

- Alcohol impairs the victim's ability to recognize a potentially dangerous situation. When drinking, one may not notice someone's persistent attempts to take them to an isolated location or to pressure them to consume more alcohol. Intoxication also makes it much more difficult to successfully resist a sexual assault.
- Individuals who are drunk when they are assaulted often feel responsible for the assault. Please know that the victim is never to blame for an assault. The person who committed the assault is fully responsible.

### **Alcohol and Risk Reduction:**

- If you choose to drink, know your limits and stick to them.
- Avoid parties where "getting finished" is the only reason for going.
- Go out with trusted friends, and return home with trusted friends. Do not leave friends behind.
- Adopt a "sober buddy" system – designate one person who will remain sober and watch out for friends.
- Do not allow friends to wander off with someone they do not know well.
- If someone has blacked out, do not leave them alone.

### **Protecting Yourself and Others**

- Do not accept drinks from people you do not know.
- Do not drink beverages that you did not open yourself.
- Do not share or exchange drinks with anyone.
- Do not take a drink from a punch bowl or a container that is being passed around.
- If possible, if you choose to drink, bring your own drinks to parties.
- If someone offers you a drink from the bar at a club or party, accompany the person to the bar to order your drink, watch the drink being poured, and carry the drink yourself.
- Do not leave your drink unattended while talking, dancing, using the restroom, or making a phone call.
- If you realize your drink was left unattended, discard it.
- Do not drink anything that has an unusual taste or appearance (e.g., salty taste, excessive foam, unexplained residue).

- Do not mix drugs and alcohol.
- Be aware of your surroundings. Keep track of your drinks, and look out for your friends.
- Appoint a friend who will not drink and who will regularly check up on the others in your group. Leave parties with people you know, not alone or with someone you do not know and trust.
- If someone seems very drunk after a single beverage, is exhibiting behaviour that appears unusual for the circumstance, is having trouble breathing, or passes out and can not be awakened, realize that the person may be in danger. Get medical attention immediately.



## Activity One

### THE MEDIA

1. Explain the last time you noticed abstinence positively portrayed in the newspapers or on radio or television?

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2. How are women usually portrayed in movies and in radio / television shows? How do you think they should be portrayed?

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3. Do you think watching movies which show sexual scenes can make it harder to abstain?

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4. Why do drugs and alcohol make it harder to abstain?

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5. Have you seen any movies that helped to educate you about HIV/AIDS? If so, what were they about?

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### **PERSONAL CHALLENGE**

Identify movies that can educate the youth on abstinence and HIV/AIDS. Write a letter to leaders in your community asking them to show movies that inform youth about these topics.



## Activity Two

### WHY ARE YOU DANCING?

#### PERSONAL CHALLENGE

Think of your four favorite songs. On a piece of paper, write the lyrics (words) of the songs. Answer the following questions for each song:

	YES	NO
Does the song promote premarital sex?		
Are the words based primarily on feelings?		
Are courage, self-control and good judgment promoted?		
Are healthy behaviours promoted: Abstinence from alcohol, drugs and sex? Living and eating right? Exercising?		
Could the song's message/lyrics lead to harmful consequences?		
Do the words promote a promising future for teens?		
Do the words confuse 'love' with infatuation or sex?		
If you were a parent, would you want your children to listen to these songs?		

Use the above as a checklist for all the music you listen and dance to. Ask yourself if it is really worth dancing to?



## Activity Three

### BOOZING YOU INTO BED

1. If you are drunk, will you make smart choices? Why or why not?

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2. If you needed help making a decision, would you ask someone who was drunk or someone who was sober? Why?

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3. Would you trust a drunk person with a secret? Why or why not?

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4. Is there a connection between alcohol and HIV/AIDS? If so, what is the connection?

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5. If you woke up and realized that someone had sex with you while you were drunk, would you feel violated (abused)? Why or why not?

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6. Would you ever take advantage of someone who was drunk?

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7. How would you feel if someone took advantage of you while you were drunk?

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Session Eleven:

11



**Violence vs. Respect**



“Violence is the last refuge of the incompetent. “

**Isaac Asimov**

Myths keep us from understanding that sexual assault is connected to our accepted social values of masculinity, femininity, and sexuality—that assault is common in everyday interactions.

**Myth:** Only certain types of women are sexually assaulted. It could never happen to me.

**Fact:** Both men and women can be sexually assaulted. It is not dependent on race, class, or gender.

**Myth:** Sexual assault is the result of sexual arousal or sex deprivation.

**Fact:** Sexual assault occurs as an attempt to exert control and confirm power.

**Myth:** Sexual assault is most often committed by strangers at night in dark alleys.

**Fact:** Most assaults are committed by someone the person knows and occur at any time of the day or night. Sexual assault occurs most frequently in a familiar place, such as the home.

**Myth:** People who commit sexual assault are crazy.

**Fact:** People who commit sexual assault may be considered to be an everyday, ordinary person.

**Myth:** Sexual assault committed by an acquaintance (friend or relative) is not as serious as assault committed by a stranger.

