

# How Do I Protect Myself With Condoms?



Elizabeth Glaser  
Pediatric AIDS  
Foundation

*Until no child has AIDS.*



JOHNS HOPKINS  
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# Project Summary

The Swaziland Ready, Resourceful, Risk Aware (Triple R) Project: OVC, Adolescent Girls, and Young Women (locally named Insika Ya Kusasa) aims to prevent new HIV infections and to reduce vulnerability among orphans and vulnerable children (OVC) and adolescent girls and young women (AGYW) in Eswatini. Insika Ya Kusasa helps HIV-negative OVC and AGYW stay HIV-free and supports those who are HIV-positive to lead healthy lives. To these ends, the project increases socio-economic resilience to the impact of HIV and uptake of high-impact HIV, sexual and reproductive health, family planning, and sexual and gender-based violence services among OVC and AGYW.

For more information about the project or Pact, the organisational lead for this project, please contact us:  
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# Acknowledgements

This job aid was developed with technical assistance from the Johns Hopkins Center for Communication Programs (JHCCP) for Pact's Ready, Resourceful, Risk Aware (Triple R) Project.

It was written by Beth Deutsch, Lungile Dlamini-Zwane, and Bongile Dlamini, with technical support from Jen Boyle, for Life Mentors in Eswatini to use with AGYW aged 15-29 in small group sessions and through one-on-one mentorship. Input was provided by Mphikeleli Dlamini (Pact) and was further refined through feedback from a training of trainers' workshop for Insika HIV Prevention Field Officers and a training of Life Mentors. Field observations of Life Mentors' sessions with AGYW at community level further supported finalisation of the materials by the JHCCP team.

Activities in Job Aid 3 are supported by original video content (Male and Female Condom Perspectives and Condom Negotiation Skills), online-sourced materials (Condom Use Instructions and Condom Negotiation Skills). Portions of the job aids were also adapted from the following resource manuals: JHCCP DREAMS Toolkit, Grass-roots Soccer AMAA SKILLZ Toolkit (2016).

## **Disclaimer**

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DISCUSSION GOALS

Discuss benefits of using male and female condoms for safe and enjoyable sex, how to use them correctly and consistently, and how to discuss condom use with partners.

DISCUSSION TOPICS AND ACTIVITIES

**Activity 1:** Survival Game (10 minutes)

**Activity 2:** Why Use Condoms? (20 minutes)

**Activity 3:** How Do Male and Female Condoms Work? (20 minutes)

**Activity 4:** How Can I Talk To My Partners About Condoms? (25 minutes)

**Activity 5:** What Would You Do In Her Shoes (15 minutes)

NOTE TO MENTOR

ALTHOUGH CONDOM INFORMATION IS MOST RELEVANT FOR OLDER, SEXUALLY ACTIVE ADOLESCENT GIRLS AND YOUNG WOMEN, IT IS IMPORTANT FOR AGYW OF ALL AGES TO KNOW THESE FACTS AND HAVE THE RIGHT SKILLS.

DISCUSSION LENGTH | 1 hour 45 minutes



KEY TO ACTIVITY PLANNING



Activity Objectives



Activity Time



Materials Needed

## Introduction

- ▼ Last time we met, we discussed how HIV is transmitted, the importance of HTS to know your status, and the range of services that are available.
- ▼ We also had an opportunity to reflect on our personal risk, based on the partners we have in our lives, and map out a mentoring plan to help us get the information, skills and services we need.
- ▼ In this session we want to spend a bit more time looking at our relationships, and the role of condoms for prevention of HIV, STIs and unwanted pregnancy.

## ACTIVITY 1 **Survival**



An interactive way to introduce problem solving to challenges.



10 min.



12 pieces of paper

### DIRECTIONS:

**STEP 1** Divide participants into two teams of the same number. Give each group 6 pieces of paper.

**STEP 2** Explain the following:

- ▼ Participants must cross from one side of the area to the other without any group member touching the ground. They should use the pieces of paper to avoid touching the ground.
- ▼ The floor or ground is a 'shark infested sea' and the group must all re-start from the beginning if they touch the 'water' while trying to complete the activity.

