

**NATIONAL TASK FORCE ON AIDS PREVENTION
OF
THE NATIONAL ASSOCIATION OF BLACK AND WHITE MEN
TOGETHER**

**PLAYSHOP FACILITATOR'S MANUAL
MIXED GROUP**

NTFAP WS-001-01F

Updated: July 5, 1990

**Developed by
Black and White Men Together/Men of All Colors Together
BWMT/MACT AIDS TASK FORCE**

I. **WORKSHOP TITLE:** HOT, HORNY AND HEALTH PLAYSHOP

II. **FACILITATOR'S GUIDE:** NTFAP WS 001-010

III. **PRESENTATION TIME:**

- A. Preparation Time: 0.5 Hours
- B. Presentation Time: 2.0 - 3.0 Hours

IV. **FACILITATOR:**

- 1 - Workshop Coordinator
- 1- 2 Facilitators

IV. **REFERENCES:**

Workshop Facilitator's Manual (NTFAP W-001-000)

V. **EDUCATIONAL AIDS:**

A. TRAINING AIDS:

1. Safer Sex Kit (See Inventory List)

- a. Selection of Condoms - lubricated and non-lubricated.
- b. Latex Groves
- c. Dental Dams
- d. Sex Toys - Dildos, butt plugs, handcuffs, cock rings, etc
- e. Selection of Lubricants
- f. Draw the line Card Set

2. Handouts

- a. Workshop Host Sign-up Sheet
- b. National Task Force on AIDS Prevention Brochure Statement
- c. NTFAP Report form
- d. Confidentiality Statement
- e. Chapter Literature
- f. Pre-Workshop Test
- g. Post-Workshop Test
- h. MACT & BWMT Chapter information
- i. Workshop evaluation form

B. INSTRUCTIONAL MATERIAL:

- a. Easel
- b. News print
- c. Felt Tip Pens
- d. Masking Tape
- e. Note Pads
- f. Pencils

VI. **EDUCATIONAL OBJECTIVE OF THE PLAYSHOP:**

Upon the completion of the Playshop, the participants will have an understanding of the history of the HIV infection, methods of transmission, high and low risk sexual behaviors, types and how to use condoms and how to negotiate safer sex with their partners.

VII. **LEARNING OBJECTIVE(S):** The Participants will know:

- o Know the the stages of HIV+ progression
- o How to correctly put on condoms and their care
- o Difference between high risk and low risk sexual behaviors
- o Negotiate safer sex activities.
- o How to eroticize sex for self and partner(s)

VIII. **PROGRESS TEST:**

Workshop Coordinator to administer a pre and post test. Test material to be supplied by the National Task Force or the BWMT/MACT AIDS Task Force office.

IX: **HOMEWORK:**

Practice Safer Sex and become familiar with condoms, trying different types of lubricants and other latex products.

X: **OUTLINE OF INSTRUCTION:**

A. INTRODUCTION TO THE LESSON

<u>Activity</u>	<u>Instructor's Activity</u>	<u>Instructor's Notes</u>
1. Meeting Site	1. Arrive approximately half hour before the presentation time to allow sufficient time to set up and talk with the host/sponsor of the workshop. 2. Dress Code: appropriate to your audience/environment.	
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5. Discuss with co-facilitators what sections will be covered by whom during this presentation. Note: It is a good idea for facilitators to rotate through the workshop material so you can become familiar with the whole workshop instead of bits and pieces.

6. Make sure you have the correct name of your host/or establishment.

7. Place a blank piece of paper up to record questions that come up during the workshop with the person's first name. As you complete the module/section refer to the question list to see if you have covered the question. Also confirm with the person if their question has been answered.

3. Beginning the Workshop

8. Thank everyone for attending. Thank the host by name for opening their establishment (state name of the place) for the workshop.

NOTE: At this point you read your audience to determine which workshop routine and modules will be use. If the group is too small, 6 or less attendees, then reduce the playshop by removing or modifying modules. This will be noted in this lesson guide.

4. Introduction

9. Introduce the Workshop Team by their first names.

10. Give background history of the workshop and why it is important for the attendees attendance and participation.

11. Stress the point that this a Gay and Sex positive program.

12. Inform the participants what will be taught during this presentation. This will reduce premature questions that will be covered when you reach that module.

5. Workshop Ground Rules

13. This is very important. Must stress that we do not judge people, their level of knowledge, questions or answers. This is a confidential

sheet and facilitator to summarize after everyone has made input to show impact of AIDS on the group.

