



# Handbook

*Sexy, Smart & Safe*

## Table Of Contents

Acronyms ....	2
Background .....	3
Who Is This Handbook For? .....	4
What Is The Purpose Of The Toolkit? .....	5
Ways To Use The Sexy, Smart, Safe (Rated SSS) Toolkit .....	6
Who Are Triple S (SSS) Women? .....	6
Key Actions Promoted In The Sexy, Smart, And Safe (Rated SSS) Toolkit	8
Toolkit Materials And Their Use .....	9
Counseling Cards .....	10
Discussion Cubes .....	10
Wrist Bands .....	11
Leaflet. ....	12
Mobile Phone Screen Saver .....	13
Ring Tone Jingle. ....	13
Tips For Effective Communication ...	14
Annex A: Icebreakers .....	16
Annex B: STI Information Sheets....	18
Annex C: STI Prevention Quiz. ....	24
Annex D: Male Condom Instructions .....	25
Annex E: Female Condom Instructions...	26
Annex F: Sample Monitoring Form For Activities..	27

## Acronyms

AIDS	Acquired Immune Deficiency Syndrome
C-Change	Communication for Change
CS	Capacity Strengthening
FHI 360	FHI Development 360
FSW	Female Sex Worker
HIV	Human Immunodeficiency Virus
MARP	Most-at-Risk Populations
MSM	Men who have Sex with Men
SBCC	Social and Behavior Change Communication
SSS	Sexy, Smart, and Safe
STI	Sexually Transmitted Infection
SW	Sex Worker
USAID	United States Agency for International Development

## Background

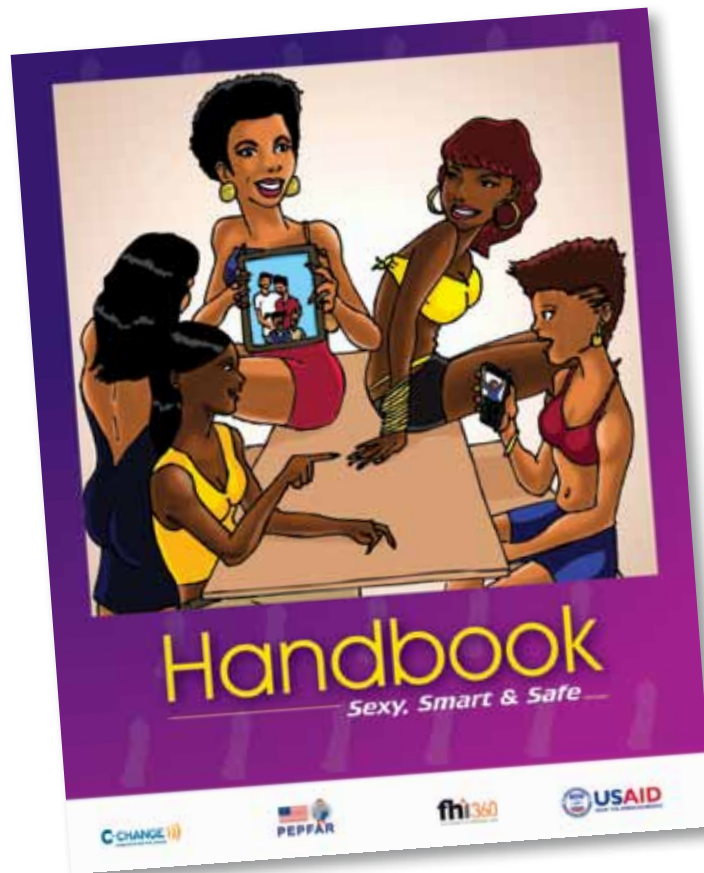
Communication for Change (C-Change) is a USAID-funded project to improve the effectiveness and sustainability of social and behavior change communication (SBCC) activities and programs as an integral part of development efforts in health, environmental conservation, and civil society strengthening. C-Change, managed by FHI 360, works with global, regional, and local partners to apply communication approaches to change individual behaviors and social norms, supported by evidence-based strategies, state-of-the art capacity strengthening (CS), and operations and evaluation research.

FHI 360's C-Change Project in Jamaica and The Bahamas provides technical assistance in SBCC to improve the quality and scale of Jamaica and The Bahamas' response to the HIV and AIDS epidemic. The Project works toward the goal of a national-led, sustainable, integrated, and coordinated HIV prevention effort that enables national programs to plan, implement, and evaluate evidence-based, comprehensive programs for most-at-risk (MARP) populations, including men who have sex with men (MSM) and sex workers (SW).

Through dialogue with community educators and SW, the need for a comprehensive communication Toolkit that addresses health and other needs was identified. In response, C-Change developed the Sexy, Smart, and Safe (Rated SSS) Toolkit. In November 2010, C-Change conducted a series of Action Media workshops with SWs in Jamaica and in The Bahamas in September 2011. The overall objective of these workshops was to develop SBCC resources that contribute to the reduction of HIV among SW and that could be integrated into existing programming with this priority population. Within the workshops, contextual challenges, gaps, and needs related to health were also explored. A review of the literature and focus group and other discussions held with SW also informed the development of this Toolkit as well as research conducted by C-Change in 2011.

