



Session 5 Handouts

- 5A Opening/Closing Poem: "Still I Rise"
- 5B Sessions 1-4 Key Learning Points
- 5C Effects of Drugs and Alcohol
- 5D Coping with Drugs and Alcohol in Sexual Situations
- 5E Coping with Rejection and Negative Responses
- 5F Session 5 Evaluation

Still I Rise
By Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops.
Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise

Up from a past that's rooted in pain
I rise

I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise

Into a daybreak that's wondrously clear
I rise

Bringing the gifts that my ancestors gave

I am the dream and the hope of the
slave.

I rise

I rise

I rise.

Source: Angelou, M., (1978). And Still I Rise. New York: Random House.



REVIEW
Key Learning Points Sessions 1—4

Session 1—Ethnic and Gender Pride

1. African American women have a legacy and history of strength, support, and valuing family.
2. African American women have always had strong, supportive relationships with each other, which have stood the test of time.
3. All African American women can be positive role models.
4. Your personal values affect your decision-making.

Session 2—HIV/AIDS Education

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 the leading cause of death in African Americans ages 25-44.

A person can avoid getting HIV by: (ABC method)

- **A**bstaining from having sex and sharing needles and syringes.
- **B**eing faithful.
- **C**ondoms should be used consistently and correctly every time you have sex, to reduce your risk of becoming infected with HIV or another STD.



Session 3—Assertiveness Skills Training

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.

Session 4—Behavioral Self-Management

1. Condoms can be fun and sexy!
2. Saying NO to sex does not mean NO to love.
3. Sex is a major responsibility. The consequences affect you, your family, and possibly your health.
4. Women who are prepared to practice safer sex are **not** sluts, whores, or “toss-ups”.
5. Sex doesn’t just happen! We **plan** sex in many ways—soft music, nice panties, and fine food. Condoms, contraceptives, and conversation about sex need to be another part of the plan.

Effects of Drugs and Alcohol

- Drugs and alcohol slow down body functions; therefore, it takes a longer time to think and react.
- Drugs and alcohol distort your vision, shortens coordination, and can damage every organ in the body.
- Drugs and alcohol often make it easier to do and say things you wouldn't normally.
- Drugs and alcohol impair your ability to make judgments about sex, increasing your risk for HIV and other STDs.

Coping with Drugs and Alcohol in Sexual Situations**Situation A: Steve and Beverlee**

Steve takes Beverlee out for a movie and dinner. After the movie, he takes her to a nice restaurant where they had a few glasses of wine. When the date is over, they both want to chill together a little longer. They decide to go to Steve's apartment. While they are there, Steve asks Beverlee if she wants to smoke a joint. She is having such a good time, that she agrees to smoke a joint even though she stopped getting high two years ago. A little while later, Steve is so into Beverlee that he wants to have sex, so he makes his move on her. At this point, Beverlee remembers the HIV class she took and gets a little nervous about what may come next. Beverlee asks Steve if they can hug and kiss and take it slow. Steve agrees.

Situation B: Friday Night Party

It's been a rough week for Tonya. She's a hard working sister in a very demanding job. A friend invites her to an intimate house party with a few friends, and reluctantly, Tonya accepts the invitation. At the party, Tonya meets Kevin. He's attractive, educated, and more mature than the guys she typically goes out with. Tonya and Kevin have a great time. By the end of the party, everyone, including Tonya and Kevin, are drunk. Kevin invites Tonya back to his place where things get hot and heavy. They frantically take each others' clothes off and end up having unprotected sex.

Coping with Rejection and Negative Responses**Situation A: Tamika Gets Dumped**

Tamika and Terrell have been going together for two years. Tamika always makes sure they use a condom when they have sex, but Terrell hates using condoms. Up until now, he's only agreed to do so because he wanted to respect Tamika's wishes. Now, that they've been together for two years, Terrell doesn't feel he should have to use a condom. One night Terrell tried to get Tamika to have sex without a condom. They got into a heated argument when she refused, so Terrell broke up with her and hooked up with Shanice. Shanice doesn't like using condoms either. Two weeks later, Terrell decides he misses Tamika and wants her back. Tamika missed him as well, and they decide to get back together.

Situation B: Three Is A Crowd

Rochelle has been going out with James for two years. About two months ago, Rochelle asked James to use condoms when they have sex. James refused and they haven't had sex since then. Although they continue to see each other, the relationship is rocky.

One day after work, Rochelle goes out with a co-worker, Robert. Rochelle and Robert hit it off immediately. Rochelle brings up condom use with Robert during their conversation and finds out that he uses condoms consistently with all of his partners. After a few more dates, Rochelle and Robert have protected sex.

Situation C: What You Gonna' Do?

A friend shares with you that she just found out she may not be able to have children because she had a sexually transmitted disease. You and your partner have been going together for two years. You really love him, but every time you bring up using a condom, he just refuses to listen.

Evaluation for Session 5: Coping Skills

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

1.	I feel I got a lot of the role-play situations about coping.	
2.	I am confident I can apply these coping skills in my life.	
3.	I have a better understanding of the effects of drugs and alcohol.	
4.	Any questions I had were clearly answered.	
5.	The handouts were helpful.	
6.	The group discussions were informative.	
7.	The review of materials we covered in earlier sessions of the SISTA intervention was worthwhile.	

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

Poor			Okay				Excellent		
1	2	3	4	5	6	7	8	9	10

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

Poor			Okay				Excellent		
1	2	3	4	5	6	7	8	9	10

10. Overall, how would you rate the SISTA intervention? Please circle a number.

Poor			Okay				Excellent		
1	2	3	4	5	6	7	8	9	10

11. How could Session 5 be improved?

Questions continue on back of page.



12. Any other comments?

13. 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!