

Appendix D

- Session 1:** Preparing for the Journey (Male Version)
Preparing for the Journey (Female Version)
 - Session 2:** Enhancing Couple Communication (Couple Session)
 - Session 3:** Tools for the Journey (Couple Session)
 - Session 4:** Sharing the Load (Couple Session)
 - Session 5:** It Takes A Village (Group and Single Gender)
 - Session 6:** Strengthening the Village (Group Session)
 - Session 7:** Expanding the Village (Group Session)
 - Session 8:** Celebrating Our Relationship (Couple Session)
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- Workbook:** The Eban Risk Reduction Program

Session 1: Preparing for the Journey (Male Version)

Session 1
Preparing for the Journey (Male Version)

(Group)

- Activity A: Introduce the Journey (5 minutes)
- Activity B: Introduce Talking Circle / Icebreaker (20 minutes)
- Activity C: Introduce the Eban Symbol (5 minutes)
- Activity D: Group Rules for Participation (5 minutes)
- Activity E: Itinerary for Journey (5 minutes)
- Activity F: Introduce the Seven Principles (20 minutes)

(Single Gender-Male Group)

- Activity A: Review Purpose of Journey (5 minutes)
- Activity B: Enhance Gender Pride (15 minutes)
- Activity C: STD and HIV Facts (20 minutes)
- Activity D: Barriers to Risk Reduction (15 minutes)
- Activity E: Homework (5 minutes)

Session 1
Preparing for the Journey (Couples Group)

Goals

The goals of this session are to:

- Orientation to Eban Program
- Learn and Apply Nguzo Saba
- Learn about STD/HIV Facts
- Enhance Gender Pride and Cultural Pride
- Identify Barriers to Practicing Safer Sex

Materials Needed

- Sign-In Sheets
- Name Tags
- Pens
- Ankh
- Poster #1: Eban Symbol
- Newsprint: Group Rules for Participation
- Poster #3: Nguzo Saba (Seven Principles)
- Eban Workbooks for Participants
- Handout #1: Certificate of Commitment and Confidentiality
- Post It Flip Chart

FACILITATOR'S NOTE:

- Use the term “we” as often as possible in order to “join” with participants as members of the African American/Black community.
- Many communities have principles but in this program, Kwanza will be used.
- Reinforce verbal contributions to increase participation.
- Model scenarios to reinforce points and prepare for role plays.
- Do not rush each section; it is critical to engage each member in the process.
- Normalize behavior by saying “Many people feel that way.”

Instructional Time

60 Minutes

Activity

- A. Introduce the Journey
- B. Introduce Talking Circle / Icebreaker
- C. Introduce the Eban Symbol
- D. Group Rules for Participation
- E. Itinerary for Journey
- F. Introduce the Seven Principles

Time Needed

- 5 minutes
- 20 minutes
- 5 minutes
- 5 minutes
- 5 minutes
- 20 minutes

Activity A: Introduce the Journey

Time:

5 minutes

Materials Needed:

- Clock
- Tape recorder
- Name tags

Procedure:

1. Distribute name tags to participants.
2. Orient participants to the purpose of the intervention.

Welcome to the Eban Program. Our names are _____ and we will be the co-facilitators for your Eban Sessions. Eban is an African concept symbolizing safety, security, and love in one's family and community. The Eban program was developed because couples affected by HIV want to know more about how to keep their relationship healthy and safe.

We are working together as co-facilitators to teach you about safer sex and how to make your relationship more healthy and happy. We will be with you for eight sessions and may call you during the week to check in and remind you about the next session. Here are our cards with our phone numbers at work if you need to ask questions or reschedule your appointment.

This is one of the first programs designed for African American/Black heterosexual couples. We are glad that you decided to be a part of this ground breaking program.

How has HIV/AIDS affected the Black / African American community?

AIDS is killing many Americans but it is the leading cause of death for young African American men and women. African Americans and Blacks represent 11% of the U.S. population but account for 38% of AIDS cases. This is 3 times higher than the U.S. population.

We need to speak directly to African Americans/Blacks in order to save our communities. In addition to helping you as a couple, we hope that you will become an important resource for your community.

How do you think you could help your community?

In this program we are taking a journey together to learn to talk to each other about how to be safe as a couple. Along the way we will use values and ways of relating from the African American/Black culture to communicate strategies to do this.

3. Ask if there are any questions and watch to see if group members look like they would like to ask a question.

Do you have any questions?

4. Facilitators should answer questions, and then point out tape recorder.

In the informed consent form you were told that the sessions would be recorded each week. We are doing this so that we can review the tapes and be sure that we are covering the important points and learn ways to do the sessions better in the future.

We will only be using your first names so that no one can identify you. The tapes will only be reviewed by us, our supervisors, and other authorized people who work on this study.

The tapes will be stored in a locked file and will be destroyed when the study is over.

Do you have any questions?

5. Answer participants' questions.

Activity B: Introduce Talking Circle / Icebreaker

Time:

20 minutes

Materials Needed:

- Ankh

Procedure:

1. Continue by saying,

Now we would like to introduce the talking circle and, then, have all participants introduce themselves.

The talking circle is an opportunity for each person to share with the group. You only need to discuss things that feel comfortable to you.

This is an ankh which is an Egyptian symbol representing the key of life and unity between men and women. In the talking circle, we will pass the ankh around the circle and the person who is holding the ankh can speak and, then, pass the ankh to the left so that the next person can speak.

2. Facilitators should model how to introduce oneself and share a personal reason for being there.

Now we would like to go around the circle and share our feelings about being here.

As you know, my name is _____. I am here because I'm committed to helping our community and making it stronger. I'm excited to be part of this group with you.

3. Facilitator should pass the ankh to the left and that person should be invited to introduce himself or herself. The ankh should continue to be passed to the left until all participants have introduced themselves.

Those are excellent reasons to participate in this Eban program and we are sure that together we can accomplish these goals.

4. If not named, you could suggest other reasons below.

- *To improve our relationship.*
- *To protect each other.*
- *To make sure we stay healthy.*
- *To communicate better.*
- *To maintain our monogamous committed relationship.*
- *To have an enjoyable experience together.*

Now, to get to know each other a little better, let's play a game. It's called two truths and a lie.

To play this game, you think of two odd or unbelievable events or truths about your lives, and add in one lie. Each of you will share the interesting facts you came up with. Everybody else tries to guess which one is the lie.

For example:

1) I have piloted a plane.

2) *I am related to Bill Cosby.*

3) *I have saved someone's life.*

5. Give participants moment to come up with their truths and lie. Ask participants to share them. Remaining participants will have to determine which is the lie. Participants can give brief explanations to back up their truths.

That was fun! It was great to hear all of those interesting facts about your lives.

Activity C: Introduce the Eban Symbol

Time

5 minutes

Materials Needed:

- Poster #1: Eban Symbol

Procedure:

1. Be sure Poster #1: Eban Symbol is visible to all participants. Start by saying,

Now we would like to introduce the Eban symbol and tell you what you can expect from this program.

Eban is a word that originates from the Akan people in Ghana, West Africa. Eban means "fence."

Why do you think that a fence is a good symbol for a program for couples?

2. Wait for responses and reinforce answers.

Yes, good, a fence is a symbol for safety, protection, security, and love.

3. Facilitator should refer to the poster, which depicts the Eban symbol, and relate those concepts to the visual images.

Here is the Eban poster for this program and you have a copy in the workbook. What do you see in this poster?

4. Listen carefully to responses and reinforce verbal participation.

During these eight sessions, we will be taking a journey together and you will be building a fence of safety, love, and protection around your partner, your family, and your community.

You and your partner will work together to do this.

You will both go through a process of change in this journey which gives you a chance to begin a new, safer life together and to strengthen and protect the future of our community.

On our journey we will sometimes meet as couples and sometimes as a group.

Over the next couple hours, we will talk about three main things: first, we will review how we can feel safe in these sessions together and get the most out of them.

Then, we will review some cultural principles upon which Eban is based.

After that we will break into two groups--a men's and women's group-- so we have an opportunity to share from different perspectives. In those groups we will begin to talk about HIV and other sexually transmitted diseases and the things that get in the way of practicing safer sex.

Are there any questions?

Activity D: Group Rules for Participation

Time:

5 minutes

Materials Needed:

- Flipcharts for ground rules
- Markers
- Handout #1: Pledge of Commitment and Confidentiality

Procedure:

1. Facilitators should brainstorm with group members to develop their own group rules for participation. Making their own rules for participation is the first step in becoming a village. Start by saying,

Now we would like to develop some group rules for participation. What rules do you think we should have as a group to help everyone feel comfortable in participating?

2. One facilitator should write the group suggestions on the Post-It flip chart labeled: Group Rules for Participation.
3. The facilitator should reinforce any suggestion that is made. If participants leave out any of the rules suggested below, suggest them to the group and if they concur, add them to the list.
4. Facilitators will ask participants if they have any other suggestions they would like to add. These group-specific Rules for Participation should be available at every meeting.

- **Confidentiality (privacy).** *Yes, that is a very important one. When people share private information in this group, it should be kept private. We will not talk about any personal information that we hear in this group with people outside of this group.*
- **Listen without Interrupting.** *We will listen when others are talking and respect their right to speak even if we disagree with their point.*
- **Be Respectful.** *We will show respect for others' opinions and not through word or behaviors show disrespect or disapproval. We can work together, without judging each other, despite any differences in our experiences and attitudes.*
- **Be Honest.** *We will be as honest as possible and express our real feelings when sharing our opinion.*
- **Right to Choose to Participate.** *Everyone is invited to participate. This is an opportunity and not an obligation. No one should feel pressured into participating in any activity or answering a question that makes you feel uncomfortable. If you feel uncomfortable, you can say "pass." Also, please remember to use "I" statements, and only speak for yourself, and not for your partner.*
- **No Drugs or Alcohol.** *You can participate better, and get more out of each session, if you have not been drinking or using drugs just before each session. If you become disruptive or cannot participate—for any reason—you may be asked to leave and you will not receive reimbursement for that session.*
- **No cell phones.** *Taking a phone call during a group or couple session can be disruptive and is rude to the other participants.*

- **Right to Ask Questions.** *You should ask questions at any time whenever you feel that you do not understand something or if you want more information.*

Now I would like to re-read the group rules one at a time, and ask each of you to nod your head to indicate that you agree to follow that rule.

5. Facilitators will then pass out Handout #1: Pledge of Commitment and Confidentiality for participants to sign as a pledge to participate in the group. Facilitators should ask for a volunteer to read the pledge aloud.

*We are handing out a Pledge of Commitment and Confidentiality which we would like each of you to read and sign. In order for the Eban program to be successful, it is important that everyone be committed to the process and each other.
Would someone like to read the pledge aloud?*

6. Collect the certificates and put them in the session file.

Are there any questions?

We would also like to remind you some people have an easier time talking in groups than others. In order to let everyone in the group have a chance to express their ideas and feelings, we would like you to raise your hand.

Please let other people finish their thoughts before you speak. If you disagree with them, remember that everyone has a right to her/his opinion. The way to express a difference of opinion is by saying "I understand and respect your point. However, I feel..."

Each of you needs to decide if and how you will respond to each other if you happen to meet in your community. Some people may find it awkward and therefore may not wish not to socialize away from this group. If you do not want to be acknowledged out of the group, please let the group know now.

How would you like to be acknowledged if people see you outside of the group?

Okay. Thank you for being honest with the group.

Activity E: Itinerary for Journey

Time:

5 minutes

Materials Needed:

- None

Procedure:

1. Now the facilitators should explain the logistics of the sessions. Start by saying,

Now we would like to give you a short overview of the journey that we will take together.

Although the information is serious and important, we hope that we can learn together and have a good time. To make the program interesting, fun, and informative, we will use videos, activities, and games that we hope you will enjoy.

Beginning next week, you will come with your partner for three couples' sessions to meet with two facilitators. The couples' sessions will be for about two hours and will be in private rooms.

These sessions will include you, your partner, and two facilitators. These sessions will focus on strengthening your relationship and teaching you safer HIV/STD risk reduction techniques.

After your three couple sessions, you will again participate in three group sessions like this one. If you are comfortable, you can share what you have learned with the group and receive support from each other for your efforts and ideas.

We know that it helps to talk to and hear from other people who are going through

some of the experiences. We hope to learn from each other and form a bond as a group.

Then, the last session will be only with your partner and the facilitators.

At the end of this session, each of you will receive a workbook which has the information about the sessions and activities that you will be doing in the session and at home. Please take these workbooks home with you and keep them in a safe place so that you can do your exercises between sessions. You and your partner should also bring it with you to each session so that we can refer to sections that you might want to use.

At the end of each session, you will be given a homework assignment. Some of these will be from the workbook which will help you practice some of the skills that you will be learning in these sessions together and help you achieve your goals.

Do you have any questions about these sessions?

Activity F: Introduce the Seven Principles

Time:

20 minutes

Materials Needed:

- Poster #3: Nguzo Saba

Procedure:

FACILITATORS NOTE:

Be sure that Poster #3: Nguzo Saba (Seven Principles) is visible to all participants.

1. Facilitators will lead discussion of Nguzo Saba and relate them to the journey. Start by saying,

Before we break into two groups, we would like to share with you how we hope to use our culture as the basis for these sessions.

As part of the African American/Black community, we have made many positive contributions to history, our families, our communities, and to the world. Our ancestors have also survived middle passage, slavery, and Jim Crow, and we continue to survive racism, oppression, discrimination, imprisonment, and many other obstacles.

We are a resilient people who have “made a way out of no way.” Our culture made us strong enough to survive despite fierce obstacles. HIV/AIDS is another obstacle that we can overcome.

Many of us have survived and thrived by drawing on the strength of our culture. The Nguzo Saba, familiar to many as the principles of Kwanzaa represent the culture of African Americans and Black people living in the Americas. The seven principles are guidelines for positive living that bring us together as couples, families, and communities and can apply to many groups.

One or more of these principles will be highlighted in each session and throughout the workbook for the Eban program as they relate to your relationship, health, and safety.

How familiar are you all with the Seven Principles?

Good! Now we would like to talk about Nguzo Saba (in goozo sah-bah) and what they mean in general and, then, relate them to our journey and our desire to live a safer and healthier life as couples.

2. Principle #1- Unity-Umoja (oo mo jah)

The first principle is Umoja which is unity. Let's say it together.

Good.

Umoja is the principle that encourages you to strive for and maintain unity in the family, community, nation, and race.

Now what does unity mean to you in your relationship?

3. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are all good points about the value of unity.

- *Our union is jointly committed to safer sex practices and to maintaining a healthy lifestyle and being true to each other.*
- *In Eban, we encourage couples to unite in your effort to reduce risk and to use condoms and other safer sex methods to protect one another. The commitment of two is better than one. We unite as a group and community to protect ourselves from HIV and STDs.*

4. Principle #2 - Self-Determination-Kujichagulia (Koo jee chah goo leeah)

The second principle is Kujichagulia which is self-determination. Let's say it together.

Good.

Kujichagulia is the principle that encourages us to define ourselves, name ourselves, create for ourselves, and speak for ourselves instead of being defined, named, created for, and spoken for by others.

Now what does self-determination mean to you in your relationship?

5. The facilitators should reinforce the responses that the participants provide and enhance discussion with points below.

Yes, those are all good points about self-determination in our relationships.

- *In Eban, self-determination means that each couple is the expert in their lives. Each couple has the knowledge, power and skills to jointly determine how they will stay safe sexually.*

6. Principle #3- Collective Work and Responsibility-Ujima (oo jee mah)

The third principle is Ujima which is collective work and responsibility. Let's say it together.

Good.

Ujima is the principle that encourages us to build and maintain our community together and make our sister's and brother's problems our problems and to solve them together.

Now what does collective work and responsibility mean to you in your relationship?

7. The facilitators should reinforce the responses that the participants provide and enhance discussion with some of the points below.

Yes, those are all good points about collective work and responsibility.

- *In Eban, Ujima is about “sharing the load” and working together to protect each other and the community. Couples can help each other work and take responsibility for safer sex, so that one by one, couple by couple, we can promote safety and health for our community and ourselves.*

8. Principle #4 - Cooperative Economics-Ujamma (oo jah mah)

The fourth principle is Ujamma which is cooperative economics. Let's say is together.

Good.

Ujamma encourages us to build and maintain our own stores, shops and other businesses, and to profit from them together.

Now what does cooperative economics mean to you in your relationship?

9. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are all good points about working together to make money.

- *In Eban, this principle focuses on working together, being honest, and being responsible for the well-being of your partner, family, and community.*
- *In Eban, Ujamaa means a commitment to pooling our strengths and our financial and emotional resources to help one another maintain health and safety as couples and as community.*

10. Principle #5 - Purpose-Nia (nee ah)

The fifth principle is Nia which is purpose. Let's say it together.

Good.

Nia is the principle that encourages us to collectively build and develop our community in order to restore our people to our traditional greatness.

Now what does purpose mean to you in your relationship?

11. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, understanding the purpose of the Eban program will help you both become centered and focused on safer sex practices.

- In Eban, our purpose is to keep each other safe, to protect each other and to maintain safer sexual practices in our loving, intimate relationships and in our communities. In this way we help to restore our community's health and well being.*

12. Principle #6 - Creativity-Kuumba (koo oom bah)

The sixth principle is Kuumba which is creativity. Let's say it together.

Good.

Kuumba encourages us to always do as much as we can, in the way that we can, in order to leave our community better than we inherited it.

Now what does creativity mean to you in your relationship?

13. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about creativity in your relationship.

- *In Eban, Kuumba means that couples will use their skills and creativity to find exciting ways to use condoms and other safer sex methods to strengthen their relationship and reduce sexual risk.*

14. Principle #7 - Faith-Imani (ee mah nee)

The seventh principle is Imani which is faith. Let's say it together.

Good.

Imani is the principle that says we should believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

Now what does faith mean to you in your relationship?

15. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about what faith means to your relationship.

In Eban, Imani means that we have faith in ourselves to work collectively to reduce HIV and STD risks in our communities. As a couple, you believe in your and your partner's ability to have safe and satisfying sex.

Together as a group, we have done a wonderful job of exploring the Nguzo Saba and how we can use them to keep our relationships and communities safe and healthy.

Now that we have had a chance to meet each other and talk about the Eban journey, we will break into a women's group and a men's group.

We are doing this so that these groups can talk about what it means to be a woman and what it means to be a man. You will have the chance to talk about the Eban journey from a man's perspective or from a woman's perspective

We will meet in our single gender groups for the next hour or so, and then we will rejoin and set up an appointment for your next session.

Before we do that, we will give you a minute to say goodbye to your partner. Then, the men will go into another room.

Male facilitator leaves room with men and one copy of the Group Rules for Participation and female facilitator stays in same room with women.

Session 1
Preparing for the Journey
(Male Group)

Goals

The goals of this session are to:

- Orientation to Eban Program
- Learn and Apply Nguzo Saba
- Learn about STD/HIV Facts
- Enhance Gender Pride and Cultural Pride
- Identify Barriers to Practicing Safer Sex

Materials Needed

- Newsprint: Group Rules for Participation
- Poster #4: STDs
- Poster #5: HIV
- Eban Workbooks for Participants
- Handout #2: “You Will Recognize your Brothers” by Haki Madhabuti
- Two sets of STD Cards
- Two sets of HIV Cards
- Post It Flip Chart
- Magic Markers
- CD track # 3: Curtis Mayfield, Keep on Pushin
- CD player
- Homework #1: What We Cherish About Ourselves and Our Partner
- Envelopes and Reimbursement (if handed out by facilitators)

Instructional Time

60 Minutes

Activity

A. Review Purpose of Journey

B. Enhance Gender Pride

*NIMH Multisite HIV/STD Prevention
Trial for African American Couples*

Time Needed

5 minutes

15 minutes

Eban HIV/STD Risk Reduction Session 1M
Version 1.0; September 4, 2003

C. STD and HIV Facts
D. Barriers to Risk Reduction
E. Homework

20 minutes
15 minutes
5 minutes

Activity A: Review Purpose of Journey

Time:

5 minutes

Materials Needed:

- Flipchart with ground rules

Procedure:

1. Male Facilitator will review reasons for coming to the group and check if they would like to say anything that they were reluctant to share in group.

FACILITATOR NOTE:

Facilitators should probe for issues that are gender-based or gender/power issues.

Now that we are together as men, we want to review if there are other reasons that brought you here today that you might not have been comfortable discussing in front of your partner?

Some men might be here because they want to use condoms, but they are afraid to suggest using condoms to their partner because they will hurt her feelings or she will become angry.

2. Facilitators emphasize that the goal of the program is to communicate better with your partner and to be able to share such things with him in the future.

I am glad that you were willing to share these issues with us. Our Eban sessions are designed to help you feel comfortable sharing these feelings with your partner. What do you find hard to talk to your partner about?

3. Allow time for men to talk and reinforce responses.

Yes, those are all difficult topics to bring up but if you cannot share these feelings with your partner, then you may have a harder time practicing safer sex and having a healthier relationship.

Activity B: Enhance Gender Pride

Time:

15 minutes

Materials Needed:

- Flipchart
- Markers
- CD track #3 “Keep on Pushin” by Curtis Mayfield
- Handout #2: “You will recognize your brothers” by Haki Madhabuti

Procedure:

1. Participants will be asked what it means to be a man, what they enjoy about being a man, and what makes them proud to be a man. Facilitators should relate this to the main issue of protecting self and partner.

2. Write down the men’s responses.

We separated into two groups so that we have an opportunity to celebrate together as men and share what it means to be a man.

We do not often have a chance to celebrate being men, and how being men influences how and who we are.

Being a man can mean many things. What does it mean to you?

3. Wait for and reinforce responses.

I am proud that as men we are strong, nurturing and work hard to maintain

relationships. I am also proud that we achieve a lot and contribute a lot to society.

Being proud of who we are can help us to take care of our families and ourselves and help us to keep others from treating us badly or taking advantage of us.

We would like to play a song that captures how great men are. As you listen to this song, think about what it means, what kind of messages it communicates.

4. Facilitator plays song by Curtis Mayfield, Keep on Pushin (Track #3).

What are some of the messages of this song?

5. Write responses on flip chart.

This song remind us to be proud of ourselves, not based on anything outside of us, but based on who we are, what's inside. When we are proud that we are men, we don't have to use what's outside of ourselves to feel good. When we are proud that we are men, we can keep on pushing, even when the odds seem against us.

6. Participants brainstorm what makes them proud to be men. Facilitator writes responses on the flip chart (i.e., being strong, being nurturing, taking care of your family, expressing yourself).

We would like to talk about what makes us proud to be men. We will identify the things that we value about ourselves.

What makes you proud to be a man?

7. Participants should be given Handout #2, a poem by Haki Madhubuti titled “You Will Recognize Your Brothers”, which is also in the workbook, section 1.7.
8. Facilitator should ask if volunteer would read poem aloud. If no volunteer, facilitator should read aloud.

This is a poem by a male poet name Haki Madhubuti (ha kee mah dah boo tee) called “You Will Recognize Your Brothers.” He tells us that we are phenomenal because we are men and our qualities come from the inside. Would someone like to volunteer to read the poem?

What does this poem mean to you?

9. Reinforce participants’ responses.

As African American men, we are leaders, educators, protectors, fathers, partners, lovers, and professionals of our community. Haki Madhabuti reminds us of the strength and power that we possess especially when we connect with one another and provide

care and support to each other. We will recognize each other as brothers because of beauty, power, and commitment of our families and communities and that, my brothers, is what we have to be proud of.

When we are proud that we are men, we can surround ourselves with the things that make us happy. When we are proud that we are men, we can be strong.

When we are proud that we are men, we can be assertive, asking for what we want and need for our partners, family, our community, and ourselves.

10. Facilitators should now integrate gender pride as it is relevant to HIV/STI risk reduction.

The pride we have in our gender and the level of comfort we feel with ourselves can influence how we feel in relationship. Sometimes understanding these feelings better can help us to reduce our risky behaviors.

For example, among couples where one person is positive and the other is negative, some HIV positive men have told us that they are so concerned about their partner not becoming positive that they put more emphasis on condom use than their partner, which leads to conflict.

For HIV negative men, they are so concerned that they not hurt their partner's feelings, that they do not practice safer sex.

We want to balance the needs of both partners to stay as healthy as possible together, so they can lead long happy and safer lives together.

These health issues threaten our community and us and that is why we are here today.

11. Facilitator should summarize and transition into next activity.

Having taken some time to remind ourselves of how we are proud to be men and proud of our heritage, we would like to talk about some basic facts about STD transmission.

These health issues threaten us and our community and that is why we are here today.

Activity C: STD and HIV Facts

Time:

20 minutes

Materials Needed:

- STD cards
- HIV cards
- Poster #4: STDs
- Poster #5: HIV

Procedure:

1. Start by saying,

We would like to talk about things that you may have heard about STDs (or sexually transmitted diseases) and specifically about HIV transmission because there are many myths.

What are some sexually transmitted diseases?

Yes, those are all important ones.

Gonorrhea, Chlamydia, Herpes, genital warts or human papilloma virus, HIV, Hepatitis B, Hepatitis C, Syphilis, Trichomoniasis.

FACILITATOR NOTE:

Be sure Poster #4: STDs is visible.

There is a chart with information on these STDs in your workbook, which you will receive at the end of today's session.

Do you know which of those STDs are curable?

Yes, that is correct. Gonorrhea, Chlamydia, Syphilis, and Trichomoniasis are curable, and can often be treated with only a single treatment. It is very important that you receive immediate treatment if you have any symptoms or your partner has symptoms. Do not have sex with an untreated partner. Herpes, Hepatitis B, Hepatitis C and HIV are not curable.

2. Facilitator introduces STD exercise.
3. One at a time facilitator(s) hold up card and read statement to group, encouraging participants to confer and shout out the correct answer.
4. Facilitator then confirms correct answer and moves on to next card until all have been read.

FACILITATOR NOTE:

Move quickly through this section, stopping to clarify information only as needed.

This next exercise is a game. It's fun. See if you can keep up with me. I'm going to hold up some cards and read the statements on the cards. They are all about STDs. This is just a little test to see how much you already know about STDs. As I read the cards, you work together to call out the right answer... true or false, myth or fact...let's try one.

Question: *STDs always have symptoms. True or false?*

FACILITATOR NOTE:

Facilitator should wait until you get an answer from participant(s) before reading correct answer.

Answer: *False. Sometimes someone can have an STD and not have any symptoms. The person may not even know that he/she has an STD and therefore can have had it for a long time. This can result in serious health problems, like pelvic inflammatory disease.*

Question: *Some STDs do have symptoms, do you know what some of these symptoms are?*

Answer: *Some early symptoms for most STDs include itching, soreness of genitals or*

anus, pain when urinating, bad smells or discharge.

Question: *How do most people become infected with STDs?*

Answer: *The main way people become infected with STDs is through unprotected vaginal, anal, or oral sex.*

Question: *Can STDs be transmitted from mother to child?*

Answer: *Yes, the mother can transmit STDs to her baby during pregnancy, birth, or breastfeeding.*

Question: *How can you reduce your risk of becoming infected with an STD?*

Answer: *By using a condom every time that you have sex.*

Question: *STDs affect men more than women. True or false?*

Answer. *False. If a woman has sex with an infected man, she is twice as likely to*

become infected with an STD than a man who has sex with an infected woman. This is because a man's penis is covered with strong dermis or skin, while the woman's vagina is lined with very soft tissue that is more susceptible to infection by bacteria or viruses.

Also, women are less likely than men to have symptoms if they have an STDs, so they are less likely to seek early treatment. They can have an STD for a long time and not know it. They also suffer more consequences of STDs, consequences that men do not suffer, like pelvic inflammatory disease, cervical cancer, or miscarriages.

Question: *Are other STDs transmitted more easily than HIV.*

Answer. *Yes. It is easy to become infected with other sexually transmitted diseases. In fact, every 10 seconds, someone becomes infected with an STD.*

5. Put up Poster #5: HIV

Now we would like to talk about HIV.

6. Just like for the STD questions, facilitator should read the question to the group. Facilitator should wait until you get an answer from participant(s) before reading correct answer and moving on to the next card.

Question: *Do you know what HIV and AIDS are?*

Answer: *HIV is Human Immunodeficiency virus and AIDS is the diagnosis that you receive when your immune system fails and you become sick with certain opportunistic infections and experience other health problems that define AIDS according to the Centers for Disease Control (CDC). AIDS stands for Acquired Immune Deficiency Syndrome.*

Question: *Can condoms protect you from HIV? When we say condoms we mean latex or polyurethane condoms.*

Answer. *Yes. Using male condoms or female condoms correctly and consistently can help protect you from transmitting or becoming infected with HIV.*

Question: *What are other ways to prevent HIV transmission?*

Answer: *Some sexual behaviors that are less likely to transmit HIV are kissing, massage, and pleasuring each other with your hands instead of having sex. Not sharing injection drug needles also prevents transmission.*

Question: *Is having sex with someone who has HIV the only way of becoming infected with the virus?*

Answer. *No. There are other ways of coming in contact with bodily fluids and becoming infected: sharing needles for injecting drugs or during tattooing; sharing sex toys; breast feeding.*

Question: *Can people living with HIV become reinfected with the virus?*

Answer. *Yes. Even people living with the HIV virus can become reinfected with a different virus which means that the current medications might not work any more.*

Question: *Because of the new medications, does that mean that HIV infection is no longer a danger?*

Answer. *Some medications called highly active anti-retroviral treatment (HAART) slow down HIV progression. However, the virus always remains in the body, so it can always be transmitted, even if you are receiving treatment and your viral load is low. Also, we do not know the long-term effects of the anti-retroviral medications.*

Question: *Do STDs increase the likelihood of HIV infection?*

Answer. *Yes. STDs increase the likelihood of becoming infected or reinfected with HIV. Therefore, obtaining treatment for STDs and preventing STD transmission reduces HIV transmission.*

Question: *Why do you think STDs increase your chances of becoming infected with HIV?*

Answer: STDs can cause blisters or sores on or around the genitals. During sex, the virus can enter the body through these sores and the person can become infected with HIV.

Question: Do STDs have an effect on HIV progression?

Answer. Yes. STDs can further weaken your immune system, and result in increased viral load and faster HIV progression. This is another reason to ensure that you are protected for STDs, and to obtain early testing and treatment for STDs.

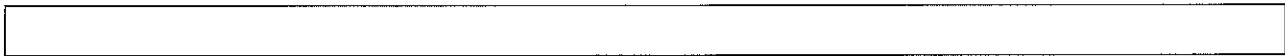
You did great. You know a lot about HIV and therefore are able to protect yourself from this risk.

We do not want to frighten you or to make sex something you would not want to do but STDs are serious and they threaten our health and safety. If we know about STDs and understand how easy it is to become infected, then we can protect our partners and ourselves by using condoms.

If someone is concerned about having STDs, it is important to go to the doctor or clinic to obtain medical evaluation and treatment.

As we said, most bacterial STDs like Chlamydia, Gonorrhea, Syphilis, and Trichomoniasis can be treated.

Later, you will be receiving your test results and we hope that this information can help you feel better prepared to understand what they mean for you and your partner.



Activity D: Barriers to Risk Reduction

Time:

15 minutes

Materials Needed:

- Flipcharts
- Markers

Procedure:

1. Start by saying,

We have talked about what it means to be men, about STDs that affect us, and about risky behaviors. Now we will talk about some of the things that make it hard to change sexual behavior, which is sometimes risky behavior.

2. Facilitator encourages participants to call out barriers to practicing safe sex, writing out responses on flipchart as they are called out and paraphrasing how they are barriers to risk reduction.

Many people know that they have HIV or another STD and they find it hard to practice safer sex.

What are some things that make it difficult for men – or specifically for you and your partner - to make changes in your sexual behavior and to use condoms?

3. Wait for responses and facilitators writes them on a flip chart.

Yes, those are good responses.

- *Condoms do not feel good;*
- *Want skin to skin contact;*
- *Do not want to stop spontaneity;*
- *Afraid of partner's reactions if ask to use condoms.*
- *Asking your partner to use a condom may be interpreted as an accusation of infidelity.*

4. Facilitator encourages participants to call out ways to overcome barriers to practicing safe sex, writing out responses on flipchart as they are called out.

Now we would like to get your ideas about how a couple can overcome these problems.

Yes. Those are good ways.

- *Make condoms and their use part of the fun of having sex.*

- *Use colored and flavored condoms.*
- *Put condoms on in unusual ways, such as by the mouth.*

We will be working with you and your partner to overcome any of these things that are a problem for you as a couple. We will be talking about those problems with you and your partner in the Eban program.

5. Transition to returning to couples' group. Start by saying,

Now we are going to rejoin the women where we are going to give you an activity to do at home and to set up an appointment for you as a couple.

Remember, what's said in the group stays in the group, so we ask you to not discuss what others shared here with anyone who wasn't present. Take a few minutes to say good-bye to each other.

Activity E: Homework

Time:

5 minutes

Materials Needed:

- Workbook
- Session 1 Homework assignment (in Workbook)

Procedure:

1. Facilitators introduce the homework assignment. Start by saying,

In order to change our behavior, including reducing sexual risk, we need to have good reasons for staying healthy and safe.

One step towards this goal is to describe what is important to you and to your partner, and what you hope your future will be like.

If we recognize that staying healthy is important to reaching our goals as a couple, then it is easier to motivate ourselves to change.

2. Hand Workbook out to participants.

3. Refer to Homework #1 in Workbook: What We Cherish About Our Partner and Ourselves, section 1.12.

In the Workbook, section 1.12, you'll find the homework for this session. We would like you to write four things:

(1) what strengths you bring to the relationship;

(2) what is important to you about your relationship;

(3) what you love about your partner; and

(4) how you want to protect each other.

If you would like, you can create an image or picture, or write or select a song that reflects what you love about your partner, strengths you bring, what's important to you, and how you want to protect each other.

You should bring this sheet with you when you come with your partner to Session 2. You will, then, have an opportunity to share these feelings with your partner.

This has been a very good session. We hope that you are ready to learn new ways to have a healthier and happier relationship with your partner. We look forward to seeing you next week as a couple.

Session 1: Preparing for the Journey (Female Version)

SESSION 1
PREPARING FOR THE JOURNEY
(FEMALE VERSION)

(Couples Group)

- Activity A: Introduce the Journey (5 minutes)
- Activity B: Introduce Talking Circle / Icebreaker (20 minutes)
- Activity C: Introduce the Eban Symbol (5 minutes)
- Activity D: Group Rules for Participation (5 minutes)
- Activity E: Itinerary for Journey (5 minutes)
- Activity F: Introduce the Seven Principles (20 minutes)

(Single Gender-Female Group)

- Activity A: Review Purpose of Journey (5 minutes)
- Activity B: Enhance Gender Pride (15 minutes)
- Activity C: STD and HIV Facts (20 minutes)
- Activity D: Barriers to Risk Reduction (15 minutes)
- Activity E: Homework (5 minutes)

Session Goals

The goals of this session are to:

- Orientation to Eban Program
- Learn and Apply Nguzo Saba
- Learn about STD/HIV Facts
- Enhance Gender Pride and Cultural Pride
- Identify Barriers to Practicing Safer Sex

Materials Needed

- Sign-In Sheets
- Name Tags
- Pens
- Ankh
- Poster #1: Eban Symbol
- Newsprint: Group Rules for Participation

- Poster #3: Nguzo Saba (Seven Principles)
- Poster #4: STDs
- Poster #5: HIV
- Eban Workbooks for Participants and Facilitators
- Handout #1: Certificate of Commitment and Confidentiality
- Handout #2: “Phenomenal Woman” by Maya Angelou
- Two sets of STD Cards
- Two sets of HIV Cards
- Post It Flip Chart
- Magic Markers
- CD track #1: Song by India Arie – Video
- CD player
- Homework #1: What We Cherish About Ourselves and Our Partner
- Envelopes and Reimbursement (if handed out by facilitators)

FACILITATOR’S NOTE:

- Use the term “we” as often as possible in order to “join” with participants as members of the African American/Black community.
- Many communities have principles but in this program, Kwanza will be used.
- Reinforce verbal contributions to increase participation.
- Model scenarios to reinforce points and prepare for role plays.
- Do not rush each section; it is critical to engage each member in the process.
- Normalize behavior by saying “Many people feel that way.”
-

Instructional Time

2 hours (120 minutes)

Activity

Time Needed

Couples Group

A. Introduce the Journey	5 minutes
B. Introduce Talking Circle / Icebreaker	20 minutes
C. Introduce the Eban Symbol	5 minutes
D. Group Rules for Participation	5 minutes
E. Itinerary for Journey	5 minutes
F. Introduce the Seven Principles	20 minutes

Subtotal = 1 hour

Single Gender-Female

Time Needed

A. Review Purpose of Journey	5 minutes
B. Enhance Gender Pride	15 minutes
C. STD and HIV Facts	20 minutes
D. Barriers to Risk Reduction	15 minutes
E. Homework	5 minutes

Subtotal = 1 hour

Activity A: Introduce the Journey

Time:

5 minutes

Type of Session:

Couples Group

Materials Needed:

- Clock
- Tape recorder
- Name tags

Procedure:

1. Distribute name tags to participants.
2. Orient participants to the purpose of the intervention. Start by saying,

Welcome to the Eban Program. Our names are _____ and we will be the co-facilitators for your Eban Sessions. Eban is an African concept symbolizing safety, security, and love in one's family and community. The Eban program was developed because couples affected by HIV want to know more about how to keep their relationship healthy and safe.

We are working together as co-facilitators to teach you about safer sex and how to make your relationship more healthy and happy. We will be with you for eight sessions and may call you during the week to check in and remind you about the next session. Here are our cards with our phone numbers at work if you need to ask questions or reschedule your appointment.

This is one of the first programs designed for African American/Black heterosexual

couples. We are glad that you decided to be a part of this ground breaking program.

How has HIV/AIDS affected the Black / African American community?

AIDS is killing many Americans but it is the leading cause of death for young African American men and women. African Americans and Blacks represent 11% of the U.S. population but account for 38% of AIDS cases. This is 3 times higher than the U.S. population.

We need to speak directly to African Americans/Blacks in order to save our communities. In addition to helping you as a couple, we hope that you will become an important resource for your community.

How do you think you could help your community?

In this program we are taking a journey together to learn to talk to each other about how to be safe as a couple. Along the way we will use values and ways of relating from the African American/Black culture to communicate strategies to do this.

3. Ask if there are any questions and watch to see if group members look like they would like to ask a question.

Do you have any questions?

4. Facilitators should answer questions, and then point out tape recorder.

In the informed consent form you were told that the sessions would be recorded each week. We are doing this so that we can review the tapes and be sure that we are covering the important points and learn ways to do the sessions better in the future.

We will only be using your first names so that no one can identify you. The tapes will only be reviewed by us, our supervisors, and other authorized people who work on this study.

The tapes will be stored in a locked file and will be destroyed when the study is over.

Do you have any questions?

5. Answer participants' questions.

Activity B: Introduce Talking Circle / Icebreaker

Time:

20 minutes

Type of Session:

Couples Group

Materials Needed:

- Ankh

Procedure:

1. Start by saying,

Now we would like to introduce the talking circle and, then, have all participants introduce themselves.

The talking circle is an opportunity for each person to share with the group. You only need to discuss things that feel comfortable to you.

This is an ankh which is an Egyptian symbol representing the key of life and unity between men and women. In the talking circle, we will pass the ankh around the circle and the person who is holding the ankh can speak and, then, pass the ankh to the left so that the next person can speak.

2. Facilitators should model how to introduce oneself and share a personal reason for being there.

Now we would like to go around the circle and share our feelings about being here.

As you know, my name is _____. I am here because I'm committed to helping our community and making it stronger. I'm excited to be part of this group with you.

3. Facilitator should pass the ankh to the left and that person should be invited to introduce himself or herself. The ankh should continue to be passed to the left until all participants have introduced themselves.

