions with your parents or other family members about HIV and AIDS?*

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Possible responses:

- All of us were well fed; my mother made native dishes from Mexico.
- We went to see the doctor every year.
- My cousin told me what my period was.
- My mother said I better not get an STD.

As you learn more about HIV, STDs, and other health topics, please share information with members of your family. Our family's health is important to all of us. If you have children, talk to them about ways to help protect their health. Because we want healthy families and healthy communities, we're going to talk about HIV prevention in more detail.

ABCs OF PREVENTION



Discussion and Group Activity



Purpose: To discuss strategies of HIV prevention, including abstinence and fidelity



Needed Equipment, Supplies, and Materials: Slides 4–6, Participant Workbooks, newsprint, markers



Time: 40 minutes

When families talk to each other about how to stay healthy and prevent HIV, three strategies should be highlighted. These strategies are abstinence, faithfulness (or mutual fidelity), and condom use. The goal of the following discussion is to introduce these strategies. Additional discussions and exercises during this session will provide more detail about each strategy.



**Show Session 3
Slide 4**

The ABCs of HIV Prevention

A = Abstinence

B = Be faithful

C = Condoms



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You may have heard about the A, B, Cs of HIV prevention. A stands for “abstinence.” The only sure way to prevent HIV infection from sex is not to have sex. This is what abstinence means.

B stands for “be faithful.” This means that you will not get infected if you have sex with only one person who is not infected with HIV and you are both faithful to each other.

C stands for “condoms.” If you use a condom the correct way every time you have sex when you don’t know your partner’s HIV status or when your partner is infected, you are practicing HIV prevention.

Abstinence

The following small-group activity will focus on the definition of abstinence.

Divide into groups that have at least three but no more than five participants. Turn to “Session 3, Worksheet 1: What is Abstinence?” in your workbooks.

This worksheet lists sexual activities. In your groups, come up with a definition of abstinence and then decide as a group whether each activity meets the definition. Place a check next to the activities that represent abstinence. When there is disagreement, circle the activity and we can discuss it in the larger group.

After the groups have had approximately five minutes to discuss the worksheet, begin discussion.

I have some questions for you.

Questions to prompt discussion:

- *If a woman receives oral sex, is she being abstinent? Why or why not?*

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- *When a woman dates three men at a time, is she being abstinent?*

Let's go through the list on the worksheet.

If you and your boyfriend hold hands, are both of you being abstinent?

Continue reviewing the worksheet by asking if each activity reflects abstinence.

If disagreement occurs for a specific sexual activity, ask:

Could this happen in real life? Could one partner think a sexual activity is being abstinent and the other partner think it's not abstinence? How can you prevent HIV and other STDs if you and your partner have different definitions of abstinence?

Ask each group to state its definition of abstinence and write definitions on newsprint. Ask participants to vote for the definition they think is most accurate.

When a man and woman have different definitions of abstinence, it makes HIV prevention difficult. Why do you think this is the case?

If someone's definition of abstinence does not actually prevent HIV, then the behavior is not really abstinence. Abstinence is the only sure way to prevent sexually transmitted HIV. If, for example, a man thinks that abstinence is having anal sex with you because your virginity is not threatened, he is wrong. Having anal sex is not being abstinent because HIV can be transmitted.



Abstinence

- Abstinence means choosing not to engage in sexual activities that can transmit HIV and other STDs.
- Abstinence can include sexual contact but it cannot include activities that can transmit HIV and other STDs.
- Abstinence means not having oral, vaginal, and anal sex.



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Abstinence means voluntarily choosing not to engage in sexual activities that can transmit HIV and other STDs and cause pregnancy.

Sexual activities that can transmit infection include oral, vaginal, and anal sex. Some people think that abstinence means no genital contact because some STDs can be transmitted by skin-to-skin contact. Abstinence doesn't have to be an "all or nothing" decision. Some people may be comfortable having abstinence include kissing and hugging, or even other forms of intimacy, such as touching the genitals. The point is that you're not being abstinent if you have intercourse or oral sex, and abstinence is the only foolproof way to prevent HIV.



Facilitator's Note:
You may want to review information on STDs that can be spread by skin-to-skin contact for discussion of genital contact and abstinence.

Fidelity

The purpose of the following discussion is to talk about fidelity.

