

# Janet and Lori (2-A)

---

Janet: He told me I was beautiful – that he wanted to make me his, and that he had to do it with me right then!

Lori: So did you?

Janet: Damn right! He told me I looked so fine he couldn't leave without doing it. He said he'd be in pain all night just thinking of me.

Lori: Did you use protection?

Janet: Oh please! I was high. He was high. We didn't even talk about it.

Lori: What? Are you crazy?

Janet: Okay, I thought for a second of stopping and going to the store, but he just kept saying "it's okay, don't worry, I'm clean..." He said he didn't want anything to come between us.

Lori: You're crazy...

THE END



# People's Actions (2-B)

---

People make choices about what actions to take every minute of every day, even when they don't know they're making choices. People make choices for different reasons. Let's look at some of those reasons.

## **People will continue to behave in a certain way if:**

1. They expect something good to come out of it.
2. Something that they want does come out of it.
3. Something good comes out of it often.
4. Anything negative that comes out of it happens a long time after the good part.

## **People will behave effectively in their best interests if:**

1. They know what is in their best interest.
2. They have the necessary skills to behave effectively.
3. They have opportunities to learn skills in several different ways: observing, imitating, and practicing.
4. They believe that they can be effective and have effective tools.
5. They fit into the environment in which they live and the environment supports them.



# Check Yourself Out Worksheet (2-C)

---

This checklist is completely confidential. It will help you determine whether your behavior puts you at risk. Be honest with yourself. Check every item that is true for YOU at the end of the list.

1. I have never had vaginal sex.
2. I have never had anal sex.
3. I have never given someone oral sex.
4. I have never put a sex toy that someone else has used into my anus or vagina.
5. I have never received oral sex.
6. I have had dry kisses.
7. I masturbate by myself.
8. I have mutually masturbated with only touching on the outside.
9. I have used sex toys covered with a condom or sterilized them first.
10. I have had sex between the thighs - not inside.
11. I have given and received hugs and massages.
12. My partner and I have used a latex condom every time we had vaginal or anal sex.

13. My partner and I have used a latex condom or another barrier every time we had oral sex.
14. My partner and I have both been tested for HIV and both tested negative. Neither of us has had any sex with other partners.
15. If either I or my sex partner has shared needles, we have always cleaned the works with bleach before use and never shared needles with another person.
16. I have sex without using a condom.
17. I have oral sex without using a latex condom or other barrier.
18. I have had sex without a latex condom with someone, whose sexual and/or drug history I didn't know.
19. I have had sex without a latex condom with someone who has had many other sex partners.
20. I have had sex without a latex condom with a man who has sex with another man.
21. I share needles for drug use.

\* Modified from Teaching Safer Sex, Brick, et al., 1989.

# Answer Worksheet (2-D)

---

Check every item that is true for you.

1. \_\_\_\_\_ 7. \_\_\_\_\_ 13. \_\_\_\_\_ 19. \_\_\_\_\_

2. \_\_\_\_\_ 8. \_\_\_\_\_ 14. \_\_\_\_\_ 20. \_\_\_\_\_

3. \_\_\_\_\_ 9. \_\_\_\_\_ 15. \_\_\_\_\_ 21. \_\_\_\_\_

4. \_\_\_\_\_ 10. \_\_\_\_\_ 16. \_\_\_\_\_

5. \_\_\_\_\_ 11. \_\_\_\_\_ 17. \_\_\_\_\_

6. \_\_\_\_\_ 12. \_\_\_\_\_ 18. \_\_\_\_\_

## Three Most Uncomfortable Situations

Write the number of the item in the spaces below. 1 is the most uncomfortable situation.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# The Order of Sex Acts According to Safety\* (2-E)

---

## **High Risk:**

Anal sex without a condom  
Vaginal sex without a condom

## **Between Moderate and Low Risk:**

Anal sex with a condom  
Vaginal sex with a condom  
Oral sex without a condom or dental dam

## **Low Risk:**

Oral sex with a condom or dental dam  
Mutual masturbation with sex toys  
Fingering

## **No Risk:**

Abstinence  
Back rubs  
Body Rubbing  
Fantasizing  
Hugging  
Kissing  
Self masturbation  
Showering with partner

\*Pertaining to HIV transmission only