**STEP 3** Discuss the activity after both teams have finished. Ask:

- What did you think of that game?
- Was it difficult or easy?
- Which team was most successful?
- Why?

**STEP 4** Summarise key takeaways:

#### SUMMARY:

- ▼ We need to work together to get through dangers faced.
- ▼ We need to think creatively, think outside of the box, to solve problems we may face.
- ▼ If we were to imagine that these dangerous waters with sharks represented our risk of HIV, how could condoms help us cross over safely?
- ▼ Let's first hear what some people think about condoms.



## ACTIVITY 2 Why Use Condoms?



Explore common myths and misconceptions about condom use



20 min.



Video interviews of male and female perspectives on condom use

### DIRECTIONS:

**STEP 1** Show AGYW the short video of Swazi interviews about condom use.

**STEP 2** Ask the AGYW the following questions after the video:

- What have you heard about condoms and condom use?
- What were some of the responses you heard from the video?
- Are there others?
- Why do you think men and women use condoms?
- Can anyone use a condom?
- Are there different types of condoms available?
- Where can you find them in your community?

Video of Male and Female Perspectives on Condoms:

Have you ever used a condom?  
What are common statements about condoms?  
Can sex with a condom still be sweet?

**STEP 3** Tell the girls to snap their fingers if they have heard the following statements about condoms.

**People who use condoms have many partners.**

**People who use condoms are cheating.**

**Condoms can give you HIV.**

**HIV is so small it passes through the holes found in some condoms.**

**Condoms reduce sexual pleasure.**

**Condoms cause irritation or rash.**

**STEP 4** Explain the following:



Whether you are sexually active or not, it is helpful to know how important condoms are when having sex.

**STEP 5** Tell the girls to stand up if they agree with the (true) statements listed below :

**The condom is the only method of contraceptive that protects you against pregnancy and STIs, including HIV.**

**Condoms are very effective:** They are 98% effective when used correctly and consistently. This means that out of 100 people using a condom, only 2 have a chance of getting HIV. The key here is to use them correctly and use them every time you have sex.

**Condoms are easily available:** You can get condoms from me as your mentor, in health facilities, pharmacies, and through DREAMS on wheels.

**Different types of condoms and lubricant are available to make condom use fun and pleasurable.** For example, ribbed, studded, scented or flavored condoms can be considered sexy. Some men prefer the female condom because it is roomier for them, though they take more time to get used to.

**Condoms are EASY to use. (All these statements are True!!)**

**STEP 6** Ask the AGYW to come up with good responses to common myths. Tell them:

- ▼ Raise your hand if you feel confident to respond to your friend or partner if they say a myth about condoms. Pick one of the girls who has raised her hand to be a volunteer.
- ▼ Explain you will state a myth – ask them to come up with a good response.
- ▼ If you agree with the response, snap your fingers.

**STEP 7** Read the following statements aloud.

**1. Your friend says: People who use condoms have many partners.**

- How could you respond?

**POSSIBLE RESPONSES FROM THE VOLUNTEER:**

CARRYING A CONDOM OR ASKING A PARTNER TO USE A CONDOM DOES NOT NECESSARILY MEAN A PERSON HAS MANY PARTNERS.

IT MEANS THEY ARE PREPARED AND CARE ABOUT THEIR HEALTH AND THEIR PARTNER'S HEALTH.

THEY ARE TAKING RESPONSIBILITY TO MAKE SURE THAT THEY DO NOT GET PREGNANT WITHOUT BEING READY TO HAVE A CHILD AND THAT THEY DO NOT PASS ON ANY INFECTIONS THAT THEY MAY NOT KNOW THEY HAVE.

WOULDN'T YOU WANT TO HAVE PEACE OF MIND?

