



HIV

STORYBOOK



**SCIENCE,
RISK FACTORS,
RELATIONSHIPS,
& SELF EFFICACY**



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**SCIENCE,
RISK FACTORS,
RELATIONSHIPS,
SELF EFFICACY**

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Science



PRACTICAL INTELLIGENCE: BACKGROUND INFORMATION AND FACTS

What is a virus?

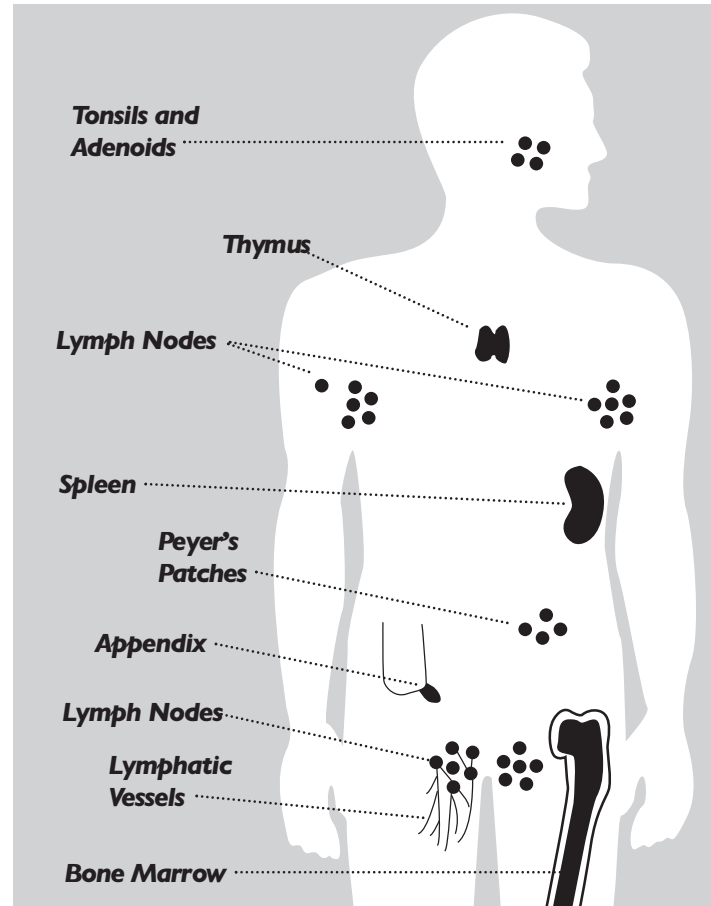
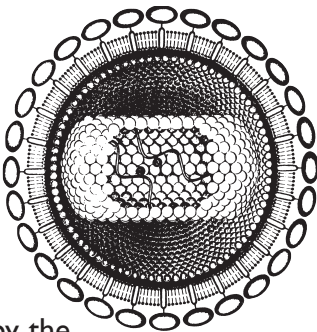
Virus is a Latin word, which means, “poison.” Viruses are so small that we cannot even see them under a microscope. Viruses come in different shapes and sizes but they all have in common the same mission: to take over a cell in the body, and to reproduce itself. When a virus invades our body and reproduces itself, it may cause illness, and may even cause death.

What is the Human Immunodeficiency Virus (HIV)?

HIV is one type of virus. It is a virus that causes death. The reason that HIV is so deadly is because it attacks our body's immune system, the defense system or "army" inside our body. By physically infecting and destroying our body's army, the virus kills us gradually over time. HIV is different than the virus that causes colds (the rhinovirus), because the cold virus attacks our respiratory system. Our immune system is there to fight it off. You may have noticed that sometimes you do not even catch a cold that is going around in your school or your home, because your immune system is so strong that it killed it very fast. Unfortunately with HIV, which replicates and destroys the immune system, there is no chance that you will not catch it and get sick.

A picture of HIV

Here is a picture of HIV. It is a round virus. It is made out of fat, protein, and ribonucleic acid (RNA). The RNA are the two strings inside, surrounded by the protein coat, which is studded with the fat spikes on the outside. It took a high power electron microscope in order to see HIV.

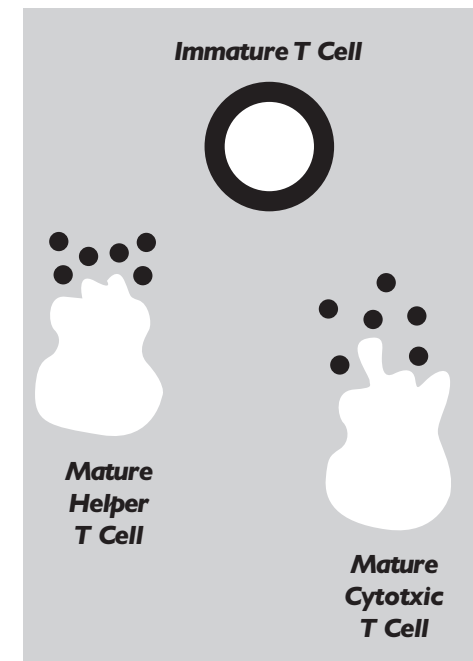


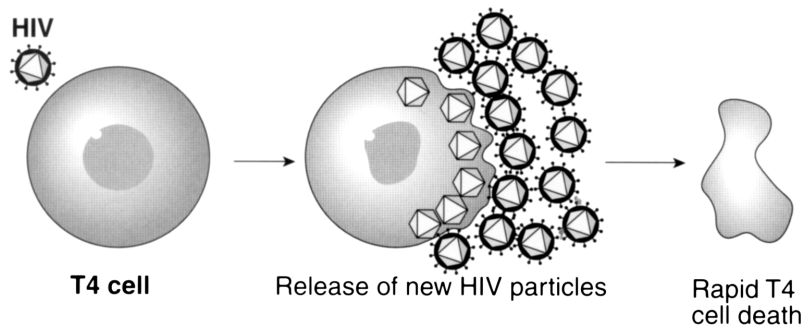
What is our immune system?

Our immune system is amazing. It is everywhere in our body. It is in our blood. Above is a picture of the immune system in our body.

These organs in our body all are busy making different parts of our army, or our defenses. Our army is made up of both white blood cells and antibodies (which are proteins). Some of these white blood cells are made in our thymus (T cells) and some of them are made in our bones (B cells).

When they are healthy, these T cells and these B cells destroy any bacteria, yeast, or viruses that happen to get in.





A picture of HIV in our immune system

HIV attacks and invades the T cells of our army. HIV destroys these cells. HIV wipes them out, so that we have no more cells. Without our T cells, we cannot live. We die.

What is Acquired Immunodeficiency Syndrome (AIDS)?

AIDS is the name of the disease that HIV causes. The AIDS disease develops gradually over time. When you first catch HIV you usually feel very sick, like you have the flu. This is called an acute infection. Next you usually go through a stage where you feel OK, but you have the virus inside of you. This is the asymptomatic carrier stage. You have it, but you may not even know it because the virus is hiding. This is a dangerous stage because you can pass the virus on to someone else without knowing it. The next stage is a chronic infection. The virus is beginning to slowly kill you by wiping out your immune system. This is followed by the stage called AIDS. In this phase of the disease, your immune cells are rapidly being depleted. This can be so fast

and furious that you could die from a common cold, a flu, pneumonia or even a yeast infection, because you have nothing left to fight it off with. Once immune cells are destroyed, a person

gets infections they usually wouldn't. These types of infections are called opportunistic infections. People with AIDS often get a kind of pneumonia called PCP or pneumocystis carinii pneumonia. These diseases and infections can be fatal, meaning that you die. So basically AIDS kills a person, by making it so that the immune system doesn't work anymore.

The very last stage of the AIDS disease is called AIDS Dementia Complex (ADC). ADC is when the virus has gone up to your brain and is killing your brain cells too.

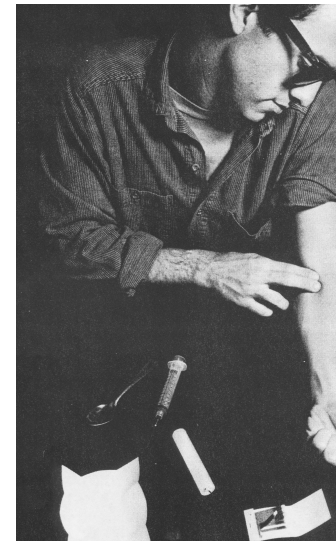
People infected with HIV usually die between 2 to 15 years later. That is about how long it takes. If you get the HIV virus you will die. There is no cure for AIDS.

How do you get the HIV virus?

- Having vaginal, anal or oral sex with someone who has HIV.
- Sharing needles or syringes for injecting drugs. These young people are shooting drugs.



■ From a mother with HIV to her baby during pregnancy or childbirth or through breast-feeding. This mother had sex with a man who had HIV after she had her baby, and then gave HIV to her baby through breast-feeding.



HIV doesn't discriminate. You can get HIV if you are male, female, gay, straight, young or old, rich or poor. But you don't have to. It is preventable.

You will not get HIV from-

Handshakes, hugs, coughs or sneezes, sweat or tears, pets, insect bites, eating food prepared from someone else, attending school, or being around an infected person.

You cannot get HIV from-

Toilets, showers, forks, knives, spoons, cups, chairs, desks, bus seats, phones, computers,

drinking fountains, swimming pools, sports or gym equipment, or giving blood in the United States.

You can show affection without having sex-

Hugging, kissing, touching and cuddling do not spread HIV, as long as there is no contact with blood, semen or vaginal fluid.

How will I NOT catch HIV?

You will not catch HIV from handshakes, hugs, coughs, sneezes, sweat, tears, food, sitting next to someone, insect bites, pets, being in school with someone, or just being around an infected person.

You cannot get HIV from toilets, showers, forks, knives, spoons, cups, chairs, desks, bus seats, phones, computers, drinking fountains, swimming pools, sports or gym equipment, or donating blood in the United States.

You do not have to get HIV. You can prevent it.

How do I prevent getting infected with HIV?

1. **Just say “No.”** You have permission to say no to sexual intercourse. You will prevent catching HIV by not having sex. Sex is for making babies. If you are a boy, ask yourself, am I ready to be a father? If I get a girl pregnant, am I willing to give all my money and all my time to a child? If you are female, ask your-

self, “am I ready to be a mother?” “Do I want to spend the rest of my life, taking care of a child?” “Do I really know how to do that?” Remember, there are many ways to show love and affection. You can show affection without having sex by talking, going on bike rides or to the movies together, hugging, kissing, touching, or cuddling. Think about other ways that you might do this. If you feel pressured to have sex, then it is not right.

2. **Get tested.** If you feel ready for sex, then make sure that neither you nor your partner has HIV. You need to go in and get tested. Most cities have free testing sites. Look in your phone book. You can also have the test done through your doctor, Planned Parenthood, or through other pregnancy counseling centers. Some places offer anonymous testing. This protects your privacy, as you will never have to give your name to them. You will be identified by a number only at anonymous testing sites. When you go in for a HIV test, a technician or nurse will draw blood from your arm and send it in to a lab for testing.
3. **Get talking.** You and your partner need to talk about this. Ask your partner about their sexual history and drug use. See if they are ready to commit to you in a relationship. You would not sleep with someone who sleeps with others, because they could pick up HIV

anytime, anywhere, and then pass it on to you, anytime, anywhere.

