

## SHIELD HANDOUTS FOR PARTICIPANTS FOLDER

The **SHIELD Handouts for Participants Folder** should be used in conjunction with the SHIELD Facilitator Guide. This folder includes copies of all documents that are to be passed out to participants during the SHIELD intervention sessions. Facilitators should photocopy these handouts prior to each session.

HANDOUT	WHEN TO DISTRIBUTE	PURPOSE OF HANDOUT
Participant Sign-in Sheet	Session 1-6	To keep track of participant attendance.
Session Calendar	Session 1	To remind participants of the date and time for the remaining SHIELD sessions.
PEER Communication Skills	Session 2	To remind participants of the 4 communication skills to be used during peer outreach.
Condom Demonstration Sheets: 1) Male Condom Steps 2) Female Condom Steps	Session 4	To help participants remember the steps to properly put on male and female condoms.
Risk Ladder Handouts: 1) Sex Risk 2) Injection Risk 3) Drug Splitting Risk	Session 3 (sex risk) Session 5 (injection risk & drug splitting risk)	To assist participants in conducting their homework assignments for Sessions 3 & 5.
Safer Injection Sheets 1) Rinsing Injection Equipment Steps 2) Safely splitting injection drugs Steps	Session 5	To help participants remember the steps to properly rinse injection equipment and safely split injection drugs.
Graduation Certificates	Session 6	To acknowledge participants for completing the SHIELD intervention (certificates should be personalized for each participant).
Scenarios	Session 3 Session 5 Session 6	To describe a role-play or group problem-solving situation to participants.
Homework assignments	Session 1 Session 2 Session 3 Session 4 Session 5	To assist participants in remembering their homework assignments.

# Session 1

# Handouts

# Participant Sign-In Sheet

Session # \_\_\_\_\_

Date \_\_\_\_\_

**Please print your name below.**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

6) \_\_\_\_\_

7) \_\_\_\_\_

8) \_\_\_\_\_

9) \_\_\_\_\_

10) \_\_\_\_\_

11) \_\_\_\_\_

12) \_\_\_\_\_

## SHIELD Session Calendar

Session	Date & Time
Session 1	
Session 2	
Session 3	
Session 4	
Session 5	
Session 6	



## SHIELD Session Calendar

Session	Date & Time
Session 1	
Session 2	
Session 3	
Session 4	
Session 5	
Session 6	

## **Session 1: Homework Assignment**

Tell your homework buddy that you are being trained in the SHIELD program to be a Peer Educator and ask them if they are willing to be your “homework buddy” for the next 5 sessions.



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# Session 2

# Handouts

**PEER  
Communication Skills**

**P:** Pick the Right Place & Time

**E:** Evaluate their Situation

**E:** Explore Safer Options

**R:** Resources and Referrals

**PEER  
Communication Skills**

**P:** Pick the Right Place & Time

**E:** Evaluate their Situation

**E:** Explore Safer Options

**R:** Resources and Referrals

**PEER  
Communication Skills**

**P:** Pick the Right Place & Time

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**PEER  
Communication Skills**

**P:** Pick the Right Place & Time

**E:** Evaluate their Situation

**E:** Explore Safer Options

**R:** Resources and Referrals



## **Session 2: Homework Assignment**

Share with someone new information that you learned during the HIV review game. (Remember to use your PEER communication skills and start by “P” picking the right time and place!)