**2. When you suggest using a condom, your boyfriend asks: Why are you asking me to use a condom? Do you think I am cheating? Are you cheating?**

- How could you respond?

**POSSIBLE RESPONSES FROM THE VOLUNTEER:**

A PERSON THAT USES A CONDOM OR ASKS TO USE A CONDOM IS SMART, BECAUSE THEY ARE PROTECTING THEIR PARTNER AND THEMSELVES FROM UNWANTED PREGNANCY AS WELL AS SEXUALLY TRANSMITTED INFECTIONS (INCLUDING HIV) THAT COULD HAVE BEEN TRANSMITTED FROM PREVIOUS RELATIONSHIPS.

MANY PEOPLE USE CONDOMS TO PROTECT THEMSELVES - AND IT DOESN'T MEAN THEY HAVE BEEN CHEATING.

**3. Your friend says: Condoms don't feel good, it's like "eating a sweet with the wrap on".**

- How could you respond?

**POSSIBLE RESPONSES FROM THE VOLUNTEER:**

THE PEACE OF MIND YOU HAVE KNOWING THAT YOU ARE PROTECTED ALLOWS YOU TO ENJOY SEX.

IN ADDITION, CONDOMS MANUFACTURED THESE DAYS ARE DESIGNED TO ENHANCE SEXUAL PLEASURE

**STEP 8** Summarise.

**SUMMARY:**

- ▼ The risk from not using a condom is much higher than the temporary embarrassment felt about buying or talking about using a condom.
- ▼ It is, however, important to use condoms correctly every time you have sex (this means every new round should have a new condom).

## ACTIVITY 3 How Do Male and Female Condoms Work?



Practice putting on male and female condoms



20 min.



male and female condom demos and condoms, video instructions for male and female condom use.

### DIRECTIONS:

**STEP 1** Explain that there are two types of condoms - one worn by a male and the other worn by the female. Ask:

- Which type of condom do you want to learn about first?

**STEP 2** Choose either the male condom or female condom video links below to explain step-by-step condom use first and follow the steps for each.



Video of male condom: <https://www.youtube.com/watch?v=5KszkV9iDY0>  
(adapted with siSwati voice over)



Video of the female condom: <https://www.youtube.com/watch?v=zjmoQIAQP4Y>

### NOTE TO MENTOR

Have examples of both condoms available and open to show to the AGYW and to handle.

Ask girls to choose which condom they want to learn about first and use videos and related detailed instructions for each.

Make everyone demonstrate the ability to use a condom correctly. Most people assume that they know how to correctly use a condom, but there are some practices that make it safer and are important to learn, especially to prevent the condom from breaking.

**STEP 3** After the AGYW have watched the male condom video, ask:

- Is there anything that wasn't done correctly?

If they do not point it out, tell them the following:

Did you notice that in the video, hands are used to take off and throw away the condoms? You should use tissue, soft paper or a cloth to protect your hands as they might have cuts. The condoms should also be covered in tissue or paper before throwing away.