Those are excellent reasons to participate in this Eban program and we are sure that together we can accomplish these goals.

4. If not named, you could suggest other reasons below.

- *To improve our relationship.*
- *To protect each other.*
- *To make sure we stay healthy.*
- *To communicate better.*

- *To maintain our monogamous committed relationship.*
- *To have an enjoyable experience together.*

Now, to get to know each other a little better, let's play a game. It's called two truths and a lie.

To play this game, you think of two odd or unbelievable events or truths about your lives, and add in one lie. Each of you will share the interesting facts you came up with. Everybody else tries to guess which one is the lie.

For example:

- 1) I have piloted a plane.*
- 2) I am related to Bill Cosby.*
- 3) I have saved someone's life.*

5. Give participants moment to come up with their truths and lie. Ask participants to share them. Remaining participants will have to determine which is the lie. Participants can give brief explanations to back up their truths.

That was fun! It was great to hear all of those interesting facts about your lives.

Activity C: Introduce the Eban Symbol

Time:

5 minutes

Type of Session:

Couples Group

Materials Needed:

- Poster #1: Eban Symbol

Procedure:

FACILITATOR'S NOTE:

Be sure Poster #1: Eban Symbol is visible to all participants.

1. Start by saying,

Now we would like to introduce the Eban symbol and tell you what you can expect from this program.

Eban is a word that originates from the Akan people in Ghana, West Africa. Eban means "fence."

Why do you think that a fence is a good symbol for a program for couples?

2. Wait for responses and reinforce answers.

Yes, good, a fence is a symbol for safety, protection, security, and love.

3. Facilitator should refer to the poster which depicts the EBAN symbol and relate those concepts to the visual images.

Here is the Eban poster for this program and you have a copy in the workbook. What do you see in this poster?

4. Listen carefully to responses and reinforce verbal participation.

During these eight sessions, we will be taking a journey together and you will be building a fence of safety, love, and protection around your partner, your family, and your community.

You and your partner will work together to do this.

You will both go through a process of change in this journey which gives you a chance to begin a new, safer life together and to strengthen and protect the future of our community.

On our journey we will sometimes meet as couples and sometimes as a group.

Over the next couple hours, we will talk about three main things: first, we will review how we can feel safe in these sessions together and get the most out of them.

Then, we will review some cultural principles upon which Eban is based.

After that we will break into two groups—a men's and women's group-- so we have an opportunity to share from different perspectives. In those groups we will begin to talk about HIV and other sexually transmitted diseases and the things that get in the way of practicing safer sex.

Are there any questions?

Activity D: Group Rules for Participation (5 minutes)

Time:

5 minutes

Type of Session:

Couples Group

Materials Needed:

- Flipcharts for ground rules
- Markers
- Handout #1: Pledge of Commitment and Confidentiality

Procedure:

FACILITATOR'S NOTE:

Facilitators should brainstorm with group members to develop their own group rules for participation. Making their own rules for participation is the first step in becoming a village.

1. Start by saying,

Now we would like to develop some group rules for participation. What rules do you think we should have as a group to help everyone feel comfortable in participating?

2. One facilitator should write the group suggestions on the Post-It flip chart labeled: Group Rules for Participation.

3. The facilitator should reinforce any suggestion that is made. If participants leave out any of the rules suggested below, suggest them to the group and if they concur, add them to the list.

4. Facilitators will ask participants if they have any other suggestions they would like to add. These group-specific Rules for Participation should be available at every meeting.

- **Confidentiality (privacy).** *Yes, that is a very important one. When people share private information in this group, it should be kept private. We will not talk about any personal information that we hear in this group with people outside of this group.*

- **Listen without Interrupting.** *We will listen when others are talking and respect their right to speak even if we disagree with their point.*

- **Be Respectful.** *We will show respect for others' opinions and not through word or behaviors show disrespect or disapproval. We can work together, without judging each other, despite any differences in our experiences and attitudes.*

- **Be Honest.** *We will be as honest as possible and express our real feelings when sharing our opinion.*

- **Right to Choose to Participate.** *Everyone is invited to participate. This is an opportunity and not an obligation. No one should feel pressured into participating*

in any activity or answering a question that makes you feel uncomfortable. If you feel uncomfortable, you can say "pass." Also, please remember to use "I" statements, and only speak for yourself, and not for your partner.

- ***Drugs or Alcohol.*** *You can participate better, and get more out of each session, if you have not been drinking or using drugs just before each session. If you become disruptive or cannot participate—for any reason—you may be asked to leave and you will not receive reimbursement for that session.*
- ***No cell phones.*** *Taking a phone call during a group or couple session can be disruptive and is rude to the other participants.*
- ***Right to Ask Questions.*** *You should ask questions at any time whenever you feel that you do not understand something or if you want more information.*

Now I would like to re-read the group rules one at a time, and ask each of you to nod your head to indicate that you agree to follow that rule.

5. Facilitators will then pass out Handout #1: Pledge of Commitment and Confidentiality for participants to sign as a pledge to participate in the group.
6. Facilitators should ask for a volunteer to read the pledge aloud.

We are handing out a Pledge of Commitment and Confidentiality which we would like each of you to read and sign. In order for the Eban program to be successful, it is important that everyone be committed to the process and each other.

Would someone like to read the pledge aloud?

7. Collect the certificates and put them in the session file.

Are there any questions?

We would also like to remind you some people have an easier time talking in groups than others. In order to let everyone in the group have a chance to express their ideas and feelings, we would like you to raise your hand.

Please let other people finish their thoughts before you speak. If you disagree with them, remember that everyone has a right to her/his opinion. The way to express a difference of opinion is by saying "I understand and respect your point. However, I feel..."

Each of you needs to decide if and how you will respond to each other if you happen to meet in your community. Some people may find it awkward and therefore may not wish not to socialize away from this group. If you do not want to be acknowledged out of the group, please let the group know now.

How would you like to be acknowledged if people see you outside of the group?

Okay. Thank you for being honest with the group.

Activity E: Itinerary for Journey

Time:

5 minutes

Type of Session:

Couples Group

Materials Needed:

- None

Procedure:

1. Now the facilitators should explain the logistics of the sessions. Start by saying,

Now we would like to give you a short overview of the journey that we will taking together.

Although the information is serious and important, we hope that we can learn together and have a good time. To make the program interesting, fun, and informative, we will use videos, activities, and games that we hope you will enjoy.

Beginning next week, you will come with your partner for three couples' sessions to meet with two facilitators. The couples' sessions will be for about two hours and will be in private rooms.

These sessions will include you, your partner, and two facilitators. These sessions will focus on strengthening your relationship and teaching you safer HIV/STD risk reduction techniques.

After your three couple sessions, you will again participate in three group sessions like

this one. If you are comfortable, you can share what you have learned with the group and receive support from each other for your efforts and ideas.

We know that it helps to talk to and hear from other people who are going through some of the experiences. We hope to learn from each other and form a bond as a group.

Then, the last session will be only with your partner and the facilitators.

At the end of this session, each of you will receive a workbook which has the information about the sessions and activities that you will be doing in the session and at home. Please take these workbooks home with you and keep them in a safe place so that you can do your exercises between sessions. You and your partner should also bring it with you to each session so that we can refer to sections that you might want to use.

At the end of each session, you will be given a homework assignment. Some of these will be from the workbook which will help you practice some of the skills that you will be learning in these sessions together and help you achieve your goals.

Do you have any questions about these sessions?

Activity F: Introduce the Seven Principles

Time:

20 minutes

Type of Session:

Couples Group

Materials Needed:

- Poster #3: Nguzo Saba

Procedure:

FACILITATOR'S NOTE:

Be sure that Poster #3: Nguzo Saba (Seven Principles) is visible to all participants.

1. Facilitators will lead discussion of Nguzo Saba and relate them to the journey. Start by saying,

Before we break into two groups, we would like to share with you how we hope to use our culture as the basis for these sessions.

As part of the African American/Black community, we have made many positive contributions to history, our families, our communities, and to the world. Our ancestors have also survived middle passage, slavery, and Jim Crow, and we continue to survive racism, oppression, discrimination, imprisonment, and many other obstacles.

We are a resilient people who have "made a way out of no way." Our culture made us

strong enough to survive despite fierce obstacles. HIV/AIDS is another obstacle that we can overcome.

Many of us have survived and thrived by drawing on the strength of our culture. The Nguzo Saba, familiar to many as the principles of Kwanzaa represent the culture of African Americans and Black people living in the Americas. The seven principles are guidelines for positive living that bring us together as couples, families, and communities and can apply to many groups.

One or more of these principles will be highlighted in each session and throughout the workbook for the Eban program as they relate to your relationship, health, and safety.

How familiar are you all with the Seven Principles?

Good! Now we would like to talk about Nguzo Saba (in goozo sah-bah) and what they mean in general and, then, relate them to our journey and our desire to live a safer and healthier life as couples.

2. Principle #1- Unity-Umoja (oo mo jah)

The first principle is Umoja which is unity. Let's say it together.

Good.

Umoja is the principle that encourages you to strive for and maintain unity in the family, community, nation, and race.

Now what does unity mean to you in your relationship?

3. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are all good points about the value of unity.

- *Our union is jointly committed to safer sex practices and to maintaining a healthy lifestyle and being true to each other.*
- *In Eban, we encourage couples to unite in your effort to reduce risk and to use condoms and other safer sex methods to protect one another. The commitment of two is better than one. We unite as a group and community to protect ourselves from HIV and STDs.*

4. Principle #2 - Self-Determination-Kujichagulia (Koo jee chah goo leeah)

The second principle is Kujichagulia which is self-determination. Let's say it together.

Good.

Kujichagulia is the principle that encourages us to define ourselves, name ourselves, create for ourselves, and speak for ourselves instead of being defined, named, created for, and spoken for by others.

Now what does self-determination mean to you in your relationship?

5. The facilitators should reinforce the responses that the participants provide and enhance discussion with points below.

Yes, those are all good points about self-determination in our relationships.

- *In Eban, self-determination means that each couple is the expert in their lives. Each couple has the knowledge, power and skills to jointly determine how they will stay safe sexually.*

6. Principle #3- Collective Work and Responsibility-Ujima (oo jee mah)

The third principle is Ujima which is collective work and responsibility. Let's say it together.

Good.

Ujima is the principle that encourages us to build and maintain our community together and make our sister's and brother's problems our problems and to solve them together.

Now what does collective work and responsibility mean to you in your relationship?

7. The facilitators should reinforce the responses that the participants provide and enhance discussion with some of the points below.

Yes, those are all good points about collective work and responsibility.

- *In Eban, Ujima is about “sharing the load” and working together to protect each other and the community. Couples can help each other work and take responsibility for safer sex, so that one by one, couple by couple, we can promote safety and health for our community and ourselves.*

8. Principle #4 - Cooperative Economics-Ujamma (oo jah mah)

The fourth principle is Ujamma which is cooperative economics. Let’s say is together.

Good.

Ujamma encourages us to build and maintain our own stores, shops and other businesses, and to profit from them together.

Now what does cooperative economics mean to you in your relationship?

9. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are all good points about working together to make money.

- *In Eban, this principle focuses on working together, being honest, and being responsible for the well-being of your partner, family, and community.*
- *In Eban, Ujamaa means a commitment to pooling our strengths and our financial and emotional resources to help one another maintain health and safety as couples and as community.*

10. Principle #5 - Purpose-Nia (nee ah)

The fifth principle is Nia which is purpose. Let's say it together.

Good.

Nia is the principle that encourages us to collectively build and develop our community in order to restore our people to our traditional greatness.

Now what does purpose mean to you in your relationship?

11. The facilitators should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, understanding the purpose of the Eban program will help you both become centered and focused on safer sex practices.

- *In Eban, our purpose is to keep each other safe, to protect each other and to maintain safer sexual practices in our loving, intimate relationships and in our communities. In this way we help to restore our community's health and well being.*

12. Principle #6 - Creativity-Kuumba (koo oom bah)

The sixth principle is Kuumba which is creativity. Let's say it together.

Good.

Kuumba encourages us to always do as much as we can, in the way that we can, in order to leave our community better than we inherited it.

Now what does creativity mean to you in your relationship?

13. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about creativity in your relationship.

- *In Eban, Kuumba means that couples will use their skills and creativity to find*

exciting ways to use condoms and other safer sex methods to strengthen their relationship and reduce sexual risk.

14. Principle #7 - Faith-Imani (ee mah nee)

The seventh principle is Imani which is faith. Let's say it together.

Good.

Imani is the principle that says we should believe with all our heart in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

Now what does faith mean to you in your relationship?

15. Facilitator should reinforce the responses that the participants provide and enhance discussion by adding from points below.

Yes, those are good points about what faith means to your relationship.

In Eban, Imani means that we have faith in ourselves to work collectively to reduce HIV and STD risks in our communities. As a couple, you believe in your and your partner's ability to have safe and satisfying sex.

Together as a group, we have done a wonderful job of exploring the Nguzo Saba and how we can use them to keep our relationships and communities safe and healthy.

Now that we have had a chance to meet each other and talk about the Eban journey, we will break into a women's group and a men's group.

We are doing this so that these groups can talk about what it means to be a woman and what it means to be a man. You will have the chance to talk about the Eban journey from a man's perspective or from a woman's perspective

We will meet in our single gender groups for the next hour or so, and then we will rejoin and set up an appointment for your next session.

Before we do that, we will give you a minute to say goodbye to your partner. Then, the men will go into another room.

16. Male facilitator leaves room with men and one copy of the Group Rules for Participation and female facilitator stays in same room with women.

Activity G: Review Purpose of Journey (5 minutes)

Time:

5 minutes

Type of Session:

Single Gender-Female Group

Materials Needed:

- Flipchart with ground rules

Procedure:

FACILITATOR'S NOTE:

Female Facilitator will review reasons for coming to the group and check if they would like to say anything that they were reluctant to share in group.

Facilitators should probe for issues that are gender-based or gender/power issues.

1. Start by saying,

Now that we are together as women, we want to review if there are other reasons that brought you here today that you may not have been comfortable discussing in front of your partner?

Some women might be here because they want to use condoms, but they are afraid to suggest using condoms to their partner because they will hurt his feeling or he will become angry.

2. Facilitators emphasize that the goal of the program is to communicate better with your partner and to be able to share such things with him in the future.

I am glad that you were willing to share these issues with us. Our Eban sessions are designed to help you feel comfortable sharing these feelings with your partner.

What do you find hard to talk to your partner about?

3. Allow time for women to talk and reinforce responses.

Yes, those are all difficult topics to bring up but if you cannot share these feelings with your partner, then you may have a harder time practicing safer sex and having a healthier relationship.

Activity H: Enhance Gender Pride (15 minutes)

Time:

15 minutes

Type of Session:

Single Gender-Female Group

Materials Needed:

- Flipchart
- Markers
- CD track #1 "Video" by India Arie
- Handout #2: "Phenomenal Woman" by Maya Angelou

Procedure:

FACILITATOR'S NOTE

Participants will be asked what it means to be a woman, what they enjoy about being a woman, and what makes them proud to be a woman.

Facilitators should relate this to the main issue of protecting self and partner

Write down the women's responses.

1. Start by saying,

We separated into two groups so that we have an opportunity to celebrate together as women and share what it means to be a woman.

We do not often have a chance to celebrate being women, and how being women influences how and who we are.

Being a woman can mean many things. What does it mean to you?

2. Wait for and reinforce responses.

I am proud that as women we are strong, nurturing and work hard to maintain relationships. I am also proud that we achieve a lot and contribute a lot to society.

Being proud of who we are can help us to take care of our families and ourselves and help us to keep others from treating us badly or taking advantage of us.

We would like to play a song that captures how great women are. As you listen to this song, think about what it means, what kind of messages it communicates.

3. Facilitator should play song by India Arie (Track #1).

What are some of the messages of this song?

4. Write responses on flip chart.

Yes, it means being proud of who we are, not based on material possessions but our inner worth, loving ourselves unconditionally, being proud of our strengths. We don't

need to use what's outside of us to feel good about ourselves.

5. Participants brainstorm what makes them proud to be women. Facilitator writes responses on the flip chart (i.e., being strong, being nurturing, taking care of your family, expressing yourself).

We would like to talk about what makes us proud to be women. We will identify the things that we value about ourselves.

What makes you proud to be a woman?

6. Participants should be given Handout #2, a poem by Maya Angelou titled "Phenomenal Woman" which is also in the workbook, section 1.5.

7. Facilitator should ask if volunteer would read poem aloud. If no volunteer, facilitator should read aloud.

This is a poem by a woman poet name Maya Angelou, called Phenomenal Woman. She tells us that we are phenomenal because we are women and our qualities come from the inside. Would anyone like to volunteer to read the poem aloud?

What does this poem mean to you?

8. Reinforce participants' responses.

When we are proud that we are women, we can surround ourselves with the things that make us happy. When we are proud that we are women, we can be strong.

When we are proud that we are women, we can be assertive, asking for what we want and need for ourselves, our partners, our family, and community.

As women we often take care of others, even when we do not take care of ourselves and this is often true when one person is HIV positive and the other is HIV negative.

9. Facilitators should now integrate gender pride as it is relevant to HIV/STI risk reduction.

So what does this have to do with safer sex?

The pride we have in our gender and the level of comfort we feel with ourselves can influence how we feel in relationship. Sometimes understanding these feelings better can help us to reduce our risky behaviors.

For example, among couples where one person is positive and the other is negative, some HIV positive women have told us that they are so concerned about their partner not becoming positive that they put more emphasis on condom use than their partner, which leads to conflict.

For HIV negative women, they are so concerned that they not hurt their partners feelings, that they do not practice safer sex.

We want to balance the needs of both partners to stay as healthy as possible together, so they can lead long happy and safer lives together.

10. Facilitator should summarize and transition into next activity.

Having taken some time to remind ourselves of how we are proud to be women and proud of our heritage, we would like to talk about some basic facts about STD transmission.

These health issues threaten us and our community and that is why we are here today.

Activity I: STD and HIV Facts

Time:

20 minutes

Type of Session:

Single Gender-Female Group

Materials Needed:

- STD cards
- HIV cards
- Poster #4: STDs
- Poster #5: HIV

Procedure:

1. Start by saying,

We would like to talk about things that you may have heard about STDs (or sexually transmitted diseases) and specifically about HIV transmission because there are many myths.

What are some sexually transmitted diseases?

Yes, those are all important ones.

Gonorrhea, Chlamydia, Herpes, genital warts or human papilloma virus, HIV, Hepatitis B, Hepatitis C, Syphilis, Trichomoniasis.

Facilitator's Note:

Be sure Poster #4: STDs is visible.

There is a chart with information on these STDs in your workbook, which you will receive at the end of today's session.

Do you know which of those STDs are curable?

Yes, that is correct. Gonorrhea, Chlamydia, Syphilis, and Trichomoniasis are curable, and can often be treated with only a single treatment. It is very important that you receive immediate treatment if you have any symptoms or your partner has symptoms. Do not have sex with an untreated partner. Herpes, Hepatitis B, Hepatitis C and HIV are not curable.

2. Facilitator introduces STD exercise.
3. One at a time facilitator(s) hold up card and read statement to group, encouraging participants to confer and shout out the correct answer. Facilitator then confirms correct answer and moves on to next card until all have been read.
4. Move quickly through this section, stopping to clarify information only as needed.

This next exercise is a game. It's fun. See if you can keep up with me. I'm going to hold up some cards and read the statements on the cards. They are all about STDs. This is just a little test to see how much you already know about STDs. As I read the cards, you work together to call out the right answer... true or false, myth or fact...let's try one.

Question: *STDs always have symptoms. True or false?*

5. Facilitator should wait until you get an answer from participant(s) before reading correct answer.

Answer: *False. Sometimes someone can have an STD and not have any symptoms. The person may not even know that he/she has an STD and therefore can have had it for a long time. This can result in serious health problems, like pelvic inflammatory disease.*

Question: *Some STDs do have symptoms, do you know what some of these symptoms are?*

Answer: Some early symptoms for most STDs include itching, soreness of genitals or anus, pain when urinating, bad smells or discharge.

Question: How do most people become infected with STDs?

Answer: The main way people become infected with STDs is through unprotected vaginal, anal, or oral sex.

Question: Can STDs be transmitted from mother to child?

Answer: Yes, the mother can transmit STDs to her baby during pregnancy, birth, or breastfeeding.

Question: How can you reduce your risk of becoming infected with an STD?

Answer: By using a condom every time that you have sex.

Question: *STDs affect men more than women. True or false?*

Answer. *False. If a woman has sex with an infected man, she is twice as likely to become infected with an STD than a man who has sex with an infected woman. This is because a man's penis is covered with strong dermis or skin, while the woman's vagina is lined with very soft tissue that is more susceptible to infection by bacteria or viruses.*

Also, women are less likely than men to have symptoms if they have an STDs, so they are less likely to seek early treatment. They can have an STD for a long time and not know it. They also suffer more consequences of STDs, consequences that men do not suffer, like pelvic inflammatory disease, cervical cancer, or miscarriages.

Question: *Are other STDs transmitted more easily than HIV.*

Answer. *Yes. It is easy to become infected with other sexually transmitted diseases. In fact, every 10 seconds, someone becomes infected with an STD.*

6. Put up Poster #5: HIV

Now we would like to talk about HIV.

7. Just like for the STD questions, facilitator should read the question to the group. Facilitator should wait until you get an answer from participant(s) before reading correct answer and moving on to the next card.

Question: *Do you know what HIV and AIDS are?*

Answer: *HIV is Human Immunodeficiency virus and AIDS is the diagnosis that you receive when your immune system fails and you become sick with certain opportunistic infections and experience other health problems that define AIDS according to the Centers for Disease Control (CDC). AIDS stands for Acquired Immune Deficiency Syndrome.*

Question: *Can condoms protect you from HIV? When we say condoms we mean latex or polyurethane condoms.*

Answer. *Yes. Using male condoms or female condoms correctly and consistently can help protect you from transmitting or becoming infected with HIV.*

Question: *What are other ways to prevent HIV transmission?*

Answer: *Some sexual behaviors that that are less likely to transmit HIV are kissing, massage, and pleasuring each other with your hands instead of having sex. Not sharing injection drug needles also prevents transmission.*

Question: *Is having sex with someone who has HIV the only way of becoming infected with the virus?*

Answer. *No. There are other ways of coming in contact with bodily fluids and becoming infected: sharing needles for injecting drugs or during tattooing; sharing sex toys; breast feeding.*

Question: *Can people living with HIV become reinfected with the virus?*

Answer. *Yes. Even people living with the HIV virus can become reinfected with a different virus which means that the current medications might not work any more.*

Question: *Because of the new medications, does that mean that HIV infection is no longer a danger?*

Answer. *Some medications called highly active anti-retroviral treatment (HAART) slow down HIV progression. However, the virus always remains in the body, so it can always be transmitted, even if you are receiving treatment and your viral load is low. Also, we do not know the long-term effects of the anti-retroviral medications.*

Question: *Do STDs increase the likelihood of HIV infection?*

Answer. *Yes. STDs increase the likelihood of becoming infected or reinfected with HIV. Therefore, obtaining treatment for STDs and preventing STD transmission reduces HIV transmission.*

Question: *Why do you think STDs increase your chances of becoming infected with HIV?*

Answer: *STDs can cause blisters or sores on or around the genitals. During sex, the virus can enter the body through these sores and the person can become infected with HIV.*

Question: *Do STDs have an effect on HIV progression?*

Answer. *Yes. STDs can further weaken your immune system, and result in increased viral load and faster HIV progression. This is another reason to ensure that you are*

protected for STDs, and to obtain early testing and treatment for STDs.

You did great. You know a lot about HIV and therefore are able to protect yourself from this risk.

We do not want to frighten you or to make sex something you would not want to do but STDs are serious and they threaten our health and safety. If we know about STDs and understand how easy it is to become infected, then we can protect ourselves and our partners by using condoms.

If someone is concerned about having STDs, it is important to go to the doctor or clinic to obtain medical evaluation and treatment.

As we said, most bacterial STDs like Chlamydia, Gonorrhea, Syphilis, and Trichomoniasis can be treated.

Later, you will be receiving your test results and we hope that this information can help you feel better prepared to understand what they mean for you and your partner.

Activity J: Barriers to Risk Reduction

Time:

15 minutes

Type of Session:

Single Gender-Female Group

Materials Needed:

- Flipcharts
- Markers

Procedure:

1. Start by saying,

We've talked about what it means to be women, about STDs that affect us, and about risky behaviors. Now we will talk about some of the things that make it hard to change sexual behavior, which is sometimes risky behavior.

2. Facilitator encourages participants to call out barriers to practicing safe sex, writing out responses on flipchart as they are called out and paraphrasing how they are barriers to risk reduction.

Many people know that they have HIV or another STD and they find it hard to practice safer sex.

What are some things that make it difficult for women – or specifically for you and your partner - to make changes in your sexual behavior and to use condoms?

3. Wait for responses and facilitators writes them on a flip chart.

Yes, those are good responses.

- *Condoms do not feel good;*
- *Want skin to skin contact;*
- *Do not want to stop spontaneity;*
- *Afraid of partner's reactions if ask to use condoms.*
- *Asking your partner to use a condom may be interpreted as an accusation of infidelity.*

4. Facilitator encourages participants to call out ways to overcome barriers to practicing safe sex, writing out responses on flipchart as they are called out.

Now we would like to get your ideas about how a couple can overcome these problems.

Yes. Those are good ways.

- *Make condoms and their use part of the fun of having sex.*

- *Use colored and flavored condoms.*
- *Put condoms on in unusual ways, such as by the mouth.*

We will be working with you and your partner to overcome any of these things that make it difficult for you as a couple to practice safer sex. We will be talking about those problems with you and your partner in the Eban program.

5. Transition to returning to couples' group.

Now we are going to rejoin the men where we are going to give you an activity to do at home and to set up an appointment for you as a couple. Remember, what's said in the group stays in the group, so we ask you to not discuss what others shared here with anyone who wasn't present. Take a few minutes to say good-bye to each other.

Activity K: Homework (5 minutes)

Time:

5 minutes

Type of Session:

Single Gender-Female Group

Materials Needed:

- Workbook
- Session 1 Homework assignment (in Workbook)

Procedure:

1. Facilitators introduce the homework assignment.

In order to change our behavior, including reducing sexual risk, we need to have good reasons for staying healthy and safe.

One step towards this goal is to describe what is important to you and to your partner, and what you hope your future will be like.

If we recognize that staying healthy is important to reaching our goals as a couple, then it is easier to motivate ourselves to change.

2. Hand Workbook out to participants.

3. Refer to Homework #1 in Workbook: What We Cherish About Our Partner and Ourselves, section 1-12.

In the Workbook, section 1.12, you'll find the homework for this session. We would like you to write four things:

- (1) what strengths you bring to the relationship;*
- (2) what is important to you about your relationship;*
- (3) what you love about your partner; and*
- (4) how you want to protect each other.*

If you would like, you can create an image or picture, or write or select a song that reflects what you love about your partner, strengths you bring, what's important to you, and how you want to protect each other.

You should bring this sheet with you when you come with your partner to Session 2. You will, then, have an opportunity to share these feelings with your partner.

This has been a very good session. We hope that you are ready to learn new ways to have a healthier and happier relationship with your partner. We look forward to seeing you next week as a couple.

Session 2: Enhancing Couple Communication (Couple Session)

SESSION 2
ENHANCING COUPLE COMMUNICATION
(Couple Session)

Type of Session:

Couple

Session Outline:

- Activity A: Opening and Welcome (5 minutes)
- Activity B: Review Last Session (5 minutes)
- Activity C: Overview of Current Session (5 minutes)
- Activity D: Review Homework (10 minutes)
- Activity E: Patterns of Communication (15 minutes)
- Activity F: Talk and Listen Technique (25 minutes)
- Activity G: Problem Solving Skills (20 minutes)
- Activity H: Risk Behaviors and Barriers to Risk Reduction (15 minutes)
- Activity I: Couple Goal Setting (10 minutes)
- Activity J: Homework (10 minutes)

Session Goals:

The goals of this session are:

- Learn Better Communication Skills
- Learn Problem Solving Technique Using FENCE
- Learn Good Goal Setting Skills
- Identify Couple's STD/HIV Risks
- Identify Couple's Goals to Reduce Risks
- Identify Couple's Barriers to Achieving Goals

Materials Needed to Conduct Session:

- Ankh
- Eban CD Track #5: "Let's Talk About Sex" by Salt 'n Pepa
- Newsprint: Group Rules for Participation
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba (Seven Principles)

- Poster #6: FENCE
- Newsprint: Goals for Session
- Poster #8: Characteristics of Good Goals
- Workbooks for Facilitators
- Small Cards with Facilitators' Names and Phone Numbers
- Handout #3: Talk and Listen Technique
- Handout #4: FENCE
- Handout #5: Referrals for Counseling
- Handout #6: Levels of Risk
- Handout #7: Couple Goal Setting
- Handout #8: Couple Commitment Certificate
- Condoms for Couple
- Video Clip for Speaker and Listener Technique
- Post It Flip Chart
- Magic Markers
- Homework #2: Practice Talk and Listen Technique and FENCE
- Envelopes and Reimbursement (if handed out by facilitators)
- CD player

FACILITATOR'S NOTE

- Reinforce all verbal contributions to increase participation by each member of the couple.
- Ensure that each member of the couple participate equally in the discussion.
- Facilitators should model appropriate couple communication and then be the coach for the same gender member of the couple when they practice a role play.

Instructional Time:

120 minutes (2 hours)

Activity

- A. Opening and Welcome
- B. Review Last Session
- C. Overview of Current Session

Time Needed

- 5 minutes
- 5 minutes
- 5 minutes

D. Review Homework	10 minutes
E. Patterns of Communication	15 minutes
F. Talk and Listen Technique	25 minutes
G. Problem Solving Skills	20 minutes
H. Risk Behaviors and Barriers to Risk Reduction	15 minutes
I. Couple Goal Setting	10 minutes
J. Homework	10 minutes

Estimated Time = 120 minutes (2 hours)

Activity A: Opening and Welcome

Time:

5 minutes

Materials needed:

- Clock
- Tape Recorder
- Newsprint: Ground Rules for Participation
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba

Procedure:

1. Start by saying,

Welcome _____ and _____. It is good to see you again. Have you had a good week?

This is the second session of the EBAN Program and today we are going to go over how to talk to each other and solve problems together so that you can be healthier.

To do this we are going to show you a technique you can use to talk and listen to each better so that you can really understand each other.

For the next three weeks, the four of us will work on enhancing your communication and problem solving skills to promote your health. We want to see you every week.

In these sessions, we will build on the strengths that you bring to your relationship-- like wanting to come to this project together, and caring enough about yourselves and each other to want to learn more about staying healthy.

You will be role models for other couples who want their family, friends, and community to stay healthy.

Coming to these sessions means that you care for each other, and that you want to learn ways to improve your relationship.

Do you have any questions?

Remember the ground rules we talked about last time with the group? Those same ground rules apply to these couples' sessions.

2. Read ground rules from the flip chart.

Are there any ground rules you would like to add as a couple?

Activity B: Review of Last Session

Time:

5 minutes

Materials Needed:

- None

Procedure:

1. Start by saying,

Before we begin this session, we would like to review the session last week. Is there anything you would like to discuss about last week's session?

What did you learn?

2. Wait for the couple to volunteer some points. If neither partner does, probe.

Did you learn anything last session that helped you understand your relationship better?

Did you practice anything you learned?

3. Reinforce anything that either one says and review the points.

Yes, last week we learned about Nguzo Saba.

- *Learned about HIV/STD facts.*
- *Learned how to identify some problems that make it hard to change.*
- *Discussed ways that we can overcome some of those problems so that we can have safer sex.*

- *Increased our pride in being men and in being women.*
- *Increased our pride in African American cultural heritage.*

Activity C: Overview of Current Session

Time:

5 minutes

Materials Needed:

1. Newsprint – Goals for Session

Procedure:

1. Start by saying,

Today we will be talking about 3 principles from the Nguzo Saba: One, “Unity” or “oomojah”; Three “Collective work and responsibility” or “oojeemah”, and Five, “Purpose” or “nee ah”.

We would like to talk about how to be closer together so that you can talk to each other better and solve problems.

Many couples have difficulty talking about sex and other important topics. During this session we are going to work on developing better communication and problem solving skills.

This program will help you create Eban--the fence of safety, security and love around your relationship--to help you protect each other from infection with HIV and other STDs.

Finally, we will help you establish goals for protecting each other from HIV and STDs and improving your relationship.

Do you have any questions about our goals for this session?

We would like to begin by going over your homework assignment.

Activity D: Review Homework

Time:

10 minutes

Materials Needed:

- Homework #1 (in workbook)

Procedure:

1. Start by saying,

In the last session, you were asked to write four things: (1) what strengths you bring to the relationship, (2) what is important to you about your relationship (3) what you love about your partner, and (4) how you want to protect each other.

Let's look at the homework from last week.

Which one of you would like to go first? Okay, we want you to tell your partner what you think are your strengths and then [opposite gender facilitator] will show you what we want the other person to do. [Opposite gender facilitator] will say what he/she heard. If this is not correct, you should correct it.

Facilitator's Note

Select one partner to be the Talker, and have the opposite gender facilitator sit next to the other partner to model being the Listener. Facilitator should reflect back what the Talker said, adding "did I get it right?". After two statements, facilitator should ask the Listener partner if he/she is ready to "take over". If not yet, keep modeling statements until Listener is ready. When Talker is finished, switch roles, and have the other Facilitator play the Listener in the same way for two statements before the participant takes over.

2. Ask partners to say how the exercise felt.

How did it feel to hear your partner express those feelings? How did it feel to have your partner tell you what he/she heard?

3. Reinforce the couple for being open with you and with each other. Let them know that this is the first step to good communication and to making positive changes in our lives.

It is really great to hear you describe what you value about the other person and what you value in your lives.

*As we listen to your sharing we can hear how **united** the two of you are in **sharing responsibility** for each other and your relationship.*

Thank you for doing such a wonderful job. You have a lot of reasons to protect each other and be safe.

Risky behaviors, like unsafe sex, can get in the way of achieving your goals and dreams and your purpose. By working towards safer behaviors like using condoms, you are helping to make a bright future for yourself and your partner, as reflected in the principle of Nia or Purpose.

Activity E: Patterns of Communication (15 minutes)

Time:

15 minutes

Materials Needed:

- Patterns of Communication (in workbook section 2.3)

Procedure:

1. Facilitators should introduce the concept of differing patterns of communications. Understanding one's pattern may help adopt a more effective way to communicate.

Being able to communicate better can help you talk to each other about safer sex and protect each other from HIV and STDs. Many couples seem to have the same communication problem over and over in different situations.

Before we talk about how to communicate better, we want to show you three common patterns that can cause problems.

If you recognize when these are happening, you can use the communication and problem solving techniques you'll learn later today to help you solve your problem.

2. **Demand-Withdraw**

Pattern One is called Demand-Withdraw. One person is talking about a subject which is important to him/her while the other person is avoiding the subject.

The person who is trying to have a conversation becomes really frustrated when the other person refuses to answer and withdraws from you.

We will show you an example of the demand-withdraw communication pattern.

3. **Facilitator One**

Why do you always leave your clothes all over the floor? The house is such a mess! I cannot stand it, clean it up.

4. Facilitator Two

I cannot deal with this now I have to go to work.

Does that sound familiar to you?

5. Probe whether this is a pattern common to their relationship.

6. Demand-Demand

The second pattern is called Demand-Demand where both partners demand to have their way.

Both partners bring up issues, blame each other, and demand that the other change in some way or do something but neither is listening to the other one.

Listening is being able to later tell your partner what you heard him/her say in your own words.

We would like to show you this way of talking.

7. Facilitator One

You are always coming home so late! You never spend time with me and you do not help out around the house. You need to be a better partner. You are so selfish.

8. Facilitator Two

What about you? You are always nagging and criticizing me. You never want to do anything that I want to do and nothing ever satisfies you. You are the one who needs to behave better.

Does that sound familiar to you?

9. Probe whether this is a pattern common to their relationship.

10. *Withdraw-Withdraw*

The third pattern is called withdraw-withdraw. When a relationship has unresolved problems, couples may retreat into a withdraw-withdraw pattern.

The couple may not know how to talk about the problem, or they might not want to hurt the other person or stir things up. As a result, problems do not get addressed or resolved.

11. **Facilitator One**

What is wrong?

12. **Facilitator Two**

Nothing. What is up with you? (rolling eyes)

13. **Facilitator One**

I am fine but you seem upset. (gruffly)

14. Facilitator Two

No, I am fine. I just need to relax. Can you stop all the questions.

Does this way of talking sound familiar?

15. Probe which pattern is common to their relationship.

Which of these patterns is most common to your relationship?

Can you describe the last situation that you had which fits one of these patterns?

Many couples feel that these patterns do not lead to good feelings or problem solving. There is a healthier communication pattern, called Talk and Listen, that we would like to show you.

Activity F: Talk and Listen Technique

Time:

25 minutes

Materials Needed:

1. CD track #5: "Let's Talk about Sex" by Salt 'n Pepa
2. Speaker-Listener Video
3. Talk and Listen Technique (in Workbook, section 2-4)
4. Referrals for Counseling

Procedure:

1. Facilitator should introduce the exercise.

We would like to discuss some good communication techniques that will ensure effective and healthy communication.

Communication occurs when the listener hears and understands what the Talker meant to say.

We would like to discuss the song for today's session which is called "Let's talk about sex." As you listen to this song, think about the messages in the song.

2. Facilitators play the song (Track #5) and then lead a discussion about its meaning using the following questions.

What does this song mean to you?

How does it relate to talking with your partner about safer sex?

3. After the couple has provided some answers, reinforce their ideas.

*Yes, this song talks about the importance of talking to your partner about practicing safer sexual behaviors. I hear Ujima and Umoja as Salt N' Peppa suggest that by talking about sex we **unite** together and **share responsibility** for practicing safer sex.*

Communication is important. By learning to talk and listen better, you can work together to protect each other.

You are on your way to learning how to more effectively talk to each other.

In this exercise, there is something for each partner to learn--how you express yourself and how your partner hears you. We would like to begin by showing a video. You will see couples united in a common purpose: learning to improve communication.

4. Show 7-minute video clip demonstrating the technique.

Even though this communication technique was called Speaker and Listener in the video, in this program, we call it the Talk and Listen Technique.

When you told each other what you value and love about each other and repeated what you heard your partner say, you were practicing the Talk and Listen Technique.

The Talk and Listen Technique is a powerful way to communicate about difficult subjects. We have taught this approach to many couples and it is helpful if they are willing to try it, practice it, and use it to work on difficult problems.

Do you have any comments on the video?

Before this technique will be useful, you need to practice it with easy topics; that is, topics that do not trigger emotions.

5. Refer to Couple Handout #3 in Workbook: Talk and Listen Technique, section 2-4.

We would like to review the way to do this with you by briefly going over the procedures for the Talk and Listen Technique.

6. Briefly review procedures for Talk and Listen which are listed in workbook.

Do you feel comfortable practicing the Talk and Listen Technique with each other?

Can you talk to each other about what you would like to do for fun this weekend?

7. Example 1:

Take a few minutes to have the couple practice the talk and listen technique while facilitator gives corrective feedback throughout the process. If any of the three principles for today are reflected, participants should point that out.

Yes, that was very good.

Are you ready to try a new topic?

8. Example 2: **Facilitator note: If the couple expressed interest in discussing STD results, then facilitator should remind them by paraphrasing what they expressed earlier about the topic and encouraging them to discuss more using Talk and Listen. If not, skip to example 3.

Earlier you talked about your STD results and there was more to say. We'd like to support you both as you use Talk and Listen to talk more about that. Are you ready?

9. Facilitator should guide the couple to use Talk and Listen to talk about STD test results and praise efforts by the couple.

Example 3:

Can you think of a topic that has to do with safer sex? Can you discuss how you feel about protecting each other from HIV and STDs? We will coach you.