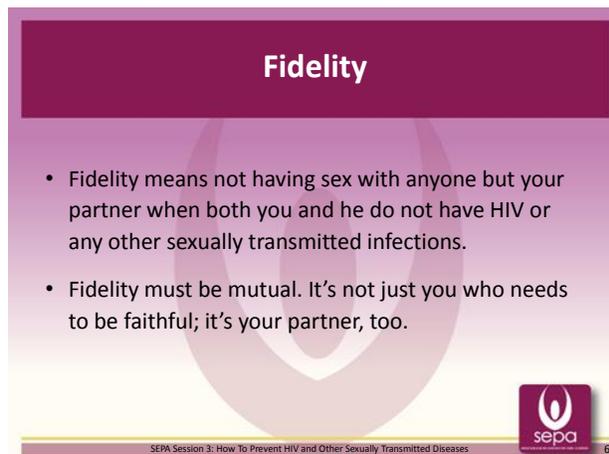
The second way to prevent HIV is to Be faithful. The “B” in the ABCs of prevention stands for being faithful, or practicing fidelity.

Engage participants in a discussion about mutual fidelity.

Question to prompt discussion:

- *What does being faithful mean?*

Write definitions of fidelity on the newsprint. After participants have had time for discussion, read Slide 6.



For HIV and STD prevention, fidelity means not having sex with anyone but your partner when both you and he do not have HIV or any other sexually transmitted infections. Fidelity must be mutual. It's not just you who needs to be faithful; it's your partner, too.

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Being faithful is an HIV prevention method because it means that both you and your partner are not having sex with any other person and that the two of you do not have an STD, including HIV.

Question to prompt discussion:

- How can you find out whether your partner has HIV or an STD?

Possible responses:

- You can ask him.
- You can ask to see test results.
- You can go with him to get tested.

Question to prompt discussion:

- What if he asks you the same question about having HIV or an STD? What would you say?

Possible responses:

- I would tell him the truth – that I don't have any infections.
- I think I would get angry, but if I can ask, then why can't he?
- The best thing is for both of us to get tested.

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When men and women have been sexually active and have had unprotected sex, the only way to find out about infections is testing. You have to get an HIV test and tests for STDs to be completely sure about your HIV status and about having any STDs.

We need to be honest and point out that fidelity can be difficult for some people.

Question to prompt discussion (note responses on newsprint):

- *What can make fidelity difficult?*

Possible responses:

- Machismo can make fidelity difficult for some Latino men who think it is masculine to have multiple sex partners.
- Social pressure can make some men and women think they should “play the field.”
- Some people like to have casual sex with multiple partners.
- We mentioned drugs and alcohol during Session 2. Sometimes men and women who use drugs or alcohol take risks that may harm their health. For example, when men or women use drugs or alcohol, they may engage in unprotected sex or not be faithful to their partners.

Question to prompt discussion:

- *Although mutual fidelity may be difficult, why is it important for you and your partner to talk about being faithful to each other?*

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Possible responses:

- It's important because of health — not wanting to get an STD.
- If you have a good relationship, you should be able to talk about anything.
- If you have children, you want to make sure you stay healthy to care for them.

The Truth about Condoms



Group Activity



Purpose: To learn the facts about condoms



Needed Equipment, Supplies, and Materials: Participant Workbooks, newsprint, markers, Slides 7–11

Many women don't know that correct and consistent condom use will protect them from HIV. In fact, many women have false beliefs about condoms. Now we will learn the truth about condoms.

The C in the ABCs of prevention stands for "correct and consistent condom use." Using condoms can protect you from contracting HIV, and most other STDs.

There are many myths and false beliefs about condoms. Let's talk about them and learn the truth about condoms.



Facilitator's Note:

Relate a belief that you or your friends had about condoms to help participants feel more at ease. For example, your friends could have thought that condoms can get stuck inside your body and you could never get them out.

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Who can state a rumour, myth, or belief that you have heard about condom use? You can also share a personal or a community belief. Our goal is to discuss these myths as a group so that we can learn the truth about condoms.

Write all myths/rumors/false beliefs on the newsprint. After you have a working list, begin to educate participants by presenting facts about condoms.

Remember, everything we say in the group stays in the group. It's important to maintain each other's confidentiality so that we can feel comfortable being open and honest with each other. We hope you will share the knowledge you gain today about condoms with your partner, husband, family, and friends. But, as we have said before: Don't share personal information about members of this group.

