**Making Proud Choices**

**Module 8**

**Enhancing Refusal and Negotiation Skills**

**Activity A**

*Slide 2*

Talking about condom sue can be difficult. However, it is very important that you talk with your partner about condoms and safer sex. Having an open, honest discussion can help avoid misunderstandings.

We are going to work on a strategy for getting your partner to agree to use condoms, without blaming, arguing or getting into a fight.

Earlier we reviewed the SWAT technique for negotiating safer sex and “S” part of the SWAT technique: Say “NO”.

Now let us review the other steps of SWAT: “W”, which is Explain Why, “A”, which is Provide Alternatives, and “T”, which is Talk It Out.

*Slide 3*

Let us start talking with “Explain Why”- Give clear reasons to support your choice, which is the “W” part of the SWAT technique. These slide shows examples of explanations you might offer for why you are saying no to unsafe sex.

We will go around the group and I would like each of you read aloud an example of an explanation that you can offer to a partner. When saying the statement, say it like you really mean it.

*Slide 4*

Let’s move on to “Provide Alternatives,- Suggest something else, which is the “A” part of the SWAT technique. This slide gives examples of alternative action you might provide instead of having sex. Once again, we will go around the group, and I would like each of you to provide an example of an alternative action statement. When you say the statement, say it like you really mean it.

*Slide 5*

Now let’s work on the last part of SWAT: Talk It Out- Discuss your feelings, which is the “T”. These are examples of how you might discuss your feelings about practicing safer sex. We will go around the group and I would like each of you to read aloud an example of a talk it out statement.

*Slide 6*

Now we are going to see 2 short videos. Watch what happens, take note of how the characters handle the situation, the things they say and how they say them.

*Slides 7-8*

Are you ready to have sex?: <https://www.youtube.com/watch?v=LV5IoN-Hds0&feature=youtu.be>

Ask: What factors into a person's decision about when and with whom to have sex?

What are some of the factors people might consider when deciding when and with whom to have sex?

How to talk about Safer sex: <https://www.youtube.com/watch?v=GTFixZ2Ic9Q&feature=youtu.be&list=PL3xP1jlf1jgLGmP1Dl6w_XoQ0pYs7ad_->

Ask: How did the couples in the video negotiate safer sex?

What strategies could you use to negotiate safer sex?

How might someone react if their partner asked them to use condoms? Dental dams? Internal condoms? Lube?

How could and when would you start the conversation about using condoms with a partner? Other safer sex methods like dental dams or lube?

It sounds like you are ready for the roleplays we will be doing shortly.

**Activity B**

*Slide 9*

Shortly we are going to roleplay some situations to practice using these techniques in pressure situations. Try to incorporate everything you have learned so far. Be creative in your approach.

\*Ask participants to define roleplaying.\*

Roleplaying is a technique that can help you learn what it feels like to be someone else or to practice how to handle a situation that is new, difficult or in some way stressful.

You should do your best to feel, sound and behave like the person you are roleplaying. You are trying to behave in a way that will help you and everyone else learn.

*Slide 10-24*

Read your role carefully and think about how that person would really behave.

Do your best to stay in character through the whole roleplay.

Don’t let comments and laughter distract you.

Really try to feel and act like the person you are playing.

Try things that you might not try ordinarily

Use SWAT

*For the rest of the slides, assign each participant a partner and have them choose a roleplay. Once partners and roleplays have been decided break the youth into breakout rooms and give them five minutes to practice the roleplay.*

*Once they return from the breakout rooms have each group read the scenarios they will be acting out. Then have each group share what they came up with in their breakout sessions and process each roleplay with the questions on the slide after each scenario.*

*After roleplays have ended summarize the activity with the following statement:*

You have learned a lot in this program. Your roleplays show that you have picked up quite a few skills also. I hope that you remember and use your knowledge and skills whenever the need arises.

Sexual identification and orientation do not matter when negotiating safe sex practices. All couples have to communicate and negotiate. All couples who have decided to have sex must take steps to avoid negative consequences, regardless of their sexual orientation. In a healthy relationship and when you really care about your partner, it’s usually easier to talk about safer sex. It’s important to choose relationships where both parties care about each other’s goals, health an d values.

**Activity C**

*Slide 25*

*Brainstorm suggestions that would make talking to a partner about using condoms easier.*

*Slide 26*

*Brainstorm ways to avoid pregnancy, STIs and HIV.*

*Slide 27- Slide 28*

There is no doubt that using condoms and other protection is a good idea because they make sex safer. It is important to choose latex or polyurethane condoms and use them correctly.

You may have to overcome your partners’ reluctance. But, if you choose to have vaginal, anal or oral sex; using a condom or dental dam, is the first and most important step.

*Have participants brainstorm suggestions that would make talking to a partner about using condoms easier.*

Think about what you want to say ahead of time. Sort out your own feelings about using condoms and other protection before you talk with your partner.

Choose a time to talk before anything sexual happens.

Decide how you want to start the conversation. You might say, “I need to talk with you about something that is important to both of us”, “I’ve been hearing a lot lately about safer sex. Have you tried condoms?” or “I feel kind of embarrassed, but I care too much about you not to talk about this”.

The best time to discuss protection is before the first kiss, and certainly before any touching below the waist.

Once you both agree to use condoms, do something positive and fun. Go to the store together. Buy lots of different brands and colors. Plan a special day when you can experiment. Just talking about how you’ll use all of those condoms can be a turn-on.

*Slide 28-Slide 29*

We’ve covered a lot of information in the program. However, I want you to remember 5 very important things:

1. Unplanned pregnancy, HIV and other STDs are consequences of unprotected sex that can sometimes make it harder to reach your future goals and can also harm your health.
2. Whatever you’ve had to overcome in life, you can use that strength to make proud and responsible choices to avoid these consequences.
3. Even if you’ve had sex in the past, you can choose to abstain from sexual intercourse at this point in your life.
4. If you’re going to have sex, that choice comes with the responsibility to use protection- condoms and dental dams to prevent pregnancy.
5. Strive to have healthy relationships. Choose to be with someone who cares about your goals and your health. Talk about using protection at a calm time and don’t wait until just before during sex.

**Activity D**

*Slide 30*

*Ask each participant to share how something learned in the group will help in achieving goals and dreams for the future.*

Thank the participants for their attendance and let them know how much enjoyed working with them.

“Those were good responses. I am very proud of each and every one of you. Thank you for being part of this program. Now you can teach your friends and family what you’ve learned here.

I have faith that you’re going to make the proud and responsible choice to always practice safer sex whenever you decide to have intercourse with someone.

Remember, practicing safer sex is the proud and responsible choice to make and will help you achieve your dreams.