4. **Use latex condoms. If you do have sex, you must use a latex condom for all kinds of sex (anal, oral, vaginal) in order to prevent HIV.** Avoid lambskin and novelty (e.g. glow-in-the dark) condoms, because they do not protect against AIDS or other sexually transmitted diseases. A condom can save your life.



Both girls and boys can buy condoms. Say to your partner: “No balloon, no party,” or “No glove, no love.”

5. **Just say “No.”** You have permission to say “No” to drugs. **To prevent HIV, do not shoot drugs. If you do use IV drugs, do not share needles or syringes.** You must use a clean needle or syringe in order to protect yourself from HIV. Needles and syringes must be cleaned with bleach in order to kill the virus.
6. **Keep your mind clear.** By not using drugs or alcohol, you can keep your mind clear. When you use drugs or alcohol, you do not think clearly, and may not make smart decisions.

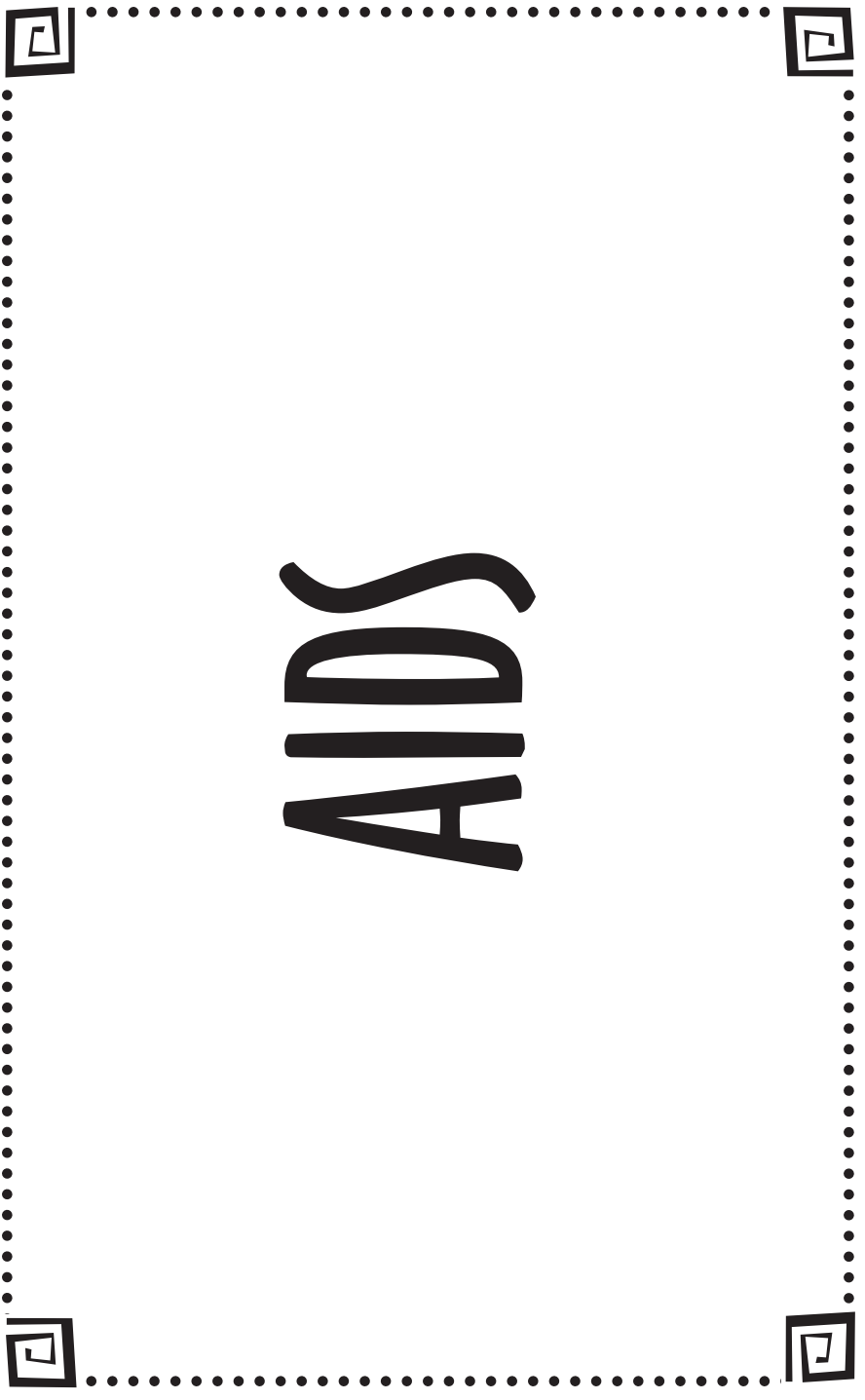
MOVEMENT FOR **M**EMORY

Match the Chart to the Facts Activity

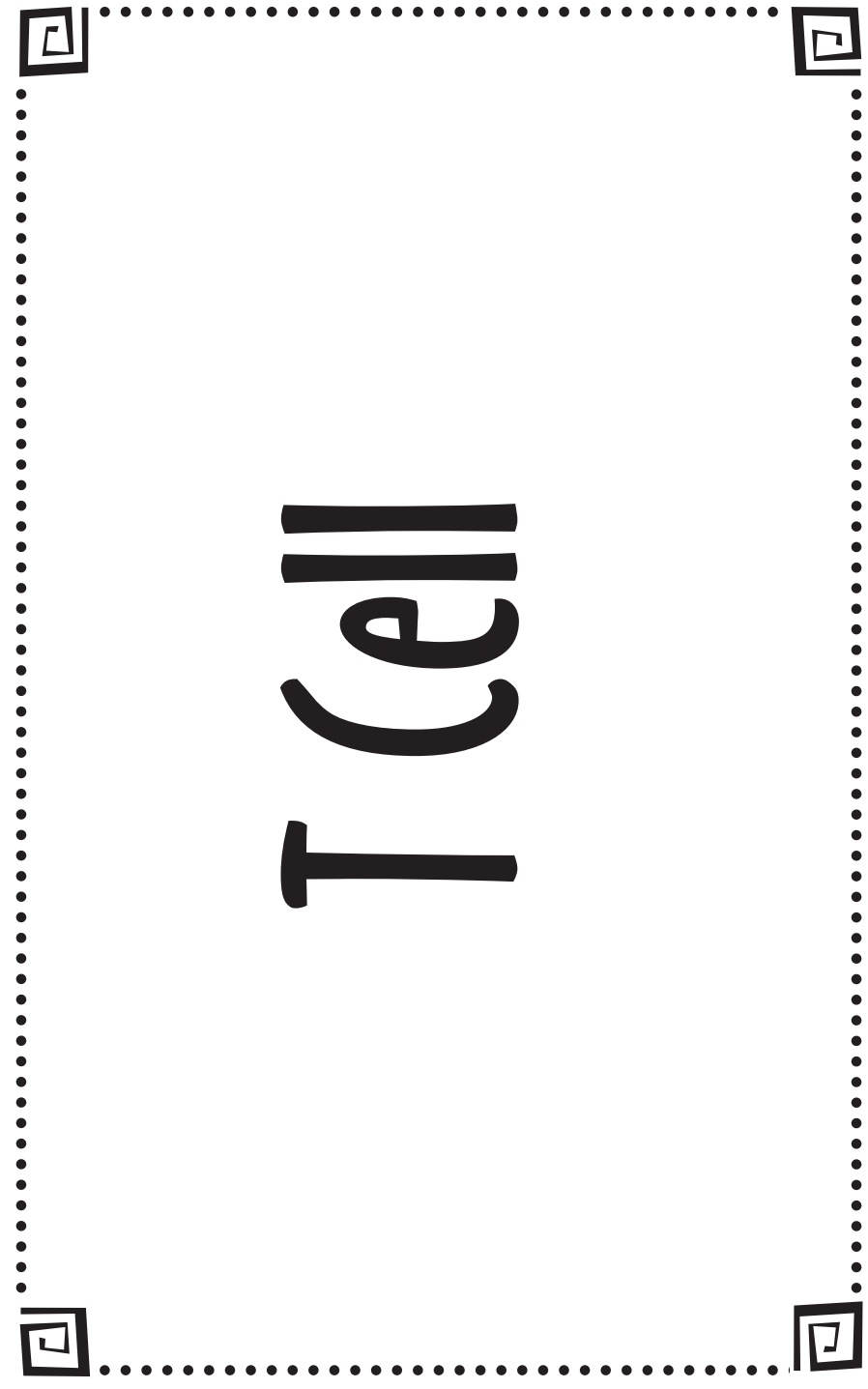
Cut up the big signs. Have students decorate them with markers and post them on the wall. Then cut up the little ones, have students match the little ones to the big ones by taping them on the big signs.



M
H



AIDS



T Cell

Opportunistic Infections

The Cure for AIDS

**How do you
know if someone
has HIV?**

**How do you
get HIV?**

**What does not
give you HIV?**

**How do you
protect yourself
from HIV?**

**What can you not
get HIV from?**

**How do you show
affection without
having sex?**

Human
Immunodeficiency
Virus

Acquired
Immunodeficiency

An immune cell that
kills bacteria and that
HIV locks into

Infections that will
happen if your immune
system doesn't work,
like pneumonia

There is
no cure
for AIDS

You can't tell
if someone has
AIDS

Having vaginal, anal or oral sex with someone who has HIV

Sharing needles or syringes for injecting drugs

From a mother with HIV to her baby during pregnancy or childbirth or through breast feeding

Handshakes, hugs, coughs or sneezes, sweat or tears, pets, insect bites, eating food prepared from someone else, attending school, being around an infected person

Toilets, showers, forks, knives, spoons, cups, chairs, desks, bus seats, phones, computers, drinking fountains, swimming pools, sports or gym equipment, or giving blood in the United States

Hugging, kissing, touching and cuddling do not spread HIV, as long as there is no contact with blood, semen or vaginal fluid

Not having sex, you
can get infected in
only one time

If you do have sex you
must use a latex
condom for all kinds
of sex (anal, oral,
or vaginal)

If you do have sex
only have sex with one
partner using a condom,
make sure this person does
not have HIV, only has sex
with you and does not shoot
drugs or share needles

Not
shooting
drugs

Not sharing
needles and
syringes

Not using drugs
or alcohol.
When you use drugs
you don't think clearly

TECHNICAL APPLICATION: SCENES TO ROLE PLAY

Pick two students to do each role-play. The first student reads the statement, then they go from there and react to each other.

Make up another scene or play music and have them imagine they are in one of these scenes. What would they do?

Scene One:

I heard about this guy in school who has AIDS. He got it from his mom when he was born. I think we should stay away from him. What do you think?

Scene Two:

I've decided I don't have to worry about getting HIV. You only get it when you are gay. Haven't you heard that too?

Scene Three:

My big sister said she is going to have sex with her boyfriend because if she doesn't he is not going to see her any more. He doesn't want to use a condom. I am worried about her. Do you think she could get HIV? What should I tell her?

Scene Four:

A group of my friends are going over to Bob's house. His friends are going to be there. They are going to bring beer. I am afraid they want to get us drunk. What should I do?

STORY:

John the True

Take turns reading the story. The story can become a play by having students take on the part of John, King, Princess, the Three Crows, and a narrator. Ask the questions at the end.



