



## Activity One

### GETTING WHAT YOU WANT WITHOUT GETTING ANGRY

Now we will practice speaking in a polite, assertive way. Remember, when you are being assertive you are not being hostile and aggressive. Instead you are speaking more like a politician or lawyer who does not wish to bark demands.

The following table has an aggressive comment on one side. See if you can change it to an assertive statement. Hint: Sometimes it is better to make your assertive statement in the form of a question.

Aggressive Statment	Assertive Statement
"I don't want to sleep with you!"	"It would be much smarter to wait until we are married, don't you think?"
"If you want to marry me you have to get tested!"	"I think it makes sense to get tested before we get married."
"You had better start treating me with respect!"	
"Why don't you just leave me alone!"	
"Who do you think you are to talk to me like that?"	
"I want you to get tested now!"	



## Activity Two

### TALKING TO MENTORS, MOMS AND DADS

1. What do you talk about with your parents, mentors or guardians?

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2. Write one thing you would like to say to your parents, mentors or guardians that you have never said before?

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3. Write one thing you would like to hear from your parents, mentors or guardians that you have never heard?

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4. Imagine you learn that you are HIV positive. How would you tell your parents, mentors or guardians?

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Discuss your responses with your mentors, parents or guardians.



## Activity Three

### COMMUNICATING WITHOUT SAYING A WORD!

1. Complete the table below:

NON-VERBAL COMMUNICATION	VERBAL MEANING
WINK	"I AM INTERESTED IN YOU"
HUG	"I AM HAPPY TO SEE YOU"
PINCH	
	"I DON'T KNOW YOU"

2. Find a friend and see how good an actor you are!

You must pretend to be one of the people written below but YOU CANNOT SPEAK!!! See if your friend can guess who you are:

A NURSE
A POLICEMAN
A SOLDIER
A PILOT
A TEACHER



## Activity Four

### THINK ABOUT WHAT YOU WANT TO COMMUNICATE

1. Many people communicate things about themselves without knowing it. It is time to think about what you want to say!

If you want to show everyone that you are a hard-working man / woman without saying a word, how would you do it?

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2. If you are a girl and want to show a boy that you are not interested in him without saying a word, how would you do it?

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3. What advice would you give someone who wants to talk to his/her parents about sex but does not want to become embarrassed?

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### Key Principles of Effective Communication

Negotiate as an equal partner

Always have a bottom line

Honesty and consistency count in communication

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Session Four:



**Understanding Sexuality**

Understanding your sexuality can be a scary thing because you are beginning to see yourself for who you are, inside and out. Perhaps you are afraid of what you might find!

While it is a deeply personal journey, remember that society plays a role in how you perceive your sexuality and how you respond to what you discover about yourself. So how do you go about it? Here are some tips:

- Don't suppress feelings—control them! You may be walking down the street, pass a man or woman bathing, and feel something stir in you that perhaps you had never felt before. It does no good to suppress these feelings and pray it never happens again. It is best to understand that you are responding to a member of the opposite sex, but it is not a wild emotion. You will find that it is perfectly controllable and with time your reaction to similar situations will be tempered (toned down).
- Don't listen to what everyone tells you! You are a unique individual. It may be that most men or women in your area find a certain type of man or woman attractive. Don't think there is something wrong with you if you don't agree! Some men or women may say that in a certain situation, they would not be able to help themselves; they would have to have sex. Yet, when you find yourself in that situation, you don't feel the same urge. Don't think there is something wrong with you; in fact, there is something very right with you!!
- Abstinence doesn't mean numbness (lack of feeling)! When someone says that they are abstaining, it does not mean that they are no longer attracted to the opposite sex. It means they have learned to control their urges. Imagine if you were eating dinner with your family and you wanted another serving. However, you realized that your brother had not arrived and decided to save the food for him. It is not that you didn't want it but you controlled that urge for a higher purpose (to share).