10. Facilitator should guide the couple to use talk and listen to talk about safer sex, and praise efforts by the couple.

That was a great first try! We will be using this technique throughout our sessions, and I hope it becomes a useful tool that helps your communication. Over time, these techniques will become more natural for you both.

Try to practice Talk and Listen often so it becomes second nature. You can use it anytime you're dealing with a difficult topic, to help you be sure that what the other person said is what you heard. You can use this technique with anyone you feel you need to communicate better with, like your partner, your kids, your family.

Do you think that the Talk and Listen Technique would help improve your communication?

Do you think it can help you talk about sex?

11. Facilitator should initiate a brief exploration with the couple of what happens when the couple talks about sex.

- *Do you find that it is easy or hard to talk about sex?*
- *What does talking about sex bring up for you?*
- *What happens when you talk about HIV?*
- *What happens when you talk about using condoms to prevent HIV from spreading?*
- *What makes it difficult to talk?*

12. Let the couple volunteer what makes it difficult for them and reinforce their answers and suggest other reasons.

Yes, those are common reasons.

13. If the couple does not volunteer any reasons for avoiding discussions of sex, offer the following reasons.

- *For many couples, talking about sex or HIV leads to an argument.*
- *For many couples, talking about sex or HIV leaves one partner feeling hurt or angry.*
- *Some couples avoid the discussion because it is too scary.*
- *Some couples avoid the discussion because it reminds their partner of his/her HIV status.*

There may be many reasons why couples avoid discussion of sex. At Eban we want to encourage as much healthy discussion (using Talk and Listen) as possible so that you can talk about sex and plan for reducing risky behaviors.

What are some of the ways that couples might overcome their barrier to discussing

things like sex?

14. Probe for ways that the couple can overcome these barriers. You can use some of the following statements to do this.

- *Sometimes it might be helpful to plan to discuss an issue. Make a date with each other to talk.*
- *Now that you know Talk and Listen, it might help to discuss sex using this technique.*
- *If the conversation gets heated, a good idea might be to calm down and take a time-out. Then, you can go back to the discussion once both of you are calmer, and better able to talk about it without making the conflict worse.*

15. Facilitator(s) should further explore barriers to communication, particularly to identify any unsafe patterns, including physical abuse. Mention that all couples have conflict or disagreement at some time in their relationship. Emphasize that Eban is about finding healthy and safe ways to communicate.

Before moving on, we'd like to take a few minutes to mention that we know that for some couples, disagreement or conflict, or poor communication can be VERY unsafe.

When couples have difficulty talking about conflict in a constructive way, their anger and frustration can build up and erupt. Sometimes couples have verbal arguments that can lead to one or both of them being physical.

What do you two do when either of you feels that a discussion may be getting out of hand or heated?

16. If couple is interested and willing to discuss their discomfort with how they handle conflict, facilitators can help them to use Talk and Listen to do so.

We want to do everything we can in Eban to support moving to the safest and most loving communication between all of our couples. Is there something we can do today to help each of you feel safer as you communicate with your partner?

17. If couple does not indicate any need or interest, move on to the next section emphasizing that you are available to talk outside of the session at any time about ways to make the couple's communication safer and other resources and agencies that may be helpful to them.

Remember you can talk to us outside the session if you have any questions about how to be safer or if you would like some referrals.

18. Facilitators should also give all couples Handout #5: Referrals for Counseling

Activity G: Problem Solving Skills (20 minutes)

Time:

20 minutes

Materials Needed:

1. Flipchart
2. Markers
3. Poster #6: FENCE
4. FENCE (in workbook, section 2-5)

Procedure:

1. Facilitator(s) should introduce activity.

Now that we have talked about different communication patterns, and how to talk and listen to each other, we would like to talk about how to work together to SOLVE problems so that you can deal with difficult issues and conflict in your relationship.

Talk and Listen allows you to hear each other out. Problem solving allows you to come up with some solutions!

As we just discussed, conflict involves disagreements. No matter how great your relationship is, there will be times when you see things differently.

What is something you have conflict about or disagree about in your relationship?

2. Let them name some issues and reinforce them.

Yes, money, household chores, talking about how you feel, sex are common areas of conflict.

Are there other common problems?

All couples have to deal with conflict. If we do not deal with issues or conflicts in your relationship, they can add up, and affect how you are feeling about each other

and your sex life. They can prevent you from uniting together to protect each other sexually.

We would like to talk about an effective problem solving approach that will help not only your communication but also the way in which you make decisions.

3. Be sure Poster #6: FENCE is visible.
4. Refer to FENCE technique in Workbook, section 2.5.
5. Facilitators will teach couples the FENCE acronym and problem solving approach.

FENCE is the symbol that we use in the EBAN program to symbolize love and protection of each other and our community. We are working with you to build a FENCE of safety around yourselves and the community. Each letter stands for a step in the problem solving strategy.

F stands for Find Out What Is Going On.

Define the problem or issue you need to work on. Identify how you feel. Your feelings will let you know how much solving this problem means to you.

E stands for Explore Your Partner's Feelings.

After you identify your feelings about this issue, listen to your partner and try to understand what he or she is feeling about what is going on. Try to have conversations when the two of you are alone so that you can really talk together.

Say something positive about your partner's feelings to indicate that you acknowledge and support those feelings. When couples can acknowledge each other's feelings, they communicate better.

N stands for Name and Discuss Your Options.

Write down the options and consider the pros and cons of each one.

Think about what you want given the options that are available. For example “I know in the past that we have done A, B, and C. Now I would like to do X, Y, and Z because it might help us both to stay healthy.”

While it is important to consider your partner’s feelings, it is also important to consider your own needs and feelings when suggesting options.

C stands for Choose the Best Option.

You and your partner should decide what is the best option to solve the problem that you can both agree on. This may involve compromise on both sides.

E stands for Execute the Plan and Monitor Progress.

You and your partner should execute your plan for dealing with the problem.

Does that seem like a system that could help you work on your problems?

6. Probe whether the couple thinks that they can use this system to solve some of their problems and find out what some of their problems are.
7. Facilitator(s) should ask couple to select an issue that they can FENCE. Guide couple through the process, praising success and providing constructive feedback for places needing additional work. During the “Name and discuss options” step, write down the options they mention on a flipchart so they can choose one.

We’ll be practicing Talk and Listen and FENCE in each session so that it becomes easier and more natural for you to use.

8. Risk Behaviors and Barriers to Risk Reduction

Time:

15 minutes

Materials Needed:

- Flipchart
- Markers

Procedure:

1. Start by saying,

In the last session we talked about individual risk behaviors. Now, you are together as a couple. Take a minute to think about any risk behaviors you may have as a couple. What are some examples of behaviors that transmit HIV or STDs?

2. Wait for responses; if none follow, use phrases below, or use to supplement couple responses.

Not using condoms during vaginal, oral, or anal sex; sharing needles during drug use; breast feeding.

Would you like to share which risky behaviors are most difficult for you and your partner?

3. Wait for responses.
4. Brainstorm barriers to practicing safer sex.

Many people know that they have HIV or another STD and do not know how to work with their partner to reduce risk.

What are some things that make it difficult to talk with your partner and use condoms?

5. Wait for responses and facilitators write them on a flip chart. In not mentioned, facilitators can suggest some of the following barriers:

Condoms interfere with sexual pleasure: “Condoms do not feel good”
“Want skin to skin contact”

Availability: “Could not find one.”

Spontaneity: “Did not want to stop the process.”

Fatalism: “I will get it anyway.”

Denial: “I cannot believe I will get HIV.”

Negative Partner Reactions: “I am afraid how my partner might react.”

Now we would like to get your ideas about how a couple can overcome these problems.

6. Wait for responses and reinforce them.

In the Eban program we will be working with you and your partner to set couple goals to reduce risky behavior, identify the things that get in the way of using condoms, and overcome any of these barriers that are a problem for you as a couple.

It is important that you recognize the barriers for you as individuals and those where you will need to work with your partner.

Activity I: Couple Goal Setting

Time:

105 Minutes

Materials Needed:

- Flipchart
- Markers
- Level of Risk (in Workbook section 2.7)
- Poster #8: Characteristics of Good Goals
- Couple Goal Setting worksheet (in Workbook section 2.8)

Procedure:

1. Start by saying,

An important part of leading healthier lives is to plan and define goals to work on as a couple.

Our purpose in Eban is to help you and your partner unite, and share responsibility for reducing your risk of HIV/STDs.

2. Refer to Handout #6: Levels of Risk in workbook, section 2.7.

Before setting goals, let's take a look at what behaviors are risky. Here is a listing of many different behaviors and their levels of HIV/STD risk.

At the bottom are the sexual behaviors that are less likely to transmit HIV and other STDs.

At the top are the sexual behaviors that are more likely to transmit HIV and other STDs.

What level do you think that you are at as a couple?

What level would you like to be at when you finish the Eban sessions?

As we talk about setting goals for your relationship, we can refer to this listing to ensure that you are moving to the less risky end of this hierarchy.

Before we move ahead and set goals, let's talk about the characteristics of good goals.

3. Put up Poster #8: Characteristics of Good Goals on wall.

What do you think we mean by good goals?

A good goal is one where you clearly know whether you accomplished it or not. For example, "I will share with my partner what I learned in this session."

A good goal is one that is well specified. A better goal would be "I will talk to my partner on Tuesday night when we go out to dinner."

A good goal is one that is realistic, that is not too hard and not too easy. We want to set goals we can actually accomplish not set ourselves up to fail. A goal that is doable is "I will go out and buy condoms and put them in a drawer next to the bed."

A good goal supports our Nia or purpose of reducing high risk behaviors. (I will talk to my partner about using a condom the next time we have sex.)

So, again, goals should be well specified, realistic (that is, not too easy or hard), and have a clear endpoint so you know when you have completed the goal.

So, with this in mind, we would like you to choose two goals as a couple that both of you feel that you can accomplish over the next seven weeks.

One of these two goals should involve reducing your HIV/STD risk behavior. Look at the Levels of Risk to find a behavior that you can do which is less risky than what you are currently doing.

The second goal should involve improving your relationship. For example, it can

involve working on strategies to communicate better with your partner.

Remember, these two goals should be related to 1) decreasing your HIV/STD risky behaviors and 2) improving your relationship. These goals should reflect Unity or Umoja (uniting to protect one another), Collective Work and Responsibility or Ujima (working together to reduce our sexual risk), and Purpose or Nia.

4. Refer Handout #7: Couple Goal Setting in Workbook, section 2.8

5. Give the couple a chance to talk with each other and write down their two goals.

Those are important goals. Can you tell us what these goals mean to you and how do you think that they will reduce your risks for HIV/STDs and help you improve your relationship?

Last week we talked about some of the things that can get in the way of your goals for practicing safer sex. What things in your life can get in the way of achieving each of your goals?

6. Write the barriers the couple mentions down on the flip-chart.

We would like you to write down the things that can get in the way of working on your goals for protecting each other from HIV and STDs and improving your relationship.

You can write them down in your couples' goal worksheet, under "barriers" or "things that get in your way."

Now we would like you to think about how you can overcome those barriers. You can write these down on your couple's goal sheet.

7. Give the couple a few minutes to write something down.

Would you like to share some of them.

8. Reinforce the good responses.

In this program, we will explore strategies to overcome these problems, so that you can be successful in achieving your goals.

Activity J: Homework (10 minutes)

Time:

10 minutes

Materials Needed:

- Couple Goal Progress Worksheet (in Workbook, section 2-11)
- Homework for Session 2 (in Workbook, section 2-12)
- Condoms

Procedure:

1. Start by saying,

The session is almost over. At the end of each of the Eban sessions, you will decide how you want to work on reducing HIV/STD risks for yourself and your partner and work on improving your relationship between now and next meeting.

What can you accomplish by the next session on either of the two goals that you set as a couple?

2. Let them discuss this and decide on the strategies they will use this week to work on their goals.

Those are good strategies.

You can use the goal progress worksheet, which is in your workbook, to keep track of your progress on your couple goals.

You should also practice the Talk and Listen Technique to talk about the goals that you just identified.

You should also practice FENCE in working on your goals.

We would also like you to pick a convenient day and time to check in with each other, and use Talk and Listen to talk about what you learned in the session, how you feel about it, and how you are doing. You could talk about some of these questions.

- 1. What did you get out of the last session?*
- 2. How do you feel about what you learned in Eban?*
- 3. How are you doing as a couple?*
- 4. What can each of you do to improve your relationship?*

There is a homework sheet in your Workbook (Homework for Session 2) to remind you what you need to do during the week. Write down notes so we can discuss them next week in our session. Also, remember to bring your workbook with you.

Good-bye. Here are some condoms for you to take home. We will see you next week!

Session 3: Tools for the Journey (Couple Session)

SESSION 3
TOOLS FOR THE JOURNEY
(Couple Session)

Type of Session:

Couple

Session Outline:

- Activity A: Opening and Welcome (10 minutes)
- Activity B: Review Homework (20 minutes)
- Activity C: Review of Last Session (5 minutes)
- Activity D: Overview of Current Session (5 minutes)
- Activity E: Review Homework (20 minutes)
- Activity F: Male and Female Anatomy (20 minutes)
- Activity G: Using Barrier Methods Correctly (20 minutes)
- Activity H: Making Safer Sex Fun (20 minutes)
- Activity I: Homework (10 minutes)

Session Goals:

The goals of this session are:

- Address Distress About Positive STD Results
- Learn about Male and Female Anatomy
- Practice Correct Way to Use Male and Female Condoms
- Learn How Safer Sexual Techniques Can Be Fun

Materials Needed to Conduct Session:

- Eban CD track #6: "Love and Happiness" by Al Green
- Newsprint: Ground Rules for Participation
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- Poster #8: Characteristics of Good Goals
- Poster #9: Quotation of Joyner-Kersee
- Poster #10: Male Anatomy

NIMH Multisite HIV/STD Prevention

Trial for African American Couples

Eban HIV/STD Risk Reduction
Session 3

Version 1.0; September 4, 2003

- Poster #11: Female Anatomy
- Poster #12: Using male condoms
- Poster #13: Eban Café
- Poster #14: How to Make Safer Sex More Fun
- Newsprint: Goals for session
- Workbooks for Facilitators
- Handout #7: Couple Goal Setting
- Handout #9: Eban Café Menu
- Handout #10: Putting on Condoms in New Ways
- Supply of Lubricants
- Plastic Wrap (non-microwaveable)
- Dental dams and sheer dams
- Supply of Male Condoms
- Supply of Female Condoms
- Penis Model
- Pelvic Model
- Goodie Bag for Couple
- Post It Flip Chart
- Magic Markers
- Homework #3: Date Night
- Envelopes and Reimbursement (if handed out by facilitators)
- CD player

Tips for Facilitators

- Facilitators should demonstrate technique once and let the participants practice several times.
- Work as same-gender coach to help couples role play rather than modeling a second time.
- Reinforce couple talking to each other.
- Encourage couple to work together on safer sex activities.

Instructional Time:

2 hours (120 minutes)

Activity

- A. Opening and Welcome
- B. Review Homework
- C. Review of Last Session
- D. Overview of Current Session
- E. Review Homework
- F. Male and Female Anatomy
- G. Using Barrier Methods Correctly
- H. Making Safer Sex Fun
- I. Homework

Time Needed

- 10 minutes
- 20 minutes
- 5 minutes
- 5 minutes
- 20 minutes
- 20 minutes
- 20 minutes
- 20 minutes
- 10 minutes

Estimated Time = 120 minutes

Activity A: Opening and Welcome

Time:

10 minutes

Materials Needed:

- Clock
- Tape Recorder
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #6: "Love and Happiness" by Al Green.
- Poster #9: Quotation of Joyner-Kersey

Procedure:

A. Start by saying,

Welcome and it is great to see you again. This is the third session of the Eban Program. We would like to begin by discussing the song for today's session, "Love and Happiness."

B. Play song "Love and Happiness" by Al Green.

What does this song mean to you?

How does it relate to our shared purpose (our Nia) of protecting each other by practicing safer sex?

Love can make you do right: It can make you be good to yourself and your partner by protecting each other from HIV and STDs.

C. Be sure Poster #9 is visible: Quotation from Joyner-Kersee

Would one of you like to read the quotation for today?

D. If participants do not feel comfortable reading the quotation, facilitator can read it.

“It is better to look ahead and prepare than to look back and regret” by Jackie Joyner-Kersee, American Olympic Heptathlete.

What does that quotation mean to you?

Yes, it shows the importance of thinking about the future and planning ahead to protect yourself and your partner with condoms and other devices. Today we will focus on doing so creatively.

Yes, each person has the power to take control of his/her life, and sometimes we do so in new and interesting ways.

What are things you have taken control of in your life?

Examples are:

- *Getting a job that you had a hard time finding.*
- *Going on a diet and losing weight.*
- *Being unhappy about your apartment and finding a new one.*
- *Being in a negative relationship and leaving it.*
- *Developing a budget and saving money.*

You have just named examples of ways that you have already taken control of your life. These sessions are about taking control of your health and safety and we just want to remember that you have all taken control of your life before, and therefore, you CAN do it again.

Today we are going to learn some skills to practice safer sex and make it creative, so that you can take care of each other, take control of safer sex, and still share satisfying sex.

Activity B: Review of Homework

Time:

20 minutes

Materials Needed:

- Session 2 Homework (in Workbook)
- Poster #8: Characteristics of Good Goals
- Goal Progress Worksheet (in Workbook)

Procedure:

1. Start by saying,

Your homework was to work on your two goals, using the Talk and Listen Technique and FENCE.

2. Listen for cues that the couple is integrating the Nguzo Saba into their learning experience. Praise them for doing so.

How was that experience?

What did you talk about?

What problems came up?

3. If the couple does not seem clear about what a goal is, go over the characteristics of good goal.

We would like to review your goals and what you did this week to work on your goals.

4. Facilitators review the couples' goals from the previous session.
5. If the couple did not do the homework, ask what made it difficult.
6. Praise progress and identify any problems.
7. Suggest how the goal might be modified or problem-solve so that the goal can be achieved. Encourage the couple to be creative in brainstorming their options.

You should write down progress last week on your Couple Goal Form and rewarding yourself.

When we set goals and work on them, it is very important to reward ourselves for achievement. This keeps us going and makes it all worthwhile. You deserve a reward when you reach a goal.

What would you like to do to reward yourself?

What will you do as a couple to reward yourselves?

Yes, those are good examples of rewards (e.g., treats, candy, movie, calling a friend to tell them how you are doing, giving each other a massage, going out to dinner).

Activity C: Review of Last Session

Time:

5 minutes

Materials Needed:

None

Procedure:

FACILITATOR'S NOTE

When reviewing the last session, listen for cues that the couple is integrating the Nguzo Saba into the learning experience. Offer praise and positive reinforcement when they do.

1. Start by saying,

We had such a good meeting last time. You both used the Talk and Listen Technique so well. It was really impressive.

We also practiced using FENCE.

We also talked about 3 principles from the Nguzo Saba: "Unity" or Umoja, "Collective work and responsibility" or Ujima and "Purpose" or Nia.

Activity D: Overview of Current Session

Time:

5 minutes

Materials Needed:

Newsprint: Goals for session

Procedure:

1. Start by saying,

In this session, we are going to work on Nguzo Saba Number Five-Purpose or Nia and Number Six-Creativity or Kuumba.

In the first session we talked about Purpose as one of the seven principles. This week we are going to work on making Purpose (Nia) a part of our lives everyday. Our purpose today is to learn the knowledge and skills necessary to protect ourselves.

We will be discussing male and female anatomy and correct use of male and female condoms which are essential to practicing safer sex.

We will also be introducing you to a creative way of protecting each other -- the Eban Café -- which has a menu of activities that you can use to make safer sex more fun for both of you.

Activity E: Male and Female Anatomy

Time:

20 minutes

Materials Needed:

Poster #10: Male Anatomy

Poster #11: Female Anatomy

Procedure:

FACILITATOR'S NOTE

Be sure that Poster #10: Male Anatomy and Poster #11: Female Anatomy are visible.

1. Start by saying,

Sex can be fun, but since everybody is so different, we need to learn about our bodies, what you and your partner like and dislike about being touched, and what makes you comfortable or uncomfortable about sex.

We would like to discuss male and female anatomy with you because it is important that you understand your body. This information can also be useful in helping you to practice safer sex and increase your pleasure.

2. **(Male Facilitator)** - *Male Anatomy*

We would like to talk briefly about the male anatomy.

3. **(Male Facilitator)** - Point to the anatomical parts as you discuss them.

Where is the penis on this diagram?

Some men have circumcised penises, meaning that the foreskin of the penis has been removed but some men are uncircumcised and have not had their foreskin removed.

The internal sex organs are made up of the testicles, which is where the sperm are created.

Where are the testicles?

When you become sexually excited, blood flows into the penis, causing it to become stiff, hard, and erect. If not enough blood flows into the penis, the erection may only be partially hard, which makes it difficult to put on a condom or to have intercourse.

When a man ejaculates, the sperm move from the testicles into a large tube, and is shot out.

Pre-cum is a liquid that comes out in the beginning of arousal but it does contain some sperm. This is why it important to use a condom from the beginning and not to start without it and “pull out” because orgasm. This pre-cum can cause pregnancy or transmit HIV other STDs.

Finally, men also have nipples and breasts. They can be sensitive to touch. Do not forget them in your love making.

Do you have any questions?

4. **(Female Facilitator)** - As you discuss anatomical parts, point to them.

5. **(Female Facilitator)** - *Female Anatomy*

Just like with the male anatomy, we will briefly review the female anatomy. Many more people know about the male anatomy because most of it is more visible.

Fewer people know about the female anatomy because most of it is inside a woman's body.

First, the female genital area is called the vulva; vulva means opening. The only way

for a woman to see her vulva is by using a mirror.

Second, the vulva is made up of a number of parts:

Where is the Labia on this diagram?

Outer Labia. *The outer labia which has two thick folds of skins, sometimes called the lips of the vagina. They are made of fat and have pubic hair.*

Inner Labia. *The inner labia are thinner in some women but help to protect the vaginal opening.*

Where is the vagina on this diagram?

The vagina is a tube approximately five inches long that connects the uterus with the outside of the body. This is where the penis fits during sexual intercourse.

Normally the walls of the vagina are quite close together; it is arranged in folds like a large accordion. This means that the vagina can be temporarily stretched for the birth of a baby.

When a woman is sexually excited, her vagina can lubricate or become wet. If it does not, a water-based lubricant, such as Glide, Vagisil, or K-Y jelly can be used.

Where is the clitoris on this diagram?

The clitoris is one of the most important parts of a woman's body for sexual arousal. It is a highly sensitive area. When a woman becomes sexually excited, it becomes erect.

The clitoris is as sensitive to women as the tip of the penis is to a man.

As part of female circumcision, the clitoris may be cut or removed and the labia may be sewn together so that the opening is much smaller. As a result, the woman loses sexual feeling.

The cervix is at the neck of the uterus or womb. A narrow canal runs through the cervix, connecting the uterus and vagina. During intercourse sometimes you can feel the penis rub against the cervix.

Finally, breast and nipples are highly sensitive. The nipples can become erect with sexual excitement.

Are there any questions?

Okay, now we would like to discuss sexual health and hygiene related to HIV/STD risk reduction.

Sexual Health for Women

Many women have explained to us that they were not told how to keep themselves

NIMH Multisite HIV/STD Prevention

Eban HIV/STD Risk Reduction
Session 3

Trial for African American Couples

Version 1.0; September 4, 2003

healthy and to avoid yeast infections or other vaginal infections. For example, women were told as girls that douching was healthy, but we have new information today.

Douching

What is douching?

Douching is using a liquid like vinegar or a solution to flush out the vagina. But the vagina has its own natural cleansing system, so you don't need douching.

Medical professionals advise that frequent douching can reduce the acidity of vagina which leads to more vaginal infections.

Douching will not protect you from pregnancy, HIV, and other STDs.

You should never use douching to treat vaginal burning, itching, discharge, or odor because these symptoms might signal that you have an STD. You need to seek medical attention immediately.

Yeast Infections

We think that it is important for women and men to know about yeast infections.

What are some things that can cause yeast infections?

Yeast infections are caused by stress, douching, or eating sugary, high carbohydrate foods (like donuts, sodas, or ice cream) that create an imbalance in the natural bacteria in the vagina.

Tight clothing (like thongs, tight jeans, and nylons) can also increase your chances of getting a yeast infection.

People can pass bacteria to each other. A man can get a yeast infection from a woman, and he can also pass a yeast infection back to his partner. Men who are uncircumcised may have bacteria in the folds of the foreskin (the skin around the head of the penis) if they do not clean with a wash cloth around that area.

Treating and Preventing Yeast Infections

Here are some tips to keep you healthy.

Before you have sex, you can wash yourselves or each other, to prepare yourself for sex. Cleaning each other can also make getting together more fun.

What can you do to treat a yeast infection?

Eat yogurt when you have a yeast infection. Yogurt contains the kind of health bacteria that can help heal yeast infections.

There are many new over-the-counter medications you can use to treat yeast infections. You can also take natural products like acidophilus, in a pill form, which you can get at a health food store or vitamin store.

Women who are HIV+ may get more severe yeast infections that will not go away. Yogurt and acidophilus may not be enough to treat severe yeast infections. In those cases, you can get an over-the-counter medicine to treat the yeast infections, or you can go to your doctor and get a prescription for Diflucan or Sporonax.

Remember a yeast infection does not have to be sexually transmitted. There are many things that can cause yeast infections. Yeast infections can be uncomfortable and can make sex painful. Treating your yeast infections and using condoms will keep you from passing yeast infections to each other.

6. Transition to discussing kegel muscle in vagina.

Before we show you how to use condoms, we would like to share a way to have a toned vagina. This is an exercise that can contribute to keeping sex creative.

Have you heard of the kegel muscle?

The kegel muscle in your vagina can get tighter if you work it and contribute to your having stronger orgasms. You can use the kegel muscle to tighten and release your hold on the penis, a creative way to make safer sex fun. Whether you are sexually active or not, you should flex your kegel muscle.

When you stop your flow of urine, you have just flexed the kegel muscle.

Practice your kegel exercises each day. For example, you can tighten and release this muscle when in the car at a stop light, when you are fixing dinner, or watching television.

No one can see you doing it. Do your kegel exercises at least thirty times a day.

7. Transition to talking about sexual difficulties

Later today we will talk about how to choose safe fun sexy activities together. But first we'd like to talk a bit about what to do if things do not work out as you had planned.

Sexual difficulties are experienced by many couples at one time or another. Some health problems like diabetes and high blood pressure increase sexual problems.

These difficulties can involve:

- **Interest.** *A lack of interest in sex.*
- **Orgasm.** *Difficulty in experiencing an orgasm.*
- **Erection.** *Difficulty for the man to have an erection.*

People with HIV are at increased risk for sexual problems. Fortunately, there are things you can do to deal with these problems and make sex more fun.

8. If the couple says that they have no sexual difficulties, facilitators can move quicker through this section.

We would like to go over the three steps that you can take if you are experiencing problems.

Step One

First, get a physical exam.

Be Candid with Doctor. *Let the doctor know about any sexual difficulties that you are having.*

Options to Discuss with Doctor. *One option you might discuss with your doctor is a blood test to see your hormonal levels. Low levels may indicate that you need hormone replacement that can increase the blood flow to the penis and the clitoris. Sexual pleasure is more likely to increase. Another option you can discuss with your doctor is medications. The doctor may prescribe medications or devices that can help with sexual difficulties.*

Step Two

Use Talk and List to talk with your partner about how the two of you can improve your sex life.

What are some things that can make sex more enjoyable and satisfying?

Take Time. *If you allow more time to be sexually excited, you will enjoy sex more.*

Be Erotic. *Using fantasy, sexy talk, and erotic books can help you become turned on and have more fun. Your own private fantasies do not have to be shared, even with your partner. However, it is nice to share fantasies to increase intimacy and have fun. Just make sure that the fantasy that you share or act out with your partner is something that both of you are comfortable with.*

Sexual Devices. *Visit an adult store that has sex toys, and consider using a vibrator that is cleaned with bleach and soap and water after each use. You can also get a vibrator that is sold as a massager in department stores.*

Maintaining Erection. *Some men have difficulties in getting or maintaining an erection. Sometimes wearing a condom can help men keep an erection. Stimulating with your hands can also help to get sexually excited.*

Premature or Rapid Ejaculation. *Some men may have problems with premature or rapid ejaculation, or coming too soon. Wearing a condom can help delay ejaculation. It also helps to become aware when you are getting close.*

Slow Down. *If you want to last longer, stop moving when having sex to delay an orgasm. Start again after a while to keep the excitement going. It can be helpful to practice this technique while touching and stimulating yourself before you practice it with your partner.*

Lubrication. *Many women have problems getting lubricated. Using water-based lubricant can help if you are feeling too dry.*

Methods to Achieve Female Orgasm. *Some women have difficulties in reaching orgasm. Talking to your partner and letting him know what feels good is important. Using a vibrator can also help. You can use it by yourself, as well as with your partner. Also, practicing your Kegel exercise can help you to have stronger more pleasurable orgasms.*

Step Three

If both partners are tired, stressed, and have outbreaks of STDs or a yeast infection, agree to have sex that does not involve vaginal, oral, or anal penetration.

What are some things you can do instead of sexual intercourse?

Non-Penetrative Sex. *You might try holding each other, mutual massage, watching sexually erotic videos or reading erotic books.*

***Experiment.** Sexual problems do not have to last forever. Keep finding new ways to enjoy each other. Take more time to talk to each other about what you like and experiment with new activities. You will become more familiar with how to increase each other's pleasure.*

Activity F: Using Barrier Methods Correctly

Time:

20 minutes

Materials Needed:

1. Latex and Polyurethane Male Condoms
2. Female condoms
3. Water-based Lubricants
4. Oil-based lubricant
5. Penis Model
6. Pelvic Model
7. Dental dams and sheer dams
8. Non-microwaveable plastic wrap
9. Poster #12: Using male condoms
10. Using male condoms (in Workbook, section 3-8)
11. Using female condoms (in Workbook, section 3-9)

Procedure:

1. Start by saying,

Now that we have reviewed male and female anatomy and hygiene, we would like to talk about using male and female condoms and other products to practice safer sex.

Male Condoms

We would like to spend some time looking at various types of male and female condoms (i.e., different brands of condoms; colored, flavored, and ribbed condoms; latex and polyurethane condoms).

2. Take 3 or 4 different kinds of condoms out of the basket of condom-ments, open them, and hand them to the couple to touch, feel and examine. Encourage the couple to read the boxes or packages and examine how the condoms are different.

3. Male Facilitator

Be sure to use only latex or polyurethane condoms, not lambskin or natural condoms. Lambskin condoms have pores or tiny holes, so they don't protect you from STDs or HIV. It is really important that you know how to use latex condoms and water-based lubricants to help keep yourselves safe.

Lubricants

Now that we have looked at different kinds of condoms, we would like to talk about lubricants. If you want sex to go smooth and easy, use a lubricant.

Now we would like to pass around a selection of safe lubricants, like KY jelly Aqua Lube and Astroglide.

4. Pass out 3 or 4 safe lubricants like KY jelly, Aqua Lube and Astroglide. Allow the couple time to examine the lubricants and read the label, and touch and smell them.

What makes for a safe lubricant and why?

Yes, that is correct. It is water-based and not oil-based because that would damage the condom.

We would like to demonstrate that by rubbing baby oil on this condom.

5. Fully blow up a condom and tie it; then, rub the oil-based lubricant on it until it pops.

What does this demonstration show?

It shows that oil-based lubricants will make holes in a condom. It also shows how a condom can stretch to fit any size penis.

We have put all the unsafe lubricants on the shelf over there (e.g., baby oil, crisco, olive oil, massage oil, etc.)

If you are unsure about whether a lubricant is water-based or oil-based, you can look at the first ingredient to be sure it is water.

6. Condom Demonstration

In your workbook, section 3-8, you'll see instructions on "Using male condoms", which show you the right way to use a condom.

7. Take out penis model.

Here is the penis model that we can use to practice using condoms correctly.

We can practice together.

We would like to go through the steps of putting a condom on this penis.

8. Facilitators should demonstrate putting a condom on the model as they're going through the steps.

We've created a fun way to remember the steps of using a condom-it is called OPRaH.

OPRaH consists of 4 simple steps- Open, Pinch, Roll, and Hold!

Before you open the condom you want to check the expiration date, and be sure the package is not damaged. Squeeze the package to be sure that there is an air pocket in it.

***O**= Open package and remove rolled condom without twisting, biting, or using your fingernails. This could damage the condom or allow fluid to leak out.*

***P**= Pinch the tip of the condom to squeeze the air out, leaving $\frac{1}{4}$ to $\frac{1}{2}$ inch extra space at the top.*

***R**= Roll condom down on penis as soon as the penis is hard, **before** you start to make love.*

***a** = and after sex is over...*

H= Hold the condom at the rim or base while your partner pulls out after ejaculation but before the penis goes soft. You could lose protection if the condom comes off inside you.

Now we would like you to each practice putting a male condom on the penis model.

Who usually puts the male condom on?

Choose which condom you would like to practice with from a variety of condoms in the Condom-ments basket.

9. The Facilitator should observe each participant practicing placing and removing condom, providing guidance and feedback, until the skill is mastered.

You both did an excellent job. Now we would like to go through the same process with the female condom using this pelvic model.

Have you ever used a female condom?

Female Condom

There are pros and cons to using the female condom:

NIMH Multisite HIV/STD Prevention

Eban HIV/STD Risk Reduction
Session 3

Trial for African American Couples

Version 1.0; September 4, 2003

Pros

- ***Control.*** *May give women more sense of control.*
- ***Coverage.*** *Covers the labia -- the lips of the vagina, and can give further protection against STDs.*
- ***Usage.*** *Can put female condom on up to 8 hours before sex.*
- ***Comfort.*** *They are loose enough that it does not constrict the penis.*
- ***Feeling.*** *Polyurethane conducts heat better than latex, so couples say they like the feeling of female condoms better than male latex condoms. However, there are male condoms that are made of polyurethane too.*
- ***Non-Allergic.*** *Fewer people are allergic to polyurethane than to latex.*

Female Condom

Cons

- ***Reluctance to Use.*** *A woman may not want to touch her vagina so deeply.*
- ***Too Large.*** *Circumcized women may not have a large enough opening in which to fit the female condom.*
- ***Visible.*** *The female condom is visible: It hangs outside the woman's body.*

In some parts of the world and in the U.S. among some African cultures and ethnic

groups the practice of female circumcision still takes place. Women who have been circumcised or stitched are unable to wear the female condom. Whether or not you decide that you would like to try it, we'd still like you to see how to use it. You may have an opportunity to tell someone else you know about it.

10. If the woman indicates she has been circumcised or stitched, you may skip the female condom demonstration if she prefers, and go on to the Five Most Commonly Asked Questions about Condoms.

Now we would like to demonstrate how to use a female condom. The steps are also described in your workbook, "Using Female Condoms", section 3-9. It is kind of like putting in a tampon.

We would like to identify some of the parts of a woman's body using this pelvic model. Here is the vagina, cervix, pelvic bone.

Step One. *Before you open the condom you want to check the expiration date, and be sure the package is not damaged. Squeeze the package to be sure that there is an air pocket in it. Open the package carefully so the condom is not damaged.*

Step Two. *Now unroll the condom and separate two rings. The loose ring inside the pouch is called the inner ring and the ring connected to the opening of the pouch is called the outside ring.*

Step Three. Rub the condom gently to evenly spread the lubricant.

Step Four. Grab the ring with your thumb and middle finger and pinch the edges together (like a diaphragm).

Step Five. Place your index finger between the thumb and middle finger to prevent the condom from slipping. Now use your finger to guide the condom into the vagina, being careful not to twist the condom. Push the ring in until the cervix is completely covered. The ring will fall into place once it is correctly inserted.

Step Six. The outside ring remains outside the vagina, protecting the labia, or lips outside the vagina. Insert your index finger through the inside of the condom to make sure the condom is not twisted or loose.

Step Seven. Make sure that it is completely covering the labia and that it is not twisted.

Step Eight. Immediately after ejaculation, twist the end of the condom that is protecting the labia. Remove the condom by pulling it off, being careful not to spill its contents.

Step Nine. Put condom in a plastic bag and throw in trash.

Now we would like you to work together to put a female condom in the pelvic model.

11. Make sure that each partner practices using the model to insert and take out the female condom.

Five Common Questions About Condoms

We would like to ask you five commonly asked questions about condoms.

Question #1. *Is it okay to keep a condom in your pocket?*

Answer #1 . *Yes, but only for short periods. Prolonged exposure to heat (including body heat) can damage condoms. Condoms should be kept cool and dry until you are ready to use them.*

Question #2. *Should you keep condoms after their expiration date?*

Answer #2. *No. So make sure to check the expiration date on your condoms. Throw away unused condoms once the expiration date passes.*

Question #3. *How can you tell if a condom package has been sealed properly?*

Answer #3. *You can press down on the package to check that there is a cushion of air in it, to make sure it is sealed. It is similar to a bag of chips: air should be sealed in. If you feel some bounce when you press down on the condom packet, then, it is sealed properly, but if there is no bounce, there could be a leak and you should not use the condom.*

Question #4. Is it okay to reuse a male or female condom?

Answer #4. No. Never use a male or female condom more than once. After the man has come, you should remove the condom and throw it away.

Question #5. Can condoms stretch to fit any size penis?

Answer #5. Yes, though condom sizes vary slightly from brand to brand but most can fit any size penis.

Yes, you did very well. You know a lot about condoms.

Do you know where you can get condoms?

Yes, you can get condoms from STD or other primary care clinics or a pharmacy. Do not buy them from someone on street because they can be damaged and you cannot return them.

You can also get reimbursed for male and female condoms by Medicaid.

If you want more information about how you can get condoms in the future through Medicaid, look in your workbook on page ##.

12. Prompt couple for ideas they have on how to put on condoms erotically.

Now that we have covered the correct ways of using condoms, you and your partner can

NIMH Multisite HIV/STD Prevention

Eban HIV/STD Risk Reduction
Session 3

Trial for African American Couples

Version 1.0; September 4, 2003

use your own creativity (Kuumba) to explore sexy ways of using condoms properly. What are some ideas for how you can put on condoms in a fun and sexy way?

Yes, these are good ideas.

13. Mention the following ideas if they were not brought up:

- *The man can help put the female condom in as part of foreplay.*
- *The woman can put the male condom on with her hand using lubricant in a sexy way, or the woman can put it on with her mouth.*

Oral Sex

We would like to talk about oral sex. There are two ways to have oral sex. One way is cunnilingus when the male partner puts his mouth on woman's vagina. What do you call that?

The other way is fellatio where the woman puts her mouth on her partner's penis. What do you call that?

What are some creative ways of making oral sex safer?

You can use flavored condoms (like kiss-of-mint) for oral sex on a man.

You can use non-microwaveable plastic wrap and dental dams to make oral sex on a woman safer. Do not use the microwaveable kind because that has pores or tiny holes

where semen can leak through.

14. Pass out examples of different sizes of dental dam and sheer dams and pass around a box of plastic wrap so they can see how it is labeled.

What are some advantages and disadvantage of dental dams?

Stretch. *Dental dams are stretchier than plastic wrap.*

Durable. *Dental dams are more durable, since they are made of latex.*

Different Sizes. *Dental dams come pre-made in different sizes and they can be purchased at [site specific places] but not at a pharmacy.*

What are the advantages of plastic wrap?

Thinner. *Plastic wrap is thinner, so some people say there is more feeling.*

Transparent. *Since plastic wrap is transparent, you can see more.*

Cheap and Accessible. *Plastic wrap is cheaper and more accessible; you can get it at grocery stores.*

Covers Larger Areas. *You can use a larger sheet of plastic wrap and cover more area.*

Frees Hands. *Plastic wrap is clingy, and you can even make plastic wrap underwear by wrapping it around, which frees your hands.*

Are there disadvantages to using plastic wrap?