There was once a king. The king's father had recently died and the son had been far away fighting battles. When he returned to his castle, his best friend since childhood handed him the keys to the castle.

"It is yours now, my King. You can explore your castle," said John, bowing on one knee, bending his head down, and holding his hand up with keys.

"Get up, John. You are my oldest friend, my foster brother. Stand up and show me the rooms. You know more about the castle than I do. You were allowed to run free, but as the Prince I had to stay on my side of the castle. Let's go. Let's have fun," laughed the King, as he grabbed John under the arms and pulled him up.

They ran from room to room in the enormous castle, trying keys. Finally they came to a room full of furniture and old paintings. One painting was on the wall. The King looked up at the painting and stopped cold.

"What are you staring at my King? You look like you have seen a ghost," yelled John to get the King's attention. The King startled and looked at John.

"Who is she, who is that beautiful princess with skin as white as snow, cheeks as red as blood and hair as black as ebony? She is the most beautiful woman I have ever seen, you must find her for me," the King yelled look-

ing like a wild man. His eyes were as big as saucers, and his hair stood on end as if he had been hit by lightning.

"Calm down, John. This is the Princess of the Golden Horde. Your father has been in a war with her father for the past 20 years. In fact, that is where you have been fighting her father's army. You could never marry her. Turn that picture around and face it to the wall," John said as he patted the King on the shoulder. Then he took the painting off the wall and turned it.

Days passed, and the King could think of nothing but the Princess. He tried to forget her, but he was listless, stopped eating and would not get out of his bed. John could not stand watching him so he went to him and said.

"Be of good cheer, my King. I will go get her for you," claimed John.

"But how can you do that? You told me that we were enemies and that I could never have her. I have decided to die. I am starving myself, since I can never live without her," the King claimed as he sucked in his cheeks to look as if he was starving.

"I can't stand to see you this way and I have an idea. Give me a ship and load it with furniture made of gold," said John. So the King did what was asked. John was a tricky guy and he knew the way to a Princess' heart.

He sailed to the port of the Empire of the Golden Horde, but never let on that he was from the Kingdom of the Horde's hated enemies. He pretended he was a merchant on his way to another kingdom with tribute for the King there. He had stopped at the Horde to pick up the supplies. Rumors had reached the King, Queen and their beautiful daughter with skin as white as snow, cheeks as red as blood, and hair as black as ebony about the ship containing furniture made of gold. One night the royal family came down to the dock to see the furniture.

John the True invited them over the gangway into the ship, and the Princess fell in love with a dressing table made of gold with crystal mirrors.

"Father, I must have this. Look how beautiful I look in this mirror. Make him sell this to you father," the Princess pleaded.

"No this is not for sale. It is for a special purpose and I am not allowed to tell who it is for," John said stoically.

That night the Princess came down with her maid to persuade John to sell the dressing table. As John saw her board the boat, he ran to the captain and told him to set sail as soon as the Princess went into the cabin.

"Please, please, Master John, will you sell me this dressing table? I will give you more gold than it is worth," the Princess said, as she stood regally ready to command John to do her bidding.

"Well, it is this way. I have been told to find a very special woman. One whose skin is as white as snow, whose cheeks are as red as blood and whose hair is as black as ebony. Only then can I give the table to her," claimed John looking out at the water, but watching the Princess carefully from the corner of his eye to see how she was reacting.

"Let's go into the cabin and I will show you my reflection in the mirror," the Princess explained emphatically. "I am the woman, you will see, I have snow white skin, red blood cheeks, and black ebony hair. You must give this to me."

At that she ran below deck, John followed her and the ship set sail. In a little while, the Princess felt the motion of the ship as it rocked on the waves.

"What is happening? What! What! You've kidnapped me!" the Princess shrieked.

"Wait my Princess, you must listen for a bit, and then I will take you back if you want," John responded and the Princess calmed down. "My king has fallen in love with you and he is such a wonderful man. He is now ill with sickness since he cannot have you.

Please come back and see him and then decide if you can marry him," John explained.

The Princess eyed the dressing table and the other gold furniture and decided to check this out.

They went on their voyage for over a month. On one long, sunny day, the Princess was resting on the deck watching the birds fly by. She noticed three ravens coming overhead. She saw them cawing overhead. John standing nearby was a huntsman and could understand the language of the birds.

"Caw, Caw, there is the princess. She thinks that she will go to the King and be married but it will not happen," crowed the first Raven.

"Why not?" asked John.

"Well, when she first meets the King he will put her on his horse. But it is a wild horse and they will both be thrown off and die," the Raven continued.

"But can't this be prevented?" John asked.

"Only if someone cuts off the head of the horse. But if he tells anyone why he did it he will turn to stone up to his knees," the Raven replied.

"Caw, caw, there is another danger. When the king drinks wine at his wedding feast, he

will die because it will be poisoned. The only way to stop it is to throw the goblet from his mouth. But if the person who does this tells anyone, he will turn to stone to his heart,” explained the second Raven.

“Caw, caw, there is still another danger. On their wedding night a dragon will come into the bridal bedroom and kill both the King and the Princess. Someone must drive off the dragon, but if he tells anyone he will turn to stone from head to toe. Caw, caw,” called the third raven.

The ravens flew off. But John was deeply troubled and decided that he must save his King even if it meant that he would become a stone statue.

It came to pass just as the first raven had said. When the Princess arrived on shore, she immediately fell in love with the King. He reached down to put the Princess on his horse. Just as he did this, John rushed forward and cut off the horse’s head. The King’s guards tried to arrest John, but the King would not let them.

“Stop, this is my dear friend. He must have had some reason,” the King proclaimed.

Then the second raven’s prophecy was fulfilled. At the wedding dinner, the King brought a goblet to his lips, and John leapt to strike the cup to the ground. Again the

King’s guards tried to arrest him, and again the King would not let them.

“Stop, this is my dear friend. He must have had some reason,” the King decried again.

Finally the third raven’s words were realized. Immediately after dinner, John walked quietly up the steps from the dining hall to the royal bedroom. He gently opened the door, and saw the dragon waiting just inside the window hidden by a curtain. He moved quickly to the curtain, drawing his sword and striking at the dragon’s heart. The dragon moved quickly too so that John did not kill the dragon. However the dragon was gravely wounded, he jumped from the window to fly away to his cave. John turned around towards the door with the sword in his hand, dripping blood.

“John what have you done? This is too much. I can’t trust you after this. Guards take him. He will be executed tomorrow,” the King cried, distraught to have to kill his foster brother.

Bowing on one knee with his head bent, John said, “Do you want me to explain all this?”

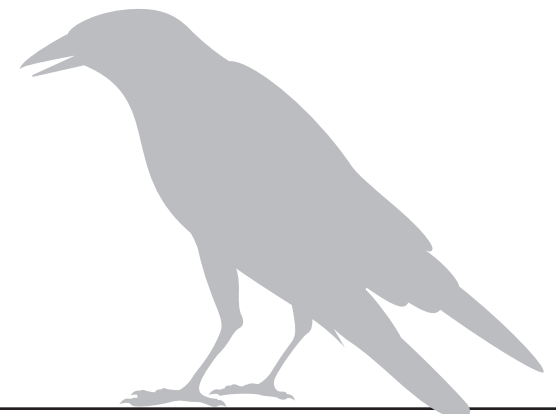
“Yes, of course, my dear foster brother. Help me make sense of this,” the King reached down and pulled up John.

As John began to explain, his feet turned to stone. Then as he explained more, he

turned to stone through his heart. Then as he explained about the dragon, he turned to stone up through his head. His mouth was still open as he froze to stone at his last word.

The King and Queen placed John the True, now as a statute, in the courtyard in the plaza outside the palace. They had twin boys and the boys would march by the statue and salute John the True.

Then one night the Queen had a dream that if she would scrape the dragon’s blood off the floor of the bedroom and put it on the statute, then John the True would become a man again. She did just that, and the King’s foster brother was restored to life. □



CONCEPTUAL QUESTIONS

1. What character stands out in your mind in this story? What scene stands out? What colors? If you close your eyes and visualize the story, what do you see?
2. Did you like the story? Why or why not?
3. The word blood came up a lot. What was that about? How is blood related to HIV/AIDS protection?
4. What did John the True do to protect the King and the Princess?
5. What would you do to protect someone you loved? How could you protect someone you loved from HIV/AIDS? What would you expect someone to do for you to protect you from HIV/AIDS if he or she loved you? Could you ask someone to do something to protect you?
6. What do you think this story has to do with getting HIV/AIDS?
7. Why don't you think people use condoms when they have sex if they know they could get HIV/AIDS?
8. How can you and your friends make sure you do not get HIV/AIDS?

Creative PROJECT

*Have students make a collage about protecting themselves from HIV/AIDS.
(Art and Cooperative Project)*



WHAT TO REMEMBER

- Do not abuse alcohol or marijuana, when you do you may engage in unprotected sex.
- The only way to prevent HIV/AIDS is not to have sex.
- If you do have sex, you must use a latex condom and not use injected drugs to protect yourself from HIV/AIDS.



Risk Factors



PRACTICAL INFORMATION: PROBLEM SOLVING SKILLS

This section is designed to teach you problem-solving skills that you can use to deal with situations where you feel pressured to do something that you don't want to or are not comfortable with. These skills are called SODAS and can be used in many different potentially self-destructive situations to protect yourself.

SODAS stands for **S**top, **O**ptions, **D**ecide, **A**ct, and **S**elf Praise.

SODAS: Problem solving skills to take care of yourself.

Stop: take a breath, count to 3. Is this what you want to do?

Options: What can you do? You have choices. How can you take care of yourself?

Decide: Choose what you want to do. Don't let others decide what is right for you.

Act: Act, don't react. Don't be stupid, don't do something to be cool that will hurt you. What do you want to do?

Self Praise: If you feel good about your action then tell yourself "Congratulations! I like myself and I made a good decision."

PRACTICAL INFORMATION: DELAYING TACTICS

You can use delaying tactics to give yourself time to respond in a difficult situation. You can also use them to get yourself out of a bad situation when you don't know what else to do.

1. Delay Statements

Things you could say:

- Its not the right time.
- Not tonight – I don't feel good.

- I don't feel like it now.
- I have to go home now.
- I'm not ready yet.

2. Delay Actions

Things you could do:

- Go to the restroom.
- Pretend you lost something.
- Drop something.

3. Creating Space

Things you could say or do:

- "I need to think about this."
- Move to the other side of the room.
- Put your arms in front of your body.

4. Ending the Situation Quickly

Things you could say or do:

- "I've got to go now."
- Push the other person away.
- "Wow, look at the time."
- Walk away.

5. Building the Relationship

Things you could say:

- "I really like you and want to be with you but I don't want to try this now."
- "Let's do something else besides have sex."
- "I care about you and don't want to do anything that can hurt you."



MOVEMENT FOR MEMORY

Terms and Matches— What do you know?

Make a sign with each letter. Place them around the room. Have each student make a set of cards with one answer on each. Each student shuffles his or her deck. A race begins to see which student can match all the cards first.

S

Stop

Self Praise

Options

I like myself even if this person rejects me.

I feel good that I am going to protect myself from having a baby or getting HIV or an STD.

I don't think I want to be with this person if the person wants to have sex.

