**BPBR Module 4: Attitudes and Beliefs about HIV, AIDS and Safer Sex Script**

Pre-session Prep:

During the 2nd activity, Calling Koko, participants will be put into break out rooms and given a scenario to discuss with their peers. Please make sure that you are familiar with how to utilize the break out room function. Also, youth will need to have access to the scenarios. You can either email it to them prior to the session or post the document in the chat box, although not all zoom accounts have this capability.

Another option is to pre-assign the participants to a group, show each scenario on one of the slides at the end of the Powerpoint and have 1-2 people from each group take a picture or screenshot of their scenario on their phone or computer.

A third option (for smaller groups or if time is limited) is to review all of the scenarios as a large group (by either reading the slides aloud or playing the audio clip imbedded in the slides), have them offer responses for each scenario, then give them the suggested responses (from pages 82-87 in the curriculum or by playing the audio responses imbedded in the slides).

**Slide 1:** Greet the participants by saying, “Hi everyone! Welcome to the 4th module of the series called, ‘Attitudes and Beliefs about HIV, AIDS and Safer Sex’. Let’s get into our first activity.”

**Slide 2:** Activity 4A -The Hard Way / Living with the Stigma of HIV

Introduce the activity by saying: “Sexually active young people are at risk for HIV infection. For this activity, we will watch a short video, entitled "Living with the Stigma of HIV". In this video, you will hear from a handful of people diagnosed with HIV telling their stories and explaining what they wish people knew about HIV, AIDS, and testing. Let’s watch the video and then discuss our thoughts.”

**Slide 3:** Play the embedded video. If it does not play, the link is on hyperlink is on the previous slide.

**Slide 4:** Video Processing

Facilitate a video debrief discussion by asking the following questions, one at a time.

1. What is stigma? What do you think it feels like to be stigmatized?
2. What stood out to you about the stories that were shared?
3. How did this challenge or change your perception of people living with HIV?
4. What did you learn about HIV testing? Why is it important to get tested?
5. What could you do to help reduce the stigma of living with HIV?

**Slide 5:** Wrap up the discussion by reviewing the following key points:

Say, “Here are a few things that we hope you learned from watching and discussing this video”:

1. It is important to get tested for HIV if there is any chance that you could have been exposed to the virus. Knowing your status is the first step to protecting yourself and your partner(s).
2. HIV can be a manageable illness if it is detected early and treated with appropriate medication.
3. Negative perceptions about people living with HIV are extremely hurtful and often unfounded.
4. You can protect yourself against STDs, like HIV, by choosing abstinence or by practicing saver sex, like using condoms correctly and consistently every time.

**Slide 6:** Introduce the activity by saying: “Based on what you have learned so far, you will now have the chance to give advice to other teens who have questions or concerns about HIV, AIDS, and/or safer sex. For this activity, you will be taking on the role of Koko, a HIV Information Hotline responder and an expert on all things related to HIV, condoms, and safer sex. As you respond to the callers below, try and give them the same level of attention and detail you would give a close friend or family member. They are counting on you!”

**Slide 7:** Paste in the chat the provided document of all the Calling Koko scenarios. If you are not able to paste a document into the chat box, you can follow one of the other suggestions in the pre-session prep box.

Explain the activity by reviewing the following directions:

* Look in the chat box for the file I just shared with you and open it. These are our 6 hotline callers.
* In a minute, I will split you into 6 groups. But first, let me explain what I would like you to do.
* Your break out room number is the caller number you will be responding to. For example, if you are in break out room number 3, you will only be responding to caller number 3 – Anxious Alex.
* In your group you will discuss, decide on, and then jot down on a piece of scrap paper the advice you would give to your specific caller. I will give you around 5 minutes to do this.
* After we come back to the main room, we will listen to the caller’s concern and then I will ask for a volunteer from each group to share their advice.

**Slides 8-19**: For each slide/caller you will do the following:

* Listen to the caller
* Ask for a volunteer from group 1 to share advice
* Ask if any other group has anything to add
* Using the suggested responses, discuss any points that the participants do not come up with themselves (the audio clips are on slides 9, 11, 13, 15, 17 & 19 as well as on page 22-23 of this script).