Also remember that we're not here to test your knowledge. Use this opportunity to learn the truth about condoms. Keep an open mind and remember we are here to learn, not to critique others about their beliefs.

Please turn to "Session 3, Worksheet 2: The Truth about Condoms" in your workbooks. The goal of this activity is to decide if the statements are true or false. If you decide that a statement is false, change the statement to a fact about condoms. After you complete the activity, we will review each statement. Note all of the true statements about condom use so you can share this information with your family and friends.



The Truth about Condoms

- Condoms break fairly frequently.

FALSE

It is rare for a condom to break when it is used properly. Latex condoms should be used. Oil-based lubricants, such as vaseline, should not be used because they can damage the latex and make the condom break.

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Condoms break fairly frequently.

Answer:

This is false. It is rare for a condom to break when it is used properly. Use latex condoms and don't use oil-based lubricants, such as Vaseline, because they can damage the latex and make the condom break.



The Truth about Condoms

- HIV, the virus that causes AIDS, can pass through a condom.

FALSE

Condoms made of latex provide a barrier against HIV and other viruses. This is why latex condoms should be used. Natural membrane condoms, such as lambskin, should not be used.

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HIV, the virus that causes AIDS, can pass through a condom.

Answer:

This, too, is false. Condoms made of latex provide a barrier against HIV and other viruses. This is why latex condoms should be used and why natural membrane condoms, such as lambskin condoms, should not be used.



The Truth about Condoms

- The male condom should be put on the penis just before the man ejaculates.

FALSE

Men produce a secretion from an erect penis before ejaculation called pre-ejaculate or pre-cum. This secretion can contain HIV if the man is infected. The male condom should be put on as soon as the penis is erect.



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The male condom should be put on the penis just before the man ejaculates.

Answer:

This is false. Men produce a secretion from an erect penis before ejaculation called pre-ejaculate or pre-cum. This secretion can contain HIV if the man is infected. Therefore, you need to make sure your partner wears a latex condom when he first gets an erection, not just before he is ready to ejaculate or climax.



The Truth about Condoms

- It is better for a man to use two condoms to double the amount of protection.

FALSE

The use of two condoms increases the possibility of friction and the probability of rupture, meaning the condoms will not be good protection against HIV.



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It's better for a man to use two condoms to double the amount of protection.

Answer:

This is also false. The use of two condoms increases the possibility of friction and the probability of rupture, meaning the condoms will not be good protection against HIV.



The Truth about Condoms

- There is a female condom that provides protection from HIV and other STDs.

TRUE

The female condom is a polyurethane pouch that fits into the vagina. According to a report from the 2005 Global Consultation on the Female Condom, studies show that the female condom is as effective as the male condom at preventing sexually transmitted infections.

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There is a female condom that provides protection against HIV and other STDs.

Answer:

This is true. The female condom is a polyurethane pouch that fits into the vagina. According to a report from the 2005 Global Consultation on the Female Condom, studies show that the female condom is as effective as the male condom at preventing sexually transmitted infections.¹ We will learn more about the female condom later in the session.

¹ <http://www.unfpa.org/public/cache/offonce/publications/pid/376> United Nations Population Fund .*Female condom: A powerful tool for protection.* Seattle: PATH, 2006.

THE MALE CONDOM



Demonstration and Practice Exercise



Purpose: To learn how to correctly use a male condom



Needed Equipment, Supplies, and Materials: Participant Workbooks, condoms, penis models, Slides 12–17



Time: 25 minutes

Many women assume that men know how to correctly use a condom, but incorrect use is the major cause of condom failure. The following discussion and demonstration teach participants how to correctly use a male condom. Make sure that you have enough condoms for the exercise and for participants to take home for personal use.



Facilitator's Note:

You may want to distribute brochures on how to use male and female condoms. There are many websites that have brochures, and check your local health department. Many health departments get brochures on HIV and STD prevention from The Channing Bete Company.