I could go along, but I don't really want to.

I am going to talk to this person about what is okay with me.

I am going to stop with kissing.

I am going to leave.

Decide

Act

"I need to say something to my friend."

"I need to go to the bathroom."

O

D

A

S

TECHNICAL APPLICATION: HOW WOULD YOU USE SODAS IN THESE SCENES?

Example of Using SODAS:

Manuel: Hey Rachel, we have been going out for a long time and I am starting to get bored. I really like you a lot and want to show you how much I like you by having sex.

Rachel: But I am not sure I am ready yet. (In her head: Wow this is a tight spot. I don't want to have sex with this guy. I'll use SODAS. STOP) Hey, let's talk about this.

Manuel: I don't want to talk. I want to show you how I love you. How can you not be ready? We have done everything else already. Don't you care about me?

Rachel: (In her head: Well that didn't work. What's the next SODAS? OPTIONS: One option is that we could hug and kiss. Another option is I can leave if he keeps pressuring me.) Well, we can show love by hugging and kissing. But no touching below the belt (smiling).

Manuel: Come on. It's time. I love you so much.

Rachel: (In her head: Oops! I better do the next SODAS. DECIDE: That didn't work. I'll have to leave.) Well, I don't want to be with you if you pressure me to have sex. Of course I love you. I don't want to get pregnant or get HIV or any other STD's and I don't want to have sex now.

Manuel: I'm older than you and have a lot more experience. I promise I won't get you pregnant or give you a disease.

Rachel: If we did have sex would you wear a condom?

Manuel: I don't have to because I don't have anything and I've never gotten a girl pregnant.

Rachel: I'm out of here. Call me if you want to be friends and respect me. (In her head: I ACTed and I feel good about this. I'll give myself SELF PRAISE. Yea! Me! I wanted him to like me but it is more important to like myself.)



Case Studies

Following are case studies where you can practice using the SODAS. In a small group or in pairs, read the case study, and then brainstorm together how to handle the situation. You can also demonstrate your decision to the group in a role play.

Scene 1: There is a boy at school you really like. He says his parents never get home until 6pm and invites you over to his house to work on your homework together. What do you do?

Scene 2: There is a girl that has dropped out of school and is hanging around school when everyone gets out of school. She has been watching you. You think she is really pretty and it is flattering to have her look at you. She comes up to you after school one day, and says she thinks you are good looking and wants to hang out with you. “Can I come home with you for awhile?” she says. You have the idea she wants to fool around. What do you do?

Scene 3: The school dance is coming up, all of your friends have dates and you really want to go with someone. A cute boy asks you to go but he has a bad reputation and there are rumors that he wants to hook up with someone at the dance. What do you do?

Scene 4: You have gone to a party with other kids your age. There are no parents. The person you really like is drinking a beer and hands you one. This person asks you to go into a bedroom. You go because you like the person so much. You start kissing and it gets intense. You don’t want to have sex because you don’t know how much you like this person, but you are afraid they won’t like you if you don’t go along. Also you don’t want to get HIV or another STD. What do you do?

Scene 5: You are at a party with all of your friends and have been drinking a little bit. You really like to party and have a good time. One of your friends tells you to go into a room with her. When you get in there you see a bunch of people shooting drugs. Your friend hands you the needle and tells you she’s done it before and it’s a lot of fun. What do you do?

Scene 6: All the kids at school have been teasing this one boy and saying he is gay. You don’t know if he is gay or not, but you think he is fun to hang out with. You want to keep being his friend but are worried that if you continue to hang out with him people will tease you too. What do you do?

STORY:

The Dragon's Robe



There was a young woman in China named Kwan Yin. Her parents had died and they were very poor, but they had made sure that Kwan Yin had learned a skill when she was very young. They had sent her to a weaver to apprentice, and she had become an excellent weaver. When they died she had inherited a little loom. Now she would travel from village to village and plead with rich people to give her food and a place to put her sleeping mat. Sometimes she wove practical things like towels, but other times she was given colors of silk, vermilion, emerald green, and bright yellow to weave beautiful robes.

There was a great famine in China and there came a time when there was very little food, and no one would feed Kwan Yin to do their weaving. Kwan Yin had not eaten for many days and decided that she must do something to save herself. She had heard that the Emperor's palace beyond the mountains was a safe haven.

Kwan Yin was a hopeful person. Even though terrible things had happened to her, she always hoped things would work out better.

"I am going to climb the mountain and make my fortune at the Emperor's palace," Kwan Yin said as she strapped her loom on her back.

She started off with a spring in her step, ready to make her fortune. She found a path going into the mountains. She was singing as she started climbing the steep and rocky trail. As the path got steeper and steeper, Kwan Yin's breathing became strained, and she realized how weak she was from hunger. She came to a stream and sat down. After splashing her face with water, she looked up to see a roofline in the mountain pine trees. Realizing she couldn't go on, she decided to see if the resident might want some weaving. She walked over to the small house, and saw an old man who was very sick. He was barely moving and had difficulty breathing.

Seeing a cup near his bed, she grabbed it and ran back to the stream. Returning she knelt by his bedside and held his head up so that he could drink.

"Thank you, you are so kind young maiden. I am the keeper of the dragon shrine. But I am too sick to take care of the shrine anymore. If the shrine is not attended, the dragon will become angry and terrible things will happen here in China," said the old man.

"I am a poor weaver with no home and no family. I am on my way to the Emperor's palace because I have heard that he will give a great reward to the weaver that weaves the most beautiful dragon robe. I have only

three days to get there, but I could stop here for a day to help you.”

“Stay here a day. I already feel better with you around. You need to stay and rest and eat, so that you can be strong to go on to the Emperor,” the old man responded.

Kwan Yin decided to stay since no one had ever offered her free food before. By the next morning the old man could sit up. Kwan Yin saw a stranger coming by the stream.

“Who is it?” said the old man.

“I am Lord Phoenix, Overseer of the Emperor’s rice fields,” the stranger said as he entered the house.

“Will you help me with my duties and lay these golden rice seedlings on the altar for me? The dragon spirit will reward you with great crops,” the old man said.

“Sure, I will do that for you,” Lord Phoenix said as he put the rice in his great coat.

After the man left, the old man said to Kwan Yin, “Follow him and see what he does.”

Kwan Yin followed him to the altar and heard him say,

“It would be silly to leave this golden rice to this foolish dragon spirit. He’ll never know.”

He slipped the seedlings in his pocket and left by the stream to take the path up the mountain.

Kwan Yin came back to the old man’s hut to report, but was unable to speak, since a wind emanated from the shrine and moved out from the mountain burning all the rice fields in its path.

Kwan Yin decided to stay another day. The old man was so much better, he could get up and walk around. Another stranger came that day.

“I am Lord Tiger,” he said in an official voice. “I am the General of the Emperor’s army on the Great Wall. I must have a drink and this terrible wind has dried up your creek.”

“Great Lord,” said the old man. “I am the guardian of the Emperor’s dragon shrine but I have been so sick I have not been able to complete my duties. If you lay this golden knife on the altar, the spirit of the rain dragon will reward your army with victory in battle.”

Lord Tiger put the knife in his cloak and left.

“Follow him and see what he is doing,” the old man said to Kwan Yin after Lord Tiger left the door.

Kwan Yin followed him to the shrine, and just as before the Lord did not follow the old man’s wishes. He pulled the knife out of

his cloak and looked at it very carefully.

“Why should I leave such a magnificent knife when I can keep it for myself,” Lord Tiger said as he put the knife back in his cloak.

Kwan Yin returned to tell the old man the bad news, but before she could say anything she heard the distant cry of warriors and horses’ hooves that came from the Great Wall.

“Oh no,” the old man yelled. “Phoenix and Lord Tiger have defiled the shrine. They have dishonored the dragon shrine. The rice crops are ruined and now the Khan rides over the Great Wall to attack us.”

“What can I do to help?” Kwan Yin said, upset that the Old Man was yelling. “I am not a farmer or a soldier. I can’t fight the Khan’s warriors, but I can weave a robe fit for the Emperor and put it at the altar of the dragon’s spirit.”

“Then go,” said the old man. “Go weave, don’t let anything stop you. Weave a great gift to the dragon spirit.”

Kwan Yin took out her loom and began to weave.

Suddenly Lord Phoenix came up to her and said, “Get out of the way, the crops are ruined, the people are running to the mountains.”

But Kwan Yin would not stop. She kept on weaving.

“I command you to stop,” Lord Phoenix yelled as he reached down to push her out of the way.

As he said this, the golden rice seeds fell out of his greatcoat. The seed exploded and created a ring of flame around Lord Phoenix. The fire raged around him, and in an instant he exploded. Just then, a brilliant phoenix emerged from the flames and flew away.

Kwan Yin would not stop weaving, even with this amazing transformation. She kept on weaving.

Lord Tiger and his men then arrived on horse back.

“Get out of the way, you dirty little urchin. You are nothing. Get out of the path, we must all retreat since the Khan has scaled the Great Wall,” Lord Tiger yelled at her.

Kwan Yin would not stop weaving. She kept on weaving.

“Stop!” shouted Lord Tiger, reaching out to push her aside.

As he reached for Kwan Yin, the golden knife slipped from his coat. Where it landed great trees grew, engulfing the Lord and his men. Soon a tiger jumped from the jungle

of trees and ran down the mountain, gone forever.

Kwan Yin would not stop weaving even with the tiger leaping from the jungle. She kept on weaving. The robe was almost finished, she only needed four more rows of silk.

The Khan rode up to her and screamed at her.

“Stand in my presence,” the Khan commanded.

She pushed the shuttle furiously, one, two, three times. The Khan reached out to grab her, and just as he did, she threw the shuttle for the last row. The robe was finished.

“Give me that robe, I will be the most powerful in the land,” the Khan said as he reached for the robe. As he grabbed it, the robe took on a life of its own. It filled with air and created a great wind. Soon the wind blew water from all the mountain streams down on the Khan. A great flood engulfed the Khan and his men. They were washed away.

Kwan Yin stood there untouched. She looked down at her fingers and they had been healed of the cuts from weaving. She looked down at her dress and it was no longer tattered but now a golden robe of silk.

She looked up, and the old man was stand-

ing before her. No longer sick, but now clothed in the fine robes of an Emperor.

“Thank you Kwan Yin. You have taught me to trust a poor weaver over my selfish Lord. Come lie in my palace and help me remember what I have learned.” Said the Emperor. □

Kwan Yin smiled and thanked the dragon for helping her make her fortune.



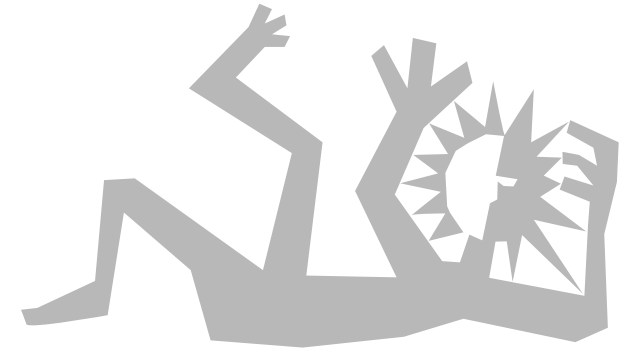
CONCEPTUAL QUESTIONS

1. What did Kwan Yin decide to do in the story?
2. What were Kwan Yin's options?
3. What helped Kwan Yin do what she thought was right?
4. What happened to Kwan Yin in the end?
5. What did Kwan Yin have to do to make her life better?
6. What do you need to do in life to make your life better?
7. Why do you think it is hard to say no to a boyfriend or girlfriend when it comes to having sex?
8. Why would you want to wait to have sex until you are out of school?
9. How would that make your life better?
10. Why is it good to do some things that are hard?
11. What does Kwan Yin do that was hard?
12. What was the benefit for her?
13. What could you do that is hard but would benefit yourself?