## Who Is This Handbook For?

The Sexy, Smart, and Safe (Rated SSS) Toolkit was developed for group facilitators and peer educators to use with female sex workers (FSW). The Toolkit can be used as part of existing outreach and communication efforts. The communication materials and tools provided in the Toolkit can be used as a package, or selectively, to enhance discussion and communication on topics women engaged in sex work deem critical to their well-being: -- 1) HIV and sexually transmitted infection (STI) prevention; 2) personal safety; and 3) legal rights.



## What Is The Purpose Of The Toolkit?

The Sexy, Smart, and Safe (Rated SSS) Toolkit has been designed for incorporation by and use within existing programmes working with FSW. It can also be used by new programmes expanding their work to cover HIV and sex work-related topics. In using the Toolkit, standardized, relevant messages and information for FSW that is specific to their context is provided. This Toolkit also provides programmes working with FSW with the tools they need to strengthen dialogue and build skills around key issues and practices related to condom use, STIs/HIV/AIDS, going to the clinic, personal safety, and legal rights with FSW.

The Sexy, Smart, and Safe (Rated SSS) Toolkit aims to contribute to the reduction of HIV among FSW by providing information FSW need to protect themselves and by mobilizing women through small group sessions and beyond to develop and share solutions and strategies for their own protection. Through this, the Toolkit aims to address barriers and risk reduction processes by:

- Increasing the number of FSW who feel in-control because they always use condoms;
- Increasing the number of FSW who equate 'being safe' (e.g. using a condom) with being close (showing real love) to their regular partner;
- Increasing the number of FSW who know where to go for clinical services;
- Increasing the number of FSW who feel more confident in accessing health services by bringing a friend with them to the clinic;
- Increasing the number of FSW who have strategies they can use to better control their personal safety; and
- Increasing the number of FSW who know their rights related to police, health care workers, and others.

## Ways To Use The Sexy, Smart and Safe (Rated SSS) Toolkit

The Sexy, Smart, and Safe (Rated SSS) Toolkit can be used as a stand-alone intervention with FSW or can be adapted to enhance existing programming with this population. Some ideas for ways to use this Toolkit are provided below:

- Conduct small group sessions with FSW using components from the entire tool kit (Counseling Cards, Dialogue Cubes, Wrist Bands, Leaflets, etc.). This activity can be conducted over a one-day period or can be split up into multiple, smaller sessions.
- Use the Discussion Cubes as ice-breakers before trainings and educational sessions or as directed by women themselves to generate dialogue with peers during educational sessions.
- Hold topic-specific small group sessions or events using the content and discussion aids in the Toolkit (e.g. on increasing personal safety).

Within this Handbook, the Toolkit materials are described with suggested use instructions. The Handbook's annexes contain tools facilitators can use and incorporate in their small group sessions. Group facilitators may wish to photocopy some tools provided in the annexes to serve as hand-outs during their small group sessions with FSW (e.g. STI information sheets).

## Who Are SSS Women?

Those rated SSS are women who are Sexy, Smart, and Safe.

Triple S women want to:

1. Be seen as 'normal' human beings and not labeled as carriers of HIV and STIs.
2. Access HIV communication material that is specific to them and their lives.
3. Have a voice in education and communication activities geared towards them.
4. Have their rights respected and to know their rights so that they can protect themselves from abuse and discrimination.

5. Have a safe working environment free from abuse, robbery, discrimination, stigma, and violence.
6. Be protected on the job and to learn strategies to stay safe.
7. Be empowered to break the power imbalance they face and to make healthy decisions for their well-being and that of their children.
8. Have greater access to the female condom and promotion of its use.
9. Encourage young and new colleagues to respect and know the value of condom use.
10. Be in control of their health and lives.



## **Key Actions Promoted in the Sexy, Smart and Safe Toolkit**

The Sexy, Smart, and Safe (Rated SSS) Toolkit promotes several key actions:

### **Correct and Consistent Condom Use at all Sex**

In support of this, the Sexy, Smart, and Safe (Rated SSS) Toolkit aims to:

1. Increase HIV and STI knowledge
2. Increase efficacy in using condoms (male and female condoms)
3. Increase condom negotiation skills
4. Increase use of other related protection strategies (e.g. carrying more condoms, putting condom on partner yourself, etc.).