Module I

8 HIV+ History.

23. HIV Disease Spectrum:

Human Immunodeficiency Virus (HIV)

HIV- We all basically start off HIV-
(exceptions infants born to HIV- mothers)

24. Infected

Window period. Person test negative but has HIV. 2 weeks to 6 months (or more)

25. Sero Conversion - the process of becoming HIV+

26. HIV+

No symptoms. 6 months to many years.

27. (ARC) - AIDS Related Condition

Symptoms will develop in 50% of HIV infected over 10 Years.

Asymptomatic - no medical problems

Symptomatic - medical problems

Wasting

Night Sweats

Thrush in the month

Diagnosis

28. AIDS

Person has one of the opportunistic infections in the CDC definition.

PCP

KS

CMV

Toxoplasmosis

Severe Thrush

Lymphoma

Early Intervention

Reduce Stress

Exercise

Plenty of rest

Reduce or eliminate Smoking and
Drinks and substances

AZT

Alternative TreatmentsTherapies

HIV infects T-Cells

HIV- / HIV+ - 1000-1200 T- Cells

HIV+ - 1000-1200 T-Cells

ARC - 500 T-Cells

AIDS - 200 T-Cells

T-Cells /Immune System

How virus invades the T-Cell

Anti-bodies - DNA

Loss of T-Cells

HIV+ having sex with HIV+ person

Reinfection with a different strain
of HIV virus

Infection by an opportunistic
disease or infection

Module II

9 Mourning

29 What's wrong with safer sex?

List the issues of safer sex on paper

Summarize what's on the paper

These are physical interaction

setting and information is not to go beyond the group. Everyone has the right to speak and be heard. Mutual respect. Keep other conversation to a minimum. This is how we learn from others through sharing our experiences.

6. Administrative Housekeeping

14. Pre-test. Tell them why it is important to complete the test. Also inform them there will be a post test at the end of the workshop and that it is important for them to complete this form also.

15. Inform them of the Host's house rules, location of toilets and where people can smoke and if they can smoke during the presentation. It is suggested that the workshop be a smoke free environment. Participants are free to move around and do not have to sit through the entire program.

7. Start the Workshop

16. Welcome the participant

17. Explain Hot, Horny, Healthy and who it is sponsored by.

18. Goals of the workshop

19. Working Definition of the workshop

"On me, not in me unless you are in me with a condom"

20. Why use the word "Safer Sex" - active word

6. Workshop:
Introduction of Participants

21. Ice breaking exercise. Have people pair up and find out how AIDS has impacted on their lives.

- a. Ask person's name
- b. Find out how AIDS has impacted their lives.
- c. Spend about three minutes on this exercise.

NOTE: If group is 7 or less, do not pair people off. Have each person introduce themselves to the group and state how AIDS has impacted their lives.

22. One co-facilitator to list key words/statements from each participant statement on newsprint

30. (Note: Onit this question if your audience came out in the 80s)

What do you miss about Pre-AIDS sex?

- a. List Pre-AIDS sex activities on paper
- b. Summarize what's on the paper
- c. These are changes

Note: Acknowledge - some people became sexually active after AIDS started

Module III.

10. Affirmation

31. What do you enjoy about safer sex?

List the positive statements
on paper

Summarize what's on the paper

Compare this list with the list of
what is wrong with Safer Sex. These
items are more emotional.

32. Compare what is wrong with Safer Sex that it is physical and Safer Sex is Emotional that this creates a change of sexual behavior. Use model of "Safer Sex = AIDS = Death" Safer Sex is to break that concept. Show participants that many activities listed on the Pre-AIDS is still available using safer sex techniques.

33. Eroticizing - Erotic ways of touching

34. **EXERCISE:** Break-up into small groups to discuss ways you like to be touch erotic ways or share an erotic experience. One person to record and report back to larger group - 15 minutes

35. In the large Group - Have each group recorder report their groups list

36. List on newsprint each groups comments

37. Experiences - Inform the group that this is one way of share other alternative ways of have erotic sexual/non-sexual experiences.

Module IV

11 Condoms

38. Condom usage

Types of Condoms

Breakage

Condom Sizes

Lubrication

Sex Toys

Dildos

How to put on a condom correctly

39. **EXERCISE:** Condom races - Depending on the size of the groups, divide the participants into two to three groups. the object of this exercise is to see how fast each group can put a condom on a dildo and take it off and pass it to the person behind them.

Time: 10 Minutes

Have them line up behind each other.

Have them open a condom packet

Tell them to start. The first team that finishes first is entitled to a door prize if they are available.

