

**"Promoting HIV Testing among Low Income Heterosexual Young
Adult Black Men"**

0920-09CJ

Attachment 7. HIV Educational Packet

Common Ground Educational Brochures

abstinence

what is sexual abstinence?

Abstinence is the choice to refrain from an activity. Sexual abstinence is a choice to limit your sexual activity. This choice is usually made for a specific reason. The reason may be moral, religious, legal, or for health and safety.

Everyone has a different definition of sexual abstinence. The most common meaning of sexual abstinence is not having sexual intercourse, vaginal, anal or oral. It is important to discuss with your partner what abstinence means to you, especially if you are developing a new relationship. A specific definition of abstinence should include the expressions of love and sexuality that are acceptable to you and those that aren't. Examples of acceptable behaviors often include holding hands, dancing, and kissing.

The choices of what is acceptable may depend on the purpose of the abstinence. Your choice of abstinence may be based on moral or ethical reasons, such as a belief that the act of intercourse should be reserved as an expression of a lifetime commitment to one person. In this case you and your partner will create your list of do's and don'ts depending on your beliefs. If the goal is to avoid pregnancy and any accidents that might lead to pregnancy, then any sexual activity short of intercourse might be acceptable. If the goal of abstinence is to avoid any sexually transmitted infections, then any contact between oral and genital areas is also likely to be unacceptable unless barrier protection, such as a condom, is used.

what are the advantages of sexual abstinence?

Many young people are saying no to sex before marriage. They are choosing abstinence as an issue of personal integrity and an expression of strong self-esteem.

Avoiding premature sexual relationships may help you avoid painful emotional situations for which you may not yet be prepared. You can also avoid unwanted pregnancy and potentially damaging or life-threatening diseases.

what are the risks of having sex?

Some of the health risks include pregnancy, HIV and catching one or more STDs (sexually transmitted diseases like herpes, chlamydia, genital warts, gonorrhea, syphilis). Having sex before you develop physically can also hurt. Girls who start having sex before age 18 tend to have more health problems, including a higher risk of cervical cancer.

Sex also has some emotional risks. If you have sex when you're not ready or because someone is pressuring you, you may feel bad about yourself or wonder if your partner really cares about you. You may have to deal with consequences you hadn't thought of, such as pregnancy or an STD.

abstinence

risks

Quick facts about common STDs:

what is an STD?

An STD—short for sexually transmitted disease—is an infection you can get by having sex. Sex in this case includes intercourse, anal sex, oral sex or skin-to-skin contact. Some of the most common STDs are listed.

SYPHILIS SYMPTOMS:

An early symptom is a red painless sore, called a chancre. The sore can be on the penis, vagina, tongue or throat. The glands near the sore may be swollen. After a few months, both Fellas and Ladies can get a fever, sore throat, headache, or pain in their joints. Another symptom is a scaly rash on the palms of the hands or the bottom of the feet. The sores and other symptoms go away, but this does not mean that the infection is gone. Syphilis can cause serious health problems if it's not treated.

TREATMENT: Antibiotics. If one partner is infected, the other should be checked by a doctor.

HERPES SYMPTOMS:

Ladies and Fellas may have tingling, pain or itching around the vagina or penis. Small blisters can form in these areas and then break open. When they break open, the sores can cause a burning feeling. It may hurt to urinate. Some people have swollen glands, fever and body aches. The sores and other symptoms go away, but this does not mean that the infection is gone. The sores and blisters can come back (called an "outbreak").

TREATMENT: Medicine can treat symptoms but can't cure herpes. If one partner is infected, the other should be checked by a doctor.

HPV/GENITAL WARTS SYMPTOMS:

HPV (human papillomavirus) can cause warts in or around the vagina, penis or rectum. In Ladies, the warts can be inside the body on the cervix or vagina so you can't see them. Or they can be on the outside of the body, but be too small to see. The warts don't usually hurt.

TREATMENT: No medicine cures HPV. External warts may be removed by your doctor. Warts on the cervix or in the vagina can cause changes that may lead to cancer. Doctors will watch these changes. If one partner is infected, the other should be checked by a doctor.

CHLAMYDIA SYMPTOMS:

Ladies may have no symptoms or may have pain when urinating, itching around the vagina, yellow fluid (discharge) from the vagina, bleeding between periods or pain in the lower abdomen. Fellas may feel a burning when urinating and have milky colored discharge from the penis. If not treated, can cause infertility and other problems in Ladies and painful swelling of the scrotum in Fellas.