**STEP 4** Practice Time!

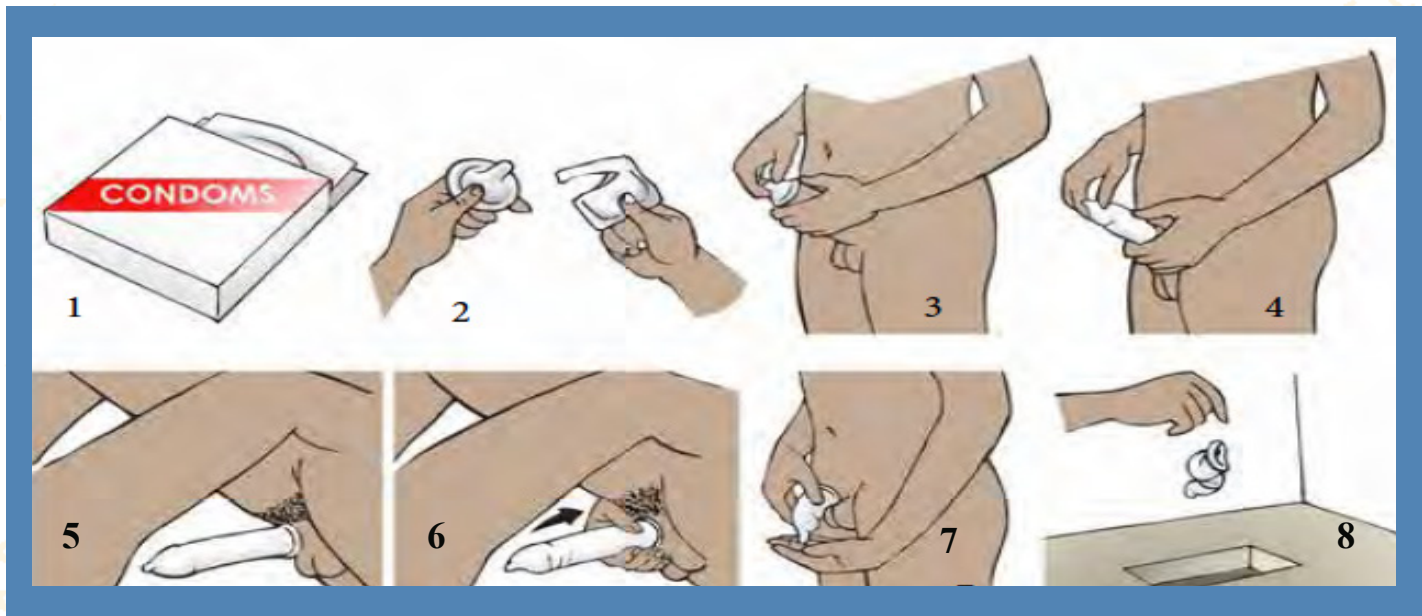
Hand out both types of condoms to the participants and lead them through the demonstration again, giving participants a chance to practice with the penis and vagina models.

**Fun Fact:** Tell girls that male condoms can be put on by either the man or by the female.

It can even be fun and sexy for her to do it for him (and will ensure that the condom is put on correctly)



STEP BY STEP INSTRUCTIONS FOR MALE CONDOM USE





## WRITTEN INSTRUCTIONS FOR MALE CONDOMS

1	Check the expiration date on the condom package and make sure that there is still air inside. There should be an air bubble when the package is still sealed and you can feel it by pressing down lightly on the package when it is still closed. If there is no air bubble, there is a hole in the package and you should throw it away and get a new one. Expired condoms are more likely to break. <b>Do not use the condom if there are any tears in the packaging or if it is past the expiration date.</b>
2	Carefully open the condom package by pushing the condom to one side and using the other side to open. Do not use your teeth, fingernails, scissors or any sharp object to open the package as this can put a hole in the condom. Open it on the ridged top side of the package as this makes it easier to open. Once it is open, condoms should feel slippery because they come lubricated, which helps them from tearing and makes them easier to use.
3	Slide the condom out of the package. If you notice any tears or anything wrong with the condom at this point, throw it away and get another one. Check to make sure that it will roll down the correct way. The seam of the circle should be on the outside. Next, squeeze the tip of the condom with your fingertips, NOT nails, to get out any air. If there are air bubbles in the condom it can make the condom break easier.
4	While still holding on to the tip of the condom with your fingers, place it on the tip of the erect penis. Unroll the condom down the shaft of the penis all the way to the base. If the condom will not unroll, it is probably inside out. Start again with a new condom because there may be sperm on it already. If you only have one condom it is better to turn it over and still use this one than to not use a condom at all.
5	Ensure the condom is covering the entire penis, then you can go ahead and enjoy sex.
6	After ejaculation, use tissue paper, any other soft paper or available cloth to hold the condom at the base of the penis and withdraw from the vagina while the penis is still erect.
7	Remove the condom carefully, making sure that it is covered in tissue, paper or cloth so that your hand does not come into contact with the fluids on the outside or inside the condom. Carefully fold the used condom in tissue or newspaper.
8	Dispose of the condom in the dustbin, making sure no one will come into contact with it. Do not flush down the toilet as it may cause blockage. You can, however, throw it into a pit latrine toilet, if a dustbin is not readily available. Condoms should be disposed of away from where children or animals play.