Helpful Tips for Male Condom Use

- Always use latex condoms; they provide the best protection against HIV.
- Always check the expiration date on the latex condom packet to make sure you don't use a condom past that date.
- Use water-based lubricants on latex condoms to reduce the chance of breakage and to increase pleasure.
 - K-Y Jelly
 - Astroglide
 - Probe
 - Wet

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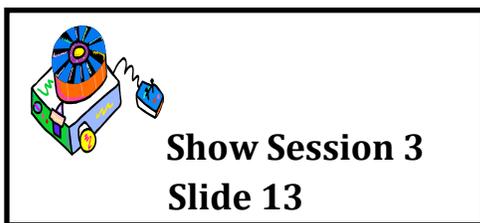


Don't assume that all men know how to correctly use a condom. Incorrect use is the major cause of condom failure, which means you could be at risk of HIV infection. Here are some helpful tips for condom use:

Always use latex condoms; they provide the best protection against HIV.

Always check the expiration date on the latex condom wrapper or box to make sure you don't use a condom past that date.

Use water-based lubricants on latex condoms to reduce the chance of breakage and to increase pleasure. Examples of water-based lubricants are K-Y Jelly, Astroglide, Probe, and Wet.



Helpful Tips for Male Condom Use

- Don't use oil-based lubricants, such as creams, mineral and baby oil, Vaseline, and body and massage lotions. They can damage latex condoms and make them ineffective.
- Don't put the spermicide Nonoxynol-9 on a condom for protection against STDs. It does not provide protection against HIV and other STDs and it may even increase the risk of getting HIV from an infected partner.
- Use a new condom every time you have sexual intercourse. Never use the same condom more than one time.

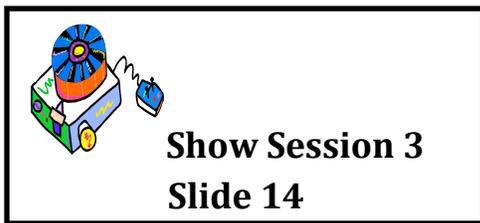
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Do not use oil-based lubricants, such as creams, mineral and baby oil, Vaseline, and body and massage lotions. They can damage latex condoms and make them ineffective.

Don't put the spermicide Nonoxynol-9, which is a contraceptive or method of birth control, on a condom for protection against STDS. It does not provide protection against HIV and other STDS and it may even increase the risk of getting HIV from an infected partner.

Use a new condom every time you have sexual intercourse. Never use the same condom more than one time.



Helpful Tips for Male Condom Use

- Keep condoms in a cool, dry place away from heat and sunlight, such as your bedroom night stand. Do not keep them in a medicine cabinet.
- Don't store condoms in a wallet or car because heat can damage them. If you do carry a condom in your wallet, replace it often. It is better to use a condom that has been in your wallet for a while than to not use one at all.
- Buy condoms at a drugstore or get them free from family planning agencies, STD clinics, and local health departments.

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Keep condoms in a cool, dry place away from heat and sunlight, such as your bedroom night stand. Do not keep them in a medicine cabinet in the bathroom.

Don't store condoms in a wallet or car because heat can damage them. If you do carry a condom in your wallet for convenience, replace it often. However, it's better to use a condom that has been in your wallet for a while than to not use one at all.

Buy condoms at a drugstore or get them free from family planning agencies, STD clinics, and local health departments.

Inform participants that they are going to practice how to correctly use a condom. Provide each woman with at least one male condom and have enough penis models, also referred to as condom demonstrators, for every two women.

Now we are going to learn how to use a male condom.

Refer participants to “Session 3, Worksheet 3: How to Use a Male Condom” for step-by-step directions in their workbooks.

Please follow along as I read the instructions and demonstrate how to correctly put on and remove a male condom. Watch what I do and then you'll have time to practice.



Use the penis model to demonstrate how to put a condom on an erect penis. Place the open end of the condom over the top of the penis model and carefully roll the condom down the length of the model.

***Step 1:** Check the expiration date. If the condom has not expired, remove it from the package — it is OK to use.*

Be careful not to tear or poke a hole in the condom with a fingernail or other sharp object, and don't use your teeth to open the package. Take the condom out of the package; do not unroll it.

Demonstrate how to open the package and hold up the unrolled condom for all participants to see. Ask participants to open their condom wrappers and take out the unrolled condom.

***Step 2:** Use your fingers to squeeze air out of the tip of the condom to leave room for semen. Air left in the tip can cause the condom to break.*

Step 3: *Roll the condom onto the penis. Make sure the rolled ring is on the outside of the condom.*

This would be the shaft of an erect penis that has been circumcised.

