



# OPINION LEADER TRAINING



BROTHERS KEEPING BROTHERS SAFE

# Welcome to Session 4

---

## Continuing Risk Reduction Conversations and Inspiring Maintenance

# What We Will Do Today

---

- New opinion leaders will:
  - Participate in the first of four sessions to prepare you to become opinion leaders
    - Understand *d-up!* and how it works
    - Discover how opinion leaders can make a difference in rates of HIV among their friends and acquaintances
- Existing opinion leaders will:
  - Complete the last session of training
  - Commit to having risk reduction conversations
  - Explore ways to maintain the momentum

# What We Will Talk About Today

---

- Experiences conducting risk reduction conversations
- Information that can be included in conversations
- HIV/AIDS basics
- Ways to maintain the momentum

# Elements of Effective Risk Reduction Messages—A Review

---

- Emphasize that **AIDS is a serious problem that can be stopped**
- Keep the **message positive**
- **Be explicit** in communicating what safety means
- Give **helpful hints** to change to safer sexual behavior
- **Do not preach**—Instead, use “I examples” statements to make your point
- **Talk in a “safe space,”** when you are not pressed for time

# Share Your Success Stories

---

- When and where?
- Relationship?
- What did you talk about?
- How comfortable were you?
- What made it successful?
- How did your friends respond?

# Conversation Messages

---

- HIV/AIDS is a personal concern
- Behavioral changes can be made to reduce or eliminate risk
- Risk reduction changes benefit both sex partners
- Safer sex is the new trend
- You have adopted safer sex practices (or are trying to)

# Conversation Messages: Making Safer Sex Easier

---

- Decide in advance what you will or will not do
- Concentrate on safer sex fantasies and practices
- Talk about safer sex with partners in advance
- Be assertive if things get risky



# Conversation Messages: Making Safer Sex Easier (cont.)

---

- Keep condoms around at all times
- Avoid using substances before sex
- Use yourself as a positive example

# Don't Let Discouragement Pull You In

---

- Even confident people can feel shy and awkward sometimes
- HIV/AIDS is not an easy subject to talk about, even when the message is positive
- Experience will make conversations easier

# Don't Let Discouragement Pull You In (cont.)

---

- Over time, you will feel more comfortable
- As you have these conversations, you assist your friends and acquaintances to stay safe
- You are not responsible for what they do— you can only deliver a message

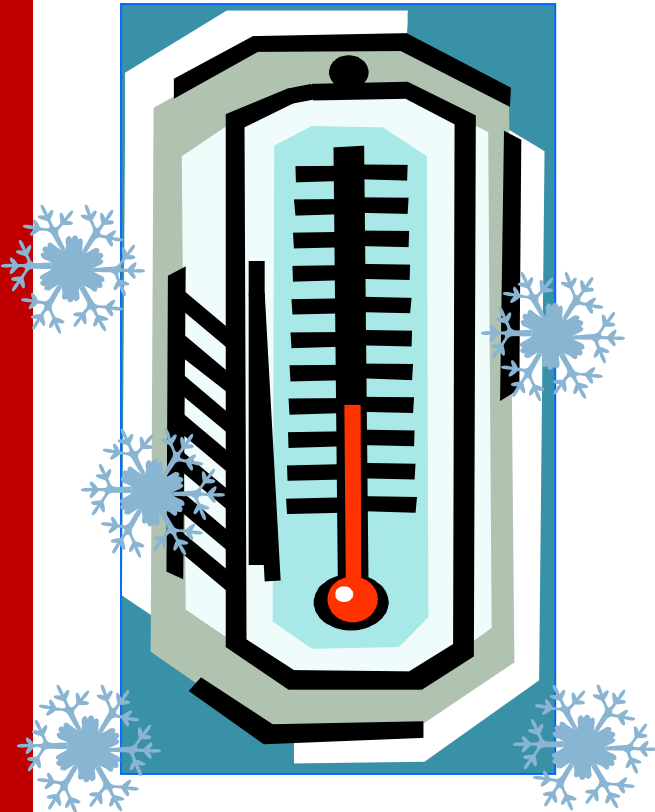
# Don't Let Discouragement Pull You In (cont.)