**STEP 5** Remind the AGYW of the following:

- ▼ A condom should only be used once. New round, new condom.
- ▼ Only water-based lubricants can be used with condoms.
- ▼ Condoms can tear, so if you suspect that a condom is torn, pull out immediately.
- ▼ This is less likely to happen if the condom is put on correctly.
- ▼ If it feels different all of a sudden or you suspect that it might be torn, the best thing is to immediately withdraw the penis and put on a new condom.



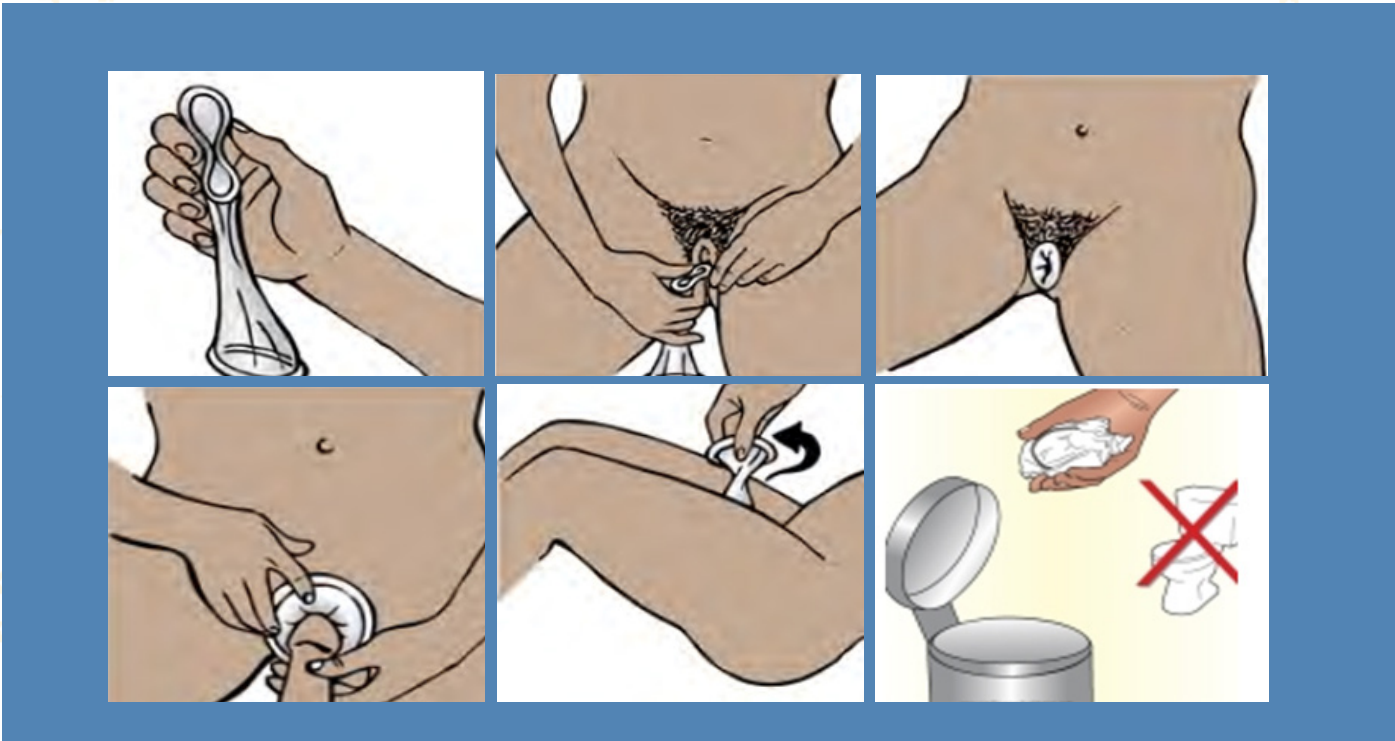
**Vaseline or other oil-based lubricants can damage condoms and make them break.**