**Fact:** Acquaintance (friend or relative) sexual assault is as serious as sexual assault by a stranger.

**Myth:** Sexual assault is provoked by flirting and style of dress.

**Fact:** Sexual assault occurs because of power and control issues. Dress and behaviour are not the cause.

**Myth:** Men can never be raped or sexually assaulted.

**Fact:** Men can be and are sexually assaulted.

**Myth:** Women don't rape or commit sexual assault.

**Fact:** Women can be sexual aggressors. They can rape.

**Myth:** The only way to really commit sexual assault is by using a weapon.

**Fact:** A weapon is not necessary for a sexual assault to occur. Many factors, including physical violence, body weight, psychological pressure, and the use of drugs or alcohol are all ways in which sexual assault can occur without the use of a weapon.

**Myth:** If a person isn't a virgin, they can't be raped.

**Fact:** A person's sexual history has nothing to do with a case of rape. A person could even have had sex with the attacker at an earlier time and can still be raped by them.

**Myth:** People who don't actually physically fight back have not been sexually assaulted.

**Fact:** A person may not fight back for any number of reasons. Not fighting back does not equal consent.

**Myth:** When a man becomes sexually aroused, the only answer is to have sex.

**Fact:** Just because a man has an erection doesn't mean that he has to have sex. There are no physical consequences if a man doesn't have sex when he is aroused.

**Myth:** When someone says "no", s/he really means "maybe".

**Fact:** When someone says "no" s/he means "no". Never assume that "no" means anything else. If there is any doubt, ask the partner.

**Myth:** If someone has passed out because of excessive alcohol, it is okay to engage in sexual activity with that person.

**Fact:** If someone is unconscious, s/he is unable to give you consent and therefore it would be sexual assault.

**Myth:** If the aggressor is drunk at the time of the assault, then s/he cannot be accused of sexual assault.

**Fact:** The aggressor is responsible for his or her actions no matter how intoxicated. Being drunk is not an excuse to force sexual activity on someone against his or her will.



## Activity One

### TYPES OF VIOLENCE

1. There are four types of violence. Can you list more examples by completing the chart below:

Physical	Emotional	Sexual	Economic
Beating	Silence	Marital Rape	Withholding Money
	Coercion		Extravagant spending on extra-marital affairs
Burning			
	Shouting		
			Separate Bank Accounts
Slapping		Use of Objects	



## Activity Two

### RESPECT

1. Do you respect yourself? Why or why not?

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2. What traits do you respect about yourself?

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3. Who else do you respect? Why do you respect them?

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4. Is it easy to respect someone who does not respect you? Why or why not?

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5. Should men respect women? Why or why not?

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6. Should women respect men? Why or why not?

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7. If you hurt someone (physically, emotionally, sexually or economically), can you honestly say your actions show respect for them?

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8. Would you respect someone who hurts you?

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Session Twelve:

12



**Making Smart Choices**

“The first step to getting the things you want out of life is this: Decide what you want.”

**Ben Stein**

Decision making is one of the most important skills that you could possess. Stop and think about how you can be a better decision maker. Here are some tips:

1. **Commit!** Once you make a decision stick to it and make it work. If you waste time wondering if you made the right decision, your focus will be on the wrong target!
2. **Do the Right Thing!** Look, you know the right thing. That is what causes the agony in deciding; you know what you should do and you are trying to find a way around it. Don't. Just do the right thing!
3. **The Best!** People always want to make the best decision, but guess what? It doesn't really exist. You need to think about whether it is effective and will it work? Don't waste time comparing consequences!
4. **100% Sure!** Another time waster! You can never be 100% sure of anything. If you wait for that, you will never get anywhere!
5. **Think Critically, Not Emotionally!** Evaluate your decision critically, logically and rationally. Don't be impulsive or intuitive. Emotions are fine, but not at the cost of reason.

Remember, money is not everything. There is more than one way to measure wealth. You can be “rich” in ways that have nothing to do with money. For example:

- Rich in friends—A person who cultivates friendships and who is a joy to be around can have hundreds of good friends and can be rich beyond their wildest dreams.
- Rich in health—A person who eats right, exercises and relaxes from stress can be extremely healthy. Good health can be far more valuable than any amount of money.
- Rich in strength—A person who works out with weights every day, runs, swims, etc. can be rich in strength and will have an attractive body.
- Rich in family—A person who devotes time to his or her spouse and children will have a strong and happy family that is rewarding throughout life.
- Rich in knowledge—A person who reads and studies will become rich in knowledge.
- Rich in skill—A person who practices anything daily (a skill, a sport, prayer, etc.) will become excellent in that skill area. Excellence has its own rewards.
- Rich in character—A person who works hard at being honest and truthful in all situations will become rich in character and will be trusted by everyone.



## Activity One

**THE END OF MISERY IS NOT THE END OF POVERTY.  
THE END OF POVERTY IS NOT THE END OF MISERY.  
LET'S GET RID OF BOTH!!!**

1. Who are you? How do you define yourself?

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2. What do you want from life?

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3. How will you get there?

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4. Who will you ask to help you get what you want?

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5. Where should you go if you have problems?

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6. What if you learn you are HIV positive?

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7. Why would abstaining from sexual activity improve your life?

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8. What are your goals and dreams?

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9. What choices are you willing to make to achieve your goals and dreams?

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Children's AIDS Fund  
P.O.Box 16433 Washington, DC 20041 USA  
or  
Children's AIDS Fund Uganda  
P.O.Box 7633 Kampala, Uganda

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