



## **Session 3 Handouts**

- 3A Opening/Closing Poem: “The Transformation of Silence Into Language and Action”
- 3B Session 2 Key Learning Points
- 3C Communication Styles—Being Aggressive, Non-Assertive and Assertive
- 3D How Do I Handle This?
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This is an excerpt from a speech that famed poetess/activist Audre Lorde made in 1977 just two months after being diagnosed with breast cancer. In the speech, she talks about women being taught to respect fear more than they respect themselves.

***The Transformation of Silence Into Language and Action***

By Audre Lorde

We can learn to work and speak when we are afraid in the same way  
we have learned to work and speak when we are tired.

For we have been socialized to respect fear more than our own needs  
for language and definition, and while we wait in silence for that final  
luxury of fearlessness, the weight of that silence will choke us.

Source: Lorde, A. (1984). Sister Outsider: Essays and Speeches. Freedom, CA:  
Crossing Press.



## REVIEW

### Session 2—HIV/AIDS Education

#### Key Learning Points

1. **HIV** is the virus that causes **AIDS**. **AIDS** is the result of **HIV** infection.
2. African American women are **disproportionately affected** by HIV.
3. **HIV** is transmitted through blood, semen, vaginal fluids, and breast milk.

Having **unprotected sex** and **sharing needles or syringes** with an HIV infected person can expose someone to the disease.

4. AIDS is a **leading cause** of death in African Americans ages 25-44.
5. A person can avoid getting HIV by: (ABC method)
  - **Abstaining** from having sex and sharing needles and syringes.
  - **Being faithful/monogamous** with a person who is not infected with HIV.
  - **Condoms** should be used consistently and correctly every time you have sex, to reduce your risk of becoming infected with HIV or another STD.

## Handout 3C

## Communication Styles—Being Aggressive, Non-Assertive and Assertive

	Aggressive	Non-Assertive	Assertive
<b>Definition</b>	<ul style="list-style-type: none"> <li>Communication style in which you stand up for yourself even at the expense of others.</li> <li>You use language that is threatening and/or punishing to others involved.</li> <li>When you are aggressive, you fail to consider the other person's needs or feelings.</li> <li>Aggression can be direct or indirect.</li> </ul>	<ul style="list-style-type: none"> <li>Communication style in which you feel you do not have the right to be heard.</li> <li>You are uncomfortable expressing yourself and are willing to back down to avoid conflict.</li> <li>You do not tell others how you feel so your needs are not going to be met.</li> <li>Non-assertive people tend to have inconsistent eye contact, low or unsteady voice levels, and cautious body movements.</li> </ul>	<ul style="list-style-type: none"> <li>Communication style in which you are able to stand up for yourself and tell others how you feel without anger or attack.</li> <li>Being able to express what you think, feel, and want comfortably in a non-threatening manner.</li> <li>Being assertive is a skill that can be learned.</li> <li>The other person may not agree with your decision, that's OK.</li> <li>You should strive to express your concerns while considering the other person's feelings in the process.</li> </ul>
<b>What It Implies to Others</b>	<ul style="list-style-type: none"> <li>Their feelings are not important</li> <li>They don't matter</li> <li>I think I'm superior</li> </ul>	<ul style="list-style-type: none"> <li>My feelings are not important</li> <li>I don't matter</li> <li>I think I'm inferior</li> </ul>	<ul style="list-style-type: none"> <li>We are both important</li> <li>We both matter</li> <li>I think we are equal</li> </ul>
<b>Verbal Styles</b>	<ul style="list-style-type: none"> <li>"You" statements</li> <li>Loud voice</li> <li>Name calling and threats</li> </ul>	<ul style="list-style-type: none"> <li>Apologetic, hesitant speech</li> <li>Overly soft or tentative voice level</li> </ul>	<ul style="list-style-type: none"> <li>"I" statements</li> <li>Firm voice</li> </ul>
<b>Non-Verbal Styles</b>	<ul style="list-style-type: none"> <li>Staring, narrowed eyes, glaring looks</li> <li>Tense, clenched fists, rigid posture, pointing fingers</li> <li>Waving of arms and hands</li> </ul>	<ul style="list-style-type: none"> <li>Looking down or away, poor eye contact</li> <li>Stooped posture, excessive head nodding, nervous body movements</li> </ul>	<ul style="list-style-type: none"> <li>Looking direct</li> <li>Relaxed posture, smooth and relaxed movements</li> </ul>
<b>Potential Consequence</b>	<ul style="list-style-type: none"> <li>Guilt</li> <li>Anger from others</li> <li>Lowered self-esteem</li> <li>Disrespect from others</li> <li>Feared by others</li> </ul>	<ul style="list-style-type: none"> <li>Lowered self-esteem</li> <li>Anger at self</li> <li>False feelings of inferiority</li> <li>Disrespect from others</li> <li>Pitied by others</li> <li>Agreeing to have sex or use drugs when you prefer not to</li> </ul>	<ul style="list-style-type: none"> <li>Higher self-esteem</li> <li>Self-respect</li> <li>Respect from others</li> <li>Respect of others</li> </ul>

**Examples of Aggressive, Non-Assertive, and Assertive Communication Styles**

**Situation:** Lovita and Donnell have been together for two years. Donnell has used Lovita’s car in the past but got into a car accident the last time and did not give her the \$500 deductible to get it fixed. Donnell is late for work and asks to use Lovita’s car.