TREATMENT: Antibiotics. Usually both partners should be treated.

PUBIC LICE (CRABS) SYMPTOMS:

Ladies and Fellas may have redness and itching around the genitals.

TREATMENT: Medicine can kill the lice, but they can come back if clothes, sheets and towels aren't washed to get rid of the lice. Usually both partners need to be treated.

GONORRHEA SYMPTOMS:

Ladies may have no symptoms or may have white, green or yellow discharge from the vagina, pain when urinating, bleeding between periods, heavy bleeding during a period or a fever. Both Ladies and Fellas can get sore throats if they've had mouth to penis or vagina contact (oral sex). Fellas may have thick, yellow discharge from the penis and pain when urinating. The opening of the penis may be sore. Gonorrhea can cause serious health problems if it's not treated.

TREATMENT: Antibiotics. Usually both partners should be treated.

TRICHOMONIASIS SYMPTOMS:

Ladies can have a heavy, greenish-yellow frothy discharge and pain when urinating. Fellas don't usually have symptoms.

TREATMENT: Antibiotics. Usually both partners need to be treated.

Peep Game On This...

The number of 15 to 19 year olds who said they used condoms the first time they had sex tripled in the past 20 years: From 18% in 1975 to 58% in 1999.

Find Out

Don't Wait

should I use a home test or see my doctor?

Your doctor is concerned about you, your health and your privacy. If your lifestyle leads you to believe that you have HIV, you should see your doctor. He or she will help you decide if you should be tested and will give you the support you need before and after the test. You don't get this type of support with home tests.

However, if you are afraid to talk with your doctor about HIV or be tested even though you may be at risk, then a home test may be a good idea. If the test result is positive, you should see your doctor right away.

Remember, one negative test is not a guarantee that you don't have HIV or won't get it in the future. You should talk to your doctor and learn about ways to protect yourself from getting infected.

what is "safer" sex?

The "safest" sex is no sex. If you are having sex, "safer" sex is sex between 2 people who don't have HIV infection, only have sex with each other and don't abuse injectable drugs. Safer sex also means using condoms if you have any doubts about whether your partner is infected or whether he or she is having sex with someone else. Use male latex condoms every time you have sex.

If a man doesn't want to use a male condom, use a female condom. Female condoms may not be as effective as male condoms, but they offer some protection.

Never let someone else's blood, semen, urine, vaginal fluid or feces get into your anus, vagina or mouth.

what's the right way to use condoms?

Using condoms the right way is important to make sure you are protected. Latex condoms should be used during all sex acts, including anal, vaginal and oral sex. For oral sex on a woman, she can use a condom split lengthwise to place between her body and her partner's mouth. Use only water-based lubricants (such as KY jelly) with condoms. Oil-based lubricants, such as petroleum jelly (like Vaseline), baby oil or lotions, cause the rubber in condoms to break.



DON'T ABUSE INJECTABLE DRUGS



NO SEX IS THE SAFEST SEX

how can I avoid getting HIV?

The best ways to protect yourself from getting infected with HIV are to:

- Not have sex with a person who is infected or is having sex with others.
- Practice "safer" sex if you do have sex.
- Not share needles and syringes. You can't tell who's infected with HIV by how they look. It takes an average of 8 years for symptoms of AIDS to develop after a person is infected with HIV. So even people who don't look or feel sick can give you AIDS.

what if I share needles?

The best decision for your health is to get help for your drug abuse. If you do share needles and syringes, clean them twice with bleach and water to help kill HIV. Draw bleach into the syringe and needle, then squirt it out. Do the same with water. Do both steps again.

NEVER HIT IT RAW

what is considered risky behavior?

The two most risky behaviors are unprotected sex or sharing a needle or syringe. HIV can enter the body through any type of sexual intercourse, including vaginal, anal and oral sex. Unprotected sex is sexual intercourse without proper use of a latex condom. HIV may be found in semen, vaginal fluids, blood and breast milk of infected individuals. Any contact with these body fluids puts you at risk.