Anal Sex

Anal sex is when the penis enters the bottom or behind. Anal sex is higher risk than vaginal sex, especially if the man is HIV+.

Male condoms and lubricants should also be used. This is the best method for preventing HIV and STDs during anal sex.

A method that does not involve a barrier but is safe is mutual masturbation.

Mutual Masturbation

Masturbation or self-pleasure is when a person stimulates their bodies and genitals to orgasm. Mutual masturbation means that you and your partner stimulate each other with your hands or mouth. If you use sex toys, wipe them with bleach and, then, clean them with soap and water every time.

Activity G: Making Safer Sex Fun

Time:

20 minutes

Materials Needed:

- Poster #13: Eban Café
- Poster #14: How to Make Safer Sex More Fun
- Basket of condom-ments (male and female condoms, dental and sheer dams, lubricants)

Procedure:

FACILITATOR'S NOTE

Be sure that Poster #13: Eban Café and Poster #14: How to Make Safer Sex More Fun and are visible and basket of condom-ments is available.

1. Start by saying,

Welcome to the Eban Café where safer sex is on the menu.

We would like to talk about sexual enjoyment in order to continue to be safer and healthier.

It can be difficult for most couples to talk about sex. Using the Talk and Listen Technique might help you plan some good conversations about sex.

This menu will give you creative ideas of how to remain safe and have variety in your

sex life. You can see that there are appetizers, such as having a foot massage or an entrees, such as having sex with a male condom.

Remember that safety is an essential part of our purpose or Nia. Before you order from the menu, you may need to think about the timing of sex, where you want to be when you talk about sex, and your own comfort and readiness to discuss sex.

Would you like to add anything to the menu?

One of the things that you can do is put together a bowl or basket of "condom-ments" like this which you keep in a convenient place. Then, no matter what you select off the safer sex menu, you will be prepared.

What are some of the condom-ments that you would like to have available?

2. As the couple mentions things, take them out of the basket.

Yes, that is good. Variety of male and female condoms, some lubricants, sex toys, dental dams, sheer dams, spermicides, etc.

Where do you think would be a good place to keep your Eban Café Menu and Condom-ments?

Yes, that seems like a good place.

We would like to demonstrate how to order safer sexual activities from the Eban Café menu, but just remember that we are not actually a couple.

3. The facilitators should model ordering from the menu.

Facilitator One

I feel like ordering something off the safer sex menu tonight. I would like to try [pick something from menu]. How does that sound?

Facilitator Two

That sounds good but I would like to choose sex using a condom, and begin with some mutual foreplay. Is that ok?

4. Let couple role play ordering from the Safer Sex Menu with each other and be prepared to act as coaches.

We would like you to select what you would like from the menu, and decide who wants to talk first.

5. Guide couple through a role play of ordering from the Eban Café menu.

Good. You did an excellent job of ordering from the Eban Cafe.

We have talked about how to choose fun activities together. We just want to remind you

that this isn't always easy to do, especially if you are dealing with some of the

difficulties we talked about earlier. There may be many reasons for sexual challenges in a relationship and its most important for the two of you to talk about it, using Talk and Listen, and get professional help if you think you need it.

Activity H: Homework

Time:

10 minutes

Materials Needed:

- Homework for Session 3 (in Workbook, section 3-12)
- Condom-ments (male and female condoms, lubricants, dental dams)
- Goal Progress Worksheet

Procedure:

1. Point participants towards Homework #3: Date Night, in Workbook.

We would like you to plan a date night this week. We would like you to use your creativity (Kuumba) to find exciting ways to use condoms and other safer sex methods to keep each other safe.

Can you think of a good night during the next week when it would be good to have a date?

We would like to give you this bag of condom-ments (including male and female condoms, lubricants, and dental dams) so that you will be able to order safely off the Eban Café menu on your date night. Be sure to look at your “Levels of Risk” scale from Session 2, so that you can choose activities that are low risk or no risk.

We would also like you to work on a goal from your Couple Goal Form.

2. Facilitators will work with them to help them decide how they want to work on their goals.

Session 4: Sharing the Load (Couple Session)

SESSION 4
SHARING THE LOAD
(Couple Session)

Type of Session:

Couple

Session Outline:

Activity A: Opening and Welcome (10 minutes)

Activity B: Review Last Session (5 minutes)

Activity C: Overview of Current Session (5 minutes)

Activity D: Review of Homework and Goals (15 minutes)

Activity E: Identifying Triggers to Unsafe Sex and Barriers for Safer Sex (15 minutes)

Activity F: Things that Affect Decision-Making (15 minutes)

Activity G: Working Together to Make Decisions (10 minutes)

Activity H: Working Together to Improve Our Health (15 minutes)

Activity I: Working Together to Make Better Sexual Decisions (15 minutes)

Activity J: Moving Back to the Village (10 minutes)

Activity K: Homework (5 minutes)

Session Goals:

The goals of this session are:

- Learn to Identify Triggers to Risky Behaviors
- Teach Couples How to Plan Ahead to Handle Triggers
- Enhance Decision Making Skills for Health and Safer Sex
- Problem Solve Barriers to Risk Reduction

Materials Needed to Conduct the Session:

- CD track #7: "Let's Stay Together" by Al Green
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- Poster #15: Quotation by Smith
- Poster #16: Things that Affect Joint Problem-Solving

NIMH Multisite HIV/STD Prevention

Eban HIV/STD Risk Reduction

Session 4

Trial for African American Couples

1 of 39

Version 1.0; September 4, 2003

- Poster #17: Top Six Issues Couples Report About Sex
- Poster #16: Quotation by Smith
- Wheel of Relationship Uses
- Workbook for Facilitators
- Handout #7: Couple Goal Setting Form
- Handout #11: Dates for Under \$20
- Handout #12: Worksheet on Your Triggers for Unsafe Sex
- Coin
- Post It Chart
- Magic Markers
- Homework # 4: Couple Connections
- Envelopes and Reimbursements (if being handed out by facilitators)
- CD player

Instructional Time:

2 hours (120 minutes)

Activity

Time Needed

A. Opening and Welcome	10 minutes
B. Review Last Session	5 minutes
C. Overview of Current Session	5 minutes
D. Review of Homework and Goals	15 minutes
E. Identifying Triggers to Unsafe Sex and Barriers for Safer Sex	15 minutes
F. Things that Affect Decision-Making	15 minutes
G. Working Together to Make Decisions	10 minutes
H. Working Together to Improve Our Health	15 minutes
I. Working Together to Make Better Sexual Decisions	15 minutes
J. Moving Back to the Village	10 minutes
K. Homework	5 minutes

Estimated Time = 2 hours (120 minutes)

Activity A: Opening and Welcoming

Time:

10 minutes

Materials Needed:

- Clock
- Tape Recorder
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #7: "Let's Stay Together" by Al Green.
- Poster #15: Quotation by Debra McGee-Smith

Procedure:

1. Start by saying,

We are glad to see you back. This is the last session that we will have with you as a couple until the last session.

We would like to begin by listening to a song and reading a quote that relate to our work together.

2. Play song "Let's Stay Together" by Al Green.

We are beginning this session with the song, "Let's Stay Together."

What does this song mean to you?

This song reflects the principal of Unity or Umoja. It is about making a commitment to stick together through the hard times and stay safe together.

FACILITATOR'S NOTE

Be sure Poster #15: Quotation for McGee Smith is visible on the wall.

We would also like to share the quotation for this week, by Debra McGee-Smith, who works on the Eban team at UCLA. Can one of you read it?

"I am learning, doing, and growing with courage to create a new state of being" by Debra McGee Smith, 2002.

What does this quotation mean to you?

How does it relate to protecting yourself and your partner from HIV and STDs?

Yes, through our strength, vision, and commitment, we can overcome obstacles and practice safe sex, despite our fears.

Activity B: Review Last Session

Time:

5 minutes

Materials Needed:

None

Procedure:

FACILITATOR'S NOTE

Be sure to prepare for the couples that had brought up positive STD results.

1. Start by saying,

Last session, we talked about your sexual relationship and how to practice safer sex together.

We introduced the Eban Café, a game you played to talk to each other about using condoms and other methods to protect each other from HIV and STDs.

You also learned ways for using condoms and making them more fun.

Do you have anything to share about how those experiences were for you?

Activity C: Overview of Current Session

Time:

5 minutes

Materials Needed:

- Newsprint – Goals for Session
- Poster #3: Nguzo Saba

Procedure:

1. Start by saying,

This session is focused on Nguzo Saba Number One-Unity or Umoja, and Number three – Collective Work and Responsibility or Ujima.

Do you remember what unity means, and how it applies to safer sex?

What about collective work and responsibility?

2. Facilitators will refer to Nguzo Saba poster. If participants do not remember, facilitators will provide the correct answer.

We would like to complete our work together from these three sessions and prepare for reentering the group.

Today, we will focus on your relationship and how what happens in your life, outside of your relationship, can affect how you two work together and how you make decisions about protecting each other.

We will work on making effective decisions together to improve your health and your sexual life.

We will also prepare to move back to the Village next week.

Activity D: Review of Homework and Goals

Time:

15 minutes

Materials Needed:

- Homework for Session 3 (in workbook)
- Couple Goal Progress worksheet
- Dates for under \$20 (will be in workbook, section 4-3)

Procedure:

1. Start by saying,

Your homework was to meet to plan a Date Night and, then, have the Date Night. How did that go?

2. Wait for couple to describe experience and reinforce.

We are glad that your Date Night worked out so well.

What did you particularly enjoy about the planning of the date?

Did you use a male or female condom, or other methods to reduce risk?

3. Refer to Handout #11 in Workbook: Dates for Under \$20.

We hope that you will do this again. There is a list in your workbook that gives you ideas for dates that cost less than \$20.

We know that you will be able to add to this list from activities that you enjoy together but may not do often enough.

Is there anything that you would do differently next time?

4. Use the goal chart and FENCE to problem solve any difficulties the couple had.

Good. We hope that this will increase your satisfaction with your relationship, contribute to having fun while being safe, and bring Umoja or Unity into your relationship.

Activity E: Identifying Triggers for Unsafe Sex and Barriers for Safer Sex

Time:

15 minutes

Materials Needed:

- Flipchart
- Markers
- Triggers Worksheet (in Workbook, section 4-5)
- Poster # 6: FENCE

Procedure:

1. Start by saying,

We've talked a lot about barriers to being safe, or things that get in the way of being safe. Now we want to spend a few minutes on triggers.

What comes to mind when you hear the word trigger?

A trigger is something that leads to being unsafe. For example, if you have a drink and begin to feel a bit more relaxed, or if you have a drink in a favorite bar, which might put you in a romantic mood and makes you feel like taking chances. We all are less likely to be safe if we don't have a plan in place to deal with triggers.

Triggers can be people, places, things, moods or feelings. Let's take a few minutes to figure out what are triggers for you that can lead to unsafe sex and then we'll FENCE one of them.

2. Encourage couple to brainstorm their triggers for unsafe sex, individual and couple. Write ideas on the flip chart, writing them under the categories of “People”, “Places and Things”, “Moods and Emotions”, “Substances and Alcohol”.
3. If the couple says that they don’t have triggers, ask them what are some triggers that can lead a couple to have unsafe sex.

That’s a great list of triggers to unsafe sex. As you can see, we put them into the categories, or types of triggers.

4. For each type of trigger, reinforce participant’s ideas, ask if they can think of any other triggers of that type, and add to their ideas with other examples, such as the ones listed below.

People

What are some other people triggers?

Your partner!!

What makes it challenging to practice safer sex in a relationship?

Places and Things

What are some other place triggers?

Sentimental places. Where you met, where you had sex before.

Special song. Hearing your special song or a song that reminds you of a special time for you.

Romantic event. Watching a romantic movie together.

Moods and Emotions

What are some other mood or emotion triggers.

Guilt. You don't want your partner to feel unloved.

Lonely. You want to feel more intimate with your partner and a condom seems to take that away.

Substance and Alcohol Triggers

What are some substance and alcohol triggers?

Alcohol. Beer, wine, harder liquor.

Other substances. Marijuana, crack, cocaine, heroin, etc.

5. Complete the list with the couple and ask them to identify the top 3 triggers that will likely lead them to be unsafe. Circle those triggers.

6. Facilitators can prompt couple to write their triggers on the Triggers Worksheet (Handout #12) in their workbook, section 4-5. If the couple prefers, the facilitators can write the triggers down on the worksheet.

What are the top 3 triggers on this list -- the triggers that have been the biggest problems for you in trying to stay safe?

Let's work on FENCE-ing one of them. Which one would you like to choose?

*You have **already** practiced FENCE with "barriers" or things that **get in the way** of being safe. Now let's practice FENCE for **planning ahead** of time to deal with "triggers" that **lead us** to be unsafe.*

What's the difference between a barrier and a trigger?

7. Facilitator should help couple identify and understand the difference. Triggers lead to unsafe behaviors, barriers get in the way of being safe.
8. Facilitators should provide coaching and feedback as the couple uses FENCE to problem-solve one of their top 3 triggers. Provide positive reinforcement through the process and explore how realistic their action plans are to be sure they are practical.

Excellent job. Being prepared, planning ahead, finding ways to protect one another and stay healthy together can make a relationship stronger and enhance intimacy,

instead of getting in the way of it. Safer sex is a way to show your partner you care for them – not a way to let anything come between you.

Activity F: Things that affect decision-making

Time:

15 minutes

Materials Needed:

- Poster #16: Things that affect joint problem-solving
- Flipchart
- Markers
- Dealing with a history of negative sexual experiences (in Workbook, section 4-7)

Procedure:

1. Start by saying,

Now that we've talked about how to deal with triggers for unsafe sex, we would like to talk about your decision-making, which can affect how you manage triggers. We would like to discuss your roles in the relationship and the power balance as it relates to making important decisions that affect both of you.

When we are in relationships, we must address problems or issues every day.

Each couple has its own way of solving problems and making decisions.

We have to decide on how money is spent, how to discipline the children, how to spend our free time, what movie we will see, etc.

Can you name some difficult decisions you make as a couple?

2. Allow couple to give two to three examples of decisions they have to make.

Yes, those are excellent examples of difficult decisions that need to be made.

In relationships, we each play a particular role in how these decisions are made and our roles in making one type of decision (money matters) may differ from our roles in making another type of decision (sexual relationship).

One of you may take the lead in money matters and the other may take the lead in the sexual relationship. It could be the same person taking the lead role in these examples.

Every relationship varies because we are all individuals. Being a man or being a woman and the influence that you have on each other can affect how a couple makes many decisions.

Before we take this conversation about decision-making further, we want to use a concrete example that you just shared with us in this session.

You just FENCE-d a triggers together. The "C" in FENCE stands for "choose" the best option. Making this "choice" is essentially joint decision-making. So you just made a decision together. Take a minute and let's talk about how you did that...

How DID you do that?

Who usually takes the lead in making decisions?

3. Facilitators should probe the couple to try to describe what role(s) they each played in making the “choose” the best option decisions. Help them to highlight whether one partner is dominant, or if they compromised, or what the process was.
4. Reinforce their process so the couple can understand it before moving on.

Now that you have a better sense of how you make decisions, let's move on to explore what affects the decisions we make in relationships.

5. Be sure Poster #16: Things that Affect Joint Problem-Solving is visible.

In this poster, we have started a list of common things that can affect our behavior and decisions in a relationship.

You can also find this list in your workbooks in section 4.5, “Things that Affect Joint Problem Solving.”

6. Read out and discuss the issues that affect joint problem-solving.

Which of these things affect your decision-making?

We hope that you will also add some things to this list.

How do you think that you formed your ideas about how you should behave as a man and a woman in your relationship?

7. Give them time to suggest some ideas.

Yes, our ideas about how a man and woman should behave are learned from our parents, brothers and sisters, teachers, personal history in previous relationships, stereotypes in the movies and other media, etc.

Do you have some specific examples of what you have learned about being a man and being a woman and who you learned this from?

Some examples are:

Male Power. *Both men and women may feel that the man has more power in a relationship and should make “important” decisions, especially those around money.*

Media. *This is what we often see in the media (like on television shows), so that may affect how a couple decides to handle money matters.*

Parenting. *Another example might be making decisions about parenting. Some people’s childhood experiences affect their decisions regarding parenting their own children. For example, if your mother made all of the decisions about parenting, you may feel that is how it should be in your relationship.*

These are a few examples of things that can affect decisions in our relationship.

It is important to point out that our roles can change depending on the issue, and that several things can affect our decision-making in relationships.

8. Other Sexual Experiences

We have just talked about the things that affect our decision-making in relationships, but we would like to be even more specific and talk about the things that affect our decision-making about SEX.

Before we get into sexual decision-making though, we want to touch on a subject that can sometimes be difficult to talk about, but may affect both your sexual decision-making and your relationship.

We would like to talk about experiences you may have had a long time ago that can interfere with decisions about sex between you and your partner.

Your history of experiences with sex may affect your current sex life and how much you trust your partner.

Some people have had sexual contact with someone early in their lives against their will. These experiences are called childhood sexual abuse. Other people have been physically abused including being hit, kicked, and threatened.

Having these experiences can affect relationships and sex even if they happened a long time ago.

Past histories of sexual and physical abuse may make it difficult for men or women to:

- *protect themselves from HIV and lead to unprotected sex;*
- *handle pain;*
- *talk to partners or to say “no” to them;*
- *ask partners to use male or female condoms;*
- *say what they like or do not like;*
- *avoid alcohol or drug;*
- *avoid risky situations*

A person with a history of past abuse can use the following steps in the process of healing:

Step 1. Name It. *Take time to identify what happened. Some sexual behaviors should be avoided if they remind you of painful memories.*

Step 2. Claim It. *Accept that past abuse was not supposed to happen. People are more likely to protect themselves when they realize that they do not deserve to be hurt.*

Step 3. Feel It. *Feelings of sadness, fear, shame, anger, and rage are common. Discussing your feelings about abuse can help to avoid depression, self-blame and using sex or drugs to avoid painful memories.*

Step 4. Frame It. *You can think about these past experiences, but try not to let it take over your life or your thoughts. We cannot change what happened in the past, but we*

can take control of our bodies now. Use condoms and talk to your partner about your feelings. Everyone deserves to be respected and protected from harm.

These guidelines can be found in your workbooks in section 4.7, "Dealing with a History of Negative Sexual Experiences."

9. Using Talk and Listen

If you or someone you know have had these experiences and feel you want to discuss them in greater depth, there are low-cost counseling services in the resource guide. Sometimes it is useful to talk to someone you trust about harmful past experiences.

It is important to know if you are ready to talk to your partner about your experiences or if it would be better to talk with a counselor first.

You can use the Talk and Listen technique with your partner to talk about past abuse without judging what happened. Your partner may even want to talk with you when you are about to have sex. Whatever is going on, just stop and listen.

You may want to discuss if any past abuse happened to you, but only when you are ready. It is important that you both know that men and women often report abuse histories. Talking about past abuse can help both you to make sure that you will protect each other from future harm.

Let's take a short break. If you would like referrals to discuss past abuse, or if you know someone who, friends or family, who might want some referrals, let me know.

Activity F: Working Together to Make Decisions (10 minutes)

Time:

10 minutes

Materials Needed:

- Wheel of Relationship Issues
- Coin
- Poster #6: FENCE
- Flipchart
- Markers

Procedure:

FACILITATOR'S NOTE

Be sure to relate the couple's relationship issues to their sexual relationship.

1. Start by saying,

Now that we talked about some of the things that affect your decision-making, we'll discuss how you face issues in your relationship, and how it affects your sexual decision-making. It is important that you recognize the issues that impact your relationship, your role in it, and how you as a couple unite to make decisions.

Any issue that comes up in a relationship can affect the sexual part of that relationship.

So, even if you are making decisions about money (or talking about the fact that money is tight), this can affect how, when, why, and where you have sex and if you have sex at all.

We are going to play a little game called “Wheel of Relationship Issues” where we will look at a few different issues that couples face and you are going to discuss how you as a couple work together to address these issues, what things affect how you solve problems, and how you can use FENCE to work on this issue.

2. Take out the “Wheel of Relationship Issues”

On this wheel are several issues that couples face. You each will be asked to spin the wheel. This will determine which relationship issue you will discuss.

Then, as a couple, you will discuss an example of how you made a decision about this topic.

We are going to flip a coin to decide who goes first.

Okay. Spin the Wheel to decide which topic we will discuss.

3. If the arrow lands on sex, ask them to spin the Wheel again.

Now we would like to use FENCE to work on a problem associated with [put in topic from spinning Wheel].

4. Use FENCE to problem solve with couple.

F – Find out what is going on, and how you feel about it

*E – Explore your partner's feelings about it.
You can use Talk and Listen to do that.*

*N – Name and Discuss your options.
What are some things you can do about this issue. What are the pros and cons of these options.*

*C – Choose the best option.
Which option do you and your partner agree would be best for dealing with this issue?*

*E – Execute your plan.
Now you can put your plan into action. When would you like to do that?*

Now we would like you [other member of couple] to spin the Wheel to pick another topic.

5. Person spins the Wheel.

Now we would like to use FENCE to work on a problem associated with [put topic from

spinning Wheel].

6. Use FENCE to problem solve with couple.

You did a great job using FENCE to problem solve.

Activity H: Working Together to Improve Our Health

Time:

15 minutes

Materials Needed:

- Wheel of Relationship Issues
- Poster #6: FENCE
- Flipchart
- Markers

Procedure:

1. Start by saying,

Today we are working on communicating about different issues that come up in relationships and working together.

We would like to talk about how you can work together to improve the health of both of you, for example, by helping each other take medications for HIV or for other health problems.

2. The facilitator will use the same process to work on a medication-related problem.

We often do not think of health as a relationship issue, but taking care of ourselves is a big part of how to keep ourselves healthy and ultimately keep our relationship healthy.

Remember, one of our values for this week is Ujima, collective work and responsibility. That means you are both responsible for caring for each other and caring for the couple.

For this Eban village, there is a specific health issue that you face—HIV.

It is important to communicate about taking care of yourself. This communication can take place in the same way that we just talked about when you each brought up a problem and used the FENCE method to examine it.

Before we look at how you can use the FENCE method to help keep each other healthy, we would like to make sure we have some facts on HIV medication and staying healthy.

If the HIV-positive person is on medication, it is important for you both to know that medication is not a cure for HIV or AIDS.

What do HIV medications do?

The medication can help keep you healthy, it can help delay getting AIDS, and it can decrease your viral load (that is, the amount of virus in your system).

The medications for HIV may decrease the amount of the virus in your system, sometimes to such low levels that the doctors cannot even detect the virus, but that does not mean the virus is not there. WE do not currently know how to detect how much virus is in all parts of your body.

So, you might feel a lot better, but you still have HIV and you can still give it to your partner.

So, even if you are taking your medications everyday and at the times you are supposed to take them, it is important to use a condom so you do not pass along HIV to your partner.

Another issue with HIV medications (and many other medications) is that they have side effects and sometimes that makes people not want to take them.

Do you feel bothered by medication side effects?

Although the medications work well to treat HIV, some people find them to be a burden or are bothered by certain side effects.

One side effect that many people report is decreased sex drive.

It is important to discuss these concerns about side effects with your doctor to make sure that you are taking the right medication and the right amount for you.

Do you have any questions?

You should not stop taking medications without first discussing this with your doctor. Sometimes stopping medications or taking them incorrectly without talking to your doctor may cause the HIV to become resistant to the medications, making it harder to fight off AIDS. Stopping your medications can cause your T-cell count to drop and viral load to rise.

If you feel like you cannot take a particular medication because it makes you sick, or for any other reason, call or see your doctor right away and tell them you want something different.

For a lot of people with HIV and other medical problems (like diabetes, heart disease, depression and a whole host of other medical problems), it is difficult to remember to

take your medication when you are supposed to take it. Even taking vitamins is difficult to remember to do.

Are either of you taking medications?

3. Let couple talk about their medical regimen.

How does it go? Are you able to take your medications as prescribed?

4. Let couple talk about medication adherence. Probe for concerns or problems.

This is where you can help each other. We would like to use this as an example of a relationship issue, like the ones we just discussed and see if we can problem solve how you can help each other take your medications as prescribed.

5. Transition to using FENCE to problem solve medication adherence.

FACILITATOR'S NOTE

If no problem with couple, skip to sexual decision-making (section 9), but tell the couple they can use FENCE if they have problems with medication adherence in the future.

We would like you to use FENCE to walk through how to take your medications as prescribed.

6. Work with couple to use FENCE to solve a medication adherence problem.

That was very good. Do you think that you will be able to implement that strategy to improve adherence to the HIV medications.

We would also like to remind you that the seronegative partner may also need problem solving to adhere to his/her medication and healthy living habits.

Now we would like to move to decision making around sexual decisions.

Activity I: Working Together to Make Better Sexual Decisions

Time:

15 minutes

Materials Needed:

- Wheel of Relationship Issues
- Poster #6: FENCE
- Poster #17: Top 6 Issues Couples Report about Sex
- Flipchart
- Markers

Procedure:

1. Start by saying,

As we said earlier, all issues that we face can affect our sexual relationship and how we make decisions to protect each other. The goal of this activity is to work on sexual decision-making issues that you face.

We would like to use FENCE to show you how you can improve your decision-making process around safer sex.

2. Be sure that the Poster #17: Top Issues Couples Report About Sex is on the wall.

On this poster, we have listed the top six issues couples report about sex. This is also in your workbooks on page 4.4. We have the top six for men and the top six for women, and you will notice some similarities and differences for each.

Some of these may be a problem for you and others may not. What we are asking you

to do is to each come up with one example of a sexual decision-making issue that you as a couple have. It can also involve deciding how to handle one of your triggers. Then, we would like to use FENCE to work out strategies to solve the problem.

If any of the top issues for men or women rings true for you, you can choose one of them to discuss. If not, you can talk about another one that affects how you make decisions about safer sex.

We want you each to own or acknowledge your role in the problem. Then, we want you both to use FENCE to work through the problem and reduce your sexual risk.

3. Guide the couple to use FENCE to work through a sexual decision-making issue.

F – Find out what is going on, and how you feel about it

*E – Explore your partner’s feelings about it.
You can use Talk and Listen to do that.*

*N – Name and Discuss your options.
What are some things you can do about this issue. What are the pros and cons of these options.*

*C – Choose the best option.
Which option do you and your partner agree would be best for dealing with this issue?*

E – Execute your plan.

Now that you've chosen the best option, you can put your plan into action. When would you two like to do that?

What part did each of you play in this issue? (Own the problem)

What part did each of you play in the solution? (Own the solution)

How does this issue and the way you FENCEed it affect your sexual relationship?

How does this issue and the way you FENCEed it affect your ability to protect each other from HIV and STDs?

Activity J: Moving Back to the Village

Time:

10 minutes

Materials Needed:

- Poster #6: FENCE
- Flipchart
- Markers

Procedure:

1. Facilitators should consider whether the couple seems ready and able to rejoin the group at the next session. Explore couple concerns about attending the group in the next session.

At the next session our entire village – or group – from the beginning of Eban will come together again. We want to take a few minutes to talk about how you feel about that. Do you have any concerns about joining the group?

2. If facilitators have concerns about the couple's readiness, now is the time to discuss them with the couple. Work with the couple to prepare them.
3. Facilitators should then review the couple's progress to date, using some of the following questions to initiate a discussion between the partners about how they have made progress on their homework and goals.

We would like to check in on how you have been doing on the goals you set as a couple to reduce your risks for HIV and STDs.

Which goals did you set for yourselves?

What strategies did you use that were successful?

How did FENCE help you to work on your goals, and how can you continue use FENCE to solve problems?

What was fun?

What was hard?

What problems did you face, if any?

4. Reinforce the couple's progress on their goals.

5. Transition to discussion of moving back to the village.

This is the last session with just us for a while.

Next week, we will be meeting as a group with all of the couples you met on the first night.

6. Skip the next section if the couple disclosed the first night in the group. In that case, go on to other things they may want to talk about as a couple before the group.

While everyone in the village knows that you are here because one of you in the couple is HIV positive, hopefully, as a couple, you have discussed revealing your HIV status within the village.

What are your thoughts or feelings about meeting with the other couples and sharing your HIV status?

7. Facilitator addresses these concerns.

Are there any other things that you want to talk about as a couple before we move into the group?

You should decide together how much you want to reveal about your relationship in the group.

Remember, we will be the facilitators for the group, so we will always be available to address your concerns. We will not reveal anything that you said in these sessions with us and you should not feel pressure to say anything that makes you feel uncomfortable.

Activity K: Homework

Time:

5 minutes

Materials Needed:

- Homework for Session 4 (in workbook, section 4-9)
- Connection Coupons
- Couple goal progress worksheet
- Condoms

Procedure:

FACILITATOR'S NOTE

Refer to Homework #4: Couple Connections, in Workbook, section 4-9.

1. Start by saying,

The homework for this week will be focused on improving couple connections and giving you ways to feel closer to each other and to strengthen your bond.

We are going to give you each a coupon book, which includes coupons that has some things to do and some blank ones so that you can write down activities that you like.

During the week you can give your partner three coupons over the week requesting that he/she show love and affection to you by performing the specified activities. This coupon book, like the Eban café menu from last session, is meant to help you feel close and communicate about your relationship and about sex.

What are some safe activities that show love and affection and can be used to make a couple connection?

2. Wait for and reinforce responses.

Receiving a massage from partner, sensual touching, taking a relaxing bath together, cooking a romantic dinner, taking a walk on the beach, organizing a date night, spending time talking and sharing with each other, etc.).

3. Pass out Coupon Books for Couple Connections and let them fill in blank coupons.

Take a few minutes and think about or write some activities on the blank coupons that you would like your partner to do for you.

Good. You can write other ones at home that you think of.

Performing these favorite activities for each other can strengthen your connection. It is important that you experience being both a giver and a receiver.

You should also continue to check in with each other every week, to pick a day and time each week when you can talk about what you learned in the session, how you feel about it, and how you are doing.

What other couple goal would you like to work on?

4. Work with couple to set a realistic and achievable strategy for working on their goal.

That is a good strategy. You should write it on your Couple Goal Setting form.

We think that you will enjoy this homework very much and we look forward to welcoming you back to the village next week.

Session 5: It Takes A Village (Group and Single Gender)

SESSION 5
IT TAKES A VILLAGE
(Group and Single Gender)

Type of Session:

Group and Single Gender

Session Outline:

- Activity A: Opening and Welcome (10 minutes)
- Activity B: Review of Last Session (5 minutes)
- Activity C: Overview of This Session (5 minutes)
- Activity D: Forming a Village (15 minutes)
- Activity E: Review of Homework (15 minutes)
- Activity F: Enhancing Ethnic Pride (15 minutes)
- Activity G: Overcoming Social Adversity (15 minutes)
- Activity H: HIV Disclosure (20 minutes)
- Activity I: Homework (5 minutes)
- Activity J: Eban Closing Circle Ritual (15 minutes)

Session Goals:

The goals of this session are:

- Be able to use the FENCE problem-solving model to overcome structural barriers that impede safer sex.
- Identify and build social networks that support safer sex.
- Problem-solve structural barriers to safer sex
- Discuss social network for the support of safer sex

Materials Needed to Conduct Session

- CD Track #8: “Lean on Me” by Bill Withers
- CD player
- Newsprint: Group Rules for Participation
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE

- Workbook for Facilitators
- Handout #7: Couple Goal Setting Form
- Post It Flip Charts
- Magic Markers
- Red, Green, and Yellow Stickers
- Homework #5: Assessing and Building Your Social Support Network
- Envelopes and reimbursement (if handed out by facilitators)

Instructional Time:

2 hours (120 minutes)

Activity

Time Needed

A. Opening and Welcome	10 minutes
B. Review of Last Session	5 minutes
C. Overview of This Session	5 minutes
D. Forming a Village	15 minutes
E. Review of Homework	15 minutes
F. Enhancing Ethnic Pride	15 minutes
G. Overcoming Social Adversity	15 minutes
H. HIV Disclosure	20 minutes
I. Homework	5 minutes
J. Eban Closing Circle Ritual	15 minutes

Total Time: 2 hours (120 minutes)

TIPS TO FACILITATORS

- Participants may be reluctant to respond so you should allow extra time for participants to respond.
- Be sure that one facilitator is focused on assessing the process so that they can help reluctant couples participate.
- Promote unity and ethnic pride to motivate participants.

Activity A: Opening and Welcome

Time:

10 minutes

Materials Needed:

- Clock
- Tape Recorder
- Ankh
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #8: "Lean on Me" by Bill Withers.

Procedure:

1. Start by saying,

We want to welcome you back to our village where we work together to maintain our personal health and that of our community. During the couple sessions we have been impressed with how much support you have been providing to each other as a couple.

We hope over these next three sessions we will extend support to each other.

It has been three weeks since we have been together and so we thought that we would begin with introductions in our talking circle.

We will pass the Ankh around. Does someone remember what this stands for?

2. Wait for someone to volunteer.

Yes, it is a symbol from Ancient Egypt that represents eternal life, unity between men and women, and our collective will to survive and thrive.

When you receive the Ankh, please tell the group your name and something about yourself.

3. Holding the Ankh, the facilitators model an introduction.

4. Facilitator One

As you all know, my name is _____. I am here because I am committed to helping our community and making it stronger. I am excited to be part of this group with you.

5. Facilitator Two should then also share their reason for being here or how they feel about being part of the group.

6. Let every member of the group introduce themselves.

Thank you for sharing so openly. As you know we begin our work by playing a song associated with the theme for our session.

7. Play “Lean on Me” by Bill Withers, track #8.

What does this song make you think of?

What feelings do you have while listening to this song?

How does this song relate to your relationship and practicing safer sex?

8. Reinforce participants’ responses and relate them to social support for safer sex.

This song shows that you can lean on each other and support each other to practice safer sex because you are struggling with similar challenges.

By supporting each other you and the other couples in this village become stronger as a couple and a community.

Instead of our quotation, we are going to read a poem later in this session that reflects our unity (our Umoja) and ethnic pride.

Activity B: Review of Last Session (5 minutes)

Time:

5 minutes

Materials Needed:

None

Procedure:

1. Start by saying,

Since we were together, we have been meeting with you as couples and we have been talking about the Nguzo Saba and learning new skills from the Eban program.

You have participated in four sessions, the first one as a group and then in three sessions as a couple. You have learned a lot in the last four weeks, and we have really enjoyed working with you.

What did you enjoy the most about the last four sessions?

We have demonstrated how the principles of our culture support safety and protection. You have set goals for protecting each other from HIV and STDs, identified things that can get in the way of protecting each other, practiced using the FENCE problem solving technique, communication techniques like the Talk and Listen Technique, and learned ways to practice safer sex and make it more fun.

How did you feel about using the techniques you learned, such as FENCE and Talk and Listen?

In the third session we reviewed male and female anatomy and practiced how to use

male and female condoms correctly.

What did you learn in that session that was the most useful for you?

We also worked on making better decisions in taking care of our health and in our sexual life.

During our last session together, we talked about your relationship and how what happens outside of your relationship can affect how you work together as a couple and how you make decisions about protecting each other.

Who can tell us what Eban stands for?

It stands for safety and security within the family; a fence of safety.

2. Reinforce the responses but, if necessary, reframe their definition.

Can anyone share with us what else they have learned in the couple sessions and how it has helped you to engage in safer sex and be healthy?

Great. We are so pleased that it is working so well for you.

Very good. How does Eban relate to sexual practices?

3. Facilitator can probe for responses with the following questions:

What role does a fence play in helping you to maintain your sexual health?

How do the Nguzo Saba help you to maintain your sexual health?

Activity C: Overview of Session

Time:

5 minutes

Materials Needed:

- Newsprint – Goals for Session
- Poster #3: Nguzo Saba

Procedure:

1. Start by saying,

The Nguzo Saba for this session are Principles Number One-Unity or Umoja and Number Two-Self-determination or Kujichagulia.

We want to talk about how this group can unite as a village and how you can build your own system of social support in your community.

We want to discuss racism and negative judgments about people living with HIV, and how these attitudes affect how we take care of ourselves.

We want to discuss the strengths of African Americans / Blacks and how we can choose for ourselves how to overcome adversity.

Today we are going to vary the order in which we do things. Instead of ending the session with the homework assignment, we are going to end with a closing ritual for the village, to unite our village.

Activity D: Forming a Village

Time:

15 minutes

Materials Needed:

- Flipchart
- Markers
- Newsprint: Ground Rules for Participation

Procedure:

1. Start by saying,

As we work together, we would like you to think of this group as a village. When we say village, what do you think of?

2. Write responses on flip chart.

Yes, that is right. It is a place where we can come together as a group to collectively support one another in our efforts to engage in safer sex practices.

Our village is where we unite (Umoja) in our effort to protect ourselves, our partners, and our communities from STDs and HIV by supporting one another to use condoms and other safer sex methods. We unite to be sure our community has the knowledge, power, and skills to choose for itself how it will survive and thrive.

This village is a protected place, where everything you say is kept within this group and you can feel comfortable knowing that we respect each other and we are concerned about each other's well being.

This village is also a place of diversity. Just like any village, this one includes people of different ages and people with diverse experiences and views. Through these differences, we can all unite, learn from each other, and share our wisdom with each other.

Remember what you have in common: you are all here because you are committed to safety and security in your relationship and community.

What is it like for each of you to be here today with the group?

3. Allow participants to share.

We are very proud of you for choosing to be here to learn more about how to take care of our sexual health and the sexual health of our community.

4. Be sure Newsprint of Group Rules for Participation is visible.

We would like to review the Group Rules for Participation that you developed together the first night.

We would like to emphasize that confidentiality is extremely important.

5. Ask for volunteers to read the guidelines. If there are no volunteers, the facilitators will go over the rules.

Would you like to add other rules?

We would also like to remind you some people have an easier time talking in groups than others. In order to let everyone in the group have a chance to express their ideas and feelings, we would like you to raise your hand.

Please let other people finish their thoughts before you speak. If you disagree with them, remember that everyone has a right to her/his opinion. The way to express a difference of opinion is by saying "I understand and respect your point. However, I feel..."

We need to revisit how you will respond to each other if you happen to meet in your community. Some people may find it awkward and therefore may not wish to socialize away from this group. If you do not want to be acknowledged out of the group, please let the group know now. Each couple has the right to determine what is best for them.

How would you like to be acknowledged if people see you outside of the group?

Okay. Thank you for being honest with the group.

Having an agreed upon set of rules is the first step toward forming a village together. Even if rules are not written, every group has an understanding of what are acceptable ways to treat each other.

Activity E: Review Homework

Time:

15 minutes

Materials Needed:

- Homework for Session 4 (in workbook)
- Couple Goal Progress worksheet

Procedure:

1. Start by saying,

Your homework from last session was to make a Couple Connection by sharing coupons asking your partner to engage in certain activities with you.

These included safe and creative activities to show your love and affection for each other (like massages, romantic dinners, romantic baths, or other ways to share with each other) and to strengthen your union.

2. Use some of the following questions to generate discussion.

- *How did that work?*
- *Did you each use all three connection coupons?*
- *What kinds of activities did you share?*
- *Which did you like the most?*

- *How did they make you feel?*
- *What problems came up?*
- *How can you work on them next time?*
- *Would someone like to share what you added as activities to make a Couple Connection?*

Great. Those are good ideas.

Do you think that this is something that you can continue to do in order to make your relationship more fun and safe?

3. Transition to discussion of couple goals. Allow 2 minutes per couple for discussion of goals.

At the beginning of every couple session, we have been talking with each of you about how you have been doing on your goals for reducing your risks for HIV and STDs and improving your relationship.

Now that we are together in the village, we would like to keep doing that as a village so that we can support each other.

It is important to check on your goals each week, so that you can see how you are doing and develop strategies to keep on protecting each other.

Who is willing to share their goals, the strategies you used to work on your goals, and how you did?