**Slide 20**

* Wrap up the activity by saying: “Awesome job! This activity allowed you to be the experts. You got to problem solve and show off what you have learned so far. It also gave you a chance to help others make proud and responsible decisions. Thank you!”

**Slides 21-26**: Typed up versions of the scenarios in case you wish to read them aloud instead of listen to the audio clips.

**Calling Koko Scenarios**

**Scenario #1 (No-Chance Charlie)**

I’ve heard that young people are at risk for HIV and the number of HIV cases among young people is growing. What’s the surest way I can protect myself?

**Scenario #2 (Monogamous Monique)**

Because of all the publicity about HIV, I’ve become very afraid of getting infected. My partner and I have only had sex with each other and we don’t use drugs. Do we have to worry about HIV?

**Scenario #3 (Anxious Alex)**

Five months ago, I had sex with someone for the first time. We didn’t use condoms. I didn’t really enjoy it, and he never even called me again. Now I have a new boyfriend and he wants me to have sex, too. Is it possible that I might have been exposed to HIV when I did it before? Now, I’m anxious that I might be infected with HIV. What do I tell my boyfriend? What should I do?

**Scenario #4 (Careful Carlos)**

I am 16 years old, and my girlfriend and I have never had vaginal sex. We do other things, though, including oral sex. Before, we just wanted to make sure that she didn’t get pregnant. We had never really thought about infections like HIV. But, now I hear that teens my age are getting sexually transmitted diseases. Is oral sex safe? How do we protect ourselves from STDs?

**Scenario #5 (Distraught Dana)**

I recently found out that a friend of mine is HIV positive and that she’s had the virus for years. She’s smart, fun to be around and has only had sex with two guys her whole life. Now I’m afraid to be with anyone because if someone like her can get HIV, how can I know who’s safe and who isn’t? If she has HIV, then anyone could get it! I’m scared to date! What should I do?

**Scenario #6 (Regretful Rihanna)**

I’m a senior this year and plan to go to college, but I did something the other night that was really stupid. I had a couple of beers and then somebody handed me a joint. Everyone else was smoking, too. It was powerful stuff! I had never used drugs before. The next thing I knew I was in the bedroom with this basketball player I kind of had a thing for. We ended up having sex, and I don’t even know if we used protection, because I was so high that I forgot to ask. I heard he does this type of thing a lot. Now he barely even speaks to me. I’m afraid that I could have gotten pregnant or infected with an STI like HIV. What should I do?

**Calling Koko Suggested Responses**

**Caller #1: No Chance Charlie**

Every time you engage in a behavior that involves an exchange of body fluids you take a chance of getting HIV. The surest way NOT to get HIV is to not have sex – this includes vaginal, oral, or anal sex – and not to share needles or works. If you do decide to have sex, use a latex barrier such as a condom or a dental dam (a flat, square piece of latex) every time you engage in a sexual behavior that involves an exchange of body fluids. Protecting yourself and your partner is the proud and responsible thing to do.

**Caller #2: Monogamous Monique**

If you and your partner have never had vaginal, oral, or anal sex with anyone else, and never used injection drugs or shared needles of any kind, the chances are that neither of you has HIV. However, even in a trusting relationship, you should practice safer sex to prevent future possibility of infection. Using condoms reduces your risk of getting an STD, including HIV. Talk it over with your partner, and use a latex (or polyurethane/polyisoprene) condom if you have vaginal, oral, or anal sex.

**Caller #3: Anxious Alex**

Yes, it is possible that you could have been exposed to HIV. There is no way of knowing for sure without being tested. The most common type of HIV test looks for HIV antibodies, which may take up to 6 months to show up on the test. You should get tested soon, and then again 6 months later. If both of those tests are negative, then you can feel safe that you did not get infected with HIV from having unprotected sex that time. If you are HIV positive, seek medical help right away and alert all the sexual partners you've had who might have been exposed.