Ask the group if they had problems getting the condom on. Explain that when in a rush trying to put a condom on during the heat of passion. It is important to practice with the condom and your partner should be part of the program. Become a condom expert!

Module V

12. Negotiation

40. HIV Concentration - from highest to lowest:

Blood

Semen - Cum

Pre-semenial - Pre-cum

Vaginal Fluid

Saliva (2 gallons)

41. **EXERCISE:** - Ways of transmission
Draw the line. Give each person a card or if there is not enough people place cards on the floor. Ask for a volunteer to arrange the card according to the Highest to lowest risk to them. After they have finished, then ask them to draw the line on sexual activities. Then give them one of series a scenarios.

Time: 2-3 Minutes per person

- a. If it was a number 25 on a scale of 10 and he wanted you would you change?
- b. If he stated that he was HIV-, would you change?
- c. If he stated that he was HIV+, would you change?
- d. If he was your lover, would you change?
- e. If he stated that he had AIDS, would you change ?

NOTE: Thank people for their honesty in the choices. Reinforce the fact no one really knows their status if they are having unprotected sex and people will not always tell you their status for fear of rejection. Be safe.

42. **EXERCISE:** Safer Sex Negotiation - have two volunteer sit in front of the group and give them the scenario of negotiating a safer sex. Have one not in favor and one in favor of Safer Sex.

Module VI

13. Closing

43. Have participants complete the post test and evaluation form.

44. Form a circle and thank everyone for their participation and sharing. Thank the host/sponsor for the use of their place.

45. Getting involved

- a. Safer Sex Club
- b. Hosting Playshops in homes
- c. Volunteering for the Task Force
- d. Volunteering for organizations of your choice
- e. Announcements
- f. Thanking the Host

46. Wishing everyone a safe journey home

B. POST WORKSHOP ACTIVITIES

1. Critique:

- 1. Facilitator's are to individual critique their presentation and the overall workshop.
- 2. The workshop Coordinators are to critique the all facilitators and workshop presentation and record information or back of NTFAP report form.
- 3. If there is a Reviewer, they are to comment on the performance of the entire workshop team.
- 4. Workshop Coordinators are responsible for completing the NTFAP Report Form with the following information:
 - a. Total number of attendees
 - b. Break information do by:
 - 1) Number of men by race
 - 2) Number of women by race
 - c. Names of the facilitators
 - d. Name of the Coordinator
 - e. Name of Reviewer.
 - f. Summary of the review of the workshop

**NATIONAL TASK FORCE ON AIDS PREVENTION
OF
THE NATIONAL ASSOCIATION OF BLACK AND WHITE MEN
TOGETHER**

**PLAYSHOP FACILITATOR'S MANUAL
WOMEN'S WORKSHOP**

NTFAP WS-001-01E

Updated: July 5, 1990

Developed by

Black and White Men Together/Men of All Colors Together

BWMT/MACT AIDS TASK FORCE

I. **WORKSHOP TITLE:** HOT, HORNY AND HEALTH PLAYSHOP FOR WOMEN

II. **FACILITATOR'S GUIDE:** NTFAP WS 001-01E

III. **PRESENTATION TIME:**

- A. Preparation Time: 0.5 Hours
- B. Presentation Time: 1.5 -2.0 Hours

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- d. Sex Toys - Dildos, butt plugs, handcuffs, cock rings, etc
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2. Handouts

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**NATIONAL TASK FORCE ON AIDS PREVENTION
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THE NATIONAL ASSOCIATION OF BLACK AND WHITE MEN
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**PLAYSHOP FACILITATOR'S MANUAL
FOR TRANSGENDER COMMUNITY**

NTFAP WS-001-01D

Updated: July 5, 1990

**Developed by
Black and White Men Together/Men of All Colors Together
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NOTE: If group is 7 or less, do not pair people off. Have each person introduce themselves to the group and state how AIDS has impacted their lives.

22. One co-facilitator to list key words/statements from each

participant statement on newsprint sheet and facilitator to summarize after everyone has made input to show impact of AIDS on the group.

Module I

8 HIV+ History.

23. HIV Disease Spectrum:

Human Immunodeficiency Virus (HIV)

HIV- We all basically start off HIV-
(exceptions infants born to HIV- mothers)

24. Infected

Window period. Person test negative but has HIV. 2 weeks to 6 months (or more)

25. Sero Conversion - the process of becoming HIV+

26. HIV+

No symptoms. 6 months to many years.

27. (ARC) - AIDS Related Condition

Symptoms will develop in 50% of HIV infected over 10 Years.