**STEP 6** Demonstrate the female condom. Explain:

- ▼ Many people are less familiar with the female condom. It is a female-controlled contraceptive that protects females from both STIs, including HIV, and unwanted pregnancy and is inserted into the vagina.
- ▼ It can be put in up to 8 hours before you intend to have sex or right before having sex.
- ▼ Because it can be put on in advance, it can heat up and adhere to the wall of the vagina and is comfortable to wear.



**STEP BY STEP INSTRUCTIONS FOR FEMALE CONDOM USE**



## WRITTEN INSTRUCTIONS FOR FEMALE CONDOMS

1	Inspect the condom package by checking the expiration date and making sure that there is still air inside the package. Do not use if there are any tears in the packaging or it is past the expiration date. Condoms that have expired are more likely to break.
2	Use your fingertips to smooth down the package to make sure that the lubricant is evenly distributed throughout the package. You should feel two rings inside the condom, one ring larger than the other. There is an arrow on the packet to indicate where to open the packet. Push the condom to one side of the packet and tear it down the side. Do not use scissors or other sharp objects.
3	Find a comfortable position to insert the female condom. You can squat or place one leg up on a chair. Using your thumb and index finger, find the inner ring, which is not connected to the condom and sits at the bottom of the condom; it is the smaller of the two rings, and squeeze it in the middle so that it looks like a figure "8". While squeezing it push it as far as it will go into the vagina. The outer ring, which is the bigger of the two, stays on the outside.
4	Once the condom is inside, pull out your finger and make sure that the outer ring is hanging at least 2-3 cm outside the vagina. This is about the same length as the top third of your second finger.
5	When the man's penis is erect, you should guide it into the outer ring to make sure it is going inside the condom (not missing the condom and going in next to it). You can make this fun and sexy, while also ensuring the penis goes inside the condom. During sex, it is important to make sure the outer ring is not pushed inside. If the condom is going inside or there is a squeaky noise or unpleasant friction for the male during sex, more lubricant may be needed.
6	After sex is over and the man has removed his penis, grasp the outer ring firmly and twist it, taking care not to come into contact with his fluids. This keeps semen inside the condom. Pull the condom out, preferably with a cloth or tissue, wrapping it in the tissue or soft paper.
7	Carefully dispose of the condom in the dustbin or pit latrine. Do not flush down the toilet as it may get stuck and cause blockage. Condoms should be disposed of away from where children or animals play. Do not reuse a condom. If you decide to have another round, use a fresh condom.

## ACTIVITY 4 How can I talk to my partner about condoms?



Practice strategies to negotiate condom use with partners



25 min.



Video clips of condom negotiation video

### DIRECTIONS:

#### STEP 1 Introduction: Tell the girls:

Knowing how to use a condom and where to find them is the first step to being confident in introducing them with your partner. Let's start with a little game.

#### STEP 2 Do the back-to-back icebreaker

- ▼ Split up the group into pairs (tip: the activity works best if the pairs are approximately the same height).
- ▼ Have the pairs sit on the floor, back to back, with their legs outstretched in front of them and their arms locked.
- ▼ Now they must try and stand up together, with their arms remaining locked at all times.

#### STEP 3 Ask: How easy was it to get up? Which pairs were successful and why?

Takeaway - communication helps

**STEP 4** Tell the girls:

Consistent and correct condom use requires two people working together.

- How easy is it to negotiate condom use from your experience?
- What has worked from your experience or from your friends' experience?
- Is anyone willing to share their experience? What works and why?

**STEP 5** Show the condom negotiation video.**STEP 6** Discuss possible excuses and responses that might come up during condom negotiation.