### **Regular Visits to the Clinic for Reproductive Health, STI, and HIV/AIDS Services**

In support of this, the Sexy, Smart, and Safe (Rated SSS) Toolkit aims to:

1. Increase knowledge of where to go (trusted clinics)
2. Increase the number of FSW that bring a friend with them to the clinic
3. Increase the number of visits FSW make to the clinic (once per year for Pap Smear and STI check and as soon as an STI is suspected)

### **Adoption of Personal Safety Measures to Decrease Risk**

In support of this, the Sexy, Smart, and Safe (Rated SSS) Toolkit aims to:

1. Increase knowledge of 'who to call' when help is needed
2. Increase uptake of personal safety strategies with clients
3. Decrease the use of alcohol and drugs

### **Knowledge of Legal Rights and Action (when safe and wise to do so)**

In support of this, the Sexy, Smart, and Safe (Rated SSS) Toolkit aims to:

1. Increase knowledge of legal rights
2. Increase referrals to support agencies
3. Increase reports of crime (when it is safe and wise to report)
4. Increase personal advocacy for health care rights

## Toolkit Materials And Their Use

Several materials and corresponding tools have been developed for use with and by FSW as part of the Sexy, Smart, and Safe (Rated SSS) Toolkit. An overview of these materials is provided below:

Material Type	Description	Purpose	Audience	User
Counseling Cards	Job aids for facilitators to use in small group settings with FSW	To aid group facilitators in communicating and facilitating discussion on HIV and related topics with FSW	FSW	Group facilitators
Discussion Cubes	Job aids for facilitators to use in small group settings with FSW	<ul style="list-style-type: none"> <li>To engage FSW in dialogue around HIV prevention topics.</li> </ul>	FSW	Group facilitators
Wrist Bands	Communication support materials (word-of-mouth campaign)	<ul style="list-style-type: none"> <li>To serve as a discussion aid with others.</li> <li>To serve as a reminder</li> </ul>	FSW, clients, friends	FSW
Mobile Phone Screen Saver	Communication support material	<ul style="list-style-type: none"> <li>To serve as a reminder</li> </ul>	FSW, clients, boyfriends, friends	Group facilitators, FSW
Ringtone & Jingle	Cell phone ring tone	<ul style="list-style-type: none"> <li>To serve as a reminder</li> <li>To serve as a discussion aid with others.</li> </ul>	FSW, clients, boyfriends, friends	Group facilitators, FSW
Handbook	How-to guide for using the Sexy, Smart, and Safe (Rated SSS) toolkit and support tools	<ul style="list-style-type: none"> <li>To support group facilitators in rolling out the Sexy, Smart, and Safe (Rated SSS) Toolkit</li> </ul>	Group facilitators	Organizations working in HIV prevention with FSW

## Counseling Cards

### **Purpose:**

To aid community educators in educating and facilitating discussion on HIV and related topics with FSW.

### **Use:**

The Counseling Cards aim to increase dialogue, to relay standardized information, and to strengthen skills with FSW on HIV and STIs, their prevention, going to the clinic, condom negotiation skills, personal safety, and rights. The cards should be used in small group settings with FSW. The cards can be used in one setting or across multiple, small group activities. Use other Toolkit tools (such as the Discussion Cubes and job aids and handouts provided in the annexes of this Handbook) with the cards. Times to use these materials are referenced in the cards.

### **Each card contains the following structure:**

- *Title:* Details the card's topic.
- *Discussion Questions:* Guides facilitators in key discussion topics around the card's topic.
- *Discussion Points:* Provides key content to be covered during the session on that topic.
- *Use or Handout:* References other materials and tools in the Toolkit, which can be used to enhance the session.
- *Practice:* Provides role-play exercises for practice.

### **Suggested Instructions:**

1. Position the card so everyone in the group can see the picture.
2. Point to the pictures on the front, not the text on the back.
3. Ask participants to tell you about the pictures.
4. Use the text on the back to guide your discussions.
5. Try to involve the whole group and generate discussion.
6. Before starting each group session, use an icebreaker from the Sexy, Smart, and Safe (Rated SSS) Handbook to help the group feel open and comfortable sharing with one another.

## Discussion Cubes

### **Purpose:**

To aid community educators in facilitating discussion on HIV and related topics with FSW.

**Use:**

To be used in small group settings with FSW. The Cubes can be used as a stand-alone tool and/or with the Counseling Cards. The Discussion Cubes aim to increase dialogue with FSW on STIs, HIV, and going to the clinic, as well as other HIV prevention and personal safety topics. The cubes have the common objective of identifying common barriers and fostering problem-solving within groups around related HIV risk-reduction practices. The discussion cubes are boxes with questions on each side. Each side aims to encourage dialogue around the Cube's topic.

**Suggested Instructions:**

1. Have people sit or stand in a circle and throw the cube to each other.
2. Each time a person catches the Cube, they (or the community educator) should read the message that faces them to the others.
3. That person can comment and/or ask the rest of the group to share their thoughts on the message.
4. Use the responses that follow to guide a discussion around problem-solving for risk-reduction.