Resource Guide

Re-entry services

- Alpha School for Progressive Living
2400 Linden Boulevard
Brooklyn, New York, 11208
Phone: 718-257-5800
Website: www.alphaschoolcpl.org
- Brooklyn Homelink
444 Thomas S Boyland Street
Brooklyn, New York, 11233
Phone: 718-282-2308
- CASES (Center for Alternative Sentencing and Employment)
346 Broadway, 3rd Floor
New York, New York, 10013
Phone: 212-732-0076; 212-571-0292
Website: www.cases.org
- Center for NuLeadership on Urban Solutions
1637 Bedford Avenue, Room 220/32
Brooklyn, New York 11225
Phone: 718-270-5136; Fax: 718-270-6190
Website: www.mec.cuny.edu/spcd/caddi/nuleadership.asp
- ComAlert (Community and Law Enforcement Resources Together)
210 Joralemon St., 3rd Floor
Brooklyn, New York, 11201
Phone: 718-250-5557
Website: www.brooklynda.org
- Fortune Society
29-76 Northern Boulevard
Long Island City, New York
Phone: 212-691-7554; Fax: 212-255-4948
Website: www.fortunesociety.org

Health Services

- Department of Health and Mental Hygiene-Transitional Healthcare Coordination for Inmates:

In Brooklyn and Queens,

Brownsville Location:
259 Bristol St. 2nd Floor
Brooklyn, New York, 11212
Phone: 718-495-8234; 718-495-8235; 718-495-8564;
718-495-8565
Website: www.nyc.gov/health

In Manhattan and the Bronx,

Morrisania Location:
1309 Fulton Avenue, Room B21
Bronx, New York, 10456
Phone: 718-410-4939

Website: www.nyc.gov/health

HIV Education and HIV Testing Services

In Manhattan,

- Harlem United Community AIDS Center
Prevention Division
306 Lenox Avenue, 2nd Floor
New York, New York, 10027
Phone: 212-803-2888
Website: harlemunited.org
- Helen B. Atkinson Health Center
81 West 115th Street
New York, New York, 10026
Phone: 212-426-0088
Website: www.chnnyc.org
- Central Harlem:
2238 Fifth Avenue
New York, New York, 10037
Website: www.nyc.gov/health
- East Harlem:
158 East 115th Street
New York, New York, 10029
Website: www.nyc.gov/health

HIV Education and HIV Testing Services

In the Bronx,

- BAS (Bronx AIDS Services)
Prevention Center
953 Southern Boulevard, 2nd Floor
Bronx, NY 10459
Phone: 1-718-295-5690
Website: www.basnyc.org
- Bronx Health Center
975 Westchester Avenue
Bronx, New York, 10459
Phone: 718-320-4466
Website: www.chnnyc.org
- Morrisania
1309 Fulton Avenue
Bronx, New York, 10456
Phone: 718-410-4939
Website: www.nyc.gov/health

HIV Education and HIV Testing Services

In Brooklyn,

- CABS Health Center
94-98 Manhattan Avenue
Brooklyn, New York, 11206
Phone: 718-388-0390
Website: www.chnnyc.org
- Bedford Stuyvesant Health Center
485 Throop Avenue, 3rd Floor
Brooklyn, New York, 11221
Phone: 718-574-2462; 718-574-2453
Website: www.nyc.gov/health
- Fort Greene
295 Flatbush Avenue Extension, 2nd Floor
Brooklyn, New York, 11201
Website: www.nyc.gov/health

In Queens,

- Queens Health Center
97-04 Sutphin Boulevard
Jamaica, New York, 11435
Phone: 718-657-7088
Website: www.chnnyc.org
- Rockaway:
Joseph P. Addabbo Health Center
67-19 Rockaway Beach Boulevard
Queens, New York, 11692

Website: www.nyc.gov/health

- In Staten Island,
Richmond:
51 Stuyvesant Place
Staten Island, New York, 10301

HIV Education and HIV Testing Services

Nationwide

- Center for Health Justice
A free HIV prevention and treatment hotline for incarcerated individuals
Phone: 1-888- 372-0888

Websites:

www.thebody.com

www.hivtest.org and enter your zip code

**To access more information about these
services or
to find out about other services in your
community, call 311 & ask for Jail Release
Services**

THE BEATS PROJECT
Educational CD

There will be 10-12 songs mentioning HIV, HIV testing, prevention, risks included on the CD. Also included will be songs of empowerment and uplifting for Black men. All songs used in the CD will be cleared for use by each Record Label and publisher. In between the songs, there will be statistics given to reinforce the reality of HIV among the Black community. There will also be short scenarios centering around Black men. These scenarios will include the men engaging in dialogue with different people (sexual partner, friends/ respected elders, healthcare provider) discussing HIV prevention and testing. Even though the scenarios will be different, they will follow the same man.