Circumcised men do not have a foreskin — a fold of skin that covers the tip of the penis. Uncircumcised men or their partners need to add an extra step when putting on a condom. If your partner is not circumcised, pull back the foreskin before putting the condom on his erect penis.

Put the condom on the head of the penis so the reservoir tip is poking out. Some condoms don't have a tip at the end. If you use this kind of condom, leave a little space between the condom and the tip of the penis. Otherwise, semen may push up the sides of the condom and come out during intercourse.

Make sure that the rolled-up ring of the condom is on the outside so it can unroll. Unroll the condom over the shaft of the penis. Unroll it all the way. If it does not unroll, it is on backwards and you must start over with a new condom.

Make sure the condom isn't loose or at risk of coming off and press out any air bubbles or wrinkles that appear.

If you want to use lubricant, put it on the outside of the condom and make sure it is water-based. We'll talk more about lubricants in a moment.

The condom should stay on the penis until your partner has ejaculated. If the condom breaks or comes off before ejaculation, your partner should stop and you or he should put on a new condom.

Make sure your partner uses a new condom each time you have intercourse. Never reuse a condom.



How To Use a Male Condom

- **Step 4:** After ejaculation, when he withdraws, make sure your partner holds onto the condom at the base of his penis so that semen does not spill out.
- **Step 5:** Remove the condom from the penis.
 - Grasp the condom at the base of the penis and hold it as the penis is withdrawn from the condom.
- **Step 6:** Dispose of the used condom.
 - Do not flush it down the toilet.

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Step 4: After ejaculation, when he withdraws, make sure your partner holds onto the condom at the base of his penis so that semen does not spill out.

Step 5: Remove the condom from the penis.

Demonstrate how to remove the condom by sliding it off of the model. Hold the penis model slightly downward.

After ejaculation and after your partner withdraws, the condom should be removed from the penis. The best way is to grasp the condom at the base of the penis and hold it as the penis is withdrawn from the condom. The penis should be erect enough to prevent the condom from slipping off or leaking semen.

Step 6: Dispose of the used condom. Wrap the used condom in paper (tissue or toilet paper) and throw it in the trash. Do not flush condoms down the toilet because they can clog the toilet.

Now it's your turn to practice. Pair up with another participant. One of you can coach the other as she puts the condom on the penis model. Then switch places so both of you have a chance to practice. Refer to "Session 3, Worksheet 3: How to Use a Male Condom" for abbreviated instructions.

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Observe participants and provide help where needed. After about five minutes, ask participants to talk about their experiences.

Question to prompt discussion:

- *So, how did it go? Was there a step that was particularly tricky?*

Possible responses:

- I wasn't sure if the condom was inside out.
- It wasn't hard to do at all.

Here are some additional points about using male condoms.

Some people like to use a lubricant when having sex. Lubricants decrease friction and can make sex more enjoyable. To use a lubricant effectively, smear it on the outside of the condom after it has been put on. You can also put a little on the inside of the condom. Remember that only water-based lubricants should be used. Oil-based lubricants, such as petroleum jelly, cooking oils, shortening, and lotions, should not be used because they weaken the latex.

If either partner is allergic to latex, polyurethane (a synthetic material) condoms can be used.

Putting on condoms and applying lubricant to the inside and outside can be sexually stimulating for you and your partner. Condoms don't have to be a barrier to good sex; they provide a barrier to infection from sexually transmitted diseases.



Reminders about Male Condoms

- Do not use oil-based lubricants: creams, mineral oil and baby oil, Vaseline, body and massage lotions.
- Use a new condom for each sex act.
- Do not use the same condom more than one time.
- Store condoms in a cool, dry place.
- Do not use a condom if:
 - the wrapper is damaged
 - it is past the expiration date on the wrapper or box
 - it is brittle or dried out
 - the color is uneven or has changed
 - it is unusually sticky



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Do not use oil-based lubricants, such as creams, mineral oil and baby oil, Vaseline, body and massage lotions.

Use a new condom for each sex act.

Do not use the same condom more than one time.

Store condoms in a cool, dry place.

Do not use a condom if:

- *the wrapper is damaged*
- *it is past the expiration date on the wrapper or box*
- *it is brittle or dried out*
- *the color is uneven or has changed*
- *it is unusually sticky*

THE FEMALE CONDOM



Demonstration and Practice Exercise



Purpose: To learn how to correctly use a female condom



Needed Equipment, Supplies, and Materials: Participant Workbooks, condoms, bottles, Slides 18–19



Time: 25 minutes

Many women are not familiar with the female condom. The goal of this demonstration and practice exercise is to introduce female condoms and teach participants how to use them correctly. If you have used a female condom before, share your experience. Have extra condoms available to give away at the end of the session.