## Wrist Bands

**Purpose:**

To foster dialogue among FSW, their clients, boyfriends, and their friends around topics of condom use, clinic visits, personal safety, and legal rights via a word-of-mouth campaign. The word-of-mouth campaign will serve to reinforce other communication efforts with FSW on these topics (e.g. use of Counseling Cards, existing interventions, etc.) and will mobilize FSW and others around risk-reduction practices.

**Use:**

Community educators can distribute the Wrist Bands to influential FSW and FSW that participate in small group activities for further distribution. The Wrist Bands will be used as part of a word-of-mouth campaign where the goal is that each woman passes on a Wrist Band and a promoted message to five of her friends. The goal of the Wrist Band is to mobilize FSW and others in their lives to share strategies for risk-reduction.

The four Wrist Bands read:

<b>Wrist bands</b>	<b>Key Oral Messages for Dissemination</b>
SSS. Sexy • Smart • Safe	I'm rated SSS. I use a condom every time I have sex.
Guess where I go to be in the know?	I go to the clinic regularly to control my health and future.
My sister's keeper	I look out for myself and others' safety.
I know my rights.	I know my rights and I am willing to share what I know with you.

**Suggested Instructions:**

Give influential FSW and participants in small group activities a set of four Wrist Bands of one kind of their choice (the set that appeals most to them or that they have the most to share with others about).

Discuss what the Wrist Bands mean to them and how they relate to: 1) condom use, 2) personal safety; and 3) legal rights respectively.

Share the key message that accompanies each Wrist Band.

Ask participants to wear their Wrist Bands if they would like to and when asked by others, and it's appropriate, to share their message with them. They should then give this person a Wrist Band and the message to share with others. The goal is to mobilize as many as they can around these risk-reduction topics.

Facilitators should make sure that all of the messages are widely disseminated.

## **Leaflet**

**Purpose:**

To provide key information for where women can go for health, legal, and social support services.

**Use:**

Community educators can use the Leaflet as a job aid for speaking with FSW, community organizations and institutions about where to seek services. The Leaflet can also be distributed.

### **Suggested Instructions:**

1. Use the Leaflet when talking with FSW about their rights.
2. Use the Leaflet when talking with health care workers, establishments, law enforcement, and other community organizations/institutions when appropriate about where to refer SWs for support.
3. Distribute the Leaflet to FSW and identified community organizations/institutions where appropriate.

## **Mobile Phone Screen Saver**

**Purpose:** To reinforce condom use messages.

**Use:** On mobile phones.

### **Suggested Instructions:**

1. Distribute the mobile phone screen saver to FSW, their friends, establishment owners, and others as deemed appropriate.
2. Encourage recipients to share it with others that they care about.



## **Ring Tone /Jingle**

**Purpose:** To reinforce condom use messages.

**Use:** On mobile phones.

### **Suggested Instructions:**

1. Distribute the ring tone to FSW, their friends, establishment owners and others as deemed appropriate.
2. Encourage recipients to share it with others that they care about.

### **How to Download Screen Savers and Ringtones**

*There are several ways to get new ringtones and wallpapers onto your mobile handset.*

**Download** directly from your service provider. If your phone is properly equipped, you can surf a mini version of the internet on your cell phone (sometimes referred to as WAP mobile web) and from there, you can directly access content. This costs money, though, not only for the actual downloads themselves, but sometimes just for browsing!

**Check** with your network operator (LIME or Digicel) for details.

**Use a USB data cable** - Connect the usb cable to your phone and the source device and download.

**Bluetooth** - Enable your cell phone's bluetooth and the source device's bluetooth capability for the data transfers. Or you should ask your cell phone provider about the OBEX (object exchange) profile.

**Camera Phones.** This method isn't particularly useful for ringtones, but for handsets that are equipped with a camera, you can take a picture of the wallpaper and use those photographs as your background or "wallpaper".

## Tips For Effective Communication

**What Does It Mean To Be A Facilitator?** *(Taken from the Pakistan Safe Drinking Water and Hygiene Promotion Project's Community Health Promotion Manual)*

### Attributes of an Effective Group Facilitator

Facilitation is a skill, and skills can be learned. The following attributes can enhance your ability to facilitate and build a strong foundation. Personal attributes are difficult to change and to teach. It is up to you to work continuously on self-improvement.

**Good sense of humor:** Humor is one thing that can cut the ice, reduce tension and give you and your group energy in demanding situations. If in your training something less than ideal happens, you, as the facilitator, need to handle the resulting stress with confidence, style, and grace. If you can't laugh at yourself in difficult situations, you will find training facilitation very trying!

**Assertiveness:** As the facilitator you need to have the ability and courage to speak the hard truth when necessary. If you are afraid to say what needs to be said when it needs to be said, you will not be as effective or credible. The challenge of assertiveness is in knowing when to push and when to pull back. You need to know when to intervene to help keep the participants on track and when to let things work themselves out. Just a reminder: There is a big difference between assertiveness and aggressiveness.