Great. Can you use the following format:

- *Begin by describing one of your goals.*
- *Tell us what you have done to work toward this goal.*
- *Tell us how the Nguzo Saba supported you in working towards this goal.*
- *Tell about any problems you have encountered and how you addressed them.*
- *If you used FENCE, indicate how it worked.*

Since there's a group of us and we have a lot to cover, we'd like each couple to spend just two minutes describing their goal, strategies, and how it worked.

4. Praise the couple for sharing their experience and ask for another volunteer.

Yes, you have made great progress on working on your couple goals. However, you can also learn a great deal from problems that prevented you from achieving your goals.

Would someone else like to share any problems they had when working on your goals.

Activity F: Enhancing Ethnic Pride

Time:

15 minutes

Materials Needed:

- Flipchart
- Markers
- “Still I Rise” by Maya Angelou (in Workbook section 5-3)

Procedure:

1. Start by saying,

In earlier sessions we talked about what is it like to be men or women and we looked at how pride in ourselves helps us to protect ourselves and our partners.

As a village, we would like to identify what makes us proud.

First let's hear how each person identifies. What names do we use to call ourselves?

2. Facilitators give examples by talking about how they identify, and then wait for each participant to discuss their identity.

What makes you proud to identify as _____?

What does it mean to you to be Black or African American or to be in a relationship with someone who identifies as black or African American?

3. Reinforce participants' responses.

As you can see, we are a diverse group, and there are multiple ways we call ourselves. Sometimes our experiences can affect how we call ourselves.

We have a rich heritage and cultural identity. Our experiences as a cultural group give us unity (Umoja), strength, a sense of pride, and the skills to survive and thrive.

We have a poem we would like to share with you. Please turn to section 5-3 "Still I Rise" in your workbooks, there is a poem by Maya Angelou that reflects our resilience as a people.

I'll read the poem, and then when I point we can all repeat the refrain "I rise".

4. Facilitator reads the poem, and everyone repeats the refrain "I rise."

What are some important points made in this poem?

5. Reinforce some of the following points:

- *We have the ability to overcome problems, and protect each other in the process.*

- *We have the power to choose how we respond to obstacles in our lives. We can be defeated, or “Like Dust, I Rise”.*
- *Our pride in ourselves can help us overcome obstacles.*
- *Negative people will say negative things. Positive people will be more positive.*
- *Learn from the past, and live in the future.*
- *We have helped humanity evolve by reclaiming our history and demanding our rights.*
- *We live creatively, and we can find creative ways to connect while protecting each other.*
- *We are the survivors of oppression and adversity. We are the creators of strong and secure communities.*
- *We are strong, we stand on the shoulders of those ancestors that have come before us.*
- *We have strong faith (Imani) and a strong spiritual foundation.*
- *We are committed to our families and each other. We are committed to keeping each other safe.*

- *We are very resilient and forgiving.*

There is a lot to be proud of in our community. How we feel about ourselves and as a people is far more important than how others feel about us.

That is what self-determination (Kujichagulia) is about: Defining ourselves instead of letting other people define us, and defining what is best for us.

Feeling proud of who you are can be difficult in the face of obstacles. We would like to talk about some of the obstacles that we face that affect how we feel about ourselves and how we take care of ourselves.

Activity G: Overcoming Social Adversity

Time:

15 minutes

Materials Needed:

- Flipchart
- Markers
- Poster #6: FENCE
- Scenario – FENCEing racism (in Workbook, section 5-4)

Procedure:

1. Elicit responses from participants concerning obstacles in society that challenge us as a people and may negatively affect us.

We have had to overcome many obstacles historically. Can you name some?

Yes, those are very good ones: health care access, mistrust of medical professionals, experiencing stigma because of HIV, racism, poverty, etc.

2. Lead discussion of some of these problems.

How does racism affect you everyday and make it difficult for you to do what you need to do?

3. Reinforce responses and write on flip chart.

Racial Exclusion from Opportunities

As a race/cultural group we continue to be excluded from opportunities because of the color of our skin.

Are there any examples that you can think of?

Yes, those are powerful examples; others are:

- *Excluded from higher education.*
- *Safe neighborhoods.*
- *Lack of economic opportunities.*
- *Not having equal access to health care.*
- *Not having health insurance or a safety net.*
- *Work very hard for little money.*
- *Stress leads to hypertension and other negative symptoms.*

Impact of Racism on Health

How do these things impact your health?

Yes, those are good points; some others are:

4. Facilitators can suggest the following examples if participants do not raise them:

1. *Tend to get diagnosed later when disease has progressed.*
2. *Because of safety issues, may not feel safe going to a pharmacy late at night if we find that we are out of condoms.*
3. *Have difficulty talking to my doctor about my symptoms and insisting on good medical care.*
4. *Suspicious of health clinics and hospitals and so do not seek care.*
5. *We do not trust health information that we receive because of Tuskegee and other negative experience with health care providers.*
6. *We may receive less quality care whether or not we pay for health care.*
7. *Providers often assume that we may not take drugs correctly or they assume that we are less deserving of some kinds of care than others because our illness is our fault.*

8. Facilitators can reinforce statements with the following comments.

Mistrust of Health Care System

Yes, there is a healthy mistrust because in the past, African Americans have been mistreated by health professionals at clinics and hospitals.

A powerful example is the Tuskegee experiment in which 400 African American men were denied proper treatment of their sexually transmitted disease. Another example is Bessie Smith, Queen of Blues, who was left to die on a hospital doorstep because she was Black.

Medical mistrust may keep people from seeking medical attention and care, delaying diagnosis and treatment of STDs, HIV/AIDS.

If people do not know they are sick, they may give STDs to their loved ones.

Not using health care clinics and hospitals leads to using home made treatments exclusively without getting medical evaluation and treatment. Sometimes an illness that could have been treated grows worse and is life threatening.

Remember that we are affected by AIDS at a rate over three times higher than our percentage of the population and in order to keep the death rate from getting any higher, we need to demand good medical treatment earlier.

So this is the time to call on self-determination or Kujichagulia. We cannot let anyone stop us from getting the medical care we need. If we do, we as a people die. Some of you may remember the civil rights song "Ain't gonna let nobody turn me 'round".

Stigma

What about the way African-Americans are shown in TV shows and in movies? Can this affect how you feel about yourself and how you take care of yourself?

What about HIV stigma - discrimination and rejection because of you or your partner's HIV infection.

How do these judgments about people living with HIV affect you and how you take care of yourself?

9. Facilitator can respond with some of the following comments:

People may avoid close relationships with others to protect themselves from being judged and rejected.

People may lack support for living with HIV from their family and friends.

People may not be encouraged or supported for practicing safer sex.

As a people, we have a lot to deal with, but we talked earlier about our history as African American/Black people. We are strong and able to overcome social adversity.

You might also remember that in Session 1, we talked about the importance of being

proud of who we are, not based on anything outside of ourselves, but our inner worth.

That's what's meant by the principle of Self-determination (Kujichagulia). We don't need to use what's outside of us to feel good about ourselves. We can keep on pushing, even when we're face with obstacles.

You can use your new skills like FENCE to problem solve and keep these obstacles from negatively affecting how you take care of yourself and keep each other safe.

10. Transition to working on overcoming adversity.

We can overcome problems by solving them as best we can and remembering how much our friends and family need us.

Even when we are victimized by society, it is important not to victimize ourselves. When other people make negative judgments, it is important not to internalize those judgments and to keep hopeful and to problem solve. We can keep from taking these judgments in through our unity (Umoja), self-determination (Kujichagulia) and calling on the positive supports in our lives.

We would like to use FENCE--our technique to problem-solve--to continue to take care of one another and practice safer sex despite racism and negative reactions from other people about HIV.

We will also talk about how we can work with friends and family and unify to support us to do what we know we need to do—practice safer sex and promote safety and security in our community.

Can someone describe a situation in which racism or negative judgments about people with HIV affected their decision to practice safer sex?

11. If no one volunteers a situation, use the scenario below.

Scenario

Cassandra and Milton have been married for seven years and in a committed relationship for ten years. Milton became HIV+ through sharing needles. Cassandra, a full time home health attendant, is HIV-. Neither Cassandra nor Milton has private health insurance. Milton receives care at the neighborhood clinic. Cassandra always goes with him for his appointments.

While sitting in the clinic waiting room, they over heard a clinic nurse saying “... it is surprising that they are not all sick. Those blacks are always in here begging for condoms. They need to just stop having sex.” Milton and Cassandra feel angry, ashamed, and embarrassed. On their next visit they don't pick up condoms and they begin to have sex without condoms more frequently. They make their appointments only occasionally and begin to forget them altogether.

12. If using this scenario, use the text below or adapt for the example provided by the group.

How would Cassandra and Milton use the FENCE technique to deal with this problem?

13. Reinforce members providing the steps to use.

F – Find out what going on. What is happening here?

Cassandra and Milton are letting the nurse's racism and negative judgments get in the way of getting condoms.

E - Explore your partner's feelings. How are Cassandra and Milton feeling about this?

They are feeling ashamed and embarrassed because the nurse's negative comments are blocking their ability to protect each other.

N – Name and discuss options. What are some options for Cassandra and Milton?

They can remember to have pride in themselves, no matter what negative close-minded people say.

They can make a written complaint about the nurse's racist statements to his/her supervisor, and write that her attitude is getting in the way of their care at the clinic.

They can find care at another clinic that is more open and accepting.

They can find another place to get condoms.

They can remind themselves how important it is to keep each other safe, and make a point to commit to it despite obstacles.

C – Choose the best option. What option would you choose?

Choose the option that is best for both members of the couple.

E – Execute the plan and monitor progress.

After choosing the best option, you take the steps necessary to carry out the plan.

Now we would like each couple to think of a situation in which racism or negative judgments about people with HIV interfered with your practice of safer sex.

Together, use FENCE to identify how to handle the situation in a way that protects you and your partner.

14. Guide each couple to FENCE their situation, allowing other participants to contribute additional options and solutions.

Excellent! It looks like everyone is getting the idea. You came up with some great ideas for protecting yourself and your partner. We do not want you to leave what you are learning in this room, so we encourage you all to practice FENCE as situations come up in your daily lives.

Activity H: Social Support and HIV Disclosure

Time:

20 minutes

Materials Needed:

- Flipchart
- Markers
- Disclosure Scenarios (in Workbook, section 5-6)

Procedure:

1. Start by saying,

Another way to deal with the challenges that affect how you take care of yourself and your partner is to find support in our community for living healthy. As a culture and community, we are responsible for the well-being of each other.

Can you tell us about what social support means to you?

Yes. "We all need somebody to lean on." Social support is the people in your life who are there to offer support, who you can lean on.

We have learned a lot from individuals and couples living with HIV who we have worked with to develop this program. We have learned that, in order to practice safer sex, it helps if those around us—our partner, family, friends and others in our lives—encourage and support us.

It can be hard to find support if you are worried about telling others that you or your partner is HIV+.

Remember that we're available after the group if there's a concern you can't discuss here.

Have you shared your or your partner's HIV status with the people in your life?

2. Wait for responses and allow for group sharing and support. Tie in the support you see among participants to the village concept.

3. Ask the following only if some participants have not disclosed:

Have Not Disclosed

How does not telling people about your HIV status help you?

How does not telling people about your HIV keep you from getting the support that you need?

What is it like to not let people close to you know about your or your partner's HIV status?

4. Wait for responses.

5. Ask the following only if some participants have disclosed. If they haven't skip to "Thinking about disclosure":

Have Disclosed with Good and Bad Results

Of those of you who have disclosed, what happened when you told your friends and family about your or your partner's HIV?

How did you feel?

How have people reacted when you told them?

What was it like to share your or your partner's HIV status with people in your life?

Can you think of an example of a disclosure to someone that you thought would go well and it did not turn out to be supportive?

Can you think of an example of a disclosure to someone that you were uncertain that it would go well and it turned out great?

6. Wait for responses from group.

So it sounds like sometimes telling others can be helpful and sometimes it can be painful.

Thinking About Disclosure

What do you think would be the pros and cons of sharing your HIV status or your partner's HIV status with the people in your life?

7. On flip chart list the pros and cons.

8. If not mentioned by the participants, explore some of the following issues to get the discussion going:

- *You may decide to disclose to some people and not others. You may need to hide your HIV status, like at work, or when you think that people may have negative attitudes toward people living with HIV.*
- *What are your friends and families attitudes about HIV?*
- *How open and understanding are they likely to be if you disclose?*
- *Are there people or group, such as in your religious community, who you can talk to about your status who can be supportive?*

9. Wait for responses.

Okay. That is good. We are not encouraging you to disclose or not to disclose. We just want to help you explore what you would like to do.

Can you identify one person or group that your might share this information with and receive support?

10. Wait for responses.

Sometimes you may disagree what to do as a couple. Has that happened?

Sometimes, you might want to share your partner's HIV status and get support, but your partner might be afraid of letting people know.

Sometimes your partner might want to share, but you do not want to.

It is important to talk about differences in your comfort with sharing this information, and decide together whom you would like to tell and whom you can get support from?

What are some possible situations and ways you could see yourself disclosing your HIV status as a couple?

We would like to discuss some situations with you and decide whether or not to disclose.

Please turn to your workbook "Disclosure Scenarios" in section 5-6.

Which one would you like to work on together?

Yes, that is a good one. Deciding whether to tell someone about HIV or not.

Do we have any volunteers who would like to read the situation or discuss how the characters can decide who and how to tell?

11. A facilitator or a participant should read the scenario that the group chooses. Then the other facilitator should ask the volunteer, or the whole group the discussion questions.

Scenario 1: Disclosing to an Unsupportive Family

Derrick and Chante have been together for a year. Chante is HIV+. They love each other, but feel isolated from some of their friends, and family because of HIV. Some of Chante's family knows her HIV status, and are supportive of her. Derrick has told no one. He knows his mother is very religious and conservative and has strong feelings about sex outside of marriage. His aunts are gossips. His father has said negative things about people with HIV when watching TV.

12. Some of the following questions can be used to initiate a discussion.

Who would you decide to tell or not to tell? Why or why not?

If Derrick decides not to tell his family because of their negative judgments, is there someone else he can tell and get social support from?

Chante's family? Some of his friends?

How can he judge whether his friends would be supportive if he told them?

How would he say it?

Examples might be:

"I am HIV positive. I am worried about what you will think of me."

"I need to share something very difficult and serious with you. I just found out that I have the virus—the one that gives you AIDS."

Scenario 2: Disclosing HIV to Supportive Family

Yolanda and Daniel have been married for five years. Daniel is HIV+ and has known since before the couple met. Early in their relationship, he told Yolanda that he was

HIV+. However, he did not have any symptoms and did not think Yolanda was at risk. Now she is pregnant. Yolanda is very close to her family, and would like to have the social support they have always given to her.

She wants to tell her family that she is pregnant, but also that her husband is HIV positive. She needs support right now. What should she do?

13. Some of the following questions can be used to initiate a discussion.

Do you think that Yolanda should tell her family? Why or why not?

What should she say to them?

Examples of what she can say are:

“I love Daniel and he loves me. We are very happy that we are going to have a baby. However, we are worried that the baby may be positive because Daniel has the virus.”

“We are going to have a baby and we want our baby baptized in the church. I have not told you before but Daniel is HIV positive. If the baby is positive, do you think that we have to tell him?”

In your resource manual in the section on “HIV Support Services” on page ##, you will see a list of support groups and support services for people living with HIV and their

partners. These can be valuable sources of support. You can also turn to other couples in this group (the village), for support.

14. Transition from talking about friends and family to this group.

We have talked about how you can tell your family and friends about your serostatus in order to get support. Now we want to talk about how you can use this group for support.

One of the major benefits of this group is the friendship and support you have formed here.

Not all of you may feel comfortable sharing topics like HIV with the some people so you may want to keep up a relationship with some people in this group.

We want to make sure that you have the support you need.

Now we would like to brainstorm about how to increase support for safer sex within this group.

15. The following are some suggestions if they are not mentioned by the group.

- *Try to call each other once a week after the group ends.*
- *Have pot lucks and get together.*
- *Unite to form your own group.*

We think that you have good ideas how to get the support that you need and how it can help.

Now we would like to break into single gender group to build support for making health decisions about using condoms. For the next fifteen minutes, you will meet in a woman's group and a man's group.

In these groups, you will discuss what issues men and women face in using condoms with their partners. Then, you will get back together and share your experiences.

FACILITATOR'S NOTE

Form into a Man's and Woman's Group, and break off into separate rooms.

16. Once in separate man's or womens's group in separate rooms, start by saying,

Okay, now that we are together as men/women, we would like to talk about the issues we face in trying to use condoms with our partner.

What is it like to be a man/woman in a relationship affected by HIV, and have to use

condoms?

17. Allow group sharing and support.

What are some of the obstacles we face as men/women in trying to use condoms with our partner?

18. Write responses on flip chart.

19. Facilitators can suggest the following examples if participants do not raise them:

- *Not wanting to be reminded about HIV*
- *Not wanting to hurt the HIV+ partner by suggesting a condom.*
- *Not wanting to interrupt the flow of sex.*
- *Wanting to be close to my partner, with nothing in the way.*

What are reasons for men/women to practice safer sex with our partner?

20. Allow group discussion.

Yes, it is important to protect yourself and your partner.

By using condoms and being true to our partners, we are showing that we are the kind of men/women who take responsibility for caring for our partners and our health.

You are also showing your partners that you love them enough to protect them.

What are some things that can help men/women use condoms with their partner?

21. Apply the Nguzo Saba to participants' suggestions (i.e. self-determination, unity, creativity). If participants do not bring up the following, facilitator can suggest them:

- *Remind yourself that using condoms shows your partner how much you care (Umoja -- Unity).*
- *Find sexy ways to use condoms, like thinking up sexual fantasies with condoms, or playing the Eban café game to make safer sex more fun (Kuumba – Creativity).*
- *Try different kinds of condoms, like flavored, ribbed, or colorful condoms (Kuumba – Creativity).*

You came up with great strategies for using condoms with your partners.

Now that you have had a chance to talk about your experiences, we would like to go

back to the group. Then, you will have a chance to share your experiences with the group, and hear about their experiences.

Before you go back, you might want to think about or discuss what you'd like to share with the whole group.

22. Allow participants a couple of minutes to think about or discuss among themselves what they'd like to share with the whole group, and what they'd like to keep private.

FACILITATOR'S NOTE

Bring the two gender groups back together into the same room.

23. Once two gender groups are back together in the same room, start by saying,

Now we would like to share some of the issues that we discussed in our men's/women's group with each other.

What are some of the obstacles you face that make it difficult to use condoms?

24. Wait for responses.

What are some reasons that you want to protect your partner?

25. Wait for responses.

What are some strategies you'd like to share that can help people use condoms?

26. Wait for responses.

Thank you for sharing your experiences in the group. We can all learn from one another and support each other to protect ourselves, our partner, and our community.

Activity I: Homework

Time:

5 minutes

Materials Needed:

- Homework for Session 5 (in workbook, section 5-9)
- Green, Yellow, and Red Stickers
- Connection Coupons
- Couple goal progress worksheet
- Condoms

Procedure:

1. Refer to Homework for Session 5: Assessing and Building Your Social Support Network, in Workbook section 5-9.

In your workbook, you'll find a homework sheet. We would like you to write down the people who give you social support. You can use initials or nicknames.

Put a green sticker by the names of people who give strong support; a yellow sticker next to those people who are somewhat supportive; and a red sticker next to the people who provide little support.

Then, you can pick one person from your list and decide how you can strengthen your bond with that person and contact him/her (e.g, phone call, invitation, letter, etc.). Or, if you would like you can call other people from the group to give each other social support.

You should also work on your couple goals.

2. Facilitators work with each couple to plan strategies to work on their goals.

Also, remember to check in with each other to talk about how you are doing, what you learned in the session, and how you feel about what you have learned.

Also, continue to share Connection Coupons with your partner to show affection and love for each other.

Activity J: Eban Closing Circle Ritual

Time:

15 minutes

Materials Needed:

- Ankh
- Eban Circle (in Workbook, section 5-8)

Procedure:

1. Start by saying,

We would like to have a Talking Circle to share what we have already learned from this program.

We will pass around the Ankh, an ancient Egyptian symbol that represents eternal life, unity between men and women, and our collective will to survive and thrive. When you have the ankh, it is your turn to talk.

2. Facilitators will model by saying what they learned from participants (The script below is just an example).

Facilitator One

I learned a lot from you. I learned how strong and resilient all of you are, and how much you can support each other. I feel thankful to be here with you today.

3. Facilitator Two should then also share what they learned from the participants.

4. Participants will talk about how they feel about what they learned and then pass the ankh to the person on their left.

It was very good to hear what you have learned from this project.

Now we would like to have you do the Eban Closing Circle Ritual. We would like to stand in a circle and hold hands (if you are comfortable) to form the protective Eban Closing Circle.

5. Participants should stand in a circle during the Eban Closing Circle, but they don't have to hold hands if they prefer not to.

I am going to read a statement which is in your workbook in section 5.7.

"This is the Eban circle, it represents 360 degrees of African unity, strength and solidarity. We are only as strong as our weakest link. There is protection and comfort within the circle. There is also protection from the outside because I can look over your shoulder and you can look over mine. We stand together for each person, each couple, our families and the community."

6. After the Eban Closing Circle say:

We have had a great session. We look forward to seeing you again next week in the village. We hope that you have a wonderful week and your homework goes well.

Take a few minutes to say good-bye to everyone informally.

Session 6: Strengthening the Village (Group Session)

SESSION 6
STRENGTHENING THE VILLAGE
(Group Session)

Type of Session

Group

Session Outline

- Activity A: Opening and Welcome (10 minutes)
- Activity B: Review Last Session (5 minutes)
- Activity C: Overview of Current Session (5 minutes)
- Activity D: Review Homework (20 minutes)
- Activity E: Sharing the Reality of HIV (35 minutes)
- Activity F: Confronting Triggers (20 minutes)
- Activity G: Homework (5 minutes)
- Activity H: Eban Closing Circle Ritual (20 minutes)

Session Goals:

The goals of this session are:

- Identify Barriers to Practicing Safer Sex
- Problem Solve Overcoming Barriers
- Enhance Identification with the Village

Materials Needed to Conduct Session

- CD track #9: "Sexual Healing" by Marvin Gaye
- CD player
- Newsprint: Group Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- Poster #19: Quotations from Cole
- Facilitators' Workbook
- Post It Flip Chart
- Magic Markers
- Homework #6: Practice Planning Ahead for Safer Sex

- Envelopes and Reimbursement (if handed out by facilitators)

Instructional Time:

2 hours (120 minutes)

Activity

Time Needed

A. Opening and Welcome	10 minutes
B. Review Last Session	5 minutes
C. Overview of Current Session	5 minutes
D. Review Homework	20 minutes
E. Sharing the Reality of HIV	35 minutes
F. Confronting Triggers	20 minutes
G. Homework	5 minutes
H. Eban Closing Circle Ritual	20 minutes

Estimated Time = 2 hours (120 Minutes)

Tips to Facilitators

- Model the Talk and Listen Technique by reflecting what the couple is saying.
- Reinforce Strategies that Involve Planning Ahead

Activity A: Opening and Welcoming

Time:

10 minutes

Materials needed:

- Clock
- Tape Recorder
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #9: "Sexual Healing" by Marvin Gaye.
- Poster #19: Quotation from Cole

Procedure:

1. Start by saying,

Welcome back to the village!

We would like to begin by talking about the song for today, "Sexual Healing."

2. Play "Sexual Healing" by Marvin Gaye.

What does this song mean to you?

How does this song make you feel?

How does this song relate to your relationship and practicing safer sex?

3. Be sure that the Poster #19: Quotation from Cole is on the wall.

We would also like to have volunteers read the quotation for today. This quote is by Johnetta Cole, the president of Spelman College, and the first African American to head this historically Black college for women.

“A woman who stands behind her man will not be able to see where she is going! But when one person stands along side another, there is an increased strength and $1 + 1 = 11$ ” by Johnetta B. Cole (See Workbook).

What does this quotation mean for you and for the community you are building?

How does this quotation related to the principle for today: Ujima or Collective Work and Responsibility.

4. Reinforce any answer.

- *Yes, we are all connected.*
- *We are a community, and if we work collectively then together we can help our community survive and thrive.*
- *We can help and support each other.*
- *We are strong when we are united and working together.*
- *We should work together as equals to be strong.*

What does Johnetta Cole's quote tell us about protecting each other by using condoms and other methods?

- *Yes, we can work together to protect each other from HIV and STDs.*

This quote also introduces what we will talk about today because as we have discussed, each of you is here with a partner, you are a couple.

This group is a larger community which can support each couple.

Activity B: Review of Last Session

Time:

5 minutes

Materials Needed:

None

Procedure:

1. Start by saying,

We covered a lot of material last week.

We took some time to get to know each other and talked about what it means to be part of the African American community.

We talked about how to deal with challenges like negative judgments about black people and people living with HIV.

We looked at how we have the knowledge, power and skills to choose how to protect ourselves and rise above obstacles.

We talked about our social support network and how we might share our HIV status with other people.

Activity C: Overview of Current Session (5 minutes)

Time:

5 minutes

Materials Needed:

- Newsprint – Goals for Session
- Poster #3: Nguzo Saba

Procedure:

1. Start by saying,

Today is our third session as a group.

This session is based on Nguzo Saba Number Three- Collective Work and Responsibility or Ujima.

This is the principle that you can work together with your partner to make responsible decisions to protect and support each other, including decisions to practice safer sex. We can also work together in this village and in the one that you will establish at home and in your community.

We will talk about how HIV has affected your relationship, and how it affects your use of condoms and other safer sex methods.

We would like to review barriers to couples using condoms and talking to each other about sex.

We will also practice the Talk and Listen Technique and using FENCE to problem solving overcoming barriers to correct condom use.

Activity D: Review Homework

Time:

20 minutes

Materials Needed:

Homework for Session 5 (in workbook)

Couple Goal Progress worksheet

Procedure:

1. Start by saying,

Last session, we asked you to assess the support you had in your life, and work on strengthening your bond with someone from your support network or with someone from the group.

2. Wait for volunteers to share their experiences; use some of the questions below to begin the discussion.

- *How did that go?*
- *How did you choose for yourselves who you could get support from?*
- *What techniques did you use to increase your support?*
- *What was successful?*
- *Did you find social support from your family, friends, health care providers, or people from the group?*
- *Did any problems come up?*

- *How did you handle them?*
- *How can you work on them next time?*

Would anyone else like to share their experiences?

You all did very well last week on your homework.

It is important to acknowledge that what you all have accomplished in working on your homework takes a lot of courage. You all have worked towards or accomplished something that can take people years to do. By turning to people you feel you can trust, you can increase the support and encouragement you receive from others. This can help you cope with the stress of living with HIV/AIDS. This is a huge success. What you have done is commendable!

Now that you have discussed your goals for increasing your support, let's check on the goals that you have set as a couple to reduce your risks for HIV and STD's and improve your relationship.

Would you like to share how you have been doing on your goals, and talk about the strategies you used to work on your couple goals during the week?

Can anyone share an experience using FENCE?

3. Accomplishments should be recorded on the Couple Goal Setting Form.

Activity E: Sharing the Reality of HIV

Time:

35 minutes

Materials Needed:

None

Procedure:

1. Start by saying,

Our first activity is called The Eban Fence of Safety. This is collective and shared talk and listen activity.

The objective is to “share the load” of living with HIV, and hear each other talk about what it’s like to be affected by HIV.

2. If the space or the number of participants does not permit a real circle, explain to the group that they should image being surrounded by a safe fence. They can form a U-shape in a corner of the room or a horse-shoe in the middle of the room.

We are going to ask the HIV negative partners to form a fence of safety over here.

Then, the HIV positive partners will be invited into the center of this protective human fence over there.

This is an opportunity for you as a village to collectively share how HIV affects your lives.

First, HIV positive individuals will discuss how HIV impacts your life with each other.

Then, those of you forming the fence will reflect what they heard the group say and,

then, you will switch places and the HIV positive partners will form the fence.

We understand that this may feel uncomfortable but sometimes we learn the most when we do something that is uncomfortable.

We have been a part of this Eban Program for five sessions and we hope that you trust that the group will support you and “share the load” with you, allowing each of you to feel safe and to share on your own terms.

We are here to support each other without judging one another, so that we can encourage each other to protect ourselves.

The reason that we have this activity is that other couples have found it to be powerful for them. This is an opportunity to share but it is not an obligation. If you decide that you are not ready to share within the fence, you do not have to.

We want to remind you that as a group, we are committed to keeping everything discussed within the group confidential.

We would like to take a 5-minute break so that each couple can talk among themselves about whether they'd like to participate. Do you have any questions about this activity before you take a break to make your decision?

FACILITATOR'S NOTE:

Take a 5-minute break to allow the couples to discuss what they want to do.

3. At the end of the break, facilitators should privately check with each couple to see if they are willing to participate. If not, both members of the couple can sit on the protective fence and just observe.
4. Participants should divide into the inner circle, and the outer protective fence. The facilitators should go to the groups with the fewest of same sex participants to try to equalize gender between the groups.

Okay. We want the HIV positive partners to talk directly to each other about their HIV status and how this affects their lives and relationships and their partners will sit quietly and listen.

5. The facilitator in the inner circle should ask the question only to get the discussion going among the HIV positive persons:

How does it feel to be affected by HIV and how does it affect your relationship and practicing safer sex?

6. Facilitator on the inside should reinforce HIV positive partners talking to each other. Then, the facilitator on the outside fence should ask the HIV negative partners to reflect on what they have heard.

Now we would like to reflect back what you heard the group say.

7. Facilitator on the outer fence should let HIV negative partners reflect back what they heard and, then, ask the following question.

What was it like to hear the group share their experiences within the fence?

8. Wait for and reinforce responses.
9. When each HIV positive person has had an opportunity to share feelings and the seronegative persons have reflected what they heard, suggest that they switch roles.

Now we would like to have the HIV positive partners form the fence and invite the HIV negative partners into the center.

10. The facilitator in the inner circle should ask the question only to get the discussion going among the HIV negative persons.

How does it feel to be affected by HIV and does it affect your relationship and practicing safer sex?

11. The facilitator in the inner circle should reinforce HIV negative partners talking to each other. Then, the facilitator in the outer fence should have the HIV positive partners reflect on what they have heard.

Now we would like you to reflect back what you heard the group say.

12. The facilitator in the outer fence should let HIV positive partners reflect back what they heard and, then, ask the following question.

What was it like to hear the group share their experiences within the fence?

13. Wait for and reinforce responses.

Good work. We are proud of how well you were able to talk to each other about sharing the reality of HIV.

14. Debrief with the whole group.

What was it like to do this discussion?

What did you learn from it?

Living with HIV can be challenging. But you've shown that you are strong, and that you are here for each other to "share the load" of living with HIV. As Johnetta Cole said, "When one person stands along side another, there is an increased strength and $1 + 1 = 11$ ".

When you're confronted with these challenges, you can face them together and remember your strength, applying the principle of Collective Work and Responsibility, or Ujima. Remember the importance of being proud of who you are, not based on anything outside of yourself, but your inner worth (Self-determination, or Kujichagulia). We don't need to use what's outside of us to feel good about ourselves.

15. Take a short break before continuing to the next exercise

Activity F: Confronting Triggers

Time:

20 minutes

Materials Needed:

- Flipchart
- Markers
- Poster #6: FENCE
- Worksheet on Triggers (from Workbook, section 4-5)
- Self-Talk (in Workbook, section 6-3)

Procedure:

1. Start by saying,

A couple weeks ago we talked about triggers. Does anyone remember what a trigger is?

2. Wait for responses.

A trigger is something that leads to being unsafe.

We would like to use FENCE to problem solve handling triggers.

Would a couple like to volunteer one of the triggers to risky behavior that they are confronting?

3. If the couples are reluctant to volunteer their trigger as an example, facilitators can use one of the following scenarios.

Scenario One

You and your partner have been doing a good job of using a condom. One night you are both very excited and your partner says to you: "Remember how good it used to feel without a condom. Let's just do it once without a condom. I want that old feeling again. Once cannot hurt us."

Scenario Two

You have a fight with your partner that lasts several days, and then finally make up. Neither of you want to talk or say anything to interrupt the moment as you start getting hot and want to make love. Then you realize there are no condoms in the house.

4. Guide the group through using FENCE to problem solve the couple's trigger or one of these scenarios. When they are naming options, encourage them to apply Ujima – collective work and responsibility.
5. Always check with the couple to make sure that they are comfortable with the plan. If they are not comfortable or are unsure, ask what they would like to do that would be more comfortable for them.

Now, we would like each couple to try this out together and to help each other problem solve so you can do this by yourselves. We will share the load by helping you go through the steps.

6. Facilitators prompt couples to refer to their personal triggers list from Session 4, in their Workbook section 4-5.

After you have agreed on which trigger you would like to work on, use FENCE to develop plans for how to avoid having triggers result in risky behaviors.

7. Give them a few minutes to do this.

You did a great job of using the problem solving approach to collectively come up with a plan for dealing with your triggers. We can all learn a lot from each other.

Would you like to share with each other the solutions you came up with for dealing with your triggers and practicing safe sex?

8. Use some of the following questions to begin a discussion of how couples can address the triggers they just discussed and the barriers mentioned in the previous group-within-a-group exercise.

What are some ways that you have used to incorporate condoms into your sex life?

What are some ways you have used to make condoms sexy?

What are some other things you can try to make them sexy and fun?

9. Facilitators can reinforce responses with some of the following ideas.

- *You can use condoms as a method of foreplay.*
- *You can think up a sexual fantasy using condoms.*
- *You can be sensual when putting condoms on.*
- *The woman can put it on with her hand or her mouth.*
- *You can hide one on your body and ask your partner to find it.*
- *You can tease each other sexually when putting on the condom.*
- *You can have fun putting them on, while pretending you are different people or in different situations.*
- *You can use extra lubrication inside the tip of the condom and outside the condom.*
- *You can be silly and make jokes.*
- *You can use flavored, colorful, or ribbed condoms.*

How can you be ready to use condoms, so you do not have to stop for a long time in the middle of sex to get it ready and put it on?

10. Facilitators can reinforce responses with some of the following ideas.

- *Make sure you have condoms before you get romantic.*
- *Have condoms close by to eliminate fumbling.*
- *Practice putting them on so that it is easy when you are in the heat of passion.*

How can you be close and intimate with your partner while still protecting each other?

11. Facilitators can reinforce responses with some of the following ideas.

- *Do little things to show how much you love each other (i.e. like giving your partner a massage, having date night, candlelight dinners, giving little gifts) .*
- *Visit the Eban Café and explore sexy ways to have safer sex together.*

Those are great ways to confront your triggers and barriers.

Remember, a trigger is something that leads to being unsafe, and a barrier is something that gets in the way of being safe. So for example, a trigger for unsafe sex might be you had a romantic evening and got drunk. A barrier may be that condoms weren't available.

Another example of a trigger might be getting into an argument, which can lead to unprotected make-up sex. A barrier that can get in the way of safer sex may be wanting to feel close to your partner or not wanting to remind them about their HIV.

How have you worked together on overcoming things that get in the way of protecting each other, like [mention some of the barriers brought up in group within-a group discussion]?

12. Give couples time to volunteer ways to deal with barriers discussed in the group-within-a-group exercise, and, then, reinforce positive attitude toward condoms and condom use.

Remember, using condoms is not a rejection or judgment of your HIV positive partner, but rather, showing commitment to caring for and protecting each other.

Think of condoms as a symbol of your unity or Umoja, your love and commitment to each other.

You have helped each other by sharing some of the ways that you as a couple have overcome the challenges that make it hard to practice safer sex.

Do you think you can use these strategies to overcome your barriers and triggers?

13. SELF-TALK

14. Facilitators introduce the skill of self-talk to help participants build commitment to safer sex when confronted with triggers or barriers.

Another way to deal with triggers and barriers so that you can practice safer sex is to use what we call "self-talk."

Self-talk is identifying messages that you can use as positive motivators instead of self-defeating ones.

How you talk to yourself can really affect your attitude. You need to stay in an "I can do it" mode, and you can support each other in doing so.

If you say something like "I cannot use condoms, it is too hard, so I might as well give up now," it is going to be hard to practice safer sex.

If you say more positive things that remind you about your shared commitment to protect each other, it can help you to use condoms, even when you are faced with obstacles.

These positive messages should be in the form of "I" statements. For example:

- I can work with my partner to share the responsibility of protecting us from HIV and STDs.*
- I am committed to protect myself and my partner.*

- I want my partner and I to be safe and use condoms.*

- *I love my partner and I want to protect him and myself*
- *I want the two of us to be safe and healthy so we can enjoy many years together.*

What are some positive statements that you can say to yourself, to remind yourself that you can be safe, even when you are confronted with your triggers? Try to use collective work and responsibility (Ujima) in creating positive statements.

15. Wait for responses, and tie responses in to Collective Work and Responsibility.

You can also say these statements to support each other in using condoms and other safer sex methods. You can work together to protect one another and take responsibility for safer sex.

Activity G: Homework (5 minutes)

Time:

5 minutes

Materials Needed:

- Homework for Session 6 (in workbook, section 6-5)
- Connection Coupons
- Couple goal progress worksheet
- Condoms

Procedure:

1. Refer to Homework #6: Practice Planning Ahead for Safer Sex

In your workbook, you'll find the activities to practice at home.

1. *We would like you to practice the skills you learned in Eban to work on your triggers to unsafe sex. You can come up with a plan to practice safer sex, using Eban skills such as Talk and Listen, FENCE, using male and female condoms, positive self-talk, and other strategies.*

Write down or discuss the strategies you used, and your experiences with using them so we can talk about it next time.

2. *Also, continue to check in with each other each week to talk about how you are doing and to continue sharing the Couple Connection Coupons to share love and respect for each other.*

When you check in with each other, use talk and listen to discuss what you felt about this session, especially the experience of discussing the reality of HIV.

Activity H: Eban Closing Circle Ritual

Time:

20 minutes

Materials Needed:

- Ankh
- Eban Circle (Workbook, section 5-7)

Procedure:

1. Start by saying,

We would like to have the Talking Circle to share what was the most important thing that we learned from this session.

We will pass around the Ankh, an ancient Egyptian symbol that represents eternal life, unity between men and women, and our collective will to survive and thrive. When you have the ankh, it is your turn to talk.

2. Participants will talk about how they feel about what they learned and then pass the ankh to the person on their left.

It was very good to hear what you have learned from this project.

Now we would like to form the Eban Closing Circle Ritual. We would like to stand in a circle and hold hands (if you are comfortable) to form a protective fence.

3. Participants should stand in a circle during the Eban Closing Circle, but they don't

have to hold hands if they prefer not to.

I am going to read a statement which is in your workbook on page 5.7.

“This is the Eban circle, it represents 360 degrees of African unity, strength and solidarity. We are only as strong as our weakest link. There is protection and comfort within the circle. There is also protection from the outside because I can look over your shoulder and you can look over mine. We stand together for each person, each couple, our families, and the community.”

4. After the Eban Closing Circle, say:

We have had a great session. We look forward to seeing you again next week in the village which will be the last time that we are together as a group.

Take a few minutes to say good-bye to everyone informally.