Creative PROJECT

A SODAS Play

Have students create a play about a young teen using the SODAS to keep out of a risky sexual activity.

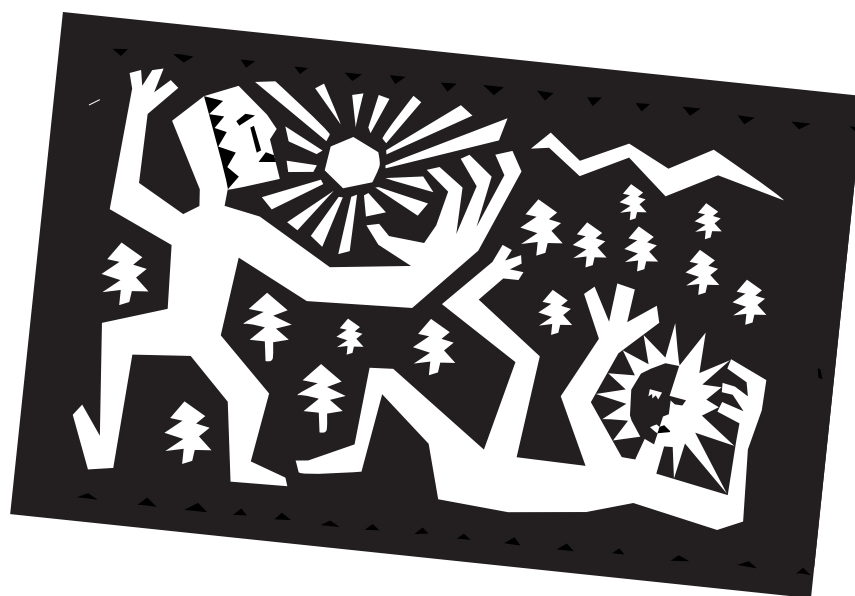


WHAT TO REMEMBER

- You can develop skills to get yourself out of low and high risk sexual situations. Do you have the skills?
- It is important to find friends who you can talk to about not having sex and the importance of using condoms.
- It is not okay to pressure others for sex and you can stop it.



Relationships



PRACTICAL INFORMATION

There is a time in our lives when we wish to have a boyfriend or a girlfriend. Sometimes we fall in love. Sometimes this love interest is mirrored and sometimes it is not. The best relationship for you is certainly the relationship where the feelings and interest are mutual. A relationship where the giving and the receiving are equal, and the acts of love are reciprocated, is important for your well-being. In this type of relationship, both growth and respect are fostered. It is very important to respect yourself. It is important to remember that you are a beautiful person who has many gifts to share. If your relationship with someone makes you feel bad about yourself, then you are probably better off with out it.

In beginning a relationship in middle school, remember that there are many ways to be with someone, and many ways to show that you love someone. It is OK for girls and boys to be “just friends.” These relationships can fulfill us. Friends all going out together and sharing good times are important. If you feel in love with someone special, then, kissing, holding hands, and touching, are all some of those other ways to show physical affection. It is a good time to explore many relationships, before settling into monogamy. A monogamous relationship is one in which you and your partner are solely committed to each other. However, a good monogamous relationship does not block off your involvement with other people, places, or things in your life that are important to you. In monogamy, you should never feel pressure to do something that is not right for you. If you feel suffocated or pressured by someone, then, this is a danger sign. For example, if someone is pressuring or requesting that you perform an act for their own sexual pleasure, then this is probably not the best nurturing relationship for you. You should probably walk away. You can choose to be with someone else. There are many others who will appreciate your love and attention, in the ways in which you feel comfortable giving it. Remember you always have a choice. What about sex? In a monogamous relationship neither partner has sex with someone else, however, you do not have to have sex in order to be in a monogamous relationship. There are many ways to have sex: anal, oral, and vaginal. Any of these ways constitute a

sexual relationship. Sexual relationships are appropriate for you when you are an adult. By law, if you have sex before reaching the “consenting age” (which varies state to state) then you are doing an illegal activity. A healthy age for sexual relationships to begin is between 18-21 years old, although it is not necessary to begin at that age. It may be that you are much older before you choose to enter into a sexual relationship. Why wait? Well, there are many dangers to recreational sex. There are many reasons to wait.

PREGNANCY

Sex can lead to pregnancy. In fact, this is why many people have sex, in order to have a baby. The best way to protect yourself from getting HIV and from getting pregnant is to wait to have sex until you and your partner are ready to have children. Then you need to have a monogamous relationship with your partner and make sure that neither you nor they have HIV. It is difficult to have a baby when you are a teenager and there are benefits to waiting until you are older.

Teen pregnancy is difficult for the mother...

1. Future prospects decline. If you have a baby while you are a teenager it will be difficult to complete school. You may have to kiss some dreams, some goals, good-bye. In fact, most teen moms find that they are not able to graduate from high school, because of the

demands of being a mother and a single parent. Most teen mothers end up being a single parent. That is a lot of work and a lot of responsibility. Without a high school degree, it can be hard to find a decent paying job.

2. Health risks increase. The maternal death rate for mothers under 15 years old is 2.5 times greater than for mothers aged 20-24. Teen mothers may develop pregnancy induced hypertension, anemia, sexually transmitted diseases and cephalopelvic disproportion, leading to a difficult birthing process. These are all signs telling us that the body is not quite ready to have a baby. To wait, makes it easier on you in many ways; physically, and emotionally. If you have a baby as a teenager, you are at greater risk for developing obesity or hypertension later in life.

3. Poverty and single parenthood increase. Who wants to be poor all of their life? Kids cost money, and it is very hard to try and make ends meet all by yourself. Most teenage girls, who have a baby, wind up being the only parent for the child. It takes a very committed and responsible boy to stick around. And while you are pregnant, it is difficult to pay for the health care needed. Pregnant teenagers often have insufficient health care. They get less of what they need most.

Teen pregnancy is difficult for the child...

1. Health issues are higher. Beginning with the fact that low birth weight babies are more common for teenage

moms. Babies born to teenagers with low birth weights are 28% higher than for mothers aged 20-24. This means that the baby is struggling. The probabilities of infant death, blindness, deafness, chronic respiratory problems, mental retardation, mental illness, cerebral palsy, dyslexia, hyperactivity or other disability are greater for this child.

- 2. Parenting is often inadequate.** It is a demanding job to be a parent for anyone. Parenting skills are often not fully developed until we are fully developed. It is important for your own well-being to grow and develop first. Learning how to parent, and provide a nurturing and stimulating environment for your baby's growth and development takes time.
- 3. Abuse and Neglect.** Children born to teens may be abused or neglected. The level of reports of abuse and neglect is two times that for teenage mothers as compared to mothers in their early twenties.
- 4. Foster care increases.** Rates of foster care placement are higher for children whose mothers are under 18 years of age.
- 5. School problems are higher.** Children born to teens are 50% more likely to repeat a grade. They perform worse on standardized tests, and are less likely to complete high school.

Teen pregnancy is difficult for the community...

- 1. Cost.** Because most teenage mothers are unmarried they have to go on welfare in order to financially stay afloat. The federal government spends about \$40 billion to help families that began with a teenage birth.
- 2. Cost.** The business community loses a potential worker. Teen mothers often do not finish high school. It is difficult for a teen to learn work skills and be a dependable employee while caring for children.
- 3. Cost.** In the school, teachers are overwhelmed trying to deal with problems that begin in the home. Too many children start school unprepared to learn.

If you are still thinking about having sex, use a latex condom. By using a condom when you have sex, you can prevent getting HIV, other STDs, and you can prevent pregnancy.



MOVEMENT FOR **M**EMORY

Terms and Matches— What do you know?

Have participants choose one question and decorate a poster with the question and answer. Students may work alone or in groups. Once the poster is created, students walk around asking questions and seeing if the other students can come up with a different answer.

**WHAT IS
MONOGAMOUS?**

**WHY IS TEENAGE
PREGNANCY BAD
FOR THE MOTHER?**

**WHY IS TEENAGE
PREGNANCY BAD
FOR THE CHILD?**

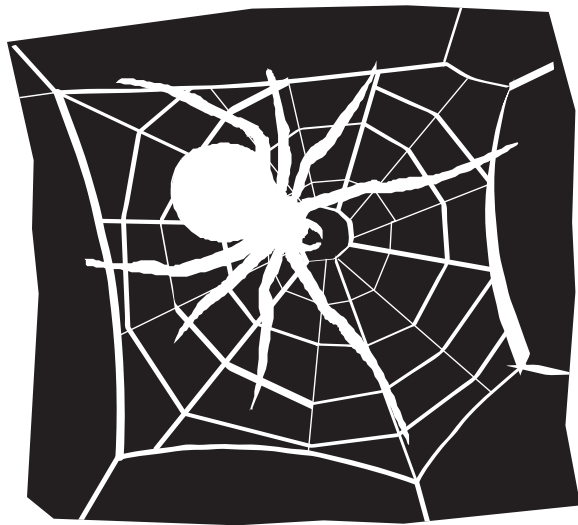
**WHY IS TEENAGE
PREGNANCY BAD
FOR ALL OF US?**

- Teen pregnancy costs society billions of dollars.
- Children of teen mothers sometimes have insufficient health.
- Both partners only have relations with one person.
- Teenage mothers often have health problems and live in poverty.

STORY:

The White Spider's Gift

Guarani Indians of Paraguay



In a dense forest in Paraguay lived a widow and her only son. His name was Piki. One morning they were walking to the spring to fill their earthen jars with water. Piki stopped and looked at something in the yerba mate bush.

“Look, Mother, my little white spider is waiting to greet me. She has made a beautiful web. I think she remembers me from when I saved her from the spring. Remember last week, I saw her spinning around in the spring. I scooped her up in my hand and held her until she was dry. After she dried out, she danced in my hand, then I put her on this very bush. She looks happy now,” Piki said.

“It’s amazing, this spider seems to know you. Who could imagine a spider could know a person?” the mother said.

The mother looked at her son with pride, he was strong. She felt lucky to have him. Piki was now eighteen and he looked so handsome and strong. The mother and son startled as they heard the splash of oars in the stream next to the spring. Piki looked up from the spider, and saw a beautiful young Indian woman paddling her canoe. She had on a white cotton tunic with a purple sash. Her ebony hair was coiled in braids interlaced with lavender orchids. She looked up and smiled at Piki. He thought there must be sunbeams in her eyes, they sparkled so.

“Who is she, mother? She is the most beautiful girl I have ever seen. Who is she?” Piki asked.

“Why she is Tukira, the chieftain’s daughter. We better hurry with our chores before evening. I must grind the corn, and you need to lay out meat on the racks to dry,” the mother responded.

“Why haven’t I ever seen her?” asked Piki.