**Intuition:** Facilitation is not a skill that rests on applying a simple formula to get the "right answer." Try to work on finding it on your own by identifying what is best for each situation. Intuition comes from experience, but also includes the ability to act on a hunch.

**Creativity:** Each time you facilitate you need to put together traditional, new, and creative ways to conduct the training or session. This is as important for the first training with a group or the hundredth.

**Flexibility:** As the facilitator, you must think on your feet, stay on your feet, and accept new and better ideas from others, to change or modify the course as needed. The facilitator who is attached to his or her first idea or to his or her ideas in general, will encounter difficulty.

**Confidence and enthusiasm:** A key to success is the ability to appear credible, articulate and knowledgeable in front of the participants from the start and to sustain a level of energy and enthusiasm that lasts until all the participants have left.

**Team player:** One way to incorporate teamwork and commitment among the participants is to use alternate facilitators. As the main facilitator you are the moderator, interpreter, and timekeeper, not the star. Your recognition comes from the work you allow others to accomplish and the successes you help to build.

**High self-esteem:** If a situation is not going well, the facilitator may be blamed, whether the facilitator was the cause of the problem or not. Even if an individual or group takes their frustration out on you, you cannot take it personally.

**Sincerity:** You, as the facilitator, must truly care about your group and its success and you need to practice what you preach. You are someone who plays an important role in facilitating others to implement change in their lives.

**Dedicated to learning:** Good facilitators are dedicated to continuous improvement of their skills. The more tools you have available to use, the less likely you may be to panic when a certain technique doesn't work the way you planned.

## References

Butler, A. S. Team Think . (1996). The McGraw-Hill Companies, Inc.

Oakley, E. and D. Krug. Enlightened Leadership: Getting to the Heart of Change , (1991) Simon & Schuster



## **Annex A: Icebreakers**

### **Intended Use:**

Use at the beginning of any small group session held with SW to loosen everyone up and enable them to feel comfortable with the group.

### **First Impressions (10 minutes)**

1. Ask participants to partner with someone they do not know.
2. They should tell the person a little about themselves.
3. Partners should create three statements for their partner to say about them to the group.
4. Of the three statements, two should be true, and one should be false.
5. Each partner will then introduce the other to the group by repeating the three statements.
6. The group must guess from the first impressions, which statement is false.

### **Story Time Game (5-10 minutes)**

1. The facilitator starts a story with a sentence.
2. In a circle, each person adds a sentence to the story after repeating each sentence before that has already been added.

### **Ball Toss Game (5-10 minutes) (a review and energizer)**

1. Ask participants to stand up and form a circle – facing in and looking at one another.
2. Toss a soft ball or bean bag to a participant and ask them to tell you what they thought was the most important learning concept from the session or day.
3. Have that person then toss the ball or bean bag to another participant and repeat the question.
4. Continue the exercise until everyone has caught the ball or bean bag and explained an important concept from the material previously covered.

### **Lucky Penny Game (5-10 minutes)**

1. Have each person take a coin out of their pocket or pocket book and look at the date.
2. In turns, have each participant state the year that is on their coin and give a recollection of something spectacular that happened that year.

### **Race for the Truth (5-10 minutes)**

The goal of this game is to cross the finish line as quickly as possible by truthfully answering a question about yourself as you follow the facilitator's directions.

1. Indicate a starting and finish line.
2. Have participants line up at the starting line.
3. The facilitator will read a statement. Participants for whom the statement was true should move forward one step. If false, they should remain where they are standing.
4. Once all of the first moves have been made, make another statement and continue until the first 'runner' finishes the race.
5. Give the winner a small prize.

## Annex B: STI Information Sheets

### **Intended Use:**

Use with the Counseling Cards when talking about STIs or use independent of the Cards as a discussion aid or as a hand out.

## Chlamydia (cla MI dee a)

### **The Facts:**

- Few women know they have it. It is called the 'silent' STI.
- Most women have no symptoms or very mild symptoms.
- Chlamydia is easy to diagnose at the clinic and can be easily treated and cured.
- Bring your boyfriend or husband to the clinic to be tested and treated. If they are not treated, you may get it again.
- If untreated, Chlamydia can lead to infertility and reproductive health problems and can increase your risk for HIV

### **Signs and Symptoms:**

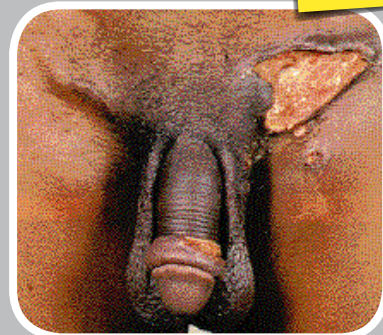
- May have NO symptoms
- Abnormal vaginal discharge
- Burning when peeing
- Lower abdominal pain
- Pain or bleeding during sex
- Bleeding between periods
- Rectal pain, discharge, or bleeding

### **What to do**

- Seek medical attention as soon as you see STI signs or symptoms or if an STI is suspected.
- Only treat STIs using medication prescribed by a health worker. Home remedies are often not effective.
- Take all medication as prescribed by the health worker and do not share your medication with friends, or your STI may not be fully treated.