Session 7: Expanding the Village (Group Session)

Session 7
Expanding the Village
(Group Session)

Type of Session:

Group

Session Outline:

- Activity A: Opening and Welcome (5 minutes)
- Activity B: Review Last Session (5 minutes)
- Activity C: Overview of Current Session (5 minutes)
- Activity D: Review of Homework and Goals (15 minutes)
- Activity E: Reviewing Safer Sex Skills (25 minutes)
- Activity F: Self-Assertiveness Skills (15 minutes)
- Activity G: Reframing Your Requests (15 minutes)
- Activity H: Building Your Village (10 minutes)
- Activity I: Homework (10 minutes)
- Activity J: Saying Good-bye to the Village (15 minutes)

Session Goals:

The goals of this session are:

- Enhance Sexual Communication Skills
- Learn How to Reframe Issues
- Develop Self-Assertiveness Skills
- Develop Strategies to Stay Connected to the Village

Materials Needed to Conduct Session:

- CD track #10: "Let's Get It On" by Marvin Gaye
- CD player
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Newsprint: Ground Rules
- Poster #6: FENCE
- Poster #20: Quotation by Ash

- Poster #21: Categories for Safer Sex Jeopardy
- Workbooks for Facilitators
- Lubricated and Non Lubricated Condoms
- Water-based Lubricants
- Penis Models
- Timer
- Paper Towels
- Numbers for Selecting Order for Couples
- Question and Answer Cards for Safer Sex Jeopardy
- Basket for Winner of Safer Sex Jeopardy
- Packages of Condom-ments for Other Couples
- Safety and Protection Cards
- Paper Ankhs
- Post It Flip Chart
- Magic Markers
- Homework #7: Building Your Village
- Envelopes and Reimbursement (if handed out by facilitators)

Instructional Time:

2 hours (120 minutes)

Activity

Time Needed

A. Opening and Welcome	5 minutes
B. Review Last Session	5 minutes
C. Overview of Current Session	5 minutes
D. Review of Homework and Goals	15 minutes
E. Reviewing Safer Sex Skills	25 minutes
F. Self-Assertiveness Skills	15 minutes
G. Reframing Your Requests	15 minutes
H. Building Your Village	10 minutes
I. Homework	10 minutes
J. Saying Good-bye to the Village	15 minutes

Estimated Time = 2 hours (120 minutes)

Activity A: Opening and Welcome

Time:

5 minutes

Materials Needed:

- Clock
- Tape Recorder
- Ankh
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #8: "Let's Get It On" by Marvin Gaye.
- Poster #20: Quotation by Ash

Procedure:

1. Start by saying,

This is our last session as a group. We have enjoyed working with you as individual couples and in this group.

In this session our purpose or Nia is to strengthen what we have learned together and celebrate that we have united as a village. In the spirit of self-determination (Kujichagulia) and collective work and responsibility (Ujima), we are prepared to share our message with our community.

We would like to begin with a song.

2. Play "Let's get it on" by Marvin Gaye

What does this song mean to you?

How does this song make you think about not just having sex but how to have sex?

Are there any other thoughts, feelings or reactions to this song that you would like to share?

3. Make sure that Poster #20: Quotation by Ash is on the wall.

As we begin, let us take a moment and read the quotation for today.

“If you think you can, you can. If you think you can’t, you’re right” by Mary Kay Ash.

What does this quotation mean to you?

Yes, this quotation is on positive thinking and ties into today’s session on reinforcing and expanding the village and re-committing to staying safe and healthy.

4. Facilitators can also make some of the following points:

- *Thinking and feeling strong and determined can help you reach your goals, your purpose or Nia, of protecting each other from STD/HIV.*
- *Thinking positively can help you find a way to be successful.*
- *Negative thinking can defeat you before you ever get started.*

- *When you believe in yourself, you can accomplish anything you put your mind to.*

Thank you for sharing your thoughts about this quotation.

There is another quote in your Eban Workbook 7.2 on page ## called “Think Positive” that you can review later which also reinforces and expands the commitment to staying safe and healthy.

Activity B: Review Last Session

Time:

5 minutes

Materials Needed:

None

Procedure:

1. Start by saying,

In our sessions together we did some important work to improve your communication and problem solving skills.

We learned the Talk and Listen Technique and FENCE.

We also looked at barriers and challenges that can trigger a couple to have unsafe sex, and practiced using FENCE to overcome these problems.

In our last session we talked about how HIV affects your relationship and about protecting each other.

Do you have any questions about any of the information that has been discussed?

Would anyone like to share any experiences from the couples sessions or from practicing what you learned at home?

2. Wait a few moments for a volunteer.

Good. We are glad that you are finding these techniques useful and we are impressed with how you are practicing them.

Activity C: Overview of Current Session (5 minutes)

Time:

5 minutes

Materials Needed:

- Newsprint – Goals for Session
- Poster #3: Nguzo Saba

Procedure:

1. Start by saying,

This session is the last session in the village. Today we will be reinforcing the importance of Nzubo Saba Principle Number Five, Nia or purpose. The purpose of our work in Eban has been to support each couple to practice safer sex, and to restore the health and well-being of our community by sharing the Eban message.

Today we will review some of the things learned in earlier sessions, like HIV and STD facts, safer sex strategies, communication skills, and problem solving techniques.

We think that this is an excellent opportunity for you to share with each other what has worked for you as a couple and problem solve together.

We will say good-bye to each other and talk about ways to stay connected to the village, so that we can fulfill our common purpose or Nia of protecting ourselves and our community.

Activity D: Review of Homework and Goals

Time:

15 minutes

Materials Needed:

- Homework for Session 6 (in workbook)
- Couple Goal Progress worksheet

Procedure:

1. Start by saying,

Last week we had homework to do to practice the skills you learned in Eban to work on your triggers for unsafe sex.

Was everyone able to practice your Eban skills and work on your triggers?

How did that go?

What skills did you practice?

We also asked you to check in with each other, and use talk and listen to discuss how you felt about the session, especially the experience of discussing the reality of HIV?

How did that go?

How did this experience affect your feelings about protecting each other?

What are your feelings about participation in this village?

We are very pleased that you are working so hard and taking yourselves so seriously.

2. Transition to talking about goals.

In Session 2, each couple set goals for their relationship. If you think about it, those goals help to bring us closer to our purpose or Nia of keeping ourselves, our relationship, and our community safe and healthy. At the end of each session, you agreed to do homework which was a smaller step to reaching your ultimate goal.

We would like to check how each of you has been doing with the goals you set as a couple to reduce your risks for HIV and STDs and improve your relationship.

Would any couple like to begin sharing how using the Talk and Listen Technique, FENCE, or any other technique has helped in achieving your goals?

Good. Thank you for volunteering. Can you begin by stating what your goal was?

3. Give them a few moments to state the problem.

Yes, how did you work on that goal?

What worked best?

Did you reward yourself for those successes?

Did you have any problems?

Does anyone have some ideas about how this couple might overcome this problem so they can be more successful in achieving their goals?

Yes, those are good ideas.

4. Try to have each couple share a goal and their experience and involve the group in problem solving.

Activity E: Reviewing Safer Sex Skills

Time:

25 minutes

Materials Needed:

- Poster #21: Categories for Safer Sex Jeopardy
- Penis model
- Condoms
- Timer
- Flipchart
- Markers
- Post-its to cover questions
- Grand Prize for winner, and smaller prizes for the other couples

Procedure:

FACILITATOR'S NOTE

- Be sure that Poster #21: Categories for Safer Sex Jeopardy is visible on the wall and write the couples names on a Flip Chart to use as a score sheet.
- Hide Poster #3: Nguzo Saba and Poster #6: FENCE.

1. Start by saying,

In order to review some of the material that you have learned in previous sessions, we would like to play a game called "Safer Sex Jeopardy". Each couple will be a team.

2. Facilitators can suggest that more experienced participants put the condom on

blindfolded or in some other more challenging way.

Putting Condom on Correctly

Your first task is to practice the correct way to put on a condom. If both partners put the condom on correctly, your couple team will start the game with 200 extra points.

When you are practicing, think about what you learned in earlier sessions, like the correct steps in putting on a condom and ways that can make using a condom sexy and fun.

3. The facilitators should work with each participant to use the correct steps to put on and then take off the condom.
4. If a participant does not put the condom on correctly, the facilitators should guide them towards using the correct technique.

If you do not do it exactly the first time, you can try again and still receive full credit.

5. Give all the participants an opportunity in sequences to successfully put on the condom.

Great! All of you did a great job putting on a condom, so you all start with 200 points which we will write on the score sheet.

Now we will continue playing the game.

Safer Sex Jeopardy is designed to discuss issues related to Safer Sex and reinforce what you have learned in a fun way.

You should all draw a number to determine what order you will answer questions. The couple with number one goes first. Then number two goes next and so on.

When it is your turn, you will choose the category and difficulty of the question, like in Jeopardy. We'll read the question aloud, and you'll have 30 seconds talk to your partner and decide on the answer.

We will play this game for 15 minutes, starting now (start stopwatch or timer). At the end of the 15 minutes, the couple with the most points wins the game.

6. The couples compete to answer the questions correctly. The first couple selects the category and the difficulty of the question.
7. One facilitator should read the question after the couple has selected the category and the difficulty level.
8. After each answer, the other facilitator should discuss the topic, and put a post-it over the question to indicate that it's been answered.

HIV/STD Facts

Question. *For 100 points, name three ways that HIV can be transmitted?*

Answer. *Unprotected sex; sharing IV drug needles; blood products; pregnant mother to unborn child, during the birth process, or through breast milk.*

Question. *For 200 points, what are three safer sexual behaviors that are less likely to transmit HIV or STDs?*

Answer. *Kissing, Massage, Masturbation, Mutual masturbation (using your hands on each other's genitals), fantasy*

Question. *For 300 points, having an STD increases your chances of becoming infected with HIV. True or False?*

True. *STDs can cause blisters or sores on or around the genitals, and the HIV virus can enter the body through these sores.*

Question. *For 400 points, STDs always have symptoms? True or False?*

False. *Sometimes you can have an STD and not have any symptoms. This is especially true for women.*

Question. *For 500 points, indicate whether with the new medications, HIV infection is no longer a danger. True or False?*

False. *Some medications slow down HIV progression, but the virus remains in the body, and it can still be transmitted. Also, we do not know the long-term effects of many of the medications.*

Question. For 600 points, what is now the most common way to get infected with HIV or STDs?

Answer. Unprotected sex between men and women, where one person is infected.

Condoms

Question. For 100 points, what is the material that condoms should be made of to protect against HIV infection?

Answer. Latex (rubber) or Polyurethane

Question. For 200 points, what can be used with condoms to make sex smooth and easy?

Answer. Lubricants

Question. For 300 points, what lubricants should never be used with condoms and why?

Answer. Oil-based lubricants, such as Vaseline, baby oil, cooking oil, olive oil, Crisco because they can damage the condoms.

Question. For 400 points, what can happen if you carry condoms in a hot or warm place like in your pocket?

Answer. The heat from your body can damage condoms within 24 hours.

Question. For 500 points, name three ways to make condoms more fun and pleasurable?

Answer. Use extra lubricant in the tip and outside the condom; use a condom as a part of foreplay; put them on for your partner; act silly when putting them on; make up sexual fantasies when using them; use different types of condoms (ribbed, flavored, colored)

Safer Sex Techniques

Question. For 100 points, what can you use to make oral sex on a woman safer?

Answer. Dental dams, sheer dams, and non-microwaveable saran wrap.

Question. For 200 points, why should some space be left at the tip of the condom when a condom is placed on the penis?

Answer. It helps to prevent the condom from breaking by giving the sperm some place to go.

Question. For 300 points, when do you remove a used condom?

Answer. After ejaculation but before the penis gets soft.

Question. For 400 points, how should a condom be removed after sexual intercourse?

Answer. Roll it slowly to the tip of the penis, remove it carefully and throw it in

the trash (not the toilet, because it can clog the plumbing).

Question. *For 500 points, what are four things you can keep in your condom-bowl?*

Answer. *Male and female condoms, lubricants, dental dams, sheer dams, saran wrap, and sex toys.*

Question. *For 600 points, what are three advantages of female condoms as opposed to male condoms?*

Answer. *Female condoms may give women more sense of control; they can be put on hours before sex so you do not have to stop in the "heat of the moment;" people allergic to latex can use them; some couples say they like the feeling better than male condoms; they cover a greater area (the labia).*

Communication and Problem Solving

Question. *For 100 points, what is a communication technique you can use to talk to your partner about difficult emotionally sensitive topics?*

Answer. *The Talk and Listen Technique.*

Question. For 200 points, what does the Talk and Listen Technique involve?

Answer. One person talks about their feelings about an issue, and the other person listens, tries to understand the partner's feelings, and repeats back what they hear. Then they switch roles.

Question. For 300 points, when is the best time to talk to your partner about condoms?

Answer. Before any type of sexual behavior that could lead to the exchange of body fluids.

Question. For 400 points, what is the FENCE technique?

Answer. FENCE is a problem solving and decision-making approach.

Question. For 500 points, what do the letters in FENCE stand for?

Answer.

F = Find out what's going on

E = Explore your partner's feelings

N = Name and discuss options

C = Choose the best option

E = Execute the plan

Nguzo Saba

Question. For 100 points, what does Nguzo Saba mean?

Answer. Nguzo Saba means 7 principles.

Question. For 200 points, name at least 5 of the Nguzo Saba?

Answer. *Unity, Self-determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, Faith*

Question. *For 300 points, what is the purpose of the Nguzo Saba?*

Answer. *The Nguzo Saba are guidelines for positive living that bring us together as couples, families, and communities. They are known to many as the principles of Kwanzaa, and represent the culture of African Americans and Black people living in the Americas. They are guidelines that can apply to many groups, and they can help remind us of our commitment to protect each other from HIV and STDs.*

Question. *For 400 points, please give the Swahili pronunciation for 3 of the Nguzo Saba?*

Answer.

Unity – Umoja.

Self-determination – Kujichagulia.

Collective Work and Responsibility – Ujima.

Cooperative Economics – Ujamma.

Purpose – Nia.

Creativity – Kuumba.

Faith – Imani.

Question. *For 500 points, please describe how you would apply one of the Nguzo Saba to protect yourself and your partner from HIV and STDs?*

Answer. *Accept any answer that shows an understanding of the principle and how it can be applied to safer sex.*

Some examples:

Creativity – Using *Eban Café* to make safer sex fun and creative.

Self-determination – Using what you learned in the program and deciding for yourself what you will do to keep yourself and your partner safe.

Collective Work and Responsibility – Using *FENCE* to deal with barriers and triggers, working together with your partner and sharing the responsibility for safer sex.

Purpose – Remembering your purpose, which is to keep your partner, family and community safe and healthy. For example, using positive self-talk or quotes from the program to remind yourself of that purpose.

Unity – Uniting as a couple, a group, and a community to protect each other from HIV and STDs. For example, calling people from the group so you can support each other to practice safer sex.

9. At the end of the 15 minutes, say “Time” and give all the teams their total score.

We hope you enjoyed playing this game, you did a great job.

You remembered a lot of information. Everyone is a winner!

Remember to use this information when you talk to each other, make decisions, and use condoms and other methods to protect yourself and your partner.

Here is a prize for everyone and a top prize for the couple earning the most points!

10. After game is finished, redisplay Poster #3: Nguzo Saba and Poster #6: FENCE.

Activity F: Self-Assertiveness Skills

Time:

15 minutes

Materials Needed:

- Poster #6: FENCE
- Flipchart
- Markers

Procedure:

1. Start by saying,

In Eban, we have all practiced good communication and problem solving skills that will help us stay committed to our purpose or Nia. Now we would like to use those skills to address some sensitive and difficult issues that come up in a relationship.

Today we would like to talk about using your communication skills to discuss difficult topics.

Remember we discussed communication skills in our second session. What were some negative patterns we talked about?

One pattern was withdraw-withdraw, which was a passive way of talking, where issues are not brought up. Another pattern was demand-demand, an aggressive way of talking. A third pattern was demand-withdraw where one person was aggressive and the other was passive.

A better way of talking is the talk and listen, which allows each person to be assertive and talk about their needs and feelings, while the other listens.

We can use this assertive communication to say what we want in a loving way and make sure our needs for safety and protection are met in our relationship.

Can a couple role play how can you say no to unsafe sex in a loving way, using assertive communication like talk and listen?

2. Wait for volunteers. If there are no volunteers, set up a role play with one member of a couple.

Yes, those are good ideas.

Now we would like to role play telling your partner that you will only have sex with a condom?

3. Wait for volunteers. If there are no volunteers, set up a role play with one member of a couple.

That was good.

Now we would like to use FENCE to find ways to protect each other in situations where there might be disagreement.

As a couple you have been doing a good job of practicing safer sex, but then one day your partner says "I really want to have sex with you, without a condom. I really miss how it used to feel. Let's do it, just this once, without a condom."

F = Find out what is going on?

What are the consequences? What is good for you and what is not good for you? What's in your best interest? You may have engaged in certain sexual behaviors in the past that increased your risk for HIV and STDs. Now you want to be safe, so that you can protect yourself and your partner from HIV and STDs.

E = Explore your partner's feelings and thoughts about the behavior.

Initiate this conversation in a private setting where you and your partner can talk in length about sex. This is not the conversation to have while you are having sex. Say something positive – you want to confirm that you care about this person and state something positive that you enjoy about having sex with them.

N = Name and discuss your options.

How can you change your routine? What else can you do? – “I know in the past that we have done xyz. Now I would like to do zyx because it would help us both to stay healthy.”

C = Choose the best option.

Go to the Eban Cafe menu to choose your options. A good strategy when you are asking your partner to give something up is to present them with 3 options that you are comfortable with and let them make the choice.

E = Execute the plan.

Now you can put your new plan into action. For example, you can make a date with your partner to experiment with the new option.

Activity G: Reframing Your Request

Time:

15 minutes

Materials Needed:

None

Procedure:

1. Start by saying,

Another strategy you can use to protect yourself and your partner, even when there is some resistance from your partner is called reframing.

You can do that in step three of your problem solving, when you name and discuss options. Reframing involves changing your partner's objection to safer sex and focuses on the positive goals in the situation. You can reframe safer sex as an act of love and caring, to help you both refocus on your purpose (Nia) of protecting one another.

If your partner gives a negative reason for not wanting to use condoms, change it into a good reason to use one.

What are some excuses people use to not practice safer sex?

How can you turn them around into positive reasons to use safer sex techniques like condoms?

Now we would like to look at some other negative reasons.

2. Facilitators will role model several reframing statements.

Facilitator One

We are going to pretend that we are a couple. I am going to read a negative reason for not using a condom and Facilitator Two will try to convince me to use a condom or avoid unsafe sex.

Excuse: Condoms can break and they ruin the mood for sex.

Facilitator Two

Response: Only if we let it. With a little imagination, condoms can actually enhance sexual feeling. Also, when we use condoms I feel safer, so I can really “let go” and enjoy myself.

Facilitator Two

Excuse: Planning takes the magic out of sex.

Facilitator One

Response: Wait and see what I have been planning. With your help, we can create our own special magic.

Now we would like you to come up with the responses to reframe the excuse.

3. Facilitator 1 gives the excuse or request, and facilitator 2 asks “How could you respond?” Facilitators reinforce responses, and then give an additional way to respond.

1. Request: *We do not have any more condoms. Let's do it just this once without a condom.*

How could you respond?

4. Wait for and reinforce responses.

Another way to respond could be:

Response: *Once is all it takes. I really care about you and about our future, I want us to keep protecting each other.*

2. Request: *Why should we change now? We did not use condoms before.*

How could you respond?

5. Wait for and reinforce responses.

Another way to respond could be:

Response: *Having sex without condoms may have felt good. But we did not know what we know now. To protect our future, let's protect each other.*

3. Request: *If you loved me, you would not ask me to use condoms.*

How could you respond?

6. Wait for and reinforce responses.

Another way to respond could be:

Response: *It is because I love you that I want us to use condoms. I want to spend many, many years with you and we can only do that if we are safe.*

4. Request: *Condoms do not feel as good as the real thing, they are not natural.*

How could you respond?

7. Wait for and reinforce responses.

Another way to respond could be:

Response: *Today's thin latex and polyurethane condoms feel natural. Putting a drop of lubricant inside the tip of the condom can make it feel even better. Condoms can make erections last longer, which can mean more pleasure for both of us.*

5. Request: *This is a special day. We have been together two years. I would like to celebrate by not using a condom tonight.*

How could you respond?

8. Wait for and reinforce responses.

Another way to respond could be:

Response: *If we are creative, I bet we can satisfy each other without having intercourse. How about [suggest something]. What else would you like to do?*

6. Request: *If you want me to use a condom it must mean that you have somebody else outside our relationship.*

How could you respond?

9. Wait for and reinforce responses.

Another way to respond could be:

Response: *No, I just want us to be safer.*

Those were great responses. They really show how much you have learned about ways to have fun and be intimate without having unsafe sex.

Activity H: Building Your Village

Time:

10 minutes

Materials Needed:

- Safety and Protection Cards
- Poster #3: Nguzo Saba

Procedure:

1. Start by saying,

As you leave the Eban village, and begin to build your own villages in your own communities, remember your Nia or purpose of keeping each other safe and healthy. Remember Umoja (Collective Work and Responsibility) and how the two of you can continue to work together to use the skills you learned to protect each other from HIV and STDs.

2. Hand out Safety and Protection Cards

Here are some Safety and Protection cards with messages that stress the importance of staying safe and protecting yourself, your family, and your community. There are also some blank cards that you can use to write your own messages.

We would like you to use these cards to remind yourself and each other about your commitment to safer sex.

You can use some of the following messages:

Safer sex is the ultimate demonstration of love.

Condoms show you care.

AIDS challenges our families and communities.

Safer sex can be sexy, fun and bring you both much closer.

We can protect others and ourselves.

FENCE IT! For yourself, for your partner, for your future!

We can do a little at a time; do the best that we can do.

We can just live our lives, using what we learned in this program to protect each other.

We can be an example to others by showing our care and commitment.

There are also some safety and protection messages that use the Nguzo Saba, such as:

Collective Work and Responsibility (Ujima) -- We can work together to protect each other and our community.

Unity (Umoja) -- We are united in our commitment to safer sex practices.

Self-determination (Kujichagulia) -- We have the knowledge, power and skills to determine how we will stay safe sexually.

Purpose (Nia) -- Our purpose is to protect each other and to maintain safer sex practices in our loving intimate relationship.

Creativity (Kuumba) -- We can use our creativity to find exciting ways to use condoms and other safer sex methods

Faith (Imani) -- We have faith in our ability to practice safer sex and protect each other

Which messages do you like most?

What are some other messages that can be shared with each other or with other people?

What are some other messages that use the Nguzo Saba?

Actions speak louder than words. By practicing safer sex, you are showing your commitment to protecting your self, your family, and your community, more than you can with words alone.

Activity I: Homework

Time:

10 minutes

Materials Needed:

- Homework for Session 7 (in workbook, section 7-6)
- Safety and Protection Cards
- Couple goal progress worksheet
- Condoms

Procedure:

1. Refer to Homework #7 in Workbook: Building Your Village, section 7-6.

For your homework, we want you to use Safety and Protection Cards with each other.

Make a Couple Connection with your partner to discuss the messages on the Safety and Protection Cards. Develop three more messages and write them on the blank cards.

Discuss with your partner which message is the most important to you in remembering to be safe.

If you feel comfortable, talk with your family and friends about what you have been doing in the Eban Program in order to build a village of safety and protection for yourself.

Also, please think about any questions or concerns you may have about the sessions or about safer sex, and bring them with you to the next session.

Please also continue working on your two couple goals. Write down your goal progress in the "Goal Progress Worksheet", and bring it with you to the next session.

Activity J: Saying Good-Bye to the Village

Time:

15 minutes

Materials Needed:

- Paper Ankhs
- Pens
- Envelopes
- Ankh
- Eban Circle (Workbook, section 5-7)

Procedure:

1. Start by saying,

Again, we would like to have a Talking Circle to share what we have learned from this program.

Before we do the Talking Circle, we would like to have you each write a statement about each of the other couples in the village on this paper ankh and put it in the envelope with their names.

You can mention the positive ways in which you have enjoyed getting to know this couple, positive descriptions of what you value about them as individuals and a couple.

We will, then, give the envelope to the couple at the end of the session.

2. Give the couples a few minutes to write things on their paper ankhs.

Now we would like to have the Talking Circle and our Closing Ceremony.

We will pass around the Ankh, an ancient Egyptian symbol that represents eternal life, unity between men and women, and our collective will to survive and thrive. When you have the ankh, it is your turn to talk.

You can talk about what you got from this intervention, and what you'd like to say to each other.

3. Participants will talk about how they feel about what they learned, make their parting statements to each other, and then pass the ankh to the person on their left.

It was very good to hear what you have learned from the Eban Program and to hear how you support each other.

Now we would like to have you do the Eban Closing Circle Ritual. We would like to stand in a circle and hold hands (if you are comfortable) to form the protective Eban Closing Circle.

4. Participants should stand in a circle during the Eban Closing Circle, but they don't have to hold hands if they prefer not to.

I am going to read a statement which is in your workbook in section 5.7.

“This is the Eban circle, it represents 360 degrees of African unity, strength and solidarity. We are only as strong as our weakest link. There is protection and comfort within the circle. There is also protection from the outside because I can look over your shoulder and you can look over mine. We stand together for each person, each couple, our families and the community.”

5. After Eban Closing Circle, say:

We are all connected in this village. We would like for you to know that we are available if you have any questions. We hope that this program has been a rewarding experience.

If you would like to keep in touch with each other, feel free to exchange your contact information with other couples in the group if you have not already done so.

Keeping in touch with each other is important. You are dealing with many of the same challenges and you can help support each other, even after the group is over.

Before you leave, make an appointment to see us once again as a couple for the final session.

Good-bye and good luck!

Session 8: Celebrating Our Relationship (Couple Session)

SESSION 8
CELEBRATING OUR RELATIONSHIP
(Couple Session)

Type of Session:

Individual Couple Session

Session Outline:

- Activity A: Opening and Welcome (10 minutes)
- Activity B: Review of Last Session (5 minutes)
- Activity C: Overview of Current Session (5 minutes)
- Activity D: Review Homework (20 minutes)
- Activity E: Review Progress on Couples Goals (25 minutes)
- Activity F: Relapse Prevention (25 minutes)
- Activity G: Commitment to Staying Safe (15 minutes)
- Activity H: Closing Ceremony (15 minutes)

Session Goals:

The goals of this session are:

- Reinforce Communication and Problem Solving Skills
- Develop Prevention Relapse Strategies
- Re-Commit to Staying Safe
- Bring Closure to Program

Materials Needed to Conduct Session

- CD track #11: A Stay in My Corner by the Dells
- CD player
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- Poster #8: Characteristics of a good goal
- Poster #22: Quotation from King
- Poster #23: Visual Scale from 1 to 10

- Handout #7: Couple Goal Setting Form
- Handout #14: Certificate of Completion
- Blank Stationery and Envelopes
- Post It Flip Chart
- Magic Markers
- Locator Form

Instructional Time:

2 hours (120 minutes)

Activity

Time Needed

A. Opening and Welcome	10 minutes
B. Review of Last Session	5 minutes
C. Overview of Current Session	5 minutes
D. Review Homework	20 minutes
E. Review Progress on Couples Goals	25 minutes
F. Relapse Prevention	25 minutes
G. Commitment to Staying Safe	15 minutes
H. Closing Ceremony	15 minutes

Estimated Time = 2 hours (120 minutes)

Tips to Facilitators

- Reinforce how much the couple has accomplished.
- Be sure they have a plan to continue working together.
- Be genuine in acknowledging how much you have enjoyed working with them.

Activity A: Opening and Welcome

Time:

10 minutes

Materials Needed:

- Clock
- Tape Recorder
- Newsprint: Ground Rules
- Poster #1: Eban symbol
- Poster #3: Nguzo Saba
- Poster #6: FENCE
- CD track #11: "Stay in my Corner" by the Dells.
- Poster #22: Quotation from King

Procedure:

1. Start by saying,

Welcome back! It is great to see you again, just the two of you. This is our last session together and we have some interesting and helpful material to cover.

We would like to start by playing the song for today, "Stay in My Corner" by the Dells.

2. Play CD track #11: "Stay in My Corner" by the Dells.

What does this song mean to you?

How does this song make you feel?

How does this song relate to your relationship and practicing safer sex?

The Dells are emphasizing the spirit of unity (Umoja) as they talk about committing to stay together to make life sweet. We know that we can do this by protecting each other.

3. Point to Poster #22: Quotation from King.

Now we would like to have you read the quotation for today's session.

Martin Luther King said that "You should concentrate on the heights which you are determined to reach, not look back into the depths to which you once fell."

What does this quotation mean to you?

What does this quotation tell us about protecting each other with condoms and other safer sex methods?

4. Reinforce what couple says and relate it to their work together in Eban.

Yes, this quotation is important because it relates to moving forward in your lives and continuing to work on safety and risk reduction.

Let's keep our attention on our purpose or Nia of loving and protecting each other now and in the future.

We all make mistakes, but it is better to look to the future than to dwell on the past.

Activity B: Review of Last Session

NIMH Multisite HIV/STD Prevention

Session 8

Trial for African American Couples

4 of 35

Eban HIV/STD Risk Reduction

Version 1.0; September 4, 2003

Time:

5 minutes

Materials Needed:

None

Procedure:

1. Start by saying,

Our last session together was the last group session.

We reviewed some of the things that we had learned in earlier sessions

We practiced using FENCE to negotiate safer sex in difficult situations.

We discussed the importance of remembering our purpose or Nia.

We reviewed messages to remind us of our commitment to safety.

We talked about the importance of being part of a village and receiving the social support that you need to stay safe and healthy.

Activity C: Overview of This Session

Time:

5 minutes

Materials Needed:

- Newsprint – Goals for Session
- Poster #3: Nguzo Saba

Procedure:

1. Start by saying,

This session will be addressing Nguzo Saba Number One - Unity or Umoja; Number Two - Self-Determination or Kujichagulia, and Number Five – Purpose or Nia.

You have united together and worked hard on learning skills to help you be safe.

We would like to help you continue to live your purpose or Nia of being safer by reminding you of some skills that should help you do this.

In today's session we would like to review how helpful what we have shared these past weeks has been, and we will review the skills we have practiced.

We would like you to re-commit to your purpose of staying safe and healthy.

The goal of this session is strengthen your commitment to choose for yourselves how you can practice safer sex, and love and honor one another, long after these sessions are over.

We will say good-bye and talk about what we have enjoyed about working together.

Activity D: Review of Homework

Time:

20 minutes

Materials Needed:

- Homework for Session 7 (in workbook)

Procedure:

1. Start by saying,

Last session, we asked you to use safety and protection messages to remind each other about your commitment to safer sex.

We gave you some cards with examples of messages to share with each other or with other people so that you can keep your community safe and healthy.

How did that go?

2. Probe for specific experiences using some of the following questions:

- *Which messages did you use?*
- *Which were most helpful?*
- *Did you share your Eban experiences with friends, family, co-workers*
- *What were people's responses?*

- *What was successful? What messages seemed to work?*
- *What problems came up? How can you avoid them in the future?*
- *How can you continue to help keep your family and community safe and healthy?*

3. Make transition to new discussion.

We also asked you to continue to check in with each other every week, and show each other your affection by using the connection coupons.

How did that go?

How did it feel to show your partner you cared using the connection coupons?

How did it feel to receive love and affection from your partner?

Good. We are glad that this exercise worked so well for you. Now we would like to review your progress on your two couple goals in this program.

Activity E: Review Progress on Couple's Goal

Time:

20 minutes

Materials Needed:

- Couple Goal Progress worksheet
- Facilitator notes on couple goal progress
- Poster #23: Visual Scale from 1 to 10
- Visual Scale for Safer Sex Goal (in Workbook section 8-3)
- Flipchart
- Markers
- Poster #3: FENCE
- Poster #8: Characteristics of a good goal

Procedure:

1. Start by saying,

We have spent seven sessions together, and it has been interesting and rewarding working with you.

Congratulations on attending the sessions!

We remember the first couple sessions we had together, and the important values you each shared.

2. Prior to session review notes and have several goals or events to mention.

We have worked together on the following goals: [list]

It has been inspiring to see you unite to work towards our common purpose or Nia of protecting each other and helping protect our communities.

Think back to session two, the first session you met as a couple, and how far you have come since then.

Last session, we asked you to think about any questions or concerns you had about the sessions or protecting each other. We asked you to bring them to discuss at this session.

Did you have any questions or concerns you would like to discuss?

3. Use some of the following questions to initiate discussion.

- *Can you tell us what you liked about the group sessions these past few weeks?*
- *What did you learn in the group sessions?*
- *Which skills or ideas were helpful to you?*
- *Which skills do you think you will use?*
- *Which skills are not useful or ones you do not think that you will use?*

Congratulations on learning so much in this program. You have worked hard to protect your health and build your relationship.

4. Transition to discussion of couple goals.

Now we would like to review your two couple goals and your progress.

Tell us about the progress that you have made on these goals.

What has helped you work towards your goals?

What have been barriers to achieving your goals?

5. Progress on the two couple goals should be recorded on the Couple Goal Progress Form.

Before this program ends, it is important to take another look at where you are and how much more work you need to do to make using condoms and other safer sex methods a constant part of your life.

6. Be sure that Poster #23: Visual Scale from 1 to 10 is posted on the wall.

Think about where you are now and rate yourself as a couple on a scale from 1 to 10.

1 means that you still have a lot of work to do.

5 means that you are half way there but still need to work on specific things.

10 means that you protect each other by using condoms and other safer sex methods.

Scoring a perfect ten is the goal but you should be realistic on the ratings.

Each of you should make a rating.

If your ratings are different, discuss why you rated your progress differently and see if you can reach agreement.

You can see this Exercise in your Workbook in section 8-3, "Visual Scale for Safer Sex Goals".

7. Give the couple a few minutes to fill out this form.

After completing the scale discuss where you and your partner placed your progress on the scale and ways to improve your scores.

How did you each come to your rating? What does this rating mean?

8. Praise the couple's progress.

Use FENCE to problem solve barriers to achieving your goal, or to discuss how you might change the goal, keeping in mind the characteristics of a good goal.

9. Give the couple a few minutes to use FENCE to discuss ways to improve and address barriers, or to discuss resetting the goal. Guide them through the process and remind them of the characteristics of a good goal.

When you work on your goals for yourself, your partner and your future together, remember to use the skills that you have learned.

10. Facilitators should review skills learned by couple in the Eban intervention.

Which skills can you name?

Talk and Listen Technique

Identifying triggers

Problem Solving using FENCE

Applying the Nguzo Saba to safer sex

Self-Talk

Safer Sex Techniques

Male and female condom use

Mutual and parallel masturbation

Making Safer Sex Fun

Yes, we have learned a lot of useful skills in the Eban program.

Talk and Listen Technique

One of the skills you learned in this program was a communication technique called the Talk and Listen Technique.

What is the Talk and Listen Technique? What does it involve?

Yes, it is a communication technique you can use to talk about difficult sensitive topics. One person talks about their feelings about an issue, and the other person listens, tries to understand their partner's feelings, and repeats back what they hear. Then they switch.

How did you feel about using the Talk and Listen? Was it useful for you?

FENCE

We would like to talk about another technique that you learned to use called FENCE.

What steps does FENCE stand for?

Has it been useful for you?

What are some situations where you found FENCE useful for solving problems and keeping each other safe?

Other Techniques.

You also learned about some safer sex techniques, such as using male and female condoms, making safer sex fun, and safer sex activities that did not involve intercourse.

Which of these techniques did you find most useful?

What did you have problems with?

Activity F: Relapse Prevention

Time:

25 minutes

Materials Needed:

- Flip Chart
- Markers
- Poster #3: FENCE
- Talk and Listen (in Workbook, section 2-4)
- Self-Talk statements for 3 Nguzo Saba (in Workbook, section 8-5)
- Rewarding yourself and your partner (in Workbook section 8.6)

Procedure:

1. Start by saying,

Many times people learn a new skill such as, losing weight, stopping smoking, exercising, protecting each other - but they do not keep using their new skill.

You can maintain your safer behavior by using a few skills by yourself or with the support of your partner, family, or friends.

Now we would like to talk about how these skills can be useful in preventing and dealing with slips, so that you can continue to protect yourself and your partner long after this program is over.

Specifically, we would like to prepare you for slips. What is a slip?

2. Wait for responses.

A slip is when you do something that you would prefer not to that puts you and your partner at risk. Not using condoms would be one example.

In order to prevent having slips, we would like to look at three steps:

Step One. *Anticipating and preparing for situations that may tempt you to go back to having unprotected sex, and collectively sharing responsibility for preparing for these situations;*

Step Two. *Pooling our strengths and resources to deal with a slip immediately so that it does not become reinstated as a habit; Call on your faith (Imani) in yourself and each other to get back to safer behavior.*

Step Three. *Using creativity (Kuumba) in rewarding each other for practicing safer sex, especially using sexual enjoyment as a reward, so that slips will be less likely.*

3. Identify situations that the couples think might tempt them to relapse.

Now we would like to help you prepare for situations that may be problematic for you.

It is important for you to recognize triggers. Do you remember what triggers are?

4. Wait for responses.

A trigger is something that leads to being unsafe. Triggers can be people; settings; moods, feelings, or thoughts; and substances--that might tempt you to stop practicing safer sex.

We will assume that you have been doing a great job using a male or female condom every time you have sex. But then something happens that could put you at risk of making a slip.

5. Facilitators ask the couple for situations that might put them at risk again. Write them on flip chart.

What could that situation be?

What could you do to prevent relapse to high risk behaviors?

How would you get back to the behavior that is safer for you?

Yes, those are all situations that you will need to prepare for. Would some of these also be a problem for you?

- *When you have an argument.*
- *When one or both of you have been drinking or drugging.*
- *When you become sexually stimulated in an unexpected place where no condoms are available and you want to act on impulse.*

6. Wait for couple to respond whether any of these is a problem for them. If it is, add it to the list on the flip-chart.

Now we would like to practice how you could handle one of the situations that could be a problem for you using the three techniques: (1) FENCE; (2) Talk and Listen Technique; and (3) Self-Talk.

FENCE

We would like you to pick one situation and we will use FENCE to work on it.

F - Find Out What Is Going On. What is the problem or trigger?

E - Explore Partner's Feelings. What are each person's feelings?

N - Name and Discuss Options. What are some possible solutions?

C - Choose the Best Option. What would be the best option even if each person has to compromise?

E - Execute the Plan. Act on the mutually agreed upon solution.

7. Facilitators should praise couple for their efforts and success.
8. If they do not seem to understand the concept of relapse prevention, ask them to select another situation and repeat problem solving with FENCE.

Talk and Listen Technique

Now we would like to use the Talk and Listen Technique to deal with slips. You are bound to have some but it does not need to be a problem if you can resume your safer sexual practices immediately.

We have already talked about how to identify triggers that can cause you to relapse and be unsafe.

Now we want to role play one of the situations from your list using the Talk and Listen Technique.

The first step is to sit down and talk to each other about what it was that triggered you to have unsafe sex. Was it:

- *Depression or loneliness?*

- *Drugs or alcohol?*

- *Being in a romantic setting?*

- *A loving statement from your partner?*

Then, talk about what you can do to change what happens in the future, so that the next time you are faced with this trigger you can stay safe.

9. Facilitators should set up a role play using the Talk and Listen Technique to deal with one of the situations identified by the couple in the earlier exercise.
10. Facilitators should review chart with Talk and Listen elements from Workbook, section 2-4.
11. Reinforce good aspects and the role play and transition to another one.

Self-Talk

You have talked to each other about what led to being risky, and what you can do to regain your confidence, to believe that you really can go back to protecting each other.

Now we would like to talk about what you can say to yourself if you have a slip.

Talking to yourself can change your attitude. If you slip and are unsafe, you need to stay in "I can do it" mode.

If you feel defeated and say, "Well, I just cannot do it, I might as well forget about it," you may have trouble continuing to be safe.

If you say something like "Oh, I feel terrible. How could I do such a stupid thing? I guess I am not worth all the effort", then you may have trouble returning to safer sex.

Most people and couples give in to temptation over time if the temptation is strong. People are only human and temptation often wins when no condom is available.

You need to remember all the good reasons for protecting yourself and your partner in order to maintain your health and your relationship.

You need to protect each other, your family, friends, your community and your future.

Say to yourself, "I am committed to protect myself and my partner."

12. Facilitators should review the skill of self talk.

Do you remember what self-talk is?