“She has just returned from her mother’s sister’s village where she has been since her mother died. She has come home now to get married,” the mother explained.

A few days later, Piki was in the forest gathering berries and he came upon Tukira gathering flowers.

“What are you doing here? Who are you?” shouted Tukira, surprised by Piki.

“Oh, sorry, I’m Piki. I didn’t mean to startle you. I was picking berries, here have some,” he said as he offered Tukira some berries.

Tukira laughed and took some fruit. Days passed and they both seemed to be looking for flowers and berries a little too often. The whole tribe was excited that the two of them were in love, and looked forward to a great celebration where they could feast and dance. But the chieftain, Tukira’s father had other ideas. He wanted to get the bravest warrior in the land for Tukira’s husband. He put out a call and handsome

princes and other warriors came to compete. Piki was so in love with Tukira, he didn't care if he wasn't a prince or a famous warrior. He competed and won many events.

But on the last day of the competition, the chieftain had an announcement.

"There will be no more racing, swimming or hunting," he announced to the crowd. "I want to see what you can give my daughter as a gift. Whoever brings her the most beautiful, most imaginative, most original, most creative present will have her for your wife. I will give you two moons to find such a gift."

At their daily meeting in the woods, Piki was distraught, "Tukira, I am not rich. What will I do? We have lost. You will have to go off with one of the arrogant princes; they think they are so great."

For some reason Tukira wasn't worried, she had faith in Piki. She said, "Don't worry; it is going to work out. Pray to our god Tupa for help. He helps good people, not vain people."

Piki prayed but he didn't hear an answer. Time passed and the princes and warriors began bringing wonderful presents. They brought skins of strange animals, large plumes of feathers, gold and silver with jewels, and stunning birds with green, turquoise, red and blue feathers. Piki had gone to the village square to see what was

happening. He was so depressed that he went home to tell his mother he was leaving the village and going into the forest to become a hermit.

"I have failed, I can never win Tukira. I am going to the stream to say goodbye to the spider. Goodbye, my mother," Piki said. His mother started crying and wailing and grabbed at his feet as he turned to go.

Piki went down to the spring, and looked for his white spider. He heard a soft voice.

"Piki, I am here in the bush. I can help you. I can help you win your princess," a soft voice said.

Piki jumped at the surprise of a voice seeming to come out of nowhere. He looked all around and couldn't see a soul.

"Piki," the little voice said again, "It's me I am your little white spider and Tupa has asked me to help you. Look for me in my yerba mate bush. Here I am."

Piki looked down and saw the spider moving up and down. Maybe there would be help, this seemed like a miracle.

"Go home now to your mother. She is very sad and you must cheer her up," the spider told him as he looked at her.

Piki leaped for joy, screaming, "Hooray! Hooray!"

He ran home to his mother and told her the good news.

The next day at dawn, just before the sun was rising, Piki crept back to the spring. The monkeys and parrots were screaming in the forest and the night's dew was transforming to morning mist.

Piki came to the yerba mate bush and looked carefully, but he couldn't find his white spider. Instead he saw a huge web that she had woven. It was the size of a shawl and had guava flowers, birds, orchids and begonias woven into the pattern. Piki picked it up and realized he now had a spectacular gift for Tukira. He rushed to the village square, followed by his mother and waited until the mid- afternoon sun, when the chieftain would arrive to receive the gifts.

The chieftain came into the square and was followed by his daughter. She was looking very sad since she had lost hope that she would be with Piki. Piki rushed out and held the lace shawl carefully above Tukira's head. The whole town gasped at the ethereal beauty of the shimmering lace.

The chieftain said, "Piki has won. His gift is the most beautiful."

They were married and were happy, and to this day women in Paraguay weave the lace called nanduti or spider's web lace. ☐

CONCEPTUAL QUESTIONS

Why did Piki want to marry Tukira?

What was Piki willing to do to marry Tukira?

Do you think Piki would want to protect Tukira from getting disease? Why or why not?

Do you think that Piki and Tukira will be monogamous? Why or why not?

Would you be willing to refrain from having sex with someone you love to protect him or her?

Would you be willing to use a condom when having sex with someone you love to protect the person even if you didn't want to?

Creative PROJECT

Write a poem or draw a picture about finding happiness in a relationship.

HAPPINESS

by Mary Oliver

In the afternoon I watched the she-bear; she was looking for the secret bin of sweetness – honey, that the bees store in the trees' soft caves. Black block of gloom, she climbed down tree after tree and shuffled on through the woods. And then she found it! The honey-house deep as heartwood, and dipped into it among the swarming bees – honey and comb she lipped and tongued and scooped out in her black nails, until maybe she grew full, or sleepy, or maybe a little drunk, and sticky down the rugs of her arms, and began to hum and sway. I saw her let go of the branches, I saw her lift her honeyed muzzle into the leaves, and her thick arms, as though she would fly – an enormous bee all sweetness and wings – down into the meadows, the perfection of honeysuckle and roses and clover – to float and sleep in the sheer nets swaying from flower to flower day after shining day.

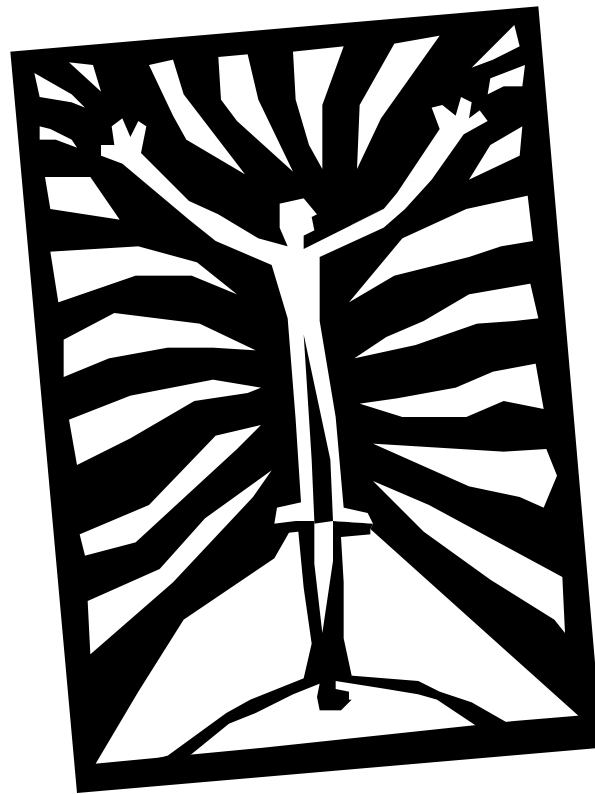


WHAT TO REMEMBER

- Delay sex until you are 18 or ready to marry.
- Sex is best as part of a monogamous relationship to protect against STD's or HIV/AIDS or have a relationship that could support a baby.
- Avoid pregnancy as a teenager since it can have a negative lifetime impact on how much you can earn and your health.



Self Efficacy



PRACTICAL INFORMATION: SEXUALLY TRANSMITTED DISEASES

Taking care of yourself is important to feeling healthy. A part of taking care of you is protecting yourself from infectious diseases, like HIV and AIDS. There are other diseases that are spread by sex. All the diseases spread by sex are called Sexually Transmitted Diseases (STDs). STDs are also sometimes called venereal diseases (VDs). They are very common, and they are all avoidable. They are not all curable though. About one in four sexually active women between 15-19 years old go in for treatment for an STD. STDs can make you go blind, crazy, or sterile. Some can lead to cancer, and some can kill you. STDs do not

go away by themselves. Using condoms protects you from HIV and other STDs.

Abstinence (not having sex) protects you from HIV and other STDs.

Where to go for HELP

If you are ever concerned that you have a STD, you can call the National STD Hotline at 800. 227. 8922. This is a free call and you can remain anonymous. The call will not even show up on the phone bill. You can also go to your doctor, to Planned Parenthood, or to your local Health Department.

More about STDs

Viruses, like HIV and Herpes, cause some STDs. Bacteria cause others. Bacteria are single celled organisms (meaning that they are just one cell big). Like viruses, bacteria are so small that you cannot see them, but they are actually a bit bigger than viruses. You can look under a light microscope and see bacteria. While some bacteria are “friendly” like the Lactobacillus bacteria in your yogurt and the decomposer bacteria in the soil, others, cause disease (these are “not friendly”).

Chlamydia

(cla-MIH-dee-ah)

Chlamydia is a bacteria and is the most common STD. About 85% of infected women and 40% of infected men with chlamydia have no symptoms (burning, dis-

charge, pus) and do not know that they even have it. How scary is that? Women may not know that they have chlamydia until they try to get pregnant or experience chronic pain in their pelvis. Men may realize that they have chlamydia if he has a urinary tract infection, or an eye infection.

Chlamydia can cause both men and women to be sterile. Sterility means that you are no longer fertile, that is, you are no longer equipped to make babies.

Antibiotics can cure chlamydia, so if you think you have been exposed, ask to be tested.

Chlamydia is spread by:

- Vaginal and anal sexual intercourse
- The birth canal to the fetus
- Rarely, from the hand to the eye

Symptoms of Chlamydia

Remember, that not every one who catches chlamydia experiences symptoms right away. If symptoms do appear right away, you will feel them in 7-21 days after being infected.

These symptoms are:

- Discharge from the penis or the vagina
- Painful or frequent urination
- Bleeding from the vagina
- Painful intercourse for women
- Spotting between periods or after intercourse for women
- Pain in the stomach, nausea, or fever

- Inflammation or pain in the rectum, the cervix, or the testicles

Chlamydia is prevented by:

- Abstinence from sex
- Condoms if having sex

Gonorrhea

(gone-o-RHEE-a)

Gonorrhea is another type of bacteria. In the old days, they used to call it “the clap.”

Gonorrhea is also easy to get but hard to detect. 80% of women and 10% of men with gonorrhea show no symptoms. Gonorrhea can cause you to be sterile, can cause arthritis, and can cause heart problems. If a woman is pregnant, gonorrhea can cause premature labor or stillbirth. Gonorrhea can cause serious eye infections. This is why babies born in hospitals are given drops of antibiotics in their eyes right after they are born. If you have gonorrhea you may also have chlamydia (these “unfriendly bacteria” must like each other). Both men and women can get rid off gonorrhea by taking oral antibiotics.

Gonorrhea is spread by:

- Vaginal, anal, and oral sexual intercourse

Symptoms of Gonorrhea

Remember, that not every one who catches gonorrhea experiences symptoms right away. If symptoms do appear right away, you will feel them in 1-14 days after being

infected. These symptoms are:

- Painful, frequent, or burning urination
- Pus from the urethra in men
- Yellowish/yellow-green discharge from the vagina in women
- Swelling or tenderness of the vulva in women
- Menstrual irregularities in women
- Pain in the pelvis or stomach for women
- Pain during sex for women
- Arthritic pain
- Pelvic inflammatory disease (PID) in women

Gonorrhea is prevented by:

- Abstinence from sex
- Condoms if having sex

WARTS

There are two types of viruses that can cause warts on the genitals. One is Herpes Simplex (type I or type II) and the other is Human Papilloma Virus (HPV).