---

- You have not failed if some of your friends and acquaintances do not receive or act on your message
- Over time, some will change their behavior because of the new social norm you helped to establish

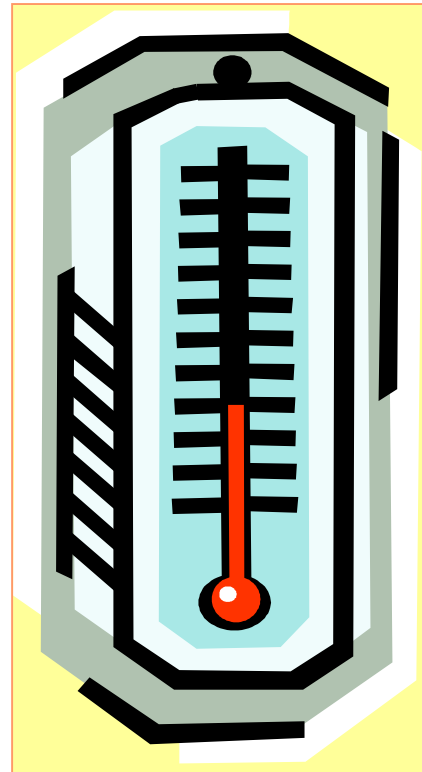
## Little or No Risk!

Mutual stimulation, rubbing, cuddling, kissing, using toys (dildos) not shared with a partner, body rubbing to orgasm, oral sex (no contact with the penis head)



## LESS RISKY!!

Anal or vaginal sex with a latex condom and a water-based lubricant

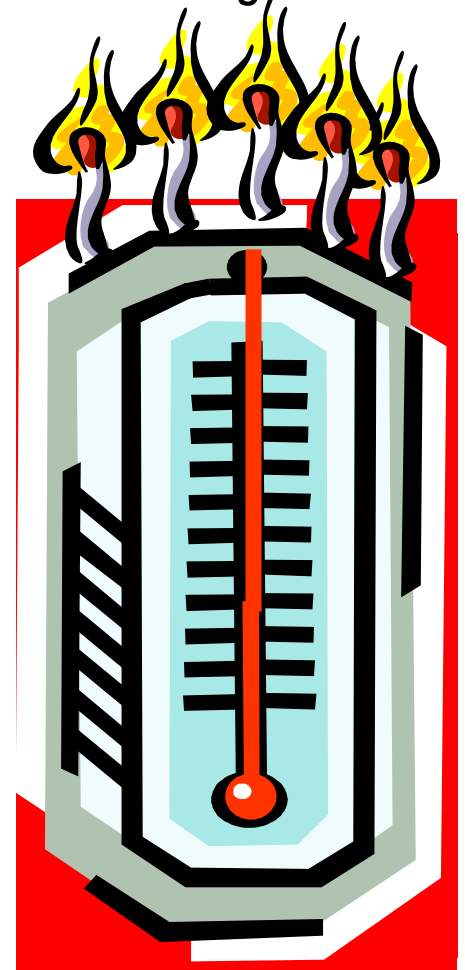


## VERY RISKY!!!!

Anal sex without a condom  
Vaginal sex without a condom

**RISKY!!!**

Oral sex to orgasm



# Maintaining the Momentum

---

- Share successes and challenges
- Share strategies
- Stay abreast of new information about HIV

# Thank You, Thank You!

---

- You volunteered to use your leadership to promote the trend and benefits of safer sex
- You will have an impact on the health of this community
- You should have had 4 conversations last week
- If you each have 10 more conversations over the next two weeks—imagine the impact!

And Again, Thank You!