Yes, self-talk is identifying the script in your head and ensuring that it is positive, supportive statements instead of self-defeating ones.

Self talk should be in the form of I statements; for example:

I can go back to using condoms, I want to protect my relationship and myself.

I can use condoms with my partner, because it makes me feel more at ease knowing I am protecting both of us and our family.

13. Facilitators should model an example of using self talk to deal with a slip.

Scenario with a slip

Dorr and Zadio were using condoms but began to slip after three months. They went to their favorite bar for drinks. They got carried away, and did not use a condom that night when they had sex.

14. Two different role model self-talk statements will be modeled.

NIMH Multisite HIV/STD Prevention
Session 8

Eban HIV/STD Risk Reduction

Trial for African American Couples 22 of 35 Version 1.0; September 4, 2003

Facilitator One

I can do this because I love him and I want us to be safe.

Facilitator Two

This is just one slip and I know I have the skills to return to practice safer sex with my partner.

Self talk is simply saying positive statements to yourself, and it is a good way to help support change, and to cope with slips in behavior change.

Can you each say a self-talk statement?

15. Wait for responses and reinforce.

Yes, those are very good examples.

Now we would like to practice Self Talk using the three principles for this session:

You can use some of the Nguzo Saba principles we have been talking about these past 8 weeks to think of positive self-talk messages.

Number One--Unity (Umoja)

What is a self-talk statement for unity?

16. Wait for responses and reinforce.

You can also say “We are united in our commitment to safer sex practices and maintaining a healthy lifestyle.”

Number Two--Self-Determination (Kujichagulia)

What is a self-talk statement for self-determination?

17. Wait for responses and reinforce.

You can also say “We have the knowledge, power and skills to determine how we will stay safe sexually.”

Number Five--Purpose (Nia)

What is a self-talk statement for purpose?

18. Wait for responses and reinforce.

Our purpose is to protect each other and to maintain safer sex practices in our loving, intimate relationship.

Some of these self-talk messages are in your workbook, section 8-5. You also came up with some great examples of self-talk messages. Be sure that you use them to keep yourself motivated and on course.

19. Transition to discussing rewarding themselves for achieving goals.

Okay. You know how we always ask you if you rewarded yourself for achieving your goal?

It is important to reward yourself in order to keep up the good work. Reward yourselves in order to make your efforts worthwhile.

Keeping sex exciting in a relationship takes showing that you care on a daily basis.

If sex is always hurried or gets boring you may blame the condom and think if you did not use the condom, you would have a better sex life.

This might tempt you to try unprotected sex as a way of spicing up your life

Having pleasurable sexual experiences with your partner is another kind of self-reward for protecting yourself.

If sex can be better than ever, it will go a long way to insuring that you will use a condom.

Does that make sense to you?

20. Facilitators should model rewarding statement.

Here is an example of a rewarding statement:

That is great; I am taking good care of myself.

21. Facilitators have the couple name some reward that are written on a flip chart.

What are some rewarding statements that you might use?

Yes, those are good examples.

You can also reward yourself and your partner by doing positive activities. What are some examples of things you can do?

22. Wait for and reinforce responses with some of the following ideas:

- *By presenting a male condom in a pretty envelope designed for carrying a condom.*
- *By using ribbed male condoms for a more pleasurable sexual encounter.*
- *By putting either the male or female condom on in the dark, or putting a condom on with your mouth.*
- *By having the male partner help insert the female condom as part of foreplay.*
- *By doing a strip tease for your partner and making sure that putting on the condom is part of the show.*

- *By playing music like Stay in my Corner the song for the week to put you and your partner in the right mood.*
- *By describing how it feels while your partner is putting the condom on or while you are putting it on.*
- *Buy a little something special.*
- *Go out for dinner.*
- *Take a bubble bath.*
- *Give each other flowers.*
- *Plan an erotic evening.*
- *Try a new sexual position (using a condom, of course).*

23. Facilitators should point out Workbook exercise in section 8.6, “Rewarding yourself and your partner”.

There is a sheet of paper with three sections:

How would I like to reward myself?

How would I like to reward my partner?

How can we reward each other?

Take a few minutes to write down or think about some things you would like to have as rewards for your safer behavior. Think about what you can do to increase your sexual pleasure with your partner while using a condom -- the kinds of things that would be exciting if you added them to your sex life.

List things that you would like your partner to do for you or that you would like to do for your partner.

You do not need to share them with us if you prefer.

24. Give the couple a few minutes to write down a few statements. If they would like to read them, give them a few minutes to share; otherwise, move to the next exercise.

Activity G: Commitment to Stay Safer

Time:

10 minutes

Materials Needed:

- Stationary
- Envelope
- Pens
- Tape recorder
- Locator Forms

Procedure:

1. Start by saying,

In today's session, we have reviewed many of the skills you learned in the Eban Program.

We reviewed each skill and used them in situations where you might be tempted to stop being safe.

In Session 2, you each made a commitment to this program and to protect each other from STD infection or reinfection the best you can. Now it is time to graduate.

This is a chance to renew your promises to each other for safer sex, particularly because you both know yourselves better and can figure out the exact situations that are likely to put you at risk.

You each have a plan for how to act safe, a plan you have been working on together.

2. Facilitators give each participant stationery and an envelope, or a tape recorder if they prefer. Facilitator will mail the letters or tapes out in about a month.

We would like you to write yourself a letter. This letter is a promise to yourself to keep working on protecting yourself and your partner from HIV and STDs using what you have learned in Eban.

You could tape record this promise to yourself instead of writing it, if you feel more comfortable doing that.

In this letter or tape, you can write or talk about some of the following things:

- *Something that happened to you during the last eight weeks that was important to you, and that will help you keep each other safe.*
- *What you love about your partner and yourself.*
- *How you have changed in reaching your goals.*
- *How your relationship has changed during the course of the program.*
- *What you can do when you are faced with obstacles.*
- *Affirmations you can say to yourself to keep you committed in protecting yourself and your partner like I am committed to myself and my partner!*

This letter is a commitment or dedication to your own, your partner's and your community's future.

It is a letter from you to you and we will mail it to you in about a month.

3. After couple has completed letters or tapes, have them place them in the envelope and address it to themselves. Collect the envelopes.

When you receive this letter, you will be able to see what you pledged and see whether you have continued to keep each other safe.

This letter will remind you of how much you have to be proud of what you have accomplished, and it can help renew your commitment to protect each other.

4. Have couples fill in Locator Form

Our sessions here together are almost over, but we want to remind you that you will be meeting with other Eban project staff to answer some questions, and then you will be contacted again in 6 and 12 months!

Because your continued participation is important to us, we need to make sure we have the best contact information you can give us.

We would like you to take a few minutes to complete (or review) this form with your phone number and address.

Although you may have filled out one of these forms recently, we would like you to update the information.

Also, please give us the phones and addresses of several people who will always know where to reach you.

This way we will be sure that you know when you can come in for your next appointment.

We will not give any information out about our project other than the project name and phone number. No confidential information will ever be released.

Activity H: Closing Ceremony

Time:

15 minutes

Materials Needed:

- New Day Affirmation (in workbook, section 8-7)
- Handout #14: Certificates of Completion
- Condoms

Procedure:

1. Facilitators close with a statement of appreciation to the participants for their hard work and willingness to take risks by coming to these sessions and working together on these important issues.

Congratulations on your commitment to keep each other safe and for all the work you have done these past eight sessions.

You had the courage to come to these sessions and to take the steps necessary to insure a healthier life for yourself, your partner, your family and your community.

We have learned from you both, as well [facilitator should add personal comments here].

We'd like to close this session with an affirmation, to help us focus on what we've learned and how we want to apply it to our life. Let's close our eyes and go within.

As we go within, let us think about what we have learned and what we will do with it. (Pause)

Let us remember that this is a time of new beginnings as I share with you a

meditation entitled "A New Day." You can remind yourself of this every morning, or whenever you are faced with an important choice.

*This is the beginning of a new day.
I have been given this day to use as I will.
I can waste it, or use it for good.*

What I do today is important because I am exchanging a day of my life for it.

When tomorrow comes, this day will be gone forever, leaving in its place whatever I have traded for it.

*I pledge to myself that it shall be:
Gain, not loss; Success, not failure,
in order that I shall not regret the price that I paid for this day.*

I speak for each one of us when I say "I have a choice, to make healthy choices, to make loving choices, to make choices that benefit me and all those I encounter. I have come here and have been presented with the opportunity for changing my life. I can learn from all the lessons life has to offer, and I give thanks."

Breathe deep. Open your eyes.

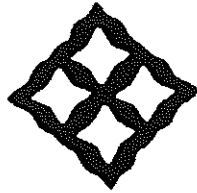
This New Day affirmation is also in your workbook in section 8-7, so you can use it any time.

Thank you for sharing this opportunity with us. It has been wonderful working with you.

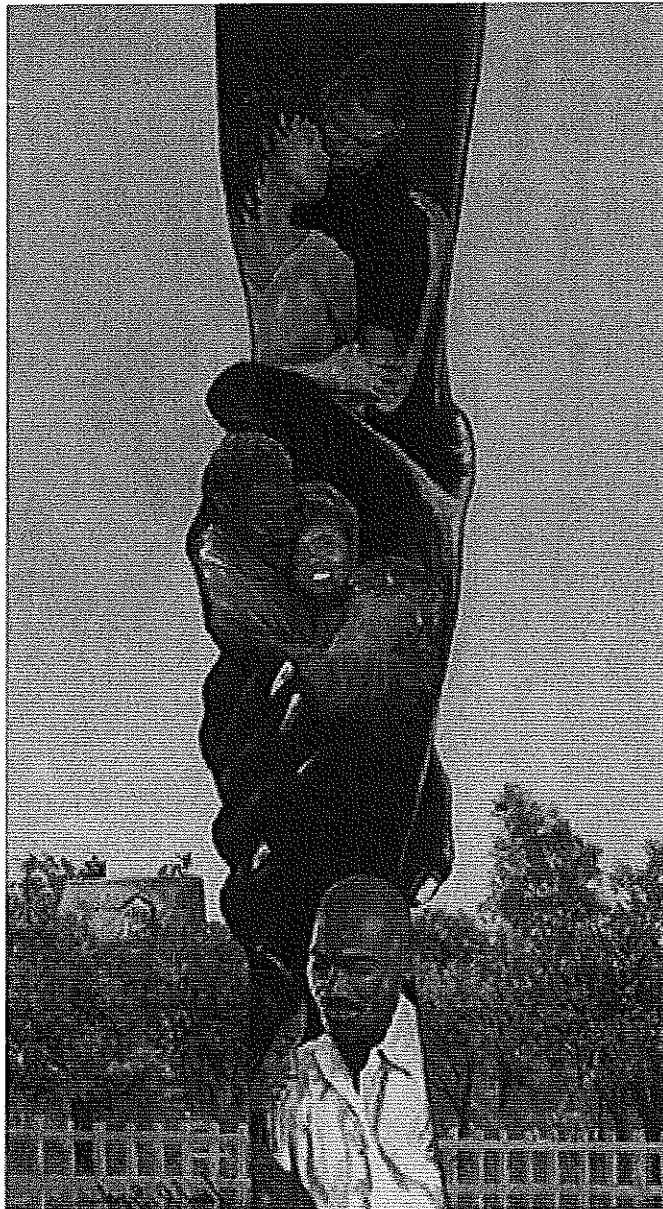
2. Facilitators pass out Handout #14: Certificates of Completion, and condoms.

Good luck in everything that you do together in the future.

Workbook: The Eban Risk Reduction Program



Workbook for the EBAN Risk Reduction Program

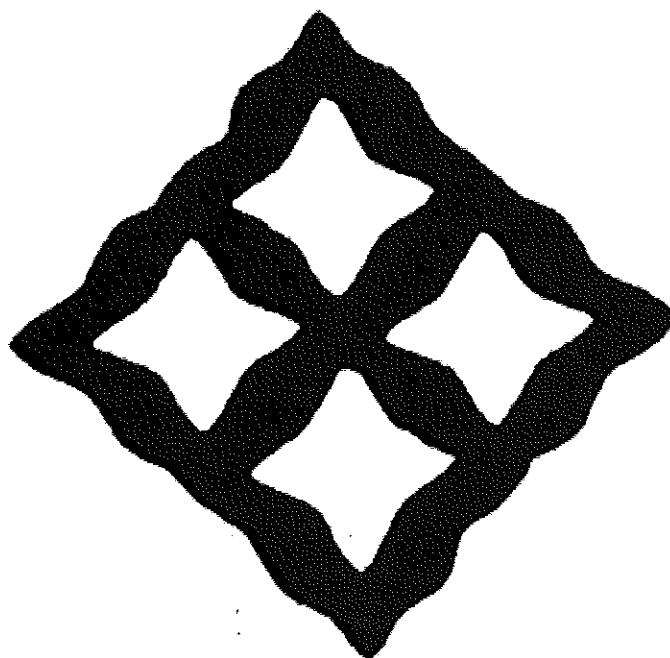


SESSION 1

1. EBAN symbol and EBAN Mission Statement (Description of Purpose of EBAN program)
2. Talking Circle
3. Logistics of EBAN program
4. 7 Nguzo Saba Principles
5. Women's Gender Pride poem
6. Song lyrics for "Video" – India Arie
7. Men's Gender Pride poem/quotes
8. Song lyrics for "Brotha", "Keep on Pushin", "Making Progress"
9. STD facts and myths
10. HIV facts and myths
11. STD table
12. Session 1 homework

The EBAN Program

“EBAN” originates from the Akan people in Ghana, West African. It means “fence”, and is a symbol for safety, protection, security and love.



The Purpose of the EBAN Program:

- To help couples build a fence of safety and security around their family, letting people and things that are safe (protectors) in and keeping those that are dangerous (risks) out.
- To help couples stay healthy and protect each other from HIV and STDs

Talking Circle

Talking Circle – a ritual created by Native Americans to help groups discuss important issues.

Ankh – a symbol from Ancient Egypt that represents the key to eternal life, unity between men and women, and our collective will to survive and thrive.

When we do “talking circle” in the EBAN program, we pass the ankh around in a circle so that we can share our experiences. You may talk only if you are holding this ankh.

What does the EBAN program consist of?

The EBAN program consists of eight 2-hour sessions which include videos, discussions, exercises, and games. \$25 is given for each session.

Session 1 – **Group**

Session 2 – **Couples**

Session 3 – **Couples**

Session 4 – **Couples**

Session 5 – **Group**

Session 6 – **Group**

Session 7 – **Group**

Session 8 – **Couples**

Post-test interview after the last session (\$25).

6-month follow-up interview (\$50)

12-month follow-up interview (\$50)

STD tests at post-intervention, 6-month, and 12-month follow-ups (\$10).

HIV test for negative partner at 12-month follow-up.

The Seven Nguzo Saba Principles guiding the EBAN Program

1. Unity- Umoja

To strive for and maintain unity in the family, community, nation and race.

“Our union is jointly committed to safer sex practices and to maintaining a healthy lifestyle”

2. Self-Determination -- Kujichagulia

To define ourselves, name ourselves, create for ourselves and speak for ourselves instead of being defined, named, created for and spoken for by others.

“We have the knowledge, power and skills to jointly determine how we will stay safe sexually”

3. Collective Work and Responsibility- Ujima

To build and maintain our community together and make our sister's and brother's problems our problems and to solve them together.

“We can get back on track and continue to practice safer sex by working together as a couple and sharing joint responsibility”

4. Cooperative Economics- Ujamaa

To build and maintain our own stores, shops and other businesses and to profit from them together.

“We can work together to support each other emotionally, socially and financially, in maintaining safer sex behavior”

5. Purpose –Nia

To make our collective vocation the building and developing our community in order to restore our people to their traditional greatness.

“Our purpose is to keep each other safe, to protect each other and to maintain safer sex practices in our loving, intimate relationship”

6. Creativity- Kuumba

To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

“ We can use our skills and creativity to find exciting ways to use condoms and other safer sex methods”

7. Faith- Imani

To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

“We have faith in our ability to practice safer sex and protect each other”

Women's Gender Pride Poem

Phenomenal Woman

Pretty woman wonder where my secret lies.
I'm not cute or built to suit a fashion model's size.

But when I start to tell them,
They think I'm telling lies.

I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips,

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.

I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see.

I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't have to shout or jump about
Or have to talk real loud.
When you see me passing
It ought to make you proud.

I say,
It's in the click of my heels,
The bend of my hair,
The palm of my hand,
The need for my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Maya Angelou

“Video” by India Arie

Verse 1

Sometimes I shave my legs and sometimes I don't
Sometimes I comb my hair and sometimes I won't
Depend of how the wind blows I might even paint my toes
It really just depends on whatever feels good in my soul

Chorus

I'm not the average girl from your video
And I ain't built like a supermodel
But I learned to love myself unconditionally,
Because I am a queen

I not the average girl from your video
My worth is not determined by the price of my clothes
No matter what I'm wearing I will always be
India.Arie

Verse 2

When I look in the mirror and the only one there is me
Every freckle on my face is where it's suppose to be
And I know my creator didn't make no mistakes on me
My feet, my thighs, my Lips, my eyes, I'm loving what I see

Chorus

Verse 3

Am I less of a lady if I don't where panty hose
My momma said a lady ain't what she wears but what she knows...
But I've drawn the conclusion, it's all an illusion
Confusion's the name of the game
A misconception, a vast deception,
Something got to change

Now don't be offended this is all my opinion
Ain't nothing that I'm saying law

This is a true confession
Of a life learned lesson
I was sent here to share with y'all
So get in when you fit in
Go on and shine
Clear your mind
Now's the time
Put your salt on the shelf
Go on and love yourself
'Cause everything's gonna be alright

Chorus

Out
Keep your fancy drink, and your expensive minks
I don't need that to have a good time
Keep your expensive cars and your caviar
All's I need is my guitar

Keep your crystal and your pistol
I'd rather have a pretty piece of crystal
Don't need your silicone, I prefer my own
What god gave me is just fine...

Chorus

Men's Gender Pride Quotes / Poems

“Defying a history of horror and a nowness of brutality, Black men glisten with strength; sparkle with wit and glow with love.”- **Maya Angelou**

“Black men are like precious minerals. They allow negative experiences and pressures to work for them and we see those results all around us . . . diamonds” – **Chante Moore**

Poems by **Haki Madhubuti** “You will recognize your brothers” and “Fathers and sons: the healing call” are from Tough notes: a healing call for creating exceptional Black men (2002).

You Will Recognize Your Brothers

You will recognize your brothers
 by the way they act and move throughout the world.
 there will be a strange force about them,
 there will be unspoken answers in them.
 this will be obvious not only to you but to many.
 the confidence they have in themselves and in
 their people will be evident in their quiet saneness.
 the way they relate to women will be
 clean, complimentary, responsible,
 with honesty and as partners.
 the way they relate to children will be
 strong and soft, full of positive direction and as example.
 the way they relate to men
 will be that of questioning our position in this world,
 will be one of planning for movement and change,
 will be one of working for their people,
 will be one of gaining and maintaining trust within the culture.
 these men at first will seem strange and unusual but
 this will not be the case for long.
 they will train others and the discipline they display
 will be a way of life for many.

they know that this is difficult
but this is the life that they have chosen
for themselves, for us, for life:
they will be the examples,
they will be the answers,
they will be the first line builders,
they will be the creators,
they will be the first to give up the weakening pleasures,
they will be the first to share love, resources and vision,
they will be the workers,
they will be the scholars,
they will be the providers,
they will be the historians,
they will be the coaches,
they will be the doctors, lawyers, farmers, clergy,
and all that is needed for development and growth.
you will recognize these brothers
and they will not betray you.

Fathers and Sons: The Healing Call

We the men of twenty-four-seven at dawn
of Nat, Garvey, DuBois, Medgar, Malcolm and King,
of swift tongues, fast hands and educated ears
must rise to the answer before dawn,
we are the quiet in the fire of unforgiven streets,
we are the hands beating the come home drums,
we are the homes surrounded in father-love, yeses and stopwatches,
we are the poetic spirit making life worth living.

this is our call,
to boys who earned their names suffering spit and fist,
scale your dreams
avoid the dust of manufactured fairy tales,
bury evil choices and mandate a working truth,
unscar your todays with a loving advocacy of tomorrow,
trust the sun, moon, grass, blooming flowers and clean water,
defeat the devil's wars, burn the torturers play pager,
write your won truths, herein lies the challenge:

how far will good go in this age of lotteries and mega churches?
how far will justice travel in the breath of polluted judges, priest, police,
lawyer and politicians?
how far will peace advance in the rhetoric of clowns?
what role will wisdom play in the desert of bogus thought?
this is our call,
sponsor our songs, fill the emptiness in their questions,
this is our theology: defeat the devil's plans
answer the s.o.s., save our sons with f.o.c., fathers on call,
we are sacred answers for the deserted hearts of boys becoming men.

"Keep On Pushing" by Curtis Mayfield

Keep on pushing

Verse 1:

I've got to keep on pushing (mmm-hmm)
I can't stop now
Move up a little higher
Some way, somehow
'Cause I've got my strength
And it don't make sense
Not to keep on pushin'

Chorus:

Hallelujah, hallelujah
Keep on pushin'

Verse 2:

Now maybe some day
I'll reach that higher goal
I know that I can make it
With just a little bit of soul
'Cause I've got my strength
And it don't make sense
Not to keep on pushin'

Verse 3:

Now look-a look (look-a look)
A-look-a yonder
What's that I see
A great big stone wall
Stands there ahead of me
But I've got my pride
And I'll move on aside

And keep on pushin'

[repeat chorus]

Keep on pushin'

"Brotha" by Angie Stone

[Verse 1]

He is my King, He is my one
Yes he's my father, Yes he's my son
I can talk to him, cuz he understands
Everything I go through and everything I am
That's my support system, I can't live without him
The best thing since sliced bread,
Is his kiss, his hugs, his lips, his touch
And I just want the whole world to know, about my..

[Chorus]

Black Brotha, I love ya, I will never - try to hurt ya
I want ya, to know that, I'm here for you - forever true
Black Brotha, strong brotha, there is no - one above ya
I want ya, to know that, I'm here for you - forever true

[Verse 2]

He's misunderstood, some say that he's up to no good around the
neighborhood
But fo' your information - alot of my brothers got education (now check it)
You got ya wallstreet brotha, ya blue collar brotha,
Your down for whatever chillin on the corner brother
A talented brotha, and to everyone of yall behind bars
You know that Angie loves ya

[Chorus - repeat once]

[Bridge]

You mean so much to me, you give me what i need,
I'm so proud of you (I said I'm so proud of you)
I love you for stayin strong, you got it goin on
I'm so proud of you (I'mmmmmmmmm)
Going through thick and thin, brothas you gonna win
I'm so proud of you (I said I'm so proud of you)
Whenever you facin doubt, brothas gon work it out

I'm so proud of you (I got my shakable faith in ya)

[Chorus - twice]

ohhhhh, ohhhh, for everyone of ya'll you know that Angie loves ya
ohhhhh, ohhhh, for everyone of ya'll you know that Angie loves ya
yeahhhhhhhh

“Making Progress” by Blackilicious

Chorus: Gift of Gab

We keep embellishin upon a new uncharted path
Expressin what we see and how we comprehend the math
So there's enough for everyone we gotta make it last
We gotta make it last.

[Gift of Gab]

As I embark on life's journey from the point where I'm at
Peace to everyone I know or who I go way back wit
Every pimp every mack, every gangsta to jack
Every hustler feedin babies, anybody pro-black
Every sister raisin kids without the help of a dad
Wantin for they children all the things that they never had
All the brothers [un]consciou business even though shit's hard
Wakin up at five A.M., holdin down three jobs
All my rasta [un]consciou [un]conscio insight from trees
To my brothers up in college [un]conscio Ph.D's
or any other degree, even if you just read
for mental health, see you're [un]conscious that your mind is free
All my people locked down, for your past mistakes
Mentally and spiritually, dwellin past the gates
You could change your ways, elevate today
To all recovered alcoholics chillin up in AA
Every black-owned business, keep doin for self
Helpin out the community and spreadin the wealth
Understand that help ain't gonna come from nowhere else
Revolutionaries makin the unjust get death wit
head on black people got to meet the task
Educate, keep learnin, gotta question, ask!
And let your light keep shinin and remember the past

By any means necessary, we'll be free at last

Chorus

[Gift of Gab]

As I embark on life's journey from the point where I'm at
Peace to everybody strivin to live right and exact
Even though anxieties try to pull you down
See your troubles as a blessin and you're homeward bound
Everybody gotta struggle, that's the way of the world
Can't develop biceps if you don't do curls
Can't achieve a a garden if you never water your crops
If you never paid your dues, then you don't get props
Couldn't eat a proper meal without cookin it first
Can't receive a paycheck if you don't do work
If it wasn't for the rain, then the trees won't grow
When the spring came around, what a sight to bestow
When you face adversities, dark clouds won't last
If you never study, how do you expect to pass?
The grasshoppers laid around while the ants did chores
When the winter came around, he was left outdoors
See the cycle keeps moving like a big machine
Evolution of the mind, soul body and being
God'll never put upon you more than you can take
Sometimes you even gotta learn from OTHER people's mistakes
So head on black people got to meet the task
Educate, keep learnin, gotta question, ask!
And let your light keep shinin and remember the past
By any means necessary, we'll be free at last

Chorus

STD Questions

STDs always have symptoms. True or False?

FALSE. Sometimes someone can have an STD and not have any symptoms at all. This means that the person might not even know they have an STD.

What are some symptoms for STDs?

Some early symptoms for most STDs include itching, soreness of genitals or anus, pain when urinating, bad smells or discharge.

How do most people become infected with STDs?

The main way people get STDs is through unprotected vaginal, anal, or oral sex.

Can STDs be transmitted from mother to child?

Yes, the mother can transmit STDs to her baby during pregnancy, birth, or breastfeeding.

How can you reduce your risk of becoming infected with an STD?

By using a condom every time you have sex.

STDs affect men more than women. True or False?

FALSE. STDs affect **women** more than men. If a woman has sex with an infected man, she is twice as likely to get an STD than a man who has sex with an infected woman. Also, women are less likely than men to have symptoms if they have an STD, so they're less likely to seek early treatment. They also suffer more consequences of STDs.

Many STDs are transmitted more easily than HIV. True or False?

TRUE. It is easy to become infected with other sexually transmitted diseases. Every 10 seconds, someone becomes infected with an STD.

HIV Questions

Can condoms can protect you from HIV?

YES. Using male condoms or female condoms correctly and consistently can help protect you from transmitting or becoming infected with HIV.

Is having sex with someone who has HIV is the only way of becoming infected with the virus?

NO. There are other ways of coming in contact with bodily fluids and becoming infected: sharing needles for infection drugs or during tatooning, sharing sex toys, breastfeeding.

Can people living with HIV become reinfected with the virus?

YES. Even people living with the HIV virus can become reinfected with a different virus which means that the current medications might not work any more.

Because of the new medications, does that mean that HIV infection is no longer a danger?

Some medications called highly active anti retroviral treatment (HAART) slow down HIV progression. However, the virus always remains in the body, so it can always be transmitted, even if you are receiving treatment and your viral load is low.

Do STDs increase the likelihood of HIV infection?

YES. STDs increase the likelihood of getting infected, re-infected, or transmitting HIV.

Do STDs have an effect on HIV progression?

YES. STDs can further weaken your immune system, and result in increased viral load and faster HIV progression.

STD	Early Warning Signs	Harm to Woman	Harm to Baby	Harm to Man
<u>Chlamydia</u>	None or very mild. Both men and women may have pain and discharge during urination. May lead to swelling of testicles in men.	PID, infertility, inflamed rectum, inflames eyes, and increased vulnerability to HIV	Newborn Baby can get eye, ear infections and pneumonia if exposed.	Inflammation of the epididymis, urethral stricture, Reiters syndrome
<u>Gonorrhea</u>	None or not noticeable. Men may have discharge from penis, and severe burning during urination.	Can cause PID if it spreads or goes undetected. Can lead to infertility and tubal (ectopic) pregnancy. Increases vulnerability to HIV, and can damage the heart.	Can be passed to newborn who will be vulnerable to the same diseases as an adult in addition to eye infections, blindness	Infections in prostate gland, seminal vesicles and epididymis may result causing pain and fever. Can lead to septic arthritis in men.
<u>Syphilis</u>	Mild symptoms in the first stage such as sores and rashes. Later sores may develop on the penis, vagina, mouth, anus, or elsewhere; low fever, sore throat.	Heart abnormalities, mental disorders, blindness, decreased function of body systems, increased vulnerability to HIV, and death.	May be passed to newborn and can cause serious mental problems, can cause still born babies. Infected children do not live long.	Heart abnormalities, mental disorders, blindness, decreased function of body systems, increased vulnerability to HIV, and death.
<u>Pelvic Inflammatory Disease</u>	None or very minor, such as lower abdominal pain and abnormal vaginal discharge.	Infertility, tubal pregnancies, chronic pelvic pain. Can be life threatening. The most serious STD for women. In-creased vulnerability to HIV.	Fatal to the fetus	
<u>Genital Herpes</u>	Itching burning sensations, pains in legs and buttocks, vaginal discharge, and abdominal pressure. Can have sores in the cervix, or in the	Can keep recurring. Cannot be cured, but kept under control. Exposure to sunlight and high stress can exacerbate symptoms. Lesions. Increased vulnerability to	Can be passed to baby. Can lead to pre-mature birth, nervous system damage, skin	Can keep reoccurring. Cannot be cured, but kept under control. Exposure to sunlight and high stress can

	man's urinary passage. Can lead to severe pain during urination.	HIV	infections, mental retardation, blindness, death.	exacerbate symptoms. Lesions. Increased vulnerability to HIV
<u>Hepatitis B</u>	No obvious signs. May include fever, headache, fatigue, and loss of appetite.	Cirrhosis of the liver. Can weaken the immune system and lead to immune disorders or chronic hepatitis. Increased vulnerability to HIV.	Can be passed to the baby during birth.	Cirrhosis of the liver. Can weaken the immune system and lead to immune disorders or chronic hepatitis. Increased vulnerability to HIV
<u>Human Papilloma Virus (HPV)</u>	No visible symptoms until small flesh-colored bumps develop	Cervical and genital cancer. Genital warts. Increased Vulnerability to HIV.	May cause life-threatening warts in the throat of the infant.	Cancer of the penis and anus.
<u>Trichomoniasis</u>	May be no symptoms, or a greenish or yellowish discharge from vagina or penis. Vaginal itching, burning during urination or intercourse. Men may have low backache & general sickness.	Premature labor	fever	

Call the National STD Hotline 1-800-227-8922 if you have ANY questions about STD

SESSION 2

1. Song Lyrics “Let’s Talk about Sex” – Salt N Peppa
2. Session 2 Quote
3. Patterns of Communication
4. Talk and Listen Technique – Handout #3
5. FENCE – Handout #4
6. Barriers to Safer Sex
7. Levels of Risk – Handout #6
8. Couple Goal Setting – Handout #7
9. Characteristics of a Good Goal
10. Scale for safer sex goals
11. Couple goal progress worksheet
12. Session 2 Activities for Home

“Let’s Talk about Sex” by Salt N Peppa

(Punch it, Hurb
 Yo, I don't think we should talk about this
 Come on, why not?
 People might misunderstand what we're tryin' to say, you know?
 No, but that's a part of life)

Come on

[CHORUS]

Let's talk about sex, baby
 Let's talk about you and me
 Let's talk about all the good things
 And the bad things that may be
 Let's talk about sex
 Let's talk about sex
 Let's talk about sex
 Let's talk about sex

Let's talk about sex for now to the people at home or in the crowd
 It keeps coming up anyhow
 Don't decoy, avoid, or make void the topic
 Cuz that ain't gonna stop it
 Now we talk about sex on the radio and video shows
 Many will know anything goes
 Let's tell it how it is, and how it could be
 How it was, and of course, how it should be
 Those who think it's dirty have a choice
 Pick up the needle, press pause, or turn the radio off
 Will that stop us, Pep? I doubt it
 All right then, come on, Spin

[CHORUS]

Hot to trot, make any man's eyes pop
She use what she got to get whatever she don't got
Fellas drool like fools, but then again they're only human
The chick was a hit because her body was boomin'
Gold, pearls, rubies, crazy diamonds
Nothin' she ever wore was ever common
Her dates heads of state, men of taste
Lawyers, doctors, no one was too great for her to get with
Or even mess with, the Prez she says was next on her list
And believe me, you, it's as good as true
There ain't a man alive that she couldn't get next to
She had it all in the bag so she should have been glad
But she was mad and sad and feelin' bad
Thinkin' about the things that she never had
No love, just sex, followed next with a check and a note
That last night was dope

Let's talk about sex, baby (sing it)
Let's talk about you and me (sing it, sing it)
Let's talk about all the good things
And the bad things that may be
Let's talk about sex (come on)
Let's talk about sex (do it)
Let's talk about sex (uh-huh)
Let's talk about sex

Ladies, all the ladies, louder now, help me out
Come on, all the ladies - let's talk about sex, all right
[repeat]

(Yo, Pep, I don't think they're gonna play this on the radio
And why not? Everybody has sex
I mean, everybody should be makin' love
Come on, how many guys you know make love?)

[CHORUS]

Quote for Session 2

“On the way to one’s beloved, there are no hills.”

(Kenyan proverb)

Patterns of Communication

Pattern #1 - Demand-Withdraw

One person is talking, the other is avoiding.

Pattern # 2 - Demand-Demand

Both partners demand to have their way. There is a lot of talking but no listening between them.

Pattern #3 - Withdraw-Withdraw

There is little talking, the couple avoids heated topics and sometimes each other.

Solutions:

1. Talk & Listen

2.

3.

HANDOUT #3: Talk and Listen Technique

There are two roles: the Talker and the Listener. The Talker is the one who is making a statement or expressing an opinion. The Listener is reflecting what he/she thinks that the other person just said.

The person who is talking should hold the ankh and pass it to the other person when it is time to change roles from Talker to Listener.

Procedures for Both Roles.

- **Alternate Roles.** You will each play both the Talker and the Listener. The Talker should say a few things and then hand the Ankh to the Listener to reflect what he/she thought the Talker said.
- **No Problem Solving.** You should focus on having a good discussion and trying to understand the other person's point of view. Do not try to prematurely come to solutions.
- **Focus on One Issue at a Time.** Some subjects are large and involve a lot of issues. Be careful not to talk about different issues during the conversation.
- **Stay on Task.** You can stop the flow of conversation if something is unclear or not going right. However, do not stop and initiate a discussion about what each other is not doing right. As soon as possible go back to the Talk and Listen Technique.
- **Use Time Out.** Choose any signal you both agree on to stop the discussion if you feel uncomfortable, you have a question about the techniques, or to help you and your partner get back on track using these rules. For example, saying a word that has a special meaning or holding up your hand in a gesture of stop.

Procedures for the Talker.

- **Be Brief.** The Talker expresses his or her feelings and concerns briefly. Saying more does not necessarily lead to better communication. Listener should summarize what was said.
- **Speak for Yourself.** The Talker should use “I” statements, talking about his/her side of the issue and his/her feelings and concerns.

“You always do X, Y, or Z,” or “I think you...” are not an “I” statement. “I” feel “X” when you do “Y” is an “I” statement.

- **Allow Listener to Summarize.** After making a point, stop and hand the anhk to your partner, and allow the Listener to summarize what has been said. If the summary was not what the Talker meant, the Talker should restate what he/she was trying to say. This is not a test. The goal is to help the Listener understand everything the Talker meant.

Procedures for the Listener.

- **Concentrate on Listening.** When couples argue, they usually are not listening to each other. While the partner is talking, he/she is usually preparing the next point. This results in two people who are talking past each other, not with each other.

The listener should be asking, “What is he/she saying?” not “What am I going to say when he/she finishes talking?”

- **Summarize Only Current Discussion.** Do not include information from previous conversations or your own thoughts.
- **Do Not Offer Your Opinion.** Let Talker finish talking. Do not offer opinion or gestures that express disagreement with the Talker. You do not have to agree with everything you hear, just listen.
- **Ask for Clarification.** If you do not understand, you can ask for examples or explanations. For example, “When you said you were upset about what I did, I was not sure what part upset you. Could you say more about that?”

Handout #4: FENCE

FENCE is the symbol that we use in the EBAN program to symbolize love and protection of each other and our community. Each letter stands for a step in the problem solving strategy.

F stands for Find Out What Is Going On.

Define the problem or issue you need to work on. Identify how you feel. Your feelings will let you know how much solving this problem means to you.

E stands for Explore Your Partner's Feelings.

Listen to your partner and try to understand what he or she is feeling about what is going on. Say something positive about your partner's feelings to indicate that you understand those feelings.

N stands for Name and Discuss Your Options.

Write down the options and consider the pros and cons of each one. Try to think of new ways to do things. While it is important to consider your partner's feelings, it is also important to consider your own needs and feelings when suggesting options.

C stands for Choose the Best Option.

You and your partner should decide what is the best option to solve the problem that you can both agree on. This may involve compromise on both sides.

E stands for Execute the Plan.

You and your partner should execute your plan for dealing with the problem.

Things that can get in the way of using condoms

1. Believing that “Condoms don’t feel good”
2. “Couldn’t find one”, or “Didn’t want to stop the action”
3. Believing “I’ll get it anyway”
4. Denial: “I can’t believe I’ll get HIV”
5. “I’m afraid how my partner might react”
6. Outside relationships
7. _____
8. _____
9. _____
10. _____

Solutions:

Handout #6: Levels of Risk

Very High Risk

- Unprotected anal or vaginal sex.

High Risk

- Vaginal sex with a diaphragm or cervical cap without male or female condom
- Vaginal or anal sex with spermicides only
- Withdrawal

Moderate Risk

- Oral sex without male or female condom or dental dam

Low Risk

- Parallel masturbation
- Mutual masturbation (with finger cuff)
- Male condoms for vaginal, anal, and female to male oral sex
- Female condoms for vaginal sex
- Dental dam for male to female oral sex

No Risk

- Abstinence
- Kissing and Fondling without exchange of fluids

No Risk and Low risk are the recommended and protected acts.

Handout #7: Couple Goal Setting

Goals	Barriers and ways to overcome these barriers	Progress
1.		
2.		

Characteristics of a Good Goal

A good goal is one where **you clearly know whether you accomplished it or not.**

For example: *“I will share with my partner what I learned in this session.”*

A good goal is one that is **well specified.**

A better goal would be *“I will talk to my partner on Tuesday night when we go out to dinner.”*

A good goal is one that is **realistic**, that is, **not too hard or too easy.**

- A goal that is doable is: *“I will go out and buy condoms and put them in a drawer next to the bed.”*

Scale for Safer Sex Goals

Please rate where you are on your goals, on a scale of 1 to 10.

1	2	3	4	5	6	7	8	9	10
you have a lot of work to do				half way there				accomplished goals	

Project Eban

Couple Goal Progress Worksheet

2-11

Date: _____

Couple Risk Reduction Goal:

a. Strategies for working on Risk Reduction Goal this week:

b. Goal progress

c. Barriers you faced:

d. Ways to overcome barriers:

Couple Relationship Improvement Goal:

a. Strategies for working on Relationship Improvement Goal this week:

b. Goal progress

c. Barriers you faced:

d. Ways to overcome barriers:

Session 2 Homework:

2-12

- A. We would like you to work on the goals you set together. Practice the Talk and Listen Technique to talk about the goals that you identified, and practice FENCE in working on your goals.
- B. We would like you to pick a convenient day and time to check in with each other, and talk about what you learned in the session, how you feel about it, and how you are doing. You could talk about some of these questions.
1. What did you get out of the last session?
 2. How do you feel about what you learned in Eban?
 3. How are you doing as a couple?
 4. What can each of you do to improve your relationship?