Herpes Simplex (Her-pees)

Herpes is a virus and herpes is incurable. You can have a herpes cold sore on your mouth and you can have herpes warts on your genitals. They are both Herpes Simplex viruses. Either type of herpes wart is filled with LOTS of herpes viruses. The warts are actually lesions, which rupture, dry up, go away, but then come back any-time. They may be painful, itch, be red,

swollen, and ultimately discharge (rupture) to spread more viruses. If you have a herpes cold sore on your mouth and have oral sex, you can give your partner genital herpes. Many people (2/3) infected with HIV also have genital herpes. There are some drugs, which can help keep herpes outbreaks in check, such as acyclovir, zovirax, valtrex, famvir, and famciclovir. But once you catch herpes, you have it forever. It may be dormant (hidden) sometimes, but will be active (expressed) in other times. Herpes may spread to your central nervous system (which is your brain and your spinal cord).

Herpes is spread by:

- Vaginal, anal, and oral sexual intercourse
- Kissing
- Indirect saliva contact (e.g. from a finger or eating utensil)
- The birth canal to the baby during childbirth

Symptoms of Herpes Simplex:

- Fever and feeling tired
- Inflammation of the gums and mouth (gingivostomatitis)
- Inflammation of the throat
- Cold sores or fever blisters on the gums, mouth, tongue, or lips
- Bleeding gums
- Tonsillitis
- Lesions on the vulva, vagina, cervix, urethra and/or perineum in women

- Lesions on the penis in men
- Lesions on the rectum and perianal region
- Lesions on the eye

Herpes is prevented by:

- Abstinence from sex
- Condoms if having sex (although condoms are not 100% effective as they do not always cover herpes sores)
- Abstinence from kissing (especially during symptomatic periods)
- Abstinence from touching open lesions
- Personal hygiene: washing your hands

Human Papilloma Virus

(pap-ill-LOW-mah)

Human Papilloma Viruses (HPVs) also cause warts. They can cause genital warts. Genital warts may itch, be soft to the touch, may be flat, or may look like mini cauliflowers. However, many other genital HPV infections remain invisible. You do not see them and you do not feel them. (Have we heard this story before?)

Some HPVs may be benign; others may cause cancer in the cervix, vulva, or penis. If you are a woman and go in for a Pap smear, the nurse or doctor is checking for HPVs.

Warts can be removed by podophyllin or acid, knife surgery, laser surgery (vaporizing with a beam of high-power light), or cryosurgery (freezing by liquid nitrogen).

You can also be treated with injections of interferon.

Genital HPVs are spread by:

- Vaginal, anal, and oral sexual intercourse
- Rarely, the birth canal to the baby during childbirth

Symptoms of HPV:

Remember, that not every one who catches HPV experiences symptoms right away. If warts do develop, you will see them 2-3 weeks after being infected. Genital warts may grow faster if you are pregnant or if you have an infection. These symptoms are:

- Warts on the genitals, in the urethra, or in the anus
- Occasionally, warts in the throat
- Untreated genital warts can grow and block the openings of the vagina, anus or throat

Genital HPV is prevented by:

- Abstinence from sex
- Condoms if having sex (although condoms are not 100% effective as they do not always cover the full area of HPV infection— the warts area is sometimes at the base of the penis where the condom does not cover, and the viral shedding area is larger than the eye can see)

WARNING! THIS NEXT SECTION IS VERY GRAPHIC IN TERMS OF SEX AND THE USE OF CONDOMS. PLEASE TELL YOUR FACILITATOR IF YOU ARE UNCOMFORTABLE OR DO NOT WANT TO TALK ABOUT IT.

**PRACTICAL INFORMATION:
HOW TO USE CONDOMS**

Getting Ready, Choosing the Right Condom

A number of different types of condom are now available. What is generally called a condom is the "male" condom, a sheath or covering which fits over a man's penis, and which is closed at one end.

There is also now a female condom, or vaginal pouch, which is used by a woman and which fits inside her vagina. The rest of this page is about the male condom.

What are condoms made of, and what shapes are there?

Condoms are made out of latex (rubber), plastic or animal tissue. If possible you should use a latex condom as these are the most effective against viruses such as HIV, and in most countries they are the type most readily available.

Condoms come in a variety of shapes. Most have a reservoir tip although some do have

a plain tip. Condoms may be regular shaped (with straight sides), form fit (indented just below the glans or "head" of the penis), or they may be flared (wider over the glans). In addition some condoms are textured with ribs or bumps. Condoms also come in a variety of colors.

The lubrication on condoms also varies. Some condoms are not lubricated at all, some are lubricated with a silicone substance, and some condoms have a water-based lubricant. Many lubricated condoms are also now available with a spermicide (Nonoxynol 9) added.

The lubrication on condoms aims to make the condom easier to put on and more comfortable to use. A spermicidal lubricant also aims to provide an additional level of protection should leakage occur.

What shape should I choose? Why are some condoms flavored?

It's up to you which to choose. All of the differences in shape are designed to suit different personal preferences and enhance pleasure. It is important to communicate with your partner to be sure that you are using condoms that satisfy both of you.

Some condoms are flavored to make oral sex more enjoyable.

What about the condom size?

There are generally only three sizes made, and the standard size fits most men.

There is just one standard length for condoms, and condoms made from natural rubber will in addition always stretch if necessary to fit the length of the man's erect penis.

The only place where there is a size difference at all, is in the width of the condom. Some condoms have a slightly smaller width to give a "closer" fit. There is also a slightly larger condom, but this is usually just 2 mm larger than the standard size.

The brand names will be different in each country, so you will need to do your own investigation of different names. There is no particular best brand of condom.

So when do you use a condom?

You need to use a new condom every time you have sexual intercourse. Never use the same condom twice. Put the condom on after the penis is erect and before any contact is made between the penis and any part of the partner's body.

How do you use a condom?

Open the condom package at one corner being careful not to tear the condom with your fingernails, your teeth, or through being too rough. Make sure the package and condom appear to be in good condition, and check that if there is an expiration date and that the date has not passed.

Condoms can deteriorate if not stored properly. They can be affected by both heat

and light. So it is best not to use a condom that has been stored in your back pocket, your wallet, or the glove compartment of your car.

Place the rolled condom over the tip of the hard penis, and if the condom does not have a reservoir top, pinch the tip of the condom enough to leave a half inch space for semen to collect. If the man is not circumcised, then pull back the foreskin before rolling on the condom.

Pinch the air out of the condom tip with one hand and unroll the condom over the penis with the other hand. Roll the condom all the way down to the base of the penis, and smooth out any air bubbles. (Air bubbles can cause a condom to break).

If you want to use some extra lubrication, put it on the outside of the condom. But always use a water-based lubricant (such as KY Jelly), as an oil-based lubricant will cause the latex to break.

What do you do if the condom won't unroll?

The condom should unroll smoothly and easily from the rim on the outside. If you have to struggle or if it takes more than a few seconds, it probably means that you are trying to put the condom on upside down. To take off the condom, don't try to roll it back up. Hold it near the rim and slide it off. Then start again with a new condom.

When do you take off the condom?

Pull out before the penis softens, and hold the condom against the base of the penis while you pull out, so that the semen doesn't spill. Then tie a knot in the condom and throw it away.

What do you do if a condom breaks?

If a condom breaks during sexual intercourse, then pull out quickly and replace the condom. While you are having sex, check the condom from time to time, to make sure it hasn't split open or slipped off.

What condoms should you use for anal intercourse?

With anal intercourse more strain can be placed on the condom. So it is sensible to use stronger condoms and plenty of lubricant.

Is using a condom effective?

If used properly, a condom is very effective at reducing the risk of being infected with HIV during sexual intercourse. Using a condom also provides protection against other sexually transmitted diseases, and protection against pregnancy. In the laboratory, latex condoms are very effective at blocking transmission of HIV because the pores in latex condoms are too small to allow the virus to pass through. However, outside of the laboratory condoms are less effective because people do not always use condoms properly.

What about polyurethane condoms?

Polyurethane condoms are thinner than latex condoms, and so they increase sensitivity and are more agreeable in feel and appearance to some users. They are also helpful to those people who are allergic to latex. But a disadvantage is that they are much more likely to break than latex condoms.

How can I persuade my partner that we should use a condom?

It can be difficult to talk about using condoms. But you shouldn't let embarrassment become a health risk. The person you are thinking about having sex with may not agree at first when you say that you want to use a condom when you have sex. In the box to the right are some comments that might be made and some answers that you could try.

Tips On Using Condoms

- Put a condom on after the penis is erect (hard).
- If using a spermicide, put some inside the condom tip.
- After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw from your partner.
- If the condom does not have a reservoir tip, pinch the tip enough to leave a half - inch space for the semen to collect.
- Extreme temperatures-especially heat - can make latex brittle or gummy (like an old balloon).

Excuse	Answer
Don't you trust me?	<i>Trust isn't the point, people can have infections without realizing it.</i>
I can't feel a thing when I wear a condom.	<i>Maybe that way you'll last even longer and that will make up for it.</i>
I don't stay hard when I put on a condom.	<i>I'll help you put it on, that will help you keep it.</i>
I don't have a condom with me.	<i>I do.</i>
I'm on the pill, you don't need a condom.	<i>It will help to protect us from infections we may not realize we have.</i>
But I love you.	<i>Then you'll help us to protect ourselves.</i>
Just this once.	<i>Once is all it takes.</i>

- So, don't store condoms in hot places like a glove compartment, your wallet or back pocket for any length of time.
- If you do carry it around for more than a few weeks without using it, throw it out and store a new one.

Do's And Don'ts For Condoms

THE DO'S:

- Use only water based lubricants both inside and outside the condom.
- Use a new condom for every act of intercourse.
- Put a condom on before any contact is made between the penis and any part of the partner's body.
- Wrap a used condom in a tissue and throw it in the trash.

THE DON'TS:

- Don't use your teeth, scissors or sharp nails when opening a condom wrapper and make sure you can see what you're doing!
- Never use lubricants that contain oils, fat or greases such as petroleum jelly (like Vaseline) baby oils or lotion, hand or body lotions, cooking oils or oily cosmetics like cold cream. They can seriously weaken latex causing a condom to form tiny holes and tear easily.
- Don't flush them down the toilet they will come back to haunt you!

Instructions On How To Use A Condom

- Put the condom on as soon as the penis becomes erect. This is important because some sperm can leak out of the penis during foreplay before an orgasm.
- To reduce the risk of the condom break-

ing during use, apply a small amount of water based condom safe lubricant, such as SLIPPERY STUFF, to the outside of the condom and the inside tip.

- Place the rolled up condom on the end of the erect penis. Hold the tip of the condom (about a half-inch) to squeeze out the air. If the condom is placed too tightly over the head of the penis it is more likely to break.
- With the other hand, unroll the condom down the entire length of the erect penis all the way to the pubic hair.
- Right after ejaculation and while the penis is still erect hold the rim of the condom at the base of the penis and pull out of your partner. This will keep the condom from slipping off inside your partner.
- Fold up the condom in to tissue paper and throw it in the garbage.

MOVEMENT FOR **MEM**ORY

Questions and Matches— What do you know?

You can use more than one answer per question.

Make a concentration game out of this. A question on each card and an answer on each card. Shuffle them, turn them over and match.

WHAT ARE SEXUALLY TRANSMITTED DISEASES (STD'S)?

WHAT WILL NOT HAVING SEX PROTECT YOU FROM?