Facilitator's Note:

- Demonstrations will be successful when you practice.
- Always provide time for questions and answers.
- Make sure that you have all the materials you need for this exercise.



Facilitator's Note:

Refer to the Internet for updates on female condoms before delivering Session 3. A new condom referred to as “VA” may become available. It has a rounded triangular frame at the open end and a sponge, rather than an inner ring, inside the closed end to anchor it inside the vagina.

Have you heard of the female condom?

The U.S. Food and Drug Administration, referred to as the FDA, approved the female condom for marketing in the United States in 1993. The female condom was first made from polyurethane, a synthetic material, and called the Reality® condom. Now it is referred to as FC1. A newer version, called FC2, was approved by the FDA in 2009 and is made of a substance called nitrile polymer. FC1 and FC2 are the only female condoms approved by the World Health Organization for purchase by United Nations agencies. They are sold under many brand names, including Reality, Femidom, Dominique, Femy, Myfemy, Protectiv and Care.

The female condom is a device women can use to prevent pregnancy, HIV infection, and sexually transmitted diseases. The condom has a soft ring on each end. One end is closed and the other end is open. The ring at the closed end is inserted in the vagina to keep the condom in place during sex. The ring at the open end stays outside the vagina and partly covers the labia — remember our discussion about female anatomy in Session 2?

The female condom can be inserted up to eight hours before sexual intercourse. Like male condoms, female condoms should only be used one time.

You can buy female condoms at a drugstore without a prescription. The cost is approximately \$3.00 for one FC1.

SEPA Facilitators Guide

One of the biggest benefits of the female condom is that it gives women more control over HIV prevention than trying to make sure male partners use latex condoms. Women can insert the condom hours before sex and not worry about protection right before being intimate with their partners.

Let's practice how to correctly use a female condom.

Provide participants with at least one female condom and ask two participants to share a bottle. Point out the inner and outer rings and “Session 3, Worksheet 4: How to Use a Female Condom” for step-by-step directions in the Participant Workbooks.

Please practice inserting the female condom into a bottle as I read the instructions and demonstrate how to correctly insert and remove the condom.

Demonstrate how to rub the condom with lubricant. Instruct participants to do the same with their condoms. Watch participants to make sure everyone is performing this step correctly.



Facilitator's Note:

You may want a participant to read the instructions to you as you demonstrate how to insert and remove a female condom.



How To Use a Female Condom

- **Step 1:** Check the expiration date. If the condom has not expired, remove the condom from the package and apply lubricant.
- **Step 2:** Insert the condom by inserting the ring at the closed end of the condom into your vagina. Make sure the condom is not twisted.
- **Step 3:** Remove and dispose of the condom.
 - Do not flush it down the toilet.

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Step 1: Before intercourse, check the expiration date. If the condom has not expired, carefully remove it from the package. Make sure not to rip or tear the condom.

Rub the condom between two fingers to ensure the lubricant is evenly spread inside the sheath. If you need more lubrication, squeeze two drops of the extra lubricant from the package into the sheath.

The outer ring of the condom stays outside of the vagina and the inner ring goes inside the vagina.

Step 2: Insert the condom by putting the closed end inside your vagina. Squeeze the inner ring between your thumb and middle finger. Insert the ring into your vagina. Using your index finger, push the sheath in as far as it will go. It is in the right place when you can't feel it. Don't worry — it can't go too far.

The lubrication on the female condom will make it feel slippery.

The larger ring at the open end should stay outside your vagina and rest against your labia, which is the outer lip of the vagina. Be sure the condom is not twisted.

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Once you begin having intercourse, you may need to guide the penis so that it is in your vagina in the area lined by the female condom. You need to make sure the penis does not enter the vagina outside of the condom's sheath. If this happens, you will not be protected.

Step 3: Remove and dispose of the condom. Do not flush it down the toilet.

To demonstrate, tilt the bottle, grab the outer ring of the condom, twist it to avoid spillage, and pull the sheath from the bottle. Wrap it in tissue and throw it away. Watch participants to make sure everyone performs this step correctly.