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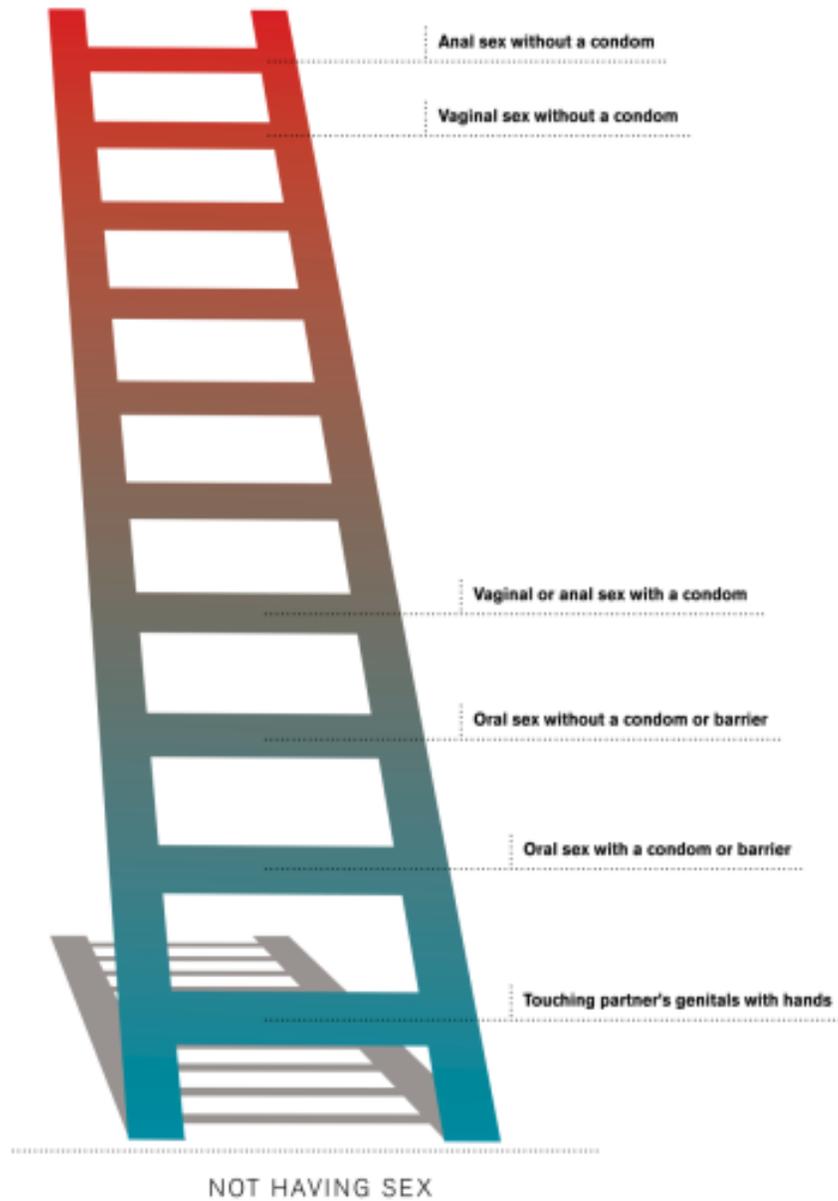
# Session 3

# Handouts



A PEER-LED PROJECT

# HIV SEX RISK



### **Session 3: Homework Assignment**

Share with someone new information that you learned during the discussion of the sex risk ladder. (Remember to use your PEER communication skills and start by “P” picking the right time and place!)



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Share with someone new information that you learned during the discussion of the sex risk ladder. (Remember to use your PEER communication skills and start by “P” picking the right time and place!)

### **Session 3 - Scenario # 1**

Jason and his female partner have been together for 12 years. Jason also has sex with men without his female partner's knowledge. He does not use condoms with her, but will occasionally use condoms when he has sex with men he doesn't know.

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### **Session 3 - Scenario # 2**

Kara is a close friend who you know smokes crack and occasionally injects drugs. She tricks for her drugs and has a pretty regular group of dates. You run into Kara one day and she is pretty high. She tells you that her last date paid her "real good" for doing it raw (without a condom) and she was able to really score some good drugs.

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### **Session 3 - Scenario # 1**

Jason and his female partner have been together for 12 years. Jason also has sex with men without his female partner's knowledge. He does not use condoms with her, but will occasionally use condoms when he has sex with men he doesn't know.

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### **Session 3 - Scenario # 2**

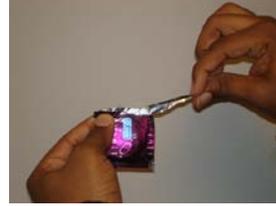
Kara is a close friend who you know smokes crack and occasionally injects drugs. She tricks for her drugs and has a pretty regular group of dates. You run into Kara one day and she is pretty high. She tells you that her last date paid her "real good" for doing it raw (without a condom) and she was able to really score some good drugs.

# Session 4

# Handouts

## Steps for properly putting on a Male condom

The Male condom is another option to practice safe sex and to prevent the spread of HIV/AIDS and other STDs. When using a female condom, the following guidelines are encouraged.

