



## **Session 4 Handouts**

- 4A Opening/Closing Poem: "The Way I Feel"
- 4B Session 3 Key Learning Points
- 4C SISTAS Assertiveness Model
- 4D 15 Steps
- 4E Condom Instructions
- 4F Negotiating Safer Sex
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- 4H Session 4 Evaluation

## The Way I Feel

By Nikki Giovanni

i've noticed i'm happier  
when i make love  
with you  
and have enough left  
over to smile at my doorman

i've realized i'm fulfilled  
like a big fat cow  
who has just picked  
for a carnation contentment  
when you kiss your special place  
right behind my knee

i'm glad as mortar  
on a brick that knows  
another brick is coming  
when you walk through my door

most time when you're around  
i feel like a note  
roberta flack is going to sing

in my mind you're a clock  
and i'm the second hand sweeping  
around you sixty times an hour  
twenty-four hours a day  
three-hundred sixty five days a year  
and an extra day in leap year

cause that's the way  
that's the way  
that's the way i feel  
about you

Source: Giovanni, N. (2003). The Collected Poetry of Nikki Giovanni, 1968-1998.  
New York: William Morrow.



**REVIEW**  
**Session 3—Assertiveness Skills Training**

**Key Learning Points**

1. Assertive behavior is not bitchy, aggressive or unfeminine.
2. Women can assert their needs with positive results.
3. Women can have control in sexual situations.
4. Every woman has the right to say NO or YES!
5. Being assertive is assessing the situation and then making a decision which is positive for you.
6. Being assertive is taking care of yourself!

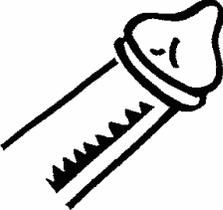
SISTAS Assertiveness Model

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

**15 Steps  
To  
Correct Condom Use**

1. Discuss having safer sex with your partner.
2. Get latex condoms.
3. Store condoms in a cool dry place until you are ready to have sex.
4. Check expiration date.
5. Penis must be erect.
6. Open condom package carefully to avoid tearing the condom.
7. Visually inspect the condom for holes, tears, discoloration of condom, or brittle texture.
8. If needed, add a small amount of water-based lubricant to the inside of condom.
9. Hold tip of condom and place it on the erect penis leaving room at the tip for ejaculate.
10. While gently smoothing out the air bubbles, unroll the condom to the base of the penis.
11. Engage in safer anal, oral, or vaginal sexual activity.
12. After ejaculation, hold the condom at the base of the penis and withdraw the penis.
13. While the penis is still erect and pointing away from you, carefully remove the condom without spilling any fluids.
14. Discard the used condom in a tissue and throw it in a trash can. Do not flush condoms down toilet.
15. Use a new condom with each act of vaginal, oral, or anal intercourse.

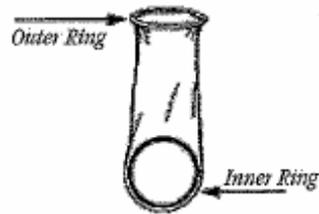
## Male Condom Instructions

<p>1.</p>  <ul style="list-style-type: none"> <li>• If you decide to have sex, use a latex condom with each act of sex.</li> <li>• Check the expiration date on the condom.</li> <li>• Do not use expired condoms or condoms that are yellow, brittle, or sticky.</li> </ul>	<p>2.</p>  <ul style="list-style-type: none"> <li>• Handle the condom carefully so as not to damage it with fingernails, teeth or other sharp objects.</li> </ul>
<p>3.</p>  <ul style="list-style-type: none"> <li>• Put on the condom when the penis is erect and before any genital contact with partner.</li> </ul>	<p>4.</p>  <ul style="list-style-type: none"> <li>• Hold the tip of the condom so that air will not be trapped; and unroll the condom all the way down the erect penis.</li> </ul>
<p>5.</p>  <ul style="list-style-type: none"> <li>• To ensure adequate lubrication during sex, use a water-based lubricant on the outside of the condom so that it will be less likely to break. This lubricant should not be used inside the condom.</li> <li>• Do not use oil-based lubricants which can cause a latex condom to break. These lubricants include petroleum jelly, shortening, mineral oil, massage oils, and body lotions.</li> </ul>	<p>6.</p> <ul style="list-style-type: none"> <li>• To remove the condom, hold it firmly at the base of the penis and withdraw while the penis is still erect to prevent slippage. Throw the condom away.</li> <li>• Leave condoms in cool, dry places where they will be used.</li> </ul> <p><b>Remember:</b> Abstinence is the only sure way to prevent the sexual transmission of HIV.</p> <p>Source: MMWR, August 8, 1993</p>

# Female Condom Instructions

## 1. Open End (Outer Ring)

The open end covers the area around the opening of the vagina.  
The inner ring is used for insertion and to help hold the sheath in place.