## Activity One

### TALKING ABOUT PUBERTY

1. Who helped you understand the changes in your body during puberty?

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2. How would you help a younger sibling or friend who is unhappy with her size or height?

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3. Who, if anyone, did you talk to about sex?

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4. Can you explain the maturities required before having sex?

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Possible Maturities Required for Sex	
<b>Physical</b>	No sex before 20 years of age
<b>Social</b>	Acceptance by society (ex. marriage)
<b>Psychological</b>	No longer embarrassed or stressed by people knowing that you are having sex or are pregnant
<b>Financial</b>	When you are capable of taking care of the financial needs that result from pregnancy and other child bearing responsibilities





## Activity Two

### Rachel's Story (The Sex Circle)

1. How was Rachel's life changed because of sex?

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2. What advice would you give Rachel?

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3. How can sex affect negatively your life? Complete the following table:

Physically	Psychologically	Emotionally	Socially
HIV/AIDS	Low self-esteem	Heartbroken	Depression

4. How can sex within marriage positively affect your life? Complete the following table:

Physically	Psychologically	Emotionally	Socially
Pregnancy	Sense of well-being	Joy and happiness	Focus on family



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## Session Five:



## Sex and Gender Roles

“Gender equality is more than a goal in itself. It is a precondition for meeting the challenge of reducing poverty, promoting sustainable development and building good governance.”

**Koffi Annan**

## **What do we mean by gender roles and what would happen if we changed them?**

When we talk about gender roles, we are describing the roles (behaviour, lifestyle, etc.) that society expects as a result of our sex.

The question to ask is whether changing these gender roles, by making them more equitable (fair), would drastically alter our culture. Is altering our culture (in that way) such a bad thing?

When are the differences between men and women related to sex, and when are they about gender?

The general rule of thumb is that if the difference is 100% biological, it is about sex. Everything else is about gender.

## **How is this related to HIV/AIDS?**

Women and girls live in a male dominated society. This means that (a) their ability to refuse sex is minimal and (b) their access to treatment is limited by their earnings.

Quite often, girls are married at a young age (in many cases it's for the money) and usually to men much older than themselves. The practice of early marriage may expose girls to an increased risk of HIV infection, especially if their husbands are older and have had more sexual exposure.

They may also continue to have extramarital affairs, because in some male circles it is a sign of masculinity and sexual potency (strength).



## Activity One

### SEX AND GENDER

1. What is the definition of sex?

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2. What is the definition of gender?

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3. What is the difference between sex and gender?

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4. Is there a relationship between HIV/AIDS and gender? What do you think it is?

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5. Is there anything wrong with a man staying at home, cooking and cleaning, while his wife works outside from the home? Why or why not?

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6. Are there some jobs that women cannot do? Why?

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7. Are the leaders in your community men, women or both?

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8. Would you vote for a woman to be president of Uganda? Why or why not?

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## Activity Two

### WHO DOES WHAT AND WHEN?

Below, list the activities of a typical man and woman during a single day.

Man	Woman	Time
Wakes up	Wakes Up	5:00am

Discuss this list with friends! Ask them to do one and see where you differ!



# Activity Three

## LOVE VS. INFATUATION

Look at the definitions below:

**True Love:** Devotion based on commitment and unselfish concern for one another. It freely accepts another in loyalty and seeks his/her good. True love is love that does not push you into premarital sex.

**Infatuation:** Attraction to the opposite sex that centers around sex.

## Personal Challenge

Can you describe situations that fall under the category of love or infatuation? Show them to your facilitator at your next session. Here is one example.

Love	Infatuation
She or he is willing to wait until marriage to have sex.	She or he is threatening to break-up with you unless you have sex.



## Activity Four

### SOMETHING-FOR-SOMETHING LOVE

1. Looking at “Harriet’s Story”, do you feel sorry for JD? Why or why not?

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2. Why do you think people exchange gifts for sex?

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3. What advice would you give someone who was considering having sex in exchange for a very expensive gift?