<p><b>1. Check the expiration date.</b></p>		<p><i>This is located on the back of the condom. If the condom is expired it is more likely it is to break, but it is safer than not using a condom.</i></p>
<p><b>2. Squeeze the condom to make sure there are no holes in it.</b></p>		
<p><b>3. Open the package.</b></p>		<p><i>Using your thumb, move the condom down in the package to avoid tearing. Do not use teeth or scissors to open a condom or you may tear or damage the condom.</i></p>
<p><b>4. Squeeze the reservoir tip of the condom.</b></p>		<p><i>Make sure you place the condom on the penis so that the condom rolls down easily. Check to make sure that it is not on inside out.</i></p>
<p><b>5. Unroll the condom to the base of the penis.</b></p>		

<p><b>6. After ejaculation, hold the rim of the condom and remove from partner while penis is still slightly hard.</b></p>		<p><i>This will keep semen from spilling out of the condom.</i></p>
<p><b>7. Properly dispose of condom by tying a knot at the end and place in trash receptacle.</b></p>	 A photograph showing a person's hand holding a white condom that has been tied into a knot at one end. The hand is positioned directly above a black trash bin with a white plastic liner, illustrating the correct disposal method.	<p><i>Flushing condoms in the toilet will cause plumbing problems.</i></p>

## Steps for properly putting on a Female/Reality condom

The Female condom is another option to practice safe sex and to prevent the spread of HIV/AIDS and other STDs. When using a female condom, the following guidelines are encouraged.

<p><b>1. Check the expiration date</b></p>		<p><i>This is located on the back of the condom. If the condom is expired it is more likely it is to break, but it is safer than not using a condom.</i></p>
<p><b>2. Squeeze packet to make sure there are no holes.</b></p> <p><b>3. Open the package.</b></p>		<p><i>On the Female condom package there is an arrow to indicate where to open the package. Using scissors or teeth could damage the condom.</i></p>
<p><b>4. Take the condom out of the package.</b></p>		<p><i>The female condom has two rings, the inner ring which you will insert into the vagina and the outer ring which will remain outside of the vagina.</i></p>
<p><b>5. Squeeze the inner ring to form a figure 8.</b></p>		<p><i>It is best to use the thumb and middle finger to squeeze the inner ring.</i></p>
<p><b>6. Using Index finger, insert inner ring into the vagina and push until the ring “pops” open (covering the cervix).</b></p>		

<p>7. Make sure the condom is in place prior to intercourse.</p>	 <p>Correct</p>  <p>Incorrect</p>	<p><i>Make sure that the penis is inserted <b>into</b> the condom to protect against HIV.</i></p>
<p>8. After ejaculation, twist the condom while it is in the vagina to prevent any semen from spilling and gently pull to remove.</p>		
<p>8. To properly dispose of condom, tie a knot in the end and place in trash receptacle.</p>		

## **Session 4: Homework Assignment**

Share with someone new information about different condoms and how to properly use condoms (male and female). (Remember to use your PEER communication skills and start by “P” picking the right time and place!)



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Share with someone new information about different condoms and how to properly use condoms (male and female). (Remember to use your PEER communication skills and start by “P” picking the right time and place!)



## **Session 4: Homework Assignment**

Share with someone new information about different condoms and how to properly use condoms (male and female). (Remember to use your PEER communication skills and start by “P” picking the right time and place!)

# Session 5

# Handouts

## Steps for properly rinsing injection equipment

- Rinsing your needle and injection equipment with clean cold water is an important step in reducing HIV risk.
- Rinsing with bleach between rinses with water has been shown to kill HIV infected blood. However, there is inconclusive evidence about bleach killing Hepatitis C.
- The more you rinse the more you are able to get potentially infected blood out.

### What you will need

- Clean cold water (toilet water and water from outside spigots may contain bacteria).
- Clean paper towels or napkins
- Household bleach