It also sounds like you wish you had made a different choice 5 months ago. It's OK if you want to choose not to have sex right now. Abstinence is the surest way to protect yourself from HIV and other STDs. If you do decide to have sex, be proud and responsible, and talk to your boyfriend about condoms. Tell him it is important that you use condoms if you have sex. Let him know that you're really afraid of getting HIV, and what would happen if either of you got infected. If he cares about the relationship, he will understand that being abstinent or using condoms if the right thing to do.

**Caller #4: Careful Carlos**

All STDs, including HIV, can be transmitted during oral sex, whether it's performed on someone with a penis or someone with a vagina. Anyone who performs oral sex on someone with a penis should have them wear a nonlubricated latex condom every time. When performing oral sex on someone with a vagina, you can protect yourself and your partner by placing a dental dam or latex barrier, such as a nonlubricated condom cut to make a square, over the vulva (the entire outer region of the vagina, including the clitoris and the vaginal opening.) In addition, if you choose to have vaginal or anal sexing the future, be sure to wear a latex condom.

**Caller #5: Distraught Dana**

You are right to feel cautious about having sex. You can't look at people and tell whether or not they have an STD. Take time to get to know a person as a friend before you decide to have sex. You can always decide to wait to have sex. If you decide to have sex, your best combination strategy is safer sex and time. Take the time to really get to know your potential partner. Then, use a latex (or polyurethane/polyisoprene) condom correctly and consistently every time if you decide to have vaginal, oral, or anal sex.

**Caller #6: Regretful Rihanna**

You sound like a smart person who made a serious mistake. Alcohol and drugs can lower your inhibitions and cause you to make unhealthy choices, especially when it comes to sex. Peer pressure doesn't help either. It's never a good idea, under any circumstances, to have sex with someone you don't know very well. In the future, stay away from alcohol (at least until you are of legal age) and other drugs.

Go right away to your local reproductive health clinic and get emergency contraception (EC) to prevent a possible pregnancy. They can also test you for STDs. Make sure you go to the clinic right away. You have up to 5 days after unprotected sex to use EC, but the sooner, the better. If you may have been exposed to HIV, immediately contact a doctor about post-exposure prophylaxis (PEP). These medications may be able to prevent the virus from infecting the body if taken immediately after exposure (within 72 hours).

Build a trusting and respectful relationship with someone before you have sex again. Always use condoms to prevent STDs and birth control to prevent pregnancy. And stay away from people like that basketball player. They aren't worth it.

BPBR Module 4, Activity B: Calling Koko

**Educator / Instructor Cheat Sheet**

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| Scenario | Main Points for Answers to Cover |
| Caller 1 | * The surest protection is abstinence (not have sex of any kind).
* If you choose to have sex, using a latex condom each and every time can protect against STDs, including HIV.
* Don’t share needles for any reason (drug use, tattoos, piercings).
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| Caller 2 | * Commitment in a relationship (monogamy) is not always an effective form of protection.
* Safer sex will reduce your risk of contracting HIV and others STDs, so talk to your partner about condoms.
* Use a latex condom each and every time you have sex, if you choose to have sex of any kind (vaginal, anal, or oral).
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| Caller 3 | * Get tested for HIV as soon as possible, and again in 6 months.
* If the test comes back positive, seek medical attention immediately.
* Open and honest communication is this new relationship is important.
* Avoid future risk of infection by using a latex condom each and every time you have sex, if you choose to have sex of any kind (vaginal, anal, or oral).
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| Caller 4 | * Oral sex can transmit STDs, including HIV.
* Practicing safer sex (like using latex condom and/or dental dams) can protect you against pregnancy, HIV, and other STDs.
* The surest protection is abstinence.
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| Caller 5 | * You can’t tell if a person has HIV or another STD just by looking at them.
* It’s not who someone is (smart, fun to be around) but what they do that puts them at risk for HIV/STDs.
* Look for a relationship, not a sexual partner.
* Use a latex condom each and every time you have sex, if you choose to have sex of any kind (vaginal, anal, or oral).
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| Caller 6 | * People cannot give consent when they are drunk or high – what happened to you is not your fault.
* Get tested for pregnancy and STDs, including HIV.
* Try to resist peer pressure to drink alcohol or do drugs in the future.
* In the future, use a latex condom each and every time you have sex, if you choose to have sex of any kind (vaginal, anal, or oral).
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