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4. How does Something-for-Something Love expose one to HIV/AIDS?

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Session Six:

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## Sexually Transmitted Infections

“Females age 16 and under have immature cells of the cervix. These immature cervical cells are much more likely to be infected with HPV than the cervical cells of older women. And when a female age 16 and under is infected with HPV, the virus tends to cause more damage to the immature cervical cells.”

**Nancy Merrill**

## **STIs and Young People**

- STIs increase greatly one's risk of HIV infection.
- The safest way to prevent STIs is to abstain from sex.
- The majority of STIs can be treated if detected early.
- Each year STIs affect 1 in every 20 adolescents worldwide. STIs can be divided into 2 groups-- those that can be cured and those that cannot.
- Trichomoniasis is the most common curable STI in young, sexually active women. An estimated 7.4 million new cases occur each year in women and men.

### **Can STIs affect a pregnant woman and her baby?**

Yes. STIs can cause cervical and other cancers, chronic hepatitis, pelvic inflammatory disease, infertility, and other complications. Many STDs in women are silent; that is, without signs or symptoms.

### **How can I protect myself from STIs?**

Abstain! Abstain until marriage and then remain faithful to your partner.



## Activity One

### UNDERSTANDING THE BASICS

1. What are sexually transmitted infections (STIs)?

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2. What are some common symptoms of STIs?

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3. How are STIs spread?

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4. What should you do if you or someone you know may be infected?

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5. What is the safest way to prevent STIs?

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## Activity Two

### TRUE OR FALSE

Fill in the chart below. If the statement is true, tick the true box ☒. If the statement is false, tick the false box ☒.

TRUE OR FALSE		
Statement	True	False
HIV is a disease that kills.	<input type="checkbox"/>	<input type="checkbox"/>
HIV is a virus.	<input type="checkbox"/>	<input type="checkbox"/>
HIV stands for Human Immunodeficiency Virus.	<input type="checkbox"/>	<input type="checkbox"/>
HIV is the same as AIDS.	<input type="checkbox"/>	<input type="checkbox"/>
AIDS stands for Acquired Immunodeficiency Disease.	<input type="checkbox"/>	<input type="checkbox"/>
You can be infected with HIV by hugging an infected person.	<input type="checkbox"/>	<input type="checkbox"/>
You can be infected with HIV by having sexual intercourse with an infected person.	<input type="checkbox"/>	<input type="checkbox"/>
You can be infected with HIV by eating at the same table with an infected person.	<input type="checkbox"/>	<input type="checkbox"/>
You can be infected with HIV by sleeping in the same room with an infected person.	<input type="checkbox"/>	<input type="checkbox"/>
You can be infected with HIV by holding hands with an infected person.	<input type="checkbox"/>	<input type="checkbox"/>

Statement	True	False
You can be infected with HIV by sitting next to an infected person in a taxi or bus.		
You can be infected with HIV by sharing food with an infected person.		
You can be infected with HIV by coughing or sneezing in the same room.		
You can be infected with HIV by swimming in the same river with an infected person.		
You can be infected with HIV by sharing a razor with an infected person.		
HIV/AIDS can be transmitted by mosquitoes and bed bugs.		
HIV/AIDS can be transmitted sharing un-sterilized needles with an infected person.		
If you wash your private parts with soda immediately after having sex with an infected person, you cannot get HIV.		
If you withdraw before you ejaculate, you cannot infect each other with HIV.		
Contraceptives like pills, Injectaplan and spermicides can protect you from HIV.		
If you have sex in a swimming pool with an infected person you cannot get infected because the water washes away the virus.		
Abstinence is the best way to prevent HIV/AIDS.		



## Activity Three

### THE USUAL SUSPECTS

Complete the tables below:

Herpes	
Caused by Herpes Simplex Virus	
Symptoms:	

Syphilis	
Caused by Treponema pallidum	
Symptoms:	

Chancroid	
Caused by Hemophilus ducreyi	
Symptoms:	