Picture of Chlamydia in Women



Picture of Chlamydia in Men

## Trichomoniasis (TRICK o mon NI a sis) “Trich”

### The Facts:

- Very few women with Trich know they have it.
- Many people with Trich don't have symptoms.
- Trich is easy to diagnose at the clinic and can be easily treated and cured.
- Bring your boyfriend or husband to the clinic to be tested and treated. If they are not treated, you may get it again.
- If untreated, Trich can increase your risk for HIV.

### Signs and Symptoms:

- May have NO symptoms
- Yellow/green vaginal discharge with strong odor
- Discomfort when peeing or having sex
- Itching in genital area or upper thighs

### What to do

- Seek medical attention as soon as you see STI signs or symptoms or if an STI is suspected.
- Only treat STIs using medication prescribed by a health worker. Home remedies are often not effective.
- Take all medication as prescribed by the health worker and do not share your medication with friends, or your STI may not be fully treated.



Picture of Trichomoniasis

## Syphilis (si fi lis)

### The Facts:

- The symptoms of Syphilis may be similar to other illnesses.
- Syphilis may be passed by contact with sores through vaginal, oral, or anal sex.
- If treated early, syphilis can be cured.
- Bring your boyfriend or husband to the clinic to be tested and treated. If they are not treated, you may get it again.
- If you don't treat Syphilis it can lead to serious health problems and even death.
- If you are pregnant, syphilis can increase the risk of stillborn or severe complications with your unborn baby.

### Signs and Symptoms:

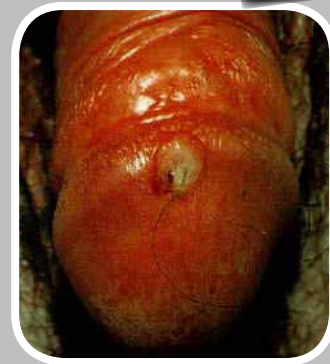
- Early stages: Sores (one or many) that are firm, round, and may be painless
- Mid stage: Rash (hands, feet, other body part), fever, swollen glands, flu-like symptoms
- Late stage: Difficult movements, paralysis, numbness, blindness, dementia

### What to do

- Seek medical attention as soon as you see STI signs or symptoms or if an STI is suspected.
- Only treat STIs using medication prescribed by a health worker. Home remedies are often not effective.
- Take all medication as prescribed by the health worker and do not share your medication with friends, or your STI may not be fully treated.



Picture of Syphilis in Women



Picture of Syphilis in Men

## Gonorrhea (gon a REE a) “The Clap”

- Most people with Gonorrhea do not have symptoms or they are mild.
- You can get Gonorrhea in the anus, eyes, mouth, throat, urinary tract, or uterus. Symptoms will vary depending on where you are infected.
- Gonorrhea is easy to diagnose at the clinic and can be treated and cured.
- Bring your partner to the clinic to be tested and treated. If they are not treated, you may get it again.
- If untreated, Gonorrhea can lead to infertility and reproductive health problems, can increase your risk for HIV, and can even lead to death.

### Signs and Symptoms:

- May have NO symptoms
- Painful or burning when peeing
- Increase in discharge
- Bleeding between periods
- Rectal discharge
- Anal itching, soreness, or bleeding
- Painful bowel movements
- Sore throat if in the throat

### What to do

- Seek medical attention as soon as you see STI signs or symptoms or if an STI is suspected.
- Only treat STIs using medication prescribed by a health worker. Home remedies are often not effective.
- Take all medication as prescribed by the health worker and do not share your medication with friends, or your STI may not be fully treated.



Picture of Gonorrhea in Women



Picture of Gonorrhea in Men

## Genital Herpes (JEN I tal / HER pees)

### The Facts:

- Most people do not know they have herpes as it often has no symptoms.
- There is no cure for herpes but there are treatments for its symptoms.
- Bring your boyfriend or husband to the clinic to be tested and treated also.
- If your herpes are active during child birth, you may pass herpes on to your baby or it may result in other complications for the baby.
- If you have an active herpes infection, you are more likely to get HIV if you have sex with someone HIV positive.

### Signs and Symptoms:

- May have NO symptoms
- Painful blisters or sores on genitals or anus
- Feelings of the flu when sores are present
- Sores that come back several times a year
- Pain or difficulty when peeing
- Vaginal discharge

### What to do

- Seek medical attention as soon as you see STI signs or symptoms or if an STI is suspected.
- Only treat STIs using medication prescribed by a health worker. Home remedies are often not effective.
- Take all medication as prescribed by the health worker and do not share your medication with friends, or your STI may not be fully treated.