Lay-Out

Intro

Song

- Stats
 - o Black men are 6 times more likely to be incarcerated compared with white men
 - o If the incarceration rate continues, 1 in 3 Black men will be in prison sometime in their lifetime

Song

- o Black men who have been released from prison face the challenges of finding a employment, a place to live, re-establishing relationships with family and partners, and dealing with the stigma of being in jail/prison
- o Young Black men are twice as likely to be unemployed than young white men

Scenario 1 (see attached script)

Song

Scenario 2 (see attached script)

HIV Stats

- o Prevalence of HIV among Black popl'n, Black men and incarcerated popl'n

- o Even though Blacks make up 13% of the US population, they make up 46% of HIV cases in the US
- o Black males made up 66% of males who contracted HIV through heterosexual sex

Song

Scenario 3 (see attached script)

- Background Info
 - o Testing
 - o The use of OraSure and OraQuick tests are quick and easy
 - o Importance of testing is the relief of knowing your HIV status, you can protect your partners; and if you find out you are HIV positive you can get treatment and stay healthy
 - o You can get tested at health departments, community clinics, sometimes your neighborhood clinic may have a mobile health van. To find additional places go to www.hivtest.org and enter your zip code.

Song

Credits

Song

Outro

Script of Scenarios

Scenario 1:

- Jamal has returned home from prison after serving 5 years of an 8 year sentence and getting parole. He asks Crystal, his girlfriend if she missed him. She answers yes and they engage in foreplay. Before things go any further, the Crystal hesitates and says to Jamal that she knows he has been out for over a week but this is the first time she is seeing him. He ignores her comment and she says that she knows he's been over at Keisha's (his baby mother's) house and he replies that it was to see his son. Crystal gets upset and tells him she knows that he is still having sex

with Keisha and he jokes that everyone has sex with Keisha. Jamal asks her why she is making a big deal out of it; she's his *real* woman and he's here *now*. Crystal walks away from Jamal, reaches for a condom and hands it to him. He asks, "What is this for, we stopped using them before I went in and I don't wanna start again". She says we need to be safe, that condoms help prevent the spread of HIV/AIDS and sexually transmitted diseases, plus everybody has sex with Keisha remember. Jamal turns it around on Crystal and asks her what she has been doing while he was locked up and accuses her of cheating/messing around. Their argument escalates and he walks out.

Scenario 2:

- Jamal and a friend are sitting in a mechanic shop (where he and his friends hang out). He discusses prison life (the conditions in prison (mean guards, bad food), missing his son, missing sex) and what it is like to be back out (following the conditions of his parole- get a job, report to a parole officer, no alcohol or drug use). He is in the middle of telling his friend about his fight with Crystal when Big Mike (BM) walks up. BM welcomes him back home and asks him what's up. Big Mike (BM) is a former gang leader. He has been in and out of jail and prison since 16 and during his last bid, he served 20 years. He currently owns the mechanic shop and is a respected elder in the community, especially among the young Black men. Jamal tells BM about his time in prison and that he does not want to go back to prison because he missed his son growing up. Besides it seems that everything has changed while he has been inside, especially his relationship with Crystal. Jamal tells BM that Crystal tried to make him wear a condom after they have been together for more than 7 years. BM tells the men condoms not only prevent a girl from getting pregnant but HIV and other diseases. BM assures them that sex feels even better when you wear a condom, cause you're not spending time worrying about what you may catch. The men listen as BM educates the young men about HIV (you can get HIV by having sex with a woman) and how to protect yourself (use a condom and don't have multiple sex partners). BM tells them to be their 'own man' and that if you want to live to be an Old G, you have to be safe. He also shares with them that he always wears a condom and gets tested twice a year so he knows his HIV status.

Scenario 3:

- Jamal is waiting for the healthcare provider (HCP) to call him back into the exam room at the community health clinic to get the results from his HIV test. After speaking with BM and going home and making up with Crystal,

he decided to get tested. He feels relieved to have taken BM's advice to be his 'own man' because the HCP spoke with Jamal about HIV testing and answered his questions about the HIV and getting test. Jamal was happy to hear that there are rapid HIV tests, where you get back your results within an hour. He remembers the 5 years of his son's life that he missed and vows not to cut short any more time with his son. The door opens and the HCP asks him if the test was as bad as he thought it would be. The HCP commends him for coming in to get tested. HCP also tells Jamal that his test results are private and will not be shared with anyone without his permission. HCP stresses that you should know your HIV status because if you are positive you can be treated sooner, that people who test positive for HIV can get care and live longer with HIV than with AIDS. This being said it is your responsibility to reduce the risk of getting HIV (not wearing a condom, number of partners, having had an STI). It ends with HCP saying I have your results...