You can safely remove the female condom at any time after intercourse by twisting the outer ring. If you are lying down, remove the condom before you stand to avoid spillage of semen.

Wrap the condom in tissue or toilet paper and throw it in the trash. Do not flush it down the toilet.

Just like male condoms, you shouldn't use the female condom more than once.

Since the female condom is not made from latex, someone who is allergic to latex can use it without any reactions. Refer to "Session 3 Worksheet 4" for instructions on how to use a female condom.



Reminders about Female Condoms

- You can use oil-based or water-based lubricants with the female condom.
- Use a female condom only once; use a new one each time you have sex.
- Store female condoms in a cool, dry place.
- Do not use a female condom that is old or damaged.

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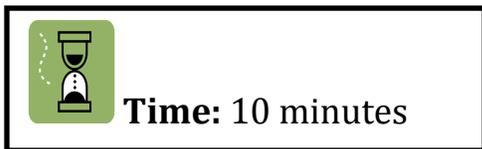
You can use oil-based or water-based lubricants with the female condom.

Use a female condom only once; use a new one each time you have sex.

Store female condoms in a cool, dry place.

Do not use a female condom that is old or damaged.

WRAP-UP ACTIVITIES



Review key messages, assign homework, and provide time for session evaluations.

Now we will review and summarize the main ideas we have discussed today. If you have any doubts, questions, or concerns, this is the time to talk about them.



Refer participants to “Session 3, Worksheet 5: Session 3 Key Messages” in their workbooks. Show Slides 20–21 as key messages are reviewed.



Session 3 Key Messages

- There are three ways to protect yourself from sexually acquired HIV and other sexually acquired STDs:
 1. Abstinence from sex
 2. Mutual fidelity to one partner who is free of infection
 3. Correct and consistent use of condoms
- Abstinence from sex is the only foolproof way to prevent sexually acquired HIV.
- You can protect your health by refusing to have unprotected sex until you know your partner is not infected with an STD, including HIV.



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SEPA Facilitators Guide

There are three ways to protect yourself from sexually acquired HIV and other sexually acquired infections: abstinence from sex, mutual fidelity with one partner who is free of infection, and correct and consistent use of condoms.

Abstinence from sex is the only foolproof way to prevent sexually acquired HIV.

You can protect your health by refusing to have unprotected sex until you know your partner is not infected with an STD, including HIV.



Session 3 Key Messages

- Correct and consistent use of male or female condoms is an effective way to prevent HIV, and many other STDs. Condoms also prevent unwanted pregnancy.
- Check the expiration date on the condom package.
- Use only water-based lubricants on male latex condoms.
- Never use the same condom more than one time.

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Correct and consistent use of male or female condoms is an effective way to prevent HIV, and many other STDs. Condoms also prevent unwanted pregnancy.

Check the expiration date on the condom package.

Use only water-based lubricants on male latex condoms.

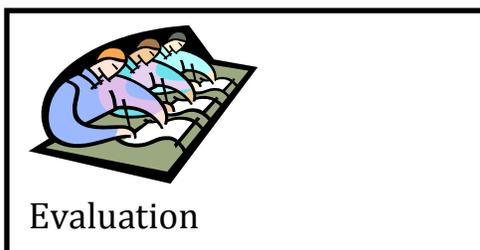
Never use the same condom more than one time.



Homework

Let's turn to "Session 3, Worksheet 6: Homework – What is the Best Way to Prevent the Spread of HIV in our Community?" in your workbooks. This is your third homework assignment.

Ask a family member, friend, neighbor, or other member of the community what he or she thinks is the best way to prevent the spread of HIV in the community. If needed, correct wrong information and share what you have learned from SEPA. When we return next week, we will discuss your experiences.



Ask participants to fill out “Session 3, Worksheet 7: Session 3 Evaluation” in their workbooks.

Before we leave, please complete the evaluation sheets because we want to know what you liked about the session, what you didn't like, and what you would like to learn more about. When you are finished, tear the sheets out of your workbook and place them on the table. I will use your feedback to make SEPA better for you.

Thank you and I look forward to seeing you at our next session, which is [date/day/time]. We will spend our time talking about communication and how to negotiate condom use with a partner. Session 4 is a great session and I know we'll have a lot of fun in addition to learning how to improve communication with our partners.

Enjoy your week, and I'll see you next time.