	<b>Aggressive</b>	<b>Non-Assertive</b>	<b>Assertive</b>
<b>Lovita’s communication style and behavior could be:</b>	(Very loudly) “I don’t give a damn how you get to work! You still owe me for the damages from the last time you drove my car!”	(Very quietly) “Well (pause), umm, I guess you can use my car.”	“Donnell, the last time I let you borrow my car you had an accident and you still owe me for repairs. I am not loaning you my car until you take responsibility for the deductible and pay me the money you owe.”

**How Do I Handle This?****Situation A: Credit Card Debt**

You and your partner have been together for two years. During this time, your credit has been spotless and his less than perfect. During your relationship, you have seen “Final Notices” regarding several bills lying around his house. He has a business trip coming up and asks you to add him as a user on your credit card account. He promises to pay you back for any expenses, but his track record with bill paying is inconsistent. You’re concerned because you plan to buy a house soon. You love him but you do not want your credit rating affected by his irresponsible nature. What would you say?

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**Situation B: Creative Nail Salon**

You have finally decided to get acrylic nails at the local salon. You hear that the nail salon is clean and no appointment is necessary. After your nails are finished, you notice the acrylic is way too thick and the French manicure has too much white on the tips. You are less than happy with the services. The nail technician says you owe her \$30. What do you say?

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**Situation C: He’s Just My Baby Daddy!**

You and your son’s father, Keyshawn, have been together off and on for the past 10 years and your son is five. Lately, your relationship has been more on than off. You know he has five other children and still has a cordial “relationship” with two of his other baby’s mamas. One Friday, Keyshawn and you go to the movies and afterwards he wants to have sex. It has been 2 years since your last encounter and you are afraid that if you do not have sex, he will stop coming around. What do you do?

SISTAS Assertiveness Model

<b>S</b>	I need to think about my <b>SELF</b> first. What do I value?  <b>Ethnic and Gender Pride</b>
<b>I</b>	I need to use the <b>INFORMATION</b> I have about sex and HIV/AIDS. What is safe for me to do?  <b>HIV/AIDS Education</b>
<b>S</b>	I need to think about the <b>SITUATION</b> I am in. What trouble does it put me in?  <b>HIV/AIDS Education</b>
<b>T</b>	I need to state the <b>TROUBLE</b> to my partner. What are my options? What are the consequences?  <b>Sexual Communication</b>
<b>A</b>	I need to tell my partner in an <b>ASSERTIVE</b> manner what I would like to do.  <b>Sexual Negotiation</b>
<b>S</b>	I need to <b>SUGGEST</b> an alternative. Can I live with the consequences of the alternative?  <b>Sexual Negotiation</b>

**Situation: See You In The Club**

You and your girls go to Club Elite every Friday night. You have noticed one particular guy, named Marcus, several times and have asked about him. He has been rumored to have slept with several women in the club. However, you still think he is attractive and would like to date him. A friend introduces the two of you and you eventually go out on a date. After dinner and a few drinks, you go back to Marcus' house for a nightcap and the situation starts to get hot and heavy. What do you do?

**What Had Happened Was . . .****Part One:**

Use handout 3E *The SISTAS Assertiveness Model* to complete this exercise.

Think about a time when you got into trouble. This may have been a time when friends pressured you into doing something you didn't want to do. A friend may have pressured you into smoking marijuana, drinking alcohol, having sex, or shoplifting at a department store.

If you can't remember something that might have happened to you, then think about something that might have happened to a friend or relative.

In the spaces below, describe what happened and answer the questions. Remember to use "I" statements.

DO NOT write your name on this worksheet.

1. Where were you? Who was there? What was said?
2. What was the trouble the situation put you in?
3. What did you do to try to get out of the situation? What seemed to work? What didn't work?
4. Looking back on the situation, what questions should have been asked at the beginning to foresee that trouble was coming?
5. Do you feel you were aggressive, non-assertive or assertive? Why?
6. Were you able to suggest any alternatives to the situation? If so, what did you suggest? How did you feel about the consequences of these alternatives?

**Part Two:**

Have a conversation with your partner, a friend or a relative about safer sex. During this conversation, you should try to use an assertive communication style.

**Evaluation for Session 3: HIV/AIDS Education**

Please take a moment to rate how effective we were in presenting information to you today.

**Below are a number of statements. Please rate each statement on a scale from 1-5, where “1” means we did a poor job and “5” means we did an excellent job.**

<b>Statements:</b>	<b>Rating</b>
1. I am confident I can communicate more effectively.	
2. I am confident I can start a discussion about condom use with my partner.	
3. I am confident I can apply the SISTAS Assertiveness Model in my life.	
4. I feel I got a lot out of the role-play situations.	
5. Any questions I had were clearly answered.	
6. The handouts were helpful.	

7. Overall, how would you rate the performance of the group leaders? Please circle a number.

<b>Poor</b>		<b>Okay</b>						<b>Excellent</b>	
1	2	3	4	5	6	7	8	9	10

8. Overall, how would you rate today’s session? Please circle a number.

<b>Poor</b>		<b>Okay</b>						<b>Excellent</b>	
1	2	3	4	5	6	7	8	9	10

9. How could this session be improved?

10. Any other comments?

**Questions continue on back of page.**



11. As a result of last week's session, I made some positive changes in my life.

- Yes       No       Did not attend last week's session.

If you checked yes, please describe below the changes you made.

**Thank You, my SISTA!**