Picture of Genital Herpes in Women



Picture of Genital Herpes in Men

## Genital Human Papillomavirus (pap pi LO ma VY rus) “HPV”

### The Facts:

- At least half of all sexually active people have genital HPV at some point in their lives.
- Most people do not know they have HPV as it often has no symptoms.
- There is no cure for HPV but there are treatments for some types of HPV, which can cause genital warts and cervical cancer.
- HPV can infect areas that are not covered by a condom – so condoms will not fully protect against HPV.
- Bring your boyfriend or husband to the clinic to be tested and treated also.
- HPV can develop into cervical cancer or other types of cancers so having a regular pap and gynecological check up is important.

### Signs and Symptoms:

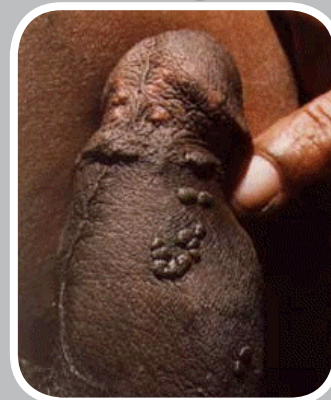
- May have NO symptoms
- Genital warts (usually painless). They can be flat, single, or in groups.

### What to do

- Seek medical attention as soon as you see STI signs or symptoms or if an STI is suspected.
- Only treat STIs using medication prescribed by a health worker. Home remedies are often not effective.
- Take all medication as prescribed by the health worker and do not share your medication with friends, or your STI may not be fully treated.



Picture of Genital HPV in Women



Picture of Genital HPV in Men



## Annex C: STI Prevention Quiz

### Intended Use:

Use with the Counseling Cards when talking about STIs or use independent of the Cards as a discussion aid or as a hand out.

### Instructions:

Hand out pens and copies of the Prevention True/False Quiz. Read one question at a time while participants circle the answer. Discuss the correct answer to each question. If the group is low literate, ask participants to move to one end of the room if they believe the answer to be TRUE and to the opposite end of the room if they believe the answer is FALSE. Discuss the correct answers with the group.

### Answer Code:

- 1) False: Using two condoms during sex may increase the risk of the condom tearing due to increased friction.
- 2) True: Both male and female condoms are effective at preventing STIs and HIV when used correctly.
- 3) False: STIs and HIV can be transmitted during oral sex.
- 4) False: While condoms can make sex safer, they are not 100% effective. You may also be at risk of STIs or HIV transmission from your partner.
- 5) True: HIV is a type of sexually transmitted infection.
- 6) False: Many STIs have no symptoms. That is why it is important to go for regular testing.

## STI Prevention Quiz

1. Using two condoms at once will protect me better from STIs and HIV  
( ) True    ( ) False
2. Female condoms are as effective as male condoms for preventing STIs and HIV  
( ) True    ( ) False
3. I do not need to use protection when having or giving oral sex  
( ) True    ( ) False
4. It is safe to have bareback sex with my boyfriend/husband if I use condoms most of the time with clients  
( ) True    ( ) False
5. HIV is an STI  
( ) True    ( ) False
6. I will know if I have an STI because I will experience symptoms  
( ) True    ( ) False

## Annex D: Male Condom Instructions

### Intended Use:

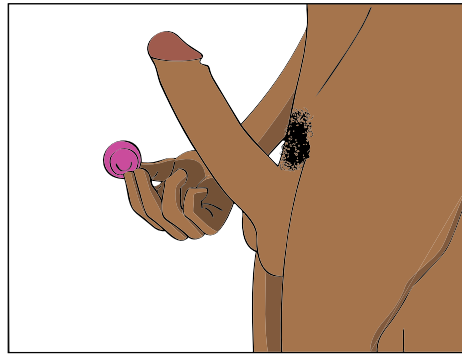
Use with the Counseling Cards when talking about condom use or use independent of the Cards as a discussion aid or as a hand out.

*Check the condom for expiry. Do not open the condom with scissors, a knife or teeth as that may tear the condom.*

## How to put on a condom

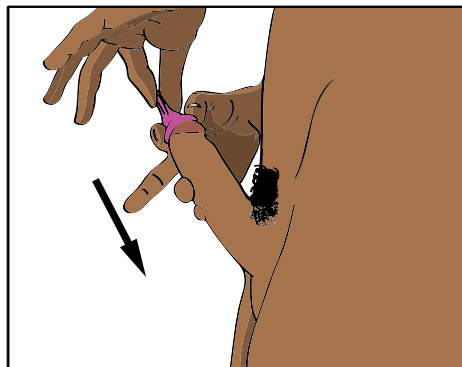
If there is a foreskin, pull it back before putting the condom on.

The ring stays on the outside of the penis, with the material coming up through the center.