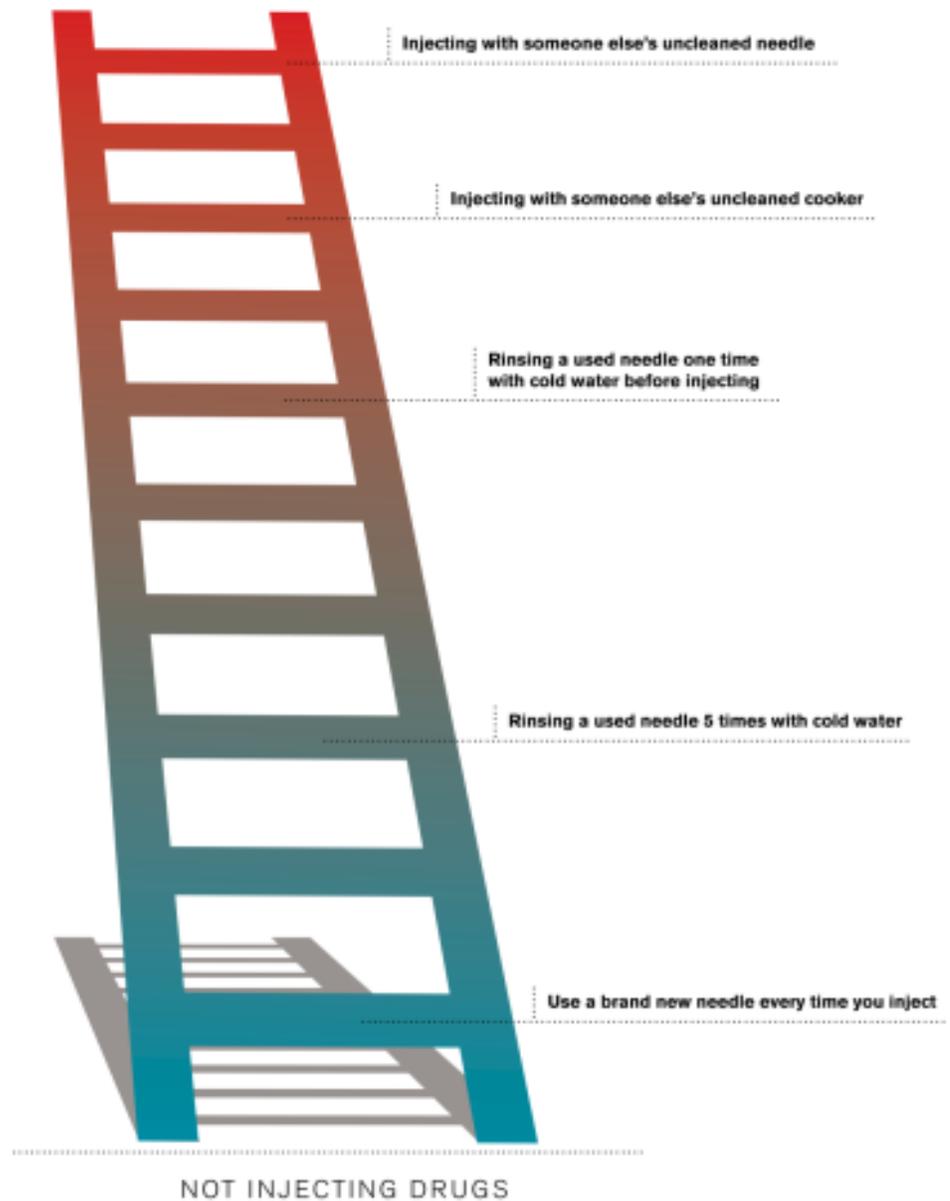
1. Pour clean cold water into a separate container or cap.	
Do not dip your used needle into the source of the clean water.	
2. Draw up the clean cold water fully into the needle.	

<p>3. Shake and/or tap the needle so that you can loosen the dried blood or particles.</p>	
<p>4. Squirt the contaminated water onto a paper towel.</p>	
<p>5. Repeat this up to 5 times. The more rinses the better.</p> <p>If you have bleach available, do this process with bleach in between the water rinses</p>	
<p>6. Rinse your cooker out with clean water and throw the used cotton away.</p>	



A PEER-LED PROJECT

# HIV INJECTION RISK



## Steps for safely splitting injection drugs

- Rinsing your needle and injection equipment with clean cold water is an important step in reducing HIV risk.
- Rinsing with bleach between rinses with water has been shown to kill HIV infected blood. However, there is inconclusive evidence about bleach killing Hepatitis C.
- The more you rinse the more you are able to get potentially infected blood out.

### What you will need

To safely split injection drugs you should use equipment that is NEVER used for injection. Some people like to mark the splitting equipment with marker to designate that they are not to be used for injection.