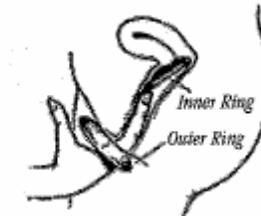
## 2. How to Hold the Sheath

- A. Hold the inner ring between the thumb and middle finger. Put your index finger on pouch between the other two fingers.  
**OR**  
B. Just squeeze



## 3. How to Insert the Condom

Squeeze the inner ring. Insert the sheath as far as it will go. It's in the right place when you can feel it. Don't worry – it can't go too far and it won't hurt!



## 4. Make Sure Placement is Correct

Make sure the sheath is not twisted.  
The outer ring should be outside the vagina.



## 5. Removal

Remove before standing up. Squeeze and twist the outer ring. Pull out gently. Dispose with trash, not in the toilet.



### Use More Lubricant if –

- The penis does not move freely in and out.
- You feel the outer ring is pushed inside
- There is noise during sex
- You feel *The female condom*<sup>TM</sup> when it is in place
- *The female condom*<sup>TM</sup> comes out of the vagina during use

### Remove and Insert a New *female condom*<sup>TM</sup> if –

- *The female condom*<sup>TM</sup> rips or tears during insertion or use
- The outer ring is pushed inside
- The penis enters outside the pouch
- *The female condom*<sup>TM</sup> bunches inside the vagina
- You have sex again

*Add lubricant to inside of sheath or to the penis. Start with drops and add more if desired.*

Source: The Female Health Company, 2001. Copyright© All rights reserved.

**Negotiating Safer Sex****Situation A: That's The Way Love Goes**

Candice and Roger have been married for 16 years. They have two beautiful girls, Crystal age 15 and Cecilia age 12. Roger is a good man who often struggles to keep a decent job. When he gets laid off or loses his job, he begins to use alcohol to cope with his stress. It's during these times that Roger and Candice's relationship gets on shaky ground. Candice knows Roger loves her and the girls, but she also remembers that in the past, especially when he's been drinking, she's caught him messing around with other women.

Recently, Candice attended a parent/student health information seminar with the girls where she learned about HIV/AIDS and other STDs. Being married for so long, she didn't think she needed to use condoms, but by the end of the seminar and thinking back to some of Roger's "flings" over the years, she decides that using condoms would be a good idea. Though she's been with Roger a long time, she knows that using condoms would keep her safe from getting HIV or other STDs.

Candice's next step is to discuss using condoms with Roger.

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**Situation B: Look What You Made Me Do!**

Keisha and Lamar have been campus sweethearts since their freshman year in college. Lamar, the campus all-star, loves Keisha and has no plans to leave her, but likes to get around with some of the other campus honeys. Keisha loves Lamar, but she's not sure she wants to stay with him. About a year ago, Lamar gave Keisha Chlamydia and ever since then, Keisha has not been as secure in their relationship.

Keisha is an active member in her sorority and recently volunteered at their annual health fair. After learning that condoms can reduce the risk of becoming infected with HIV and other STDs, Keisha decided she and Lamar should start using condoms.

When Keisha approached Lamar about using condoms, Lamar became very angry and started to question why they needed to use condoms and whether she is seeing someone else. He tells her that if she brings up the subject again he would hurt her bad.



### **Situation C: What You Working With?**

It's Saturday night and you're ready to get your party on! You and the girls hit your favorite spot for a drink, and you run upon one of the finest brothers you've ever see. This brother, Dewayne, is FINE! He's built like 50 Cent, has lips like LL Cool J, and a smile like Denzel.

You begin to flirt with him and he flirts back. It's almost midnight, and Dewayne asks if you would like to come back to his place. Once there, things start to get heated. Brother man is working you and before you go too far, you ask him, "Do you have a condom?" His response is "No, I don't need condoms. I don't have anything, and besides I can't ever find a condom that fits."



**Get a Condom and Ask Him to Use It!**

**Directions**

1. **Go to** a local store and **ask** to purchase a condom. **Or** go to a place in the community where condoms are given away free and **ask** for some condoms.
2. Talk to your partner about using a condom the next time you have sex.
3. **Write** a little about your experiences in:

**A. Getting a condom. What did you say? What happened?**

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**B. Talking to your partner about using condoms. What did you say? How did he respond? What did he say?**

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Evaluation for Session 4: Behavioral Self-Management Training

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.

Statements: Rating

Table with 3 columns: Statement number, Statement text, and Rating box. Rows include statements about communication, condom use, SISTAS model, role-play, questions, and handouts.

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

Rating scale for question 7: Poor (1-4), Okay (5-7), Excellent (8-10)

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

Rating scale for question 8: Poor (1-4), Okay (5-7), Excellent (8-10)

9. How could this session be improved?

Large empty rectangular box for handwritten feedback on session improvement.

10. Any other comments?

Large empty rectangular box for handwritten 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!**