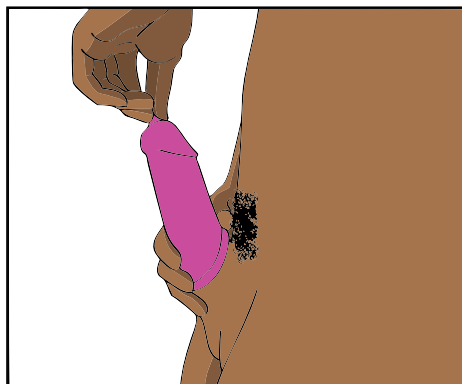


Squeeze out the air at the tip of the condom, then roll the condom down the shaft until the erect penis is fully covered by the condom.

Condoms can dry out during sex. Use water-based lubricant on the outside of the condom after putting it on.



After ejaculation, hold the condom firmly against the base of the penis and pull the penis out. Remove the condom and dispose of it carefully.



## Annex E: Female Condom Instructions

### Intended Use:

Use with the Counseling Cards when talking about condom use or use independent of the Cards as a discussion aid or as a hand out.

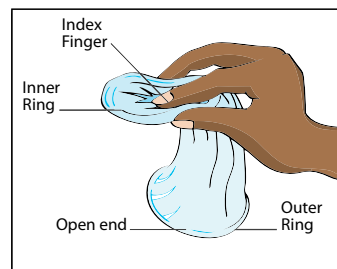
*Check the condom for expiry. Do not open the condom with scissors, a knife or teeth as that may tear the condom.*

## How to use a female condom

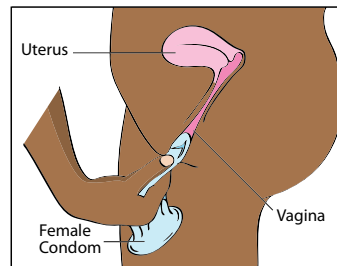
The outer ring of the female condom covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place during intercourse.

While holding the sheath at the closed end, grasp the flexible inner ring and squeeze it with the thumb and second or middle finger so it becomes long and narrow.

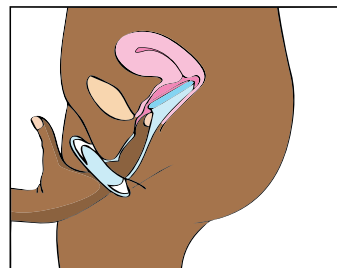
Choose a position that is comfortable for insertion; squat, raise one leg, sit or lie down.



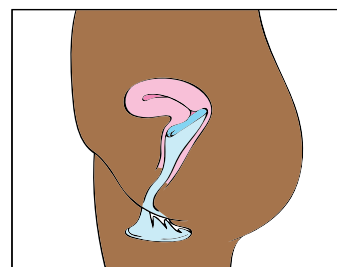
Gently insert the inner ring of the Female Condom into the vagina. Feel the inner ring go up and move into place.



Place the index finger on the inside of the condom, and push the inner ring up as far as it will go. Be sure the sheath is not twisted. The outer ring should remain on the outside of the vagina.

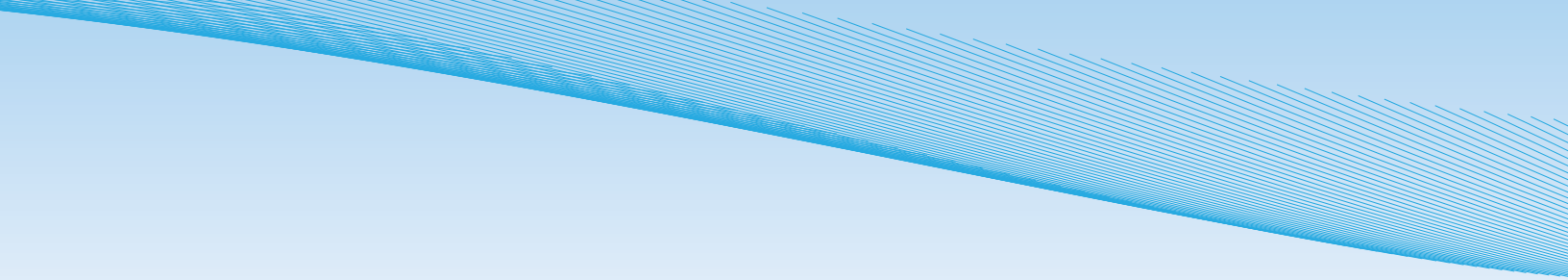


The female condom is now in place and ready for use with your partner.



## Annex F: Sample Monitoring Form For Activities

Date	Location	Topics/Cards Covered in Session	Number of Participants	Number of Materials Distributed by Type	Follow up or Feedback





This publication is made possible by the generous support of the American people through the United States Agency for International Development (USAID) under the terms of Agreement No. GPO-A-00-07-00004-00. The contents are the responsibility of the C-Change project managed by FHI Development 360 (FHI360), and do not necessarily reflect the views of USAID or the United States Government.