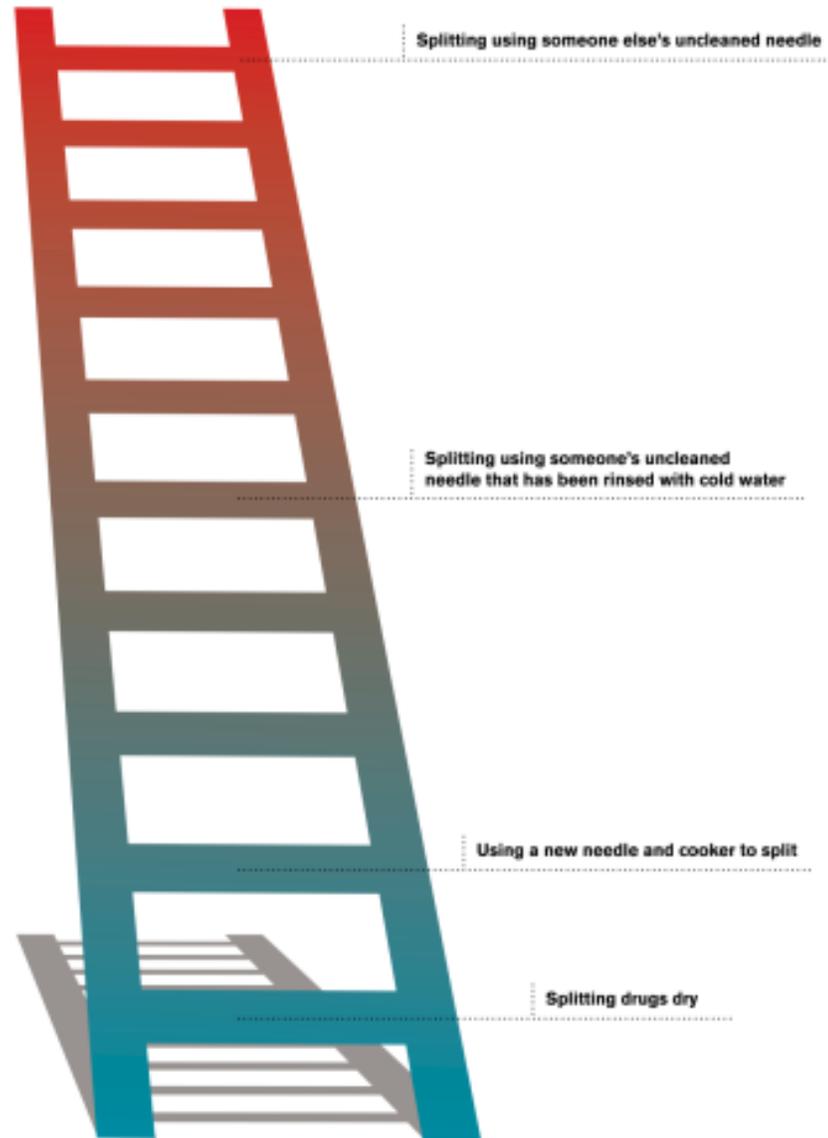
- One brand new needle for measuring and splitting the drugs
- One brand new cooker (cooker)
- Brand new cotton

<p>1. Use the brand new needle to measure out the water.</p>	
<p>2. Use the brand new needle to measure out the drugs and portion into each person's cooker.</p>	
	
<p>3. Put the splitting equipment away so that it cannot be used to inject.</p>	



A PEER-LED PROJECT

# HIV DRUG SPLITTING RISK



## **Session 5: Homework Assignment**

Share with someone new information that you learned during discussion of the injection risk or drug splitting risk reduction ladder. (Remember to use your PEER communication skills and start by “P” picking the right time and place!)



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Share with someone new information that you learned during discussion of the injection risk or drug splitting risk reduction ladder. (Remember to use your PEER communication skills and start by “P” picking the right time and place!)



## **Session 5: Homework Assignment**

Share with someone new information that you learned during discussion of the injection risk or drug splitting risk reduction ladder. (Remember to use your PEER communication skills and start by “P” picking the right time and place!)

### **Session 5 - Scenario #1**

Henry has been trying to stay clean since he got released from jail. He tells you that he ran into old friends who threw him a welcome home party that included alcohol, heroin and marijuana. Henry is worried because he did not have any tools with him and used a friend's needle.

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### **Session 5 - Scenario #2**

You are at a party and you see some people getting ready to get high. One guy announces that he is going to be the one to split up the drugs since he paid more and he pulls his needle out of his pocket.

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### **Session 5 - Scenario #2**

You are at a party and you see some people getting ready to get high. One guy announces that he is going to be the one to split up the drugs since he paid more and he pulls his needle out of his pocket.

# Session 6

# Handouts



**Congratulations!!**

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For Successfully Completing...

**The S.H.I.E.L.D. Program**

*The Staff Expresses Our Sincere Appreciation For Your  
Participation and Accomplishment*

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**Session 6 - Scenario #1**

Peer Educator overhears a group of neighbors talking about someone who recently got infected with HIV. They are giving each other erroneous information about how HIV is transmitted.



**Session 6 - Scenario #2**

You are out at a club with a friend who starts flirting with another person. After several drinks, your friend tells you that they are leaving to go have some private time.



**Session 6 - Scenario #3**

Your friend is very excited because his main partner is finally going to be released from prison after 5 years.