Session 3

1. Song Lyrics (“Love and Happiness” by Al Green)
2. Session 3 Quote “It’s better to look ahead...”
3. EBAN Café (Safer Sex Menu) – Handout # 9
4. Things you can keep in your condom-ments bowl
5. Condom tips
6. How to make oral sex safer
7. Information on sexual health and hygiene
8. Using Male Condoms
9. Using Female Condoms
10. How to make safer sex more fun (Putting on condoms in new ways) – Handout #10
11. Three steps for dealing with sexual problems
12. Session 3 Homework

“Love and Happiness” by Al Green

Love and happiness...
 something that can make you do wrong, make you do right...
 Love...

Love and happiness
 Wait a minute...
 something's going wrong
 someone's on the phone
 three o'clock in the morning
 talkin' about how she can make it right
 well,
 happiness is when you really feel good with somebody
 nothing wrong with being in one with someone
 oh, baby, love and happiness
 love and happiness...
 love and happiness...

Love and happiness
 You be good to me
 I'll be good to you
 we'll be together
 we'll see each other
 walk away with victory
 oh baby,
 love and happiness...
 love and happiness...

Make you do right... love'll make you do wrong...
 make you come home early...
 make you stay out all night long...
 the power of love...

wait a minute,
 let me tell you...
 the power of love...
 make you do right... love'll make you do wrong...
 make you want to dance...
 love and happiness...
 love and happiness...

love is... wait a minute... love is...
 NIMH Multisite HIV/STD Prevention
 Trial for African American Couples

walkin' together...
talkin' together...
say it again...
say it together...
Mmmm....

Quote for Session 3

“It’s better to look ahead and prepare than to look back and regret”

- Jackie Joyner-Kersey (b. 1962) American Olympic Heptathlete

Handout #9: Eban Café Safer Sex Menu

Before ordering, prepare a bowl of "condom-ments" (male and female condoms-open one or two, Water-based lubricants such as KY jelly, massage oils, sex toys, etc. that have been properly cleaned). 0 equals no risk. You will need condom-ments for choices with an asterisk (*).

Appetizers/Starters

Level of Risk

Foot Massage	0
Play with Partner's Hair	0
Read Partner Poetry	0
Watch sexy video with partner	0
Sing Partner a love song	0
Dance close with partner	0
Take a walk in the moonlight	0
Back massage	0
Describe "sexy" love scene to partner	0
Listen to "sexy" music with partner	0

Intermezzo/Middle Course

Give Partner a fully body massage (clothes on)	0
Partner gives you a fully body massage (clothes on)	0
Trace Partners body with finger	0
Undress Partner - slowly	0
Simultaneous massage	0
Perform "strip tease" for Partner	0

Entre/Main Course

Full body massage (no clothes)	0
Bring Partner to orgasm with hand	0
Bring self to orgasm	0
"69"* with condom or dental dam	low
Parallel/Mutual Masturbation	0
Intercourse with male condom*	low
Bring Partner to orgasm with mouth using condom or or dental dam	0
Trace Partner's body with tongue	0 to low
"Chefs Special"*	0 to ?

Dessert

Intercourse with female condom*	low
Shower with Partner	0
Tell Partner a fantasy	0
Intercourse with condom in a position you have never tried*	low

Second Helping* (anything on the menu) low

Things you can keep in your Condom-ments bowl

male condoms

female condoms

water-based lubricants (KY jelly)

spermicide

dental dams

saran wrap

sex toys

Tips for Condom Use

- 1) Only condoms made of latex or polyurethane will protect you from disease. Lambskin condoms should not be used.
- 2) Some people are allergic to latex. If either of you is allergic, you can use polyurethane condoms. Female condoms are made of polyurethane, and you can also get male condoms made of polyurethane
- 3) Prolonged exposure to heat (including body heat) can damage condoms. Condoms should be kept cool and dry.
- 4) Make sure to check the expiration date on your condoms. Throw away unused condoms once the expiration date passes.
- 5) You can press down on the condom package to check that there's a cushion of air in it, to make sure it's sealed. It's kind of like a bag of chips: air should be sealed in. If you feel some bounce when you press down on the condom packet, then it's sealed properly, but if there's no bounce, there could be a leak and you shouldn't use the condom..
- 6) Never use a male or female condom more than once.
- 7) Though condom sizes vary slightly from brand to brand, most can fit any size penis.
- 8) Only water based lubricants (such as KY jelly or astroglide) are safe to use with latex condoms. Oil-based lubricants (like vaseline, baby oil, cooking oil, and Crisco) break down latex, so they should never be used with latex condoms or dental dams.

How to make oral sex safer:

3-6

1. You can use flavored condoms for oral sex on a man.
2. You can use either **non-microwaveable** saran wrap or dental dams to make oral sex on a woman safe: Both are good for preventing transmission of HIV and STDs.

Dental dam advantages:

1. Dental dams are stretchier than saran wrap
2. Dental dams are more durable, since they're made of latex.
3. Dental dams come pre-made in different sizes.
4. They can be purchased at _____

Dental dam disadvantages:

1. You can't buy them at the pharmacy

Advantages of Saran wrap:

1. Saran wrap is thinner, so some people say there's more feeling.
2. Since saran wrap is see through, you can see more.
3. Saran wrap is cheaper and more accessible (You can get it at a grocery store or from your kitchen if you make sure it's not the microwaveable kind).
4. You can use a larger sheet of saran wrap (dental dams don't come in big sheets like saran wrap). Since saran wrap is clingy, you can even make saran wrap underwear by wrapping it around you: This allows you to keep your hands free.

Sexual Health and Hygiene

Information about douching

Douching is using a liquid like vinegar or a solution to flush out the vagina. Medical professionals advise that douching can have negative health effects:

- Frequent douching can destroy healthy bacteria in the vagina, which sometimes leads to an overgrowth of bacteria that produce vaginal infections
- Frequent douching reduces the acidity of the vagina, which can make a woman more susceptible to infections
- Frequent douching is a risk factor for pelvic inflammatory disease, which is a serious infection involving the inner reproductive organs in women. Bacteria are washed up into the uterus and can infect the fallopian tubes.
- You should never use douching to treat vaginal burning, itching, discharge or odor because these symptoms might signal that you have an STD and need medical attention.
- Douching will not protect you from HIV or other STD infection!!!
- If you feel itchy, chafe, sore or have odor, you need to see your doctor.

Most professionals advise women that it is best not to douche unless recommended by a physician or other medical specialist.

Yeast Infections:

- 1) Yeast infections are caused by stress, douching, or eating sugary, high carbohydrate foods (like donuts, sodas & ice cream) that create an imbalance in the natural bacteria in the vagina.
- 2) Tight clothing (like thongs, tight jeans, and nylons) can also increase your chances of getting a yeast infection.

Tips on Treating Yeast Infections

- 1) **There are many new over-the-counter medications you can use to treat yeast infections.** You can also take natural products like acidophilus, in a pill form, which you can get at a health food store or vitamin store.
- 2) **Eat yogurt when you have a yeast infection.** Yogurt contains the kind of healthy bacteria that can help heal yeast infections.
- 3) **Women who are HIV+ may get more severe yeast infections that won't go away.** Yogurt and acidophilus may not be enough to treat severe yeast infections. In that case you can get an over-the-counter medicine to treat the yeast infection, or you can go to your doctor and get a prescription for Diflucan or Sporonax.
- 4) **Keep the clitoris clean.** Everyday, take a wash cloth and wrap it around your finger, use soap and water, squat your legs and clean the clitoris and vulva using the cloth to wipe around the area.

Yeast infections can be passed back and forth; which is another important reason to use condoms! In other words, a man can get a yeast infection from a woman, and he can also pass a yeast infection back to his partner.

Maintaining good sexual hygiene

People can also pass bacteria to each other. For example, men who are uncircumcised may have bacteria in the folds of the foreskin (the skin around the head of the penis) if they don't clean with a washcloth around that area. This bacteria can cause irritation and can be passed to women, which can increase risks of infection. It is important to clean yourself with a washcloth around that area. Before you have sex, you can wash yourselves or each other, to prepare yourself for sex. Cleaning each other can also make getting together more fun.

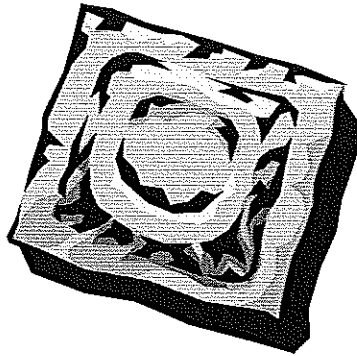
Kegel Exercises:

The vagina is a muscle that gets tighter if you work it.

Whether you are sexually active or not, women should go to the bathroom and stop their flow of urine. They have just flexed the kegel muscle.

Practice your Kegel exercises each day for example, you can tighten and release this muscle when in the car at a stop light, when you are fixing dinner or waiting to dry your hair. No one can see you doing it. Do your kegel exercises 30 times a day. Flex your muscles even if you are not having intercourse. A good part of vaginal health is to stay 'toned'—everywhere!!

Using Male Condoms



OPRaH

Four Simple Steps- Open, Pinch, Roll, and Hold!

O= Open package and remove rolled condom without twisting, biting, or using your fingernails. This could damage the condom and allow fluid to leak out.

P= Pinch the tip of the condom to squeeze the air out, leaving 1/4 to 1/2 inch extra space at the top.

R= Roll condom down on penis as soon as the penis is hard, before you start to make love.

a= and after sex is over...

H= Hold the condom at the rim or base while your partner pulls out after ejaculation but before the penis goes soft. You could lose protection if the condom comes off inside you.

Using Female Condoms

3-9

1. Open the package without tearing the condom.
2. Now, unroll the condom, and separate the two rings. The loose ring inside the pouch is called the inner ring and the ring connected to the opening of the pouch is called outside ring.
3. Rub the condom gently to evenly spread the lubricant.
4. Next, grab the inside ring with your thumb and your middle finger, and pinch the edges together (like a diaphragm).
5. Place your index finger between the thumb and middle finger to prevent the condom from slipping.
6. Now, you use your finger to guide the condom into the vagina, being careful not to twist the condom. Push the ring in until the cervix is completely covered. The ring will fall into place once it is correctly inserted.
7. The outside ring remains outside the vagina, protecting the labia, or lips outside the vagina. Insert your index finger through the inside of the condom to make sure the condom is not twisted or loose. Make sure it is completely covering the labia and that it isn't twisted.

Immediately after ejaculation:

8. Twist the end of the condom that is protecting the labia. Remove the condom by pulling, being careful not to spill its contents.
9. Dispose of the condom in a trash can.

How to make safer sex more fun (Putting on condoms in new ways)

- You can use condoms as a part of foreplay;
- You can think up a sexual fantasy using condoms;
- You can act sexy/sensual when putting condoms on;
- The woman can put it on with her hand or her mouth;
- You can hide one on your body and ask your partner to find it;
- You can tease each other sexually when putting on the condom;
- You can have fun putting condoms on, while pretending you're different people or in different situations;
- You can use extra lubrication inside the tip of the condom and outside the condom;
- You can put them on for your partner
- You can act silly when putting them on
- You can use different types of condoms (ribbed, flavored, colorful condoms)
- The male partner help insert the female condom as part of foreplay.
- You can do a strip tease for your partner and make sure that putting on the condom is part of the show.
- You can play music and light candles to put you and your partner in the "right" mood
- You can describe how it feels while your partner is putting the condom on or while you're putting it on

Your ideas for making safer sex more fun:

Three Steps for Dealing with Sexual Difficulties

1. Get a physical exam that includes an exam of your breasts and genitals.

Let your doctor know about any sexual difficulties that you are having.

Ask your doctor to take your blood for a test to see your hormonal levels. Low levels may indicate that you need hormone replacement that can increase the blood flow to the penis and the clitoris. Sexual pleasure is more likely to increase.

The doctor may also prescribe other medications or devices that can help with sexual difficulties.

2. Talk with your partner about how the two of you can improve your sex life.

If you allow more time to be sexually excited, you'll enjoy sex more

Using fantasy, sexy talk, and erotic books can help you become turned on and have more fun. Just make sure that the fantasy or talk that you share is something that both you and your partner are comfortable with.

Visit an adult store that has sex toys, and consider using a vibrator that is cleaned with soap and

water after each use. You can also get a vibrator (that's sold as a massager) in department stores.

- Some men have difficulties in getting or maintaining an erection. Sometimes wearing a condom can help men keep an erection. Stimulating with your hands can also help to get sexually excited.
 - Some men might have problems with premature ejaculation, or coming too soon. Wearing a condom can help delay ejaculation. It also helps to become aware when you're getting close. If you want to last longer stop moving when having sex to delay the orgasm. Start again after a while to keep the excitement going. It can be helpful to practice this technique while touching and stimulating yourself before you practice it with your partner.
 - Many women have problems getting lubricated. Using water-based lubricant can help if you're feeling too dry.
 - Some women have difficulties in reaching orgasm. Talking to your partner and letting him know what feels good is important. Using a vibrator can also help: You can use it by yourself, as well as with your partner. Also, practicing your Kegels regularly can help you to have stronger more pleasurable orgasms.
3. If both partners are tired, stressed and have outbreaks of sexually transmitted diseases, agree to have sex that does not involve vaginal, oral or anal penetration, even with condoms or dental dams. You might try holding each other, mutual massage, watching sexually erotic videos or reading erotic books.

Session #3 Homework: Date Night

Here are some considerations in planning your date night.

Timing: Pick a time that is convenient for you both, when you will not be tired, and you will have privacy.

When? _____

Setting: Pick the place and be sure that the temperature and lighting are good. You might consider some special lighting from candles and burning some incense.

Where? _____

Ordering from the Eban Café Menu: Negotiate what each of you would like to order from the menu. Be sure to look at your “Levels of Risk” scale from Session 2, and choose activities that are low risk or no risk.

What? _____

Readiness: Be interested and interesting, physically healthy, and willing to try to have sex.

Comfort: Do what you want to do sexually and support your partner’s efforts to tell you how he/she feels and what he/she wants.

SESSION 4

1. Song Lyrics (“Let’s Stay Together” – Al Green)
2. Session 4 Quotes –McGee-Smith and Lord
3. Dates for under \$20
4. Identifying and FENCEing Triggers
5. Worksheet on your Triggers for Risky Behavior – Handout #12
6. Things that affect joint problem-solving
7. Dealing with a History of Negative Sexual Experiences
8. Top 6 Issues couples report about sex
9. Session 4 Homework: Connection Coupons

"Let's Stay Together"
Al Green

I, I'm so in love with you
Whatever you want to do
Is all right with me
'Cause you make me feel so brand new
And I want to spend my life with you

They say since, baby, since we've been together
Loving you forever
Is what I need
Let me be the one you come running to
I'll never be untrue

Let's, let's stay together
Lovin' you whether, whether
Times are good or bad, happy or sad
Whether times are good or bad, happy or sad

Why, why some people break up
Then turn around and make up
I just can't see
You'd never do that to me (would you, baby)
Staying around you is all I see
(Here's what I want us to do)

Let's, we oughta stay together
Loving you whether, whether
Times are good or bad, happy or sad

Quotes for Session 4

“I am learning, doing, and growing with courage to create a new state of being.”

Debra McGee Smith, 2002

“When I dare to be powerful – to use my strength in the service of my vision, then it becomes less and less important that I am afraid”

Audre Lord

Handout #11: Dates for Under \$20

Have a cookout

Give each other massages

Breakfast in bed

Renting movies

Taking a walk on the beach

[site specific - being prepared]

Identifying and FENCEing triggers

Triggers -- things that lead us to behave in a certain way, like having unsafe sex.

Process of identifying triggers.

- a. We must know when we're doing risky behavior.
- b. We must think back and ask ourselves what TRIGGERED or led me to do this risky behavior? Try to figure out the most important trigger, the thing that would have made the biggest difference if it changed.
- c. We must try to keep track of these triggers for the "next time".

FENCE your Triggers

1. **Find the problem:** Identify what is the triggers you're dealing with.
2. **Explore your partner's feelings and set goal:** What is your goal in this situation if you want to remain safe.
3. **Name and discuss options:** What are some steps you can take.
4. **Choose the best option to achieve your goal**
5. **Execute Plan and evaluate outcome**

Handout #12: Worksheet on Your Triggers for Risky Behavior

Aspects of your relationship, places, moods and feelings, drugs and alcohol can lead to risky behaviors.

Types of Triggers	Your Specific Triggers	How you plan to handle triggers and stay safe
People (for example, how your partner influences your behavior)		
Places and things (where you are and what is going on around you -- for example, the place where you met)		
Moods and Feelings (for example, guilt, loneliness)		
Drugs and Alcohol		

Things that Affect Joint Problem-Solving

Gender

Power

Past relationships

Family

One of you has HIV

Who is the best/worst communicator

Who is the most/least dominant

Past history

Abuse history

Drug or alcohol use

Stigma / Fears of rejection

Others...

Dealing with a History of Negative Sexual Experiences

- **Name it:**

Take time to identify what happened to you.

- **Claim it:**

Accept that past abuse was not supposed to happen. People are more likely to protect themselves when they realize that they do not deserve to be hurt.

- **Feel it:**

Feelings of sadness, fear, shame, anger, and rage are common. Discussing your feelings about abuse can help to avoid depression, self-blame and using sex or drugs to avoid painful memories.

- **Frame it:**

You can think about these past experiences, but try not to let it take over your life or your thoughts. We cannot change what happened in the past, but we can take control of our bodies now. Use condoms and talk to your partner about your feelings. Everyone deserves to be respected and protected from harm.

You can also find additional information in the resources list.

Top 6 Issues Couples Report about Sex

4-8

from a Woman's Perspective:

- *He makes sexual demands: He is too aggressive sexually; pushes me to have sex without regard to my feelings.*
- *He is emotionally closed: He keeps his feelings hidden and does not let himself be vulnerable.*
- *He doesn't touch me in a way that feels pleasurable: He doesn't know the ways to caress me or touch me during foreplay so that I become aroused enough to really enjoy sex.*
- *He doesn't touch me long enough: He does not spend enough time during foreplay touching, caressing and kissing before intercourse.*
- *He almost never initiates using condoms: I am always the one to suggest using a condom, which sometimes makes him frustrated with me and ruins the mood.*
- *He is not aware of his risk for STDs or how he may put me at risk: He doesn't really know about sexually transmitted diseases and what the symptoms are.*

from a Man's Perspective:

- *She rejects me sexually: When I want sex, she often says no to sex or is unresponsive.*
- *She is often moody: Her moods are unpredictable and I don't know how to act.*
- *She gets jealous: She feels jealous at times and accuses me of being interested in other women.*
- *She doesn't use birth control: She just stops using birth control and sometimes tries to get pregnant without discussing it.*
- *She is critical of me: She tells me all the things that I do wrong or makes me feel worthless.*
- *She does not appreciate me: She finds fault with me and does not show appreciation for my efforts or the things that I try to do.*

[from: Masters, W.H., Johnson, V.E. & Kolodny, R.C. (1992). Human Sexuality. New York: Harper Collins Publishers, Inc.; and Eban Project focus groups]

Strategies for Working on Couple Goals this Week

SESSION 5

1. Song Lyrics “Lean on Me” by Bill Withers
2. What is the EBAN village
3. Ethnic Pride Poem “Still I Rise” – Maya Angelou
4. FENCEing Racism and Negative Judgments about People Living with HIV
5. Disclosing to Children
6. Disclosure Scenarios
7. EBAN Unity Circle
8. Homework #5: Assessing and Building your Social Support Network

"Lean on Me" by Bill Withers

*Sometimes in our lives, we all have pain, we all have sorrow.
But if we are wise, we know that there's always tomorrow.
Lean on me, when you're not strong and I'll be your friend.
I'll help you carry on, for it won't be long 'til I'm gonna need somebody to lean on.*

*Please swallow your pride, if have things you need to borrow.
For no one can fill those needs that you won't let show.
You just call on me brother when you need a hand.
We all need somebody to lean on.
I just might have a problem that you'll understand.
We all need somebody to lean on.
Lean on me when you't not strong, and I'll be your friend.
I'll help you carry on, for it won't be long 'til I'm gonna' need
somebody to lean on.*

*You just call on me brother if you need a friend.
We all need somebody to lean on.
I just might have a problem that you'll understand.
We all need somebody to lean on.
If there is a load you have to bear that you can't carry.
I'm right up the road, I'll share your load if you just call me.
Call me (if you need a friend)
Call me*

(REPEAT AND FADE)

What is the EBAN Village



The EBAN village is:

- a place where we unite in our effort to protect ourselves, our partners, and our communities from STDs and HIV
- a place where we support one another to use condoms and other safer sex methods
- a place of protection, where everything you say is kept within this group and you can feel comfortable knowing that we respect each other and we are concerned about each other's well being.
- a place of diversity. Just like any village, this one includes people of different ages (maybe even different generations), and people with diverse experiences and views.

What else does the EBAN Village mean to you?

Still I Rise

*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 back yard.*

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.

Maya Angelou

FENCEing Racism and Negative Judgments about People Living with HIV

Cassandra and Milton have been married for 7 years and in a committed relationship for 10. Milton became HIV+ through sharing needles. Cassandra, a full time home health attendant, is HIV -. Neither Cassandra nor Milton has private health insurance. Milton receives care at the neighborhood hospital clinic. Cassandra always goes with him to the clinic for his appointments. While sitting in the clinic waiting room, they overhear a clinic nurse saying “. . . its surprising that they’re not all sick. Those blacks are always in here begging for condoms. They need to just stop having sex.” Milton and Cassandra feel angry, ashamed, and embarrassed. On their next visit they don’t pick up condoms and they begin to have sex without condoms more frequently. They make their appointments only sporadically, and begin to forget their appointments.

F - Find out what’s going on, and how you’re feeling about it.

E – Explore your partner’s feelings about it, how your partner reacted.

Understanding your own and your partner’s feelings and reactions can help you evaluate the situation.

N - Name and discuss your options, know your needs.

C - Choose the best option.

DISCLOSING TO CHILDREN

One of the things that parents often worry about is whether, how, and when to disclose their HIV to their children.

- *Many parents worry about whether their kids are old enough to understand, whether they're ready to hear it. Some parents tell their kids that they have an illness, but don't say it's HIV until they're old enough. When you do tell, it's important to explain HIV to your kids, let them ask questions, and clear up any wrong information they might have.*
- *Many worry that telling the kids will make them more anxious or that the kids will act out. But even if kids don't know what's going on, they often sense that something is wrong. That can make them more anxious and confused than if they knew.*
- *Some parents worry about the kids telling others and the negative judgments that might result. One way to handle this is to let your kids know who it's safe to share it with and who it isn't. Decide whether your kids are mature enough to understand and respect that.*
- *If you decide to tell your kids, it's important to make sure they have someone to talk to about it so they don't have to keep it inside. Let them know you're there anytime they want to talk. And give them options, safe people they can talk to about their worries who already know and who can be supportive, like family, close friends, therapists or doctors.*
- *Some parents say that telling their kids about their HIV brought them closer to their kids. Some also say that it took away the stress and burden of having to always hide it from their child.*

Disclosure Scenarios

Disclosure in an isolated situation, fear of being judged.

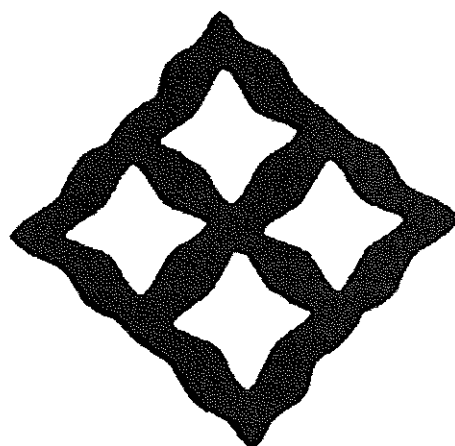
Derrick and Chante have been together for a year. Chante is HIV+. They love each other, but feel isolated from some of their friends and family because of HIV. Some of Chante's family knows her HIV status, and are supportive of her. Derrick has told no one. He knows his mother is very religious and conservative and has strong feelings about sex outside of marriage. His aunts are gossips. His father has said negative things about people with HIV when watching TV.

Disclosing HIV to Supportive Family.

Yolanda and Daniel have been married 5 years. Daniel is HIV positive and has known since before the couple met. Early in their relationship, he told Yoanda that he was HIV+. However, he did not have any symptoms and did not think Yolanda was at risk. Now she is pregnant. Yolanda is very close to her family, and would like to have the social support they have always given to her. She wants to tell her family that she is pregnant, but also that her husband is HIV positive. She needs support right now. What should she do?

EBAN Unity (Umoja) Circle

This is the Eban circle, it represents 360 degrees of African unity, strength and solidarity. We are only as strong as our weakest link. There is protection and comfort within the circle. There is also protection from the outside because I can look over your shoulder and you can look over mine. We stand together for each person, each couple, our families and the community.



Social Support

Please take a moment to think about and write down the names of individuals who give you social support. You can use initials or nicknames.

Then, put a green sticker by the names of people who give you a strong sense of social support, a yellow sticker next to those who are somewhat supportive, and a red sticker next to people who provide little support.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

You can pick one person from your list and decide how you can strengthen your bond with that person and contact him or her. Or, if you prefer, you can call someone from the Eban group so that you can give each other social support.

Decide whether you will call them, write a letter, send an email, or get together in person.

Select a day and specific time to do this.

Contact by Phone,
Letter, email, in person

Day and Time

II. Couple Goal.

Decide how you are going to work on your couple goals this week. Indicate if you gave your partner a Connection Coupon.

SESSION 6

1. Song Lyrics “Sexual Healing” by Marvin Gaye
2. Interconnectedness Quotes for Session 6
3. Self-talk skill and statements
4. The Wellness Community Instantaneous Relaxation Exercise
5. Homework #6: Practice planning ahead for safer sex

Sexual Healing

Written by: Marvin Gaye/David Ritz/Odell Brown

Performed by: Marvin Gaye

Ooh, now let's get down tonight
 Baby I'm hot just like an oven
 I need some lovin'
 And baby, I can't hold it much longer
 It's getting stronger and stronger
 And when I get that feeling
 I want Sexual Healing
 Sexual Healing, oh baby
 Makes me feel so fine
 Helps to relieve my mind
 Sexual Healing baby, is good for me
 Sexual Healing is something that's good for me
 Whenever blue tear drops are falling
 And my emotional stability is leaving me
 There is something I can do
 I can get on the telephone and call you up baby, and
 Honey I know you'll be there to relieve me
 The love you give to me will free me
 If you don't know the things you're dealing
 I can tell you, darling, that it's Sexual Healing
 Get up, Get up, Get up, Get up, let's make love tonight
 Wake up, Wake up, Wake up, Wake up, 'cos you do it right
 Baby I got sick this morning
 A sea was storming inside of me
 Baby I think I'm capsizing
 The waves are rising and rising
 And when I get that feeling
 I want Sexual Healing
 Sexual Healing is good for me
 Makes me feel so fine, it's such a rush
 Helps to relieve the mind, and it's good for us
 Sexual Healing, baby, is good for me
 Sexual Healing is something that's good for me
 And it's good for me and it's good to me
 My baby ohhh
 Come take control, just grab a hold
 Of my body and mind soon we'll be making it

Honey, oh we're feeling fine
You're my medicine open up and let me in
Darling, you're so great
I can't wait for you to operate
I can't wait for you to operate
When I get this feeling, I need Sexual Healing

Quotes for Session 6

“God created us so that we should form the human family, existing together because we were made for one another. We are not made for an exclusive self-sufficiency but for interdependence...”

Desmond Tutu (p. 57)

McKnight, R., (Ed). (1996). *Wisdom of the African World*. Novato, CA: New World Library.

“A woman who stands behind her man will not be able to see where *she* is going! But when one person stands alongside another, there is an increased strength and $1 + 1 = 11$.”

Johnetta B. Cole (p. 273)

Dinwiddie-Boyd, E. (1996). *In our own words: A treasury of quotations from the African-American community*. New York, NY: Avon Books.

Self-Talk

Self-Talk: identifying the “voice in your head and having it say positive supportive statements instead of self-defeating ones.

Examples:

- I am committed to protect myself and my partner.
- I want my partner and I to be safe and use condoms.
- I love my partner and I want to protect him and myself

Other positive self-talk statements you can say to yourself and your partner:

**THE WELLNESS COMMUNITY
INSTANTANEOUS RELAXATION EXERCISE**

6-4

HAROLD R BENJAMIN, PH.D. 1994© -- FOUNDER AND PRESIDENT

THIS IS AN EXERCISE YOU CAN USE WHENEVER YOU FEEL STRESS. *READ THESE INSTRUCTIONS TO YOURSELF ALOUD SOFTLY, SLOWLY AND SOOTHINGLY.* AFTER EACH INSTRUCTION, CLOSE YOUR EYES AND CARRY OUT EACH INSTRUCTION FOR AT LEAST 10 OR 15 SECONDS OR LONGER. SOON YOU WILL KNOW THEM AND WILL NOT HAVE TO READ THEM.

IT WOULD BE GOOD FOR ME TO RELAX NOW. SO, FOR THIS NEXT MINUTE OR TWO, I WILL SIT BACK AND BE AS COMFORTABLE AS I CAN AND READ THIS SHORT PARAGRAPH ALOUD, AND I KNOW THAT WHATEVER I DO WILL BE PERFECT, AND THAT, AT THE END, I WILL BE CALM AND RELAXED.

- THE FIRST THING I WILL DO IS TAKE THREE SLOW, DEEP BREATHS THROUGH MY NOSE - EXHALING COMPLETELY THROUGH MY MOUTH AFTER EACH BREATH.
- NOW I WILL PUT ALL MY ATTENTION ON MY SHOULDERS AND NECK AND LET THEM RELAX AND LET THEM SAG TOWARD THE GROUND.
- NOW I'LL RELAX THE MUSCLES OF MY FACE AND MY JAWS AND LET MY MOUTH FALL SLIGHTLY OPEN.
- NOW I WILL TAKE THREE MORE SLOW, DEEP, SATISFYING BREATHS AND NOTICE HOW WONDERFUL MY LUNGS FEEL AS THEY EXPAND AND CONTRACT .
- NOW I WILL CLINCH MY RIGHT FIST AS HARD AS I CAN -- WHILE INHALING DEEPLY.
- NOW I'LL RELAX THAT HAND AND EXHALE COMPLETELY, AND I FEEL ALL MY STRESS RUNNING OUT OF THAT HAND.
- NOW I WILL CLENCH MY LEFT FIST AS HARD AS I CAN -- WHILE TAKING A SLOW, DEEP BREATH.
- NOW, I'LL RELAX THAT HAND AND EXHALE COMPLETELY, AND I FEEL ANY STRESS I STILL HAVE RUNNING OUT OF THAT HAND.
- NOW I WILL PLACE ALL MY ATTENTION ON THAT PART OF MY BODY THAT IS NOT AS HEALTHY AS I WANT IT TO BE, AND I WILL ASK ALL OF MY ENDORPHINS* TO SURROUND THAT PART OF MY BODY AND DO THEIR WONDERFUL WORK THERE.
- NOW I WILL CLOSE MY EYES AND COUNT SLOWLY TO 20, MAKING SURE THAT MY FACE IS RELAXED AS COMPLETELY AS POSSIBLE.
- THEN I WILL OPEN MY EYES AND GO ABOUT MY USUAL ROUTINE, KNOWING THAT I CAN TAKE THIS TYPE OF REST ANY TIME I WANT TO.

*ENDORPHINS ARE PAIN-KILLING CHEMICALS THAT OCCUR NATURALLY IN THE BRAIN.

2716 Ocean Park Blvd., Suite 1040 .Santa Monica, CA. (310) 314-2555

Homework #6: Practice Planning Ahead for Safer Sex

Activity. We would like you to practice the skills you learned in Eban to work on your triggers to unsafe sex. You can come up with a plan to practice safer sex, using Eban skills such as Talk and Listen, FENCE, using male and female condoms, positive self-talk, and other strategies.

Write down the strategies you used, and your experiences with using them.

Strategies you used to work on triggers so that you can practice safer sex:

Your Experience.

Activity. Continue to check in with each other each week to talk about how you are doing and to continue sharing the Couple Connection Coupons to share love and respect for each other. When you check in with each other, use the Talk and Listen Technique to discuss what you felt about this session, especially the experience of discussing the reality of HIV.

Your Experience.

How does this experience affect your feelings about protecting each other?

SESSION 7

1. Song Lyrics “Let’s Get It On” by Marvin Gaye
2. Positive Thinking Quotes for Session 7
3. Reframing – Definition and examples of Reasons/Responses
4. Remembering your Purpose (Nia) quotes
5. Safety and Protection Messages
6. Homework #7: Building your village

LET'S GET IT ON
Sung by Marvin Gaye

*I've been really trying baby
Trying to hold back this feeling for so long
And if you feel like I feel
Come on*

*Let's get it on
Let's get it on
Let's love baby
Let's get it on
Let's get it on*

*We're all sensitive people
With so much to give
Understanding Sugar
As long as we got to be here
Let's live*

*There's nothing wrong with me
Loving you, baby.. now
And giving yourself to me
Can never be wrong
If your love is true*

*Don't you know how sweet and wonderful life can be
I'm just asking you, baby
To get it on with me*

*Oh I ain't gonna worry
I ain't gonna push*

I won't push you baby

Come on, come on, come on, come on, come on baby

Stop beating around the bush

Let's get it on

Let's get it on

You know what I'm talking about

Come on baby

hey, let the love come out

If you believe in love

Let's get it on

Let's get it on baby

Let's get it on

Come on, come on, come on, come on, come on darlin

Stop beating around the bush

Gonna get it on

I want to get it on

You don't have to worry that it's wrong

If the spirit moves ya

Let me grove ya

Let your love come down

Oh.... get it on... come on

Session 7 Quotes

If you think you can,
you can.
And if you think you can't,
you're right.

—Mary Kay Ash

Think Positive

If you think that you are beaten, you are.
If you think you dare not, you don't
Success begins with your own will...
It's all in your state of Mind.
Life's battles are not always won
By those who are stronger or faster:
Sooner or later the person who wins
Is the person who thinks they can.

Reframing

Reframing involves changing your partner's objection to safer sex, to focus on the positive goals in the situation. If your partner gives a negative reason for not wanting to use condoms, you can change it into a good reason to use one.

Examples:

Reason: Condoms can ruin the mood for sex.

Response: Only if we let it. With a little imagination, condoms can actually enhance sexual feeling. Also, when we use condoms I feel safer, so I can really "let go" and enjoy myself.

Reason: Planning takes the magic out of sex

Response: Wait and see what I've been planning. With your help we can create our own special magic.

Reason: Let's do it just this once without a condom.

Response: Once is all it takes. I really care about you and about our future, so let's keep protecting each other.

Reason: Why should we change now? We didn't use condoms before.

Response: Having sex without condoms may have felt good. But we didn't know

what we know now. To protect our future, let's protect each other.

Reason: If you loved me, you wouldn't ask me to use condoms.

Response: It's because I love you. I want to spend many, many years with you and we can only do that if we try to be safer.

Reason: Condoms don't feel as good as the real thing, they aren't natural.

Response: Today's thin latex and polyurethane condoms feel natural. Putting a drop of lubricant inside the tip of the condom can make it feel even better. Condoms can make erections last longer, which can mean more pleasure for both of us.

Reason: I don't have a condom with me.

Response: If we're creative, I bet we can satisfy each other without having intercourse. How about... What else would you like to do?

Reason: If you want me to use a condom it must mean that you have somebody else outside our relationship.

Response: No, I just want us to be safer.

“Remembering your Purpose (Nia)” quotes

Remembering your purpose or Nia can help you commit to the changes you need to make in your life. There are many messages that you can use to remember your purpose and commitment to safer sex. Here are some examples of quotes you can use to remind yourself of your purpose.

“I believe that what I think about myself, how I care for and protect my body, frees me to love myself as God loves me, to gain the respect I deserve and help others do the same.”

-- Gail Wyatt, Ph.D.

“One must stretch beyond self for greatness”

-- Ralph Wiley

“Knowledge is not power, it is only potential power that becomes real through use.”

-- Dorothy Riley

“Not to know is bad. Not to want to know is worse. Not to hope is unthinkable. Not to care is unforgivable”

--Nigerian Proverb

Safety & Protection Messages

Safer sex is the ultimate demonstration of love.

Condoms show Care.

AIDS challenges our families and communities.

Safer sex can be sexy, fun and bring you both much closer.

We can protect others and ourselves.

FENCE IT! For yourself, for your partner, for your future!

We can do a little at a time; do the best that we can do.

**We can just live our lives, using what we learned in this program
to protect each other.**

We can be an example to others by showing our care and commitment.

Other Messages:

Homework #7: Building Your Village

1. Please use the Safety and Protection Cards with each other.

Make a *Couple Connection* with your partner to discuss the messages on the Safety and Protection Cards. Develop three more messages and write them on the blank cards.

Discuss with your partner which message is the most important to you in remembering to be safe.

If you feel comfortable, talk with your family and friends what you have been doing in the Eban Program in order to build a village of safety and protection for yourself.

2. Please think about any questions or concerns you may have about the sessions or about safer sex, write them down, and bring them with you to the next session.
3. Please continue working on your two couple goals. Write down your goal progress in the "Goal Progress Worksheet", and bring it with you to the next session.

SESSION 8

1. Song Lyrics “Stay in My Corner” by the Dells
2. Moving forward quotes for Session 8
3. Goal scale from 1 to 10
4. Maintaining Safer Sex Practices (Dealing with Slips)
5. Self-talk statements for 3 principles
6. Rewarding yourself and your partner worksheet
7. “A New Day” Affirmation

“Stay In My Corner” by the Dells

If you stay-ay-ay darling (stay in my corner)

You make me so proud, stay darling

Please stay in my corner

To the world I'd cry my love

How I love you

Honey I love you, I really love you

Please, please, please stay darling

And I will never never let you down

Just say you'll stay

Stay in my corner

Cause I'll need you always around

To tell me you love me

Honey love me, so darling stay

There'll be times when I may fail

I'll need your love to comfort me

But if these may prevail

But just a kiss from you

Will make things sweet

MMM stay, ohhhhh stay

One more time baby

But just a kiss from you

Will make things sweet

Honey I love you, I love you

I love you

Quotes for Session 8

**“You should concentrate on the heights which you are determined to reach,
not look back into the depths to which you once fell. “**

-Martin Luther King

Dinwiddie-Boyd, E. (1996). *In our own words: A treasury of quotations from the African-American community*. New York, NY: Avon Books.

“Ain’t nothin’ to it, but to do it.”

-Anonymous

McKnight, R., (Ed). (1996). *Wisdom of the African World*. Novato, CA:
New World Library.

Visual Scale for Safer Sex Goal

Please rate where you are on your goals, on a scale of 1 to 10.

1	2	3	4	5	6	7	8	9	10
you have a lot of work to do				half way there				accomplished goals	

Maintaining Safer Sex Practices

A slip is when you do something that you should not do, like decide to use condoms and then have unprotected sex.

Two situations that can tempt you to have unsafe sex and put you in danger of a slip:

- 1.
- 2.

Ways to prevent and deal with slips:

- FENCE
- Talk and Listen
- Self Talk
- Rewards for continuing safer sex

Self-talk statements for 3 Nguzo Saba:

1. Unity (Umoja):

“ We are united in our commitment to safer sex practices and maintaining a healthy lifestyle.”

2. Self-Determination (Kujichagulia):

“We have the knowledge, power and skills to determine how we will stay safe sexually.”

5. Purpose (Nia):

“Our purpose is to protect each other and to maintain safer sex practices in our loving, intimate relationship.”

New Day Affirmation

This is the beginning of a new day.
I have been given this day to use as I will.
I can waste it, or use it for good.

**What I do today is important because
I am exchanging a day of my life for it.**

When tomorrow comes, this day will be gone forever,
leaving in its place whatever I have traded for it.

I pledge to myself that it shall be:
Gain, not loss; Success, not failure,
in order that I shall not regret the price that I paid for this day.