Asymptomatic - no medical problems

Symptomatic - medical problems

Wasting

Night Sweats

Thrush in the mouth

Diagnosis

28. AIDS

Person has one of the opportunistic infections in the CDC definition.

PCP

KS

CMV

Toxoplasmosis

Severe Thrush

Lymphoma

Early Intervention

Reduce Stress

Exercise

Plenty of rest

Reduce or eliminate Smoking and
Drinks and substances

AZT

Alternative TreatmentsTherapies

HIV infects T-Cells

HIV- / HIV+ - 1000-1200 T- Cells

HIV+ - 1000-1200 T-Cells

ARC - 500 T-Cells

AIDS - 200 T-Cells

T-Cells /Immune System

How virus invades the T-Cell

Anti-bodies - DNA

Loss of T-Cells

HIV+ having sex with HIV+ person

Reinfection with a different strain
of HIV virus

Infection by an opportunistic
disease or infection

Module II

9 Mourning

29 What's wrong with safer sex?

List the issues of safer sex on paper

Summarize what's on the paper

These are physical interaction

30. (Note: Onit this question if your audience came out in the 80s)

What do you miss about Pre-AIDS sex?

- a. List Pre-AIDS sex activities on paper
- b. Summarize what's on the paper
- c. These are changes

Note: Acknowledge - some people became sexually active after AIDS started

Module III.

10. Affirmation

31. What do you enjoy about safer sex?

List the positive statements
on paper

Summarize what's on the paper

Compare this list with the list of
what is wrong with Safer Sex. These
items are more emotional.

32. Compare what is wrong with Safer Sex that it is physical and Safer Sex is Emotional that this creates a change of sexual behavior. Use model of "Safer Sex = AIDS = Death" Safer Sex is to break that concept. Show participants that many activities listed on the Pre-AIDS is still available using safer sex techniques.

33. Eroticizing - Erotic ways of touching

34. **EXERCISE:** Break-up into small groups to discuss ways you like to be touch erotic ways or share an erotic experience. One person to record and report back to larger group - 15 minutes

35. In the large Group - Have each group recorder report their groups list

36. List on newsprint each groups comments

37. Experiences - Inform the group that this is one way of share other alternative ways

of have erotic sexual/non-sexual experiences.

Module IV

11 Condoms

38. Condom usage

Types of Condoms

Breakage

Condom Sizes

Lubrication

Sex Toys

Dildos

How to put on a condom correctly

39. EXERCISE: Condom races - Depending on the size of the groups, divide the participants into two to three groups. the object of this exercise is to see how fast each group can put a condom on a dildo and take it off and pass it to the person behind them.

Time: 10 Minutes

Have them line up behind each other.

Have them open a condom packet

Tell them to start. The first team that finishes first is entitled to a door prize if they are available.

Ask the group if they had problems getting the condom on. Explain that when in a rush trying to put a condom on during the heat of passion. It is important to practice with the condom and your partner should be part of the program. Become a condom expert!

Module V

12. Negotiation

40. HIV Concentration - from highest to lowest:

Blood

Semen - Cum

Pre-emenial - Pre-cum

Vaginal Fluid

Saliva (2 gallons)

41. **EXERCISE:** - Ways of transmission
Draw the line. Give each person a card or if there is not enough people place cards on the floor. Ask for a volunteer to arrange the card according to the Highest to lowest risk to them. After they have finished, then ask them to draw the line on sexual activities. Then give them one of series a scenarios.

Time: 2-3 Minutes per person

- a. If it was a number 25 on a scale of 10 and he wanted you would you change?
- b. If he stated that he was HIV-, would you change?
- c. If he stated that he was HIV+, would you change?
- d. If he was your lover, would you change?
- e. If he stated that he had AIDS, would you change ?

NOTE: Thank people for their honesty in the choices. Reinforce the fact no one really knows their status if they are having unprotected sex and people will not always tell you their status for fear of rejection. Be safe.

42. **EXERCISE:** Safer Sex Negotiation - have two volunteer sit in front of the group and give them the scenario of negotiating a safer sex. Have one not in favor and one in favor of Safer Sex.

Module VI

13. Closing

43. Have participants complete the post test and evaluation form.

44. Form a circle and thank everyone for their participation and sharing. Thank the host/sponsor for the use of their place.

45. Getting involved

- a. Safer Sex Club
- b. Hosting Playshops in homes
- c. Volunteering for the Task Force
- d. Volunteering for organizations of your choice
- e. Announcements
- f. Thanking the Host

46. Wishing everyone a safe journey home