- HIV/AIDS**
- Chylamydia**
- Human Papilloma Virus (HPV)**
- Gonorrhea**
- Latex condoms**
- Pregnancy**

WHAT DISEASES WILL CONDOMS PROTECT YOU FROM?

WHAT DISEASES WILL CONDOMS PROTECT YOU FROM?

WHAT WILL BEING MONOGAMOUS WITH A PARTNER PROTECT YOU FROM IF THAT PERSON DOES NOT HAVE HIV OR OTHER STD'S?

STORY:

Keep on Stepping



This is a story about a slave named Dave. And this is a story about how the white slave owner never let Dave become a man. Back in slavery time Dave was slaving on a plantation somewhere in Tennessee. Dave was working in the field one day, he looked up and saw a terrible sight, and started yelling.

“There’s ol’ massa and ol’ missy’s two children out in a boat. They are out there screaming. They’ve lost their oars. The boat is out of control, spinning around. They’re going to be thrown in the water. Somebody help them!” Dave screamed.

A field slave, called High John yelled back, “Why don’t you leave it alone, Dave? White people beat us and tell us what to do, we don’t need to help them.”

“I’m not doing that. What’d you talking about, that’s pure mean. Them’s people and I’m going save them. I gotta hurry.” Dave yelled back.

Dave ran up to the big house and told massa and missy. Then he jumped into the river, swam out and took hold of the boat and stopped it spinning. Dave was strong from working in the field, and he kicked the boat. Then he kicked his legs strong, moving the boat to the shore.

Massa and missy had run down to the river to meet their children. They were mighty happy.

“Dave, you’re the best slave we have. If you make a good crop this year and fill up the barn then I’m gonna give you your freedom,” Massa said.

That’s how it worked in slavery. It was good enough that Dave had saved massa’s children, he had to plow, plant and hoe for a year, and then just maybe he could be free. Dave was free all the time, he just didn’t know how to enforce it. Dave worked like a champ for a whole year. He made such a good crop, it filled the barn and half of the house.

Finally Massa said, “Well Dave I’m a man of my word. I sho’ hate to get rid of a good slave like you, but I promised. I’ll give you this suit of clothes. Look at that my wife and children they are sniffy and crying.”

Dave was glad to finally be away. He tied the clothes in a bundle and put ‘em on a stick, then he started walking, walking real slow. He never turned back, he kept walking even when massa was calling him.

“Dave! The children love you,” Massa called.

“Yassah,” Dave called back, even though he didn’t look back.

“Dave, I love you,” Massa called.

“Yassah,” not turning back.

“And missy, she like you,” Massah called again.

“Yassah,” not turning back.

“But remember you are still a slave, even though you’re free,” Massa yelled.

As long as Dave was in sight massa was standing on the porch yelling.

“Dave! The children love you. I love you, and missy, she like you. But remember Dave! You still a slave inside!” Massa yelled.

“Yassah,” Dave yelled back almost out of ear shot now. He never looked back and kept on stepping until he got to Canada. Even though they had let his body free they wanted to keep him a slave.

You ain’t free long as you let somebody else tell you who you are. But you be like Dave. Just keep on stepping, children, when you know you’re right. Don’t matter what they yell after you. Just keep on stepping. ☐



CONCEPTUAL QUESTIONS

What did Dave need to do to become free?

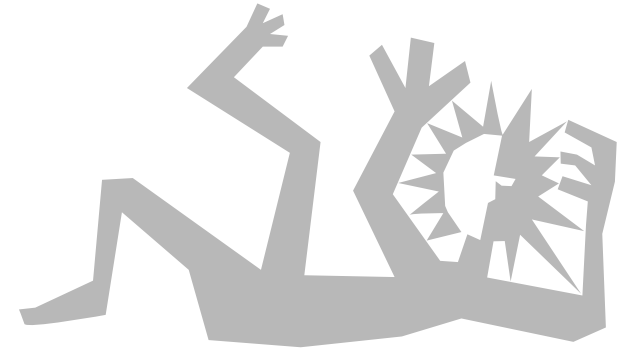
Do you think that Dave believed what the Massa thought about him?

How do you think Dave kept his courage when Massa insulted him and kept him working for a year?

What would you be willing to do to protect yourself and make sure you get to where you want to go in time?

How would having a baby as a teenager or getting HIV keep you from getting to where you wanted to go in life?

Where do you want to go in life?



WHAT TO REMEMBER

- One can buy condoms at a grocery store and one doesn’t need to be 18.



Creative PROJECT

Humans have been telling stories since the beginning of time to pass on values, to teach young people how to become humans, to transfer maps of how to face adversity, and to give others a notion of where they came from and where they are going.

Most stories have the stages of the hero-heroine journey.

Separation: The character must leave home or family to prove his character or to help others. There is a call to adventure. And often a helper appears to give the hero or heroine advice.

Tests: The character goes through very serious tests that prove his or her character. These initiations include battles, dismemberment, journeys into the unknown and being abducted. The character often has **helpers** during these tests.

Return: The hero or heroine returns after the initiation to his or her society, community, and family. By surviving the tests, the hero or heroine gives hope that others can survive the tests. The hero or heroine also often brings back knowledge or a symbol, which will help the community and family.

Example of How a Story Fits the Stages:

Story: The movie “Independence Day”

Life is going along normally.

Separation: Aliens arrive.

Tests: Buildings are destroyed. Nuclear weapons don’t work. The President’s wife dies.

Helpers: Characteristics of heroes. Scientist figures out how to stop communications. Pilots get spaceship into alien mother ship. Alien technology is used in form of spaceship. Country unites.

Return: Spaceship is blown up.

Gifts of Story: Scientist is reunited with father and former wife. Pilot is celebrated as a hero and is married. The drunk redeems himself by sacrificing his life.

Tests are the central element of stories. Actually tests are the central element of human life. To create a story one can use one’s own life as a basis of tests.

Think about a time in your life that was very difficult. Write down a few words about this and also list the helpers you had. Helpers can be another person, spiritual help, characteristics that you have or learn, and many other things.

You can circle more than one.

BEGINNING YOUR STORY

Choose an Archetype from the list on the right for the main character.

Archetype of main character (see list at right): _____

Name of main character for the story: _____

Color associated with character: _____

Characteristics that are clear about the character (see list at right): _____

Characteristics that the character might need but that might be hidden or might seem negative. For example sometimes one needs to be vulnerable, or to take care of oneself and sometimes one needs to be angry. (See list at right):

MY TEST

MY HELPERS

Example of Archetypes

hero	warrior
priest	priestess
princess	wizard
monster	learner
prince	king
queen	scholar
artist	musician
painter	writer
movie star	beauty
handsome	mother
father	teacher
fool	rebel
magician	child
elder	wise person

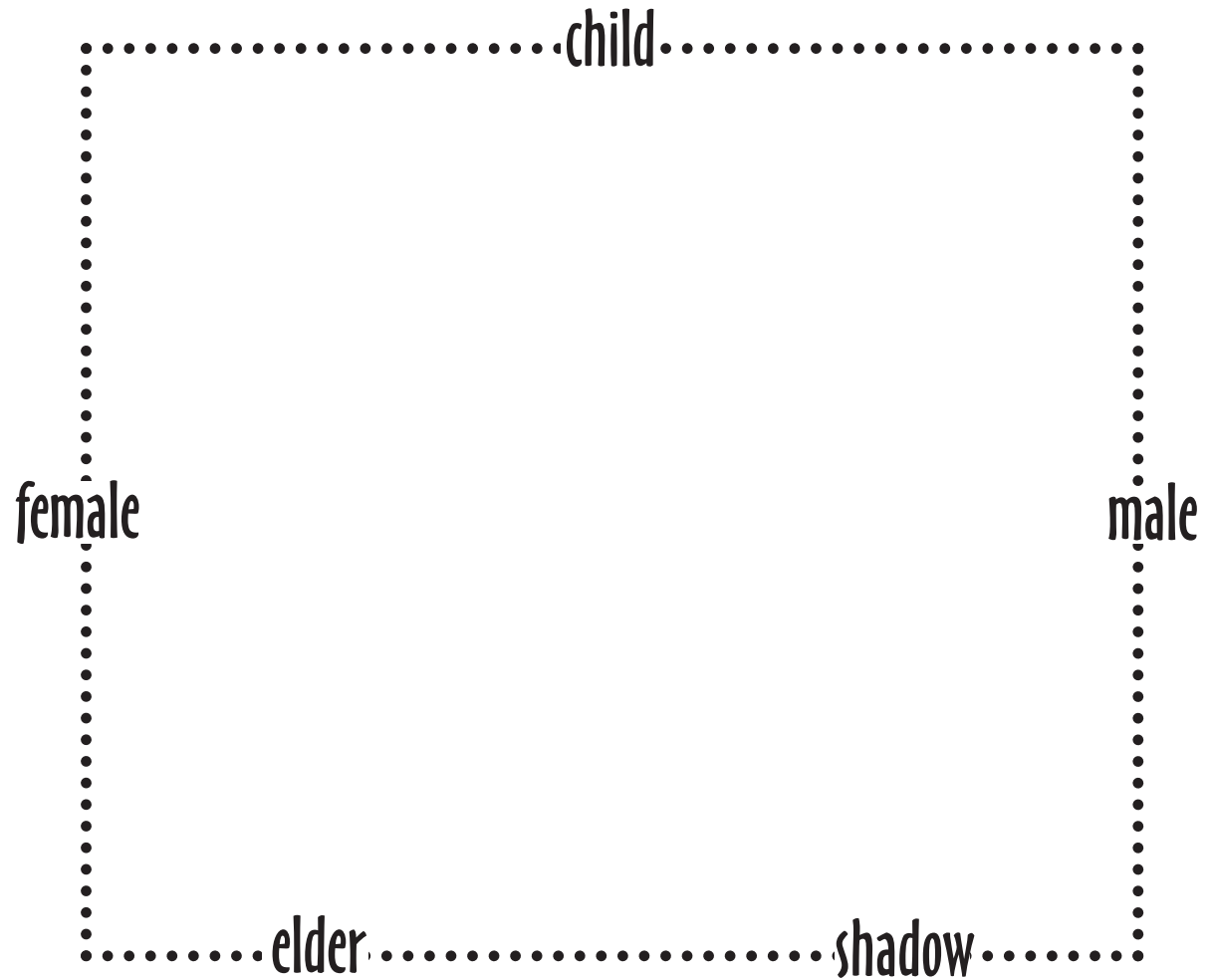
Example of Characteristics

brave	strong
inquisitive	wise
curious	vulnerable
deep	insecure
wounded	loving
caring	creative
musical	afraid
ugly	angry
open	wondering
knowledgeable	foolish
innocent	trusting

ARCHETYPE FOR STORY

Draw a symbol in the middle below of the archetype of main character of the story

Circle if your archetype is a child, male, female, elder or in the shadow.



STORYTELLING BASICS

You Fill This Out About the Story You Want to Tell

Main Character's Name:

Color Associated with Character:

Test of Story:

Helpers in the Story:

Beginning Scene (write and focus on perceptual details, emphasize colors):

In general, what happens in the story?

What happens after the test when the main character returns?

List some key words in order of what might happens in the story. Color them with a highlighter. Practice telling your story aloud, visualizing it as you say it. Trust your intuition.

NOW PRACTICE TELLING YOUR STORY.

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