- ▼ Divide AGYW into small groups (if it's already a small group, this activity can be done as a small group brainstorm, or individual reflection).
- ▼ Ask them to imagine a situation where they are ready to have sex and want to use a condom.
- ▼ Read out a statement, and ask them to come up with their responses to the excuses to encourage condom use.
- ▼ Debrief the responses, adding the responses provided on the next page if needed.



**His Excuses:**

- I can't feel anything or it doesn't feel as good.
- You're taking contraceptives, we don't have to worry about getting pregnant.
- Don't you trust me or don't you love me?
- I'll pull-out.
- I don't have anything (STIs).
- The condom won't fit.
- It's our first time.
- Condoms aren't fun.

**Your Responses:**

- We can relax and enjoy more with condoms because we don't have to worry as much.
- Adding lubricant can make it more fun.
- Condoms can make us safer, the pill doesn't protect us from STI/HIV.
- I am worried about pregnancy.
- I'm worried about STIs; You can't tell by looking if one of us has an STI.
- I do trust you and I want to be safer.
- Pulling-out is not a reliable method of birth control and doesn't protect against STIs.
- We've never been tested together; I want to be safe.
- Let's try anyway or get another brand.
- The female condom fits everyone.
- We can make it fun!
- Safer sex is more fun than not doing anything.
- I won't have sex without one.**

**Key Tips for Mentors on Effective Body Language and Communication Skills**

**My Body Language:**

1. Face the other person.
2. Look into the eyes of the other person. It may difficult to do this when with older men. It is something you need to try and keep trying.
3. Use a good voice tone (not too loud or whiny), you can also address him using his clan names if you know he likes that.
4. Use good body posture (straight or relaxed).
5. Show confidence as you ask for what you want.
6. Ensure that the setting/environment is conducive and safe for the conversation, that you will not be interrupted and you both feel comfortable.

**My Communication:**

1. Clearly and confidently say you want to use a condom.
2. State the reason you want to use a condom.
3. Mention the benefits of using and the risks of not using a condom.
4. Thank the other person if he agrees to the request (if you know his clan name and it feels right, you can use it).
5. Be willing to walk away or say no to sex if your partner doesn't agree to use a condom.
6. Have a condom ready so that when you reach an agreement, the condom is easy to find.

**STEP 7** Ask the group:

- Why would we want you to do this activity?

Be sure to highlight each of these if the girls don't raise them.

- ▼ Conversations with a partner about safer sex can be difficult, and we don't always see examples in TV/videos/movies, etc. In fact, we usually see kissing and making-out that turns into sex without talking about safer sex (or consent).
- ▼ Many of us don't know what negotiating safer sex could sound like or we might not have thought about it before.
- ▼ This exercise allows us to practice communicating our need to have safer sex with a partner. (Even if we have condoms/sex dams (dental dams), and know how to use them, we need to be able to get our partners on board.)
- ▼ Remember that, in a healthy relationship, partners respect each other's need to have safer sex, i.e. by using condoms, etc. and not making it harder.
- ▼ End by asking the girls, "Where can you get free condoms?" Allow them to discuss until they have exhausted the suggestions.



### SUMMARY:

- ▼ It's not about trust – many STIs have no symptoms, so, you need to use a condom each and every time to be sure you are safe from HIV or STI transmission.
- ▼ Have this conversation about condoms early - before you get hot and heavy.
- ▼ Carry your own condoms! – that way, you know that they are there, properly stored and that they are not expired. Always be prepared!
- ▼ Make condoms part of the fun – make it sexually exciting. Put it on for your partner.
- ▼ Put a bit of lubricant on the condom – this can make it more pleasurable for the man.
- ▼ Practice what you want to say with a friend – beforehand - and practice how to put the condom on.
- ▼ Change your way of thinking; your health and safety are the main priority!!!!

## ACTIVITY 5 What would you do if you were in her shoes?



Practice assertive communication for negotiating condom use.



15 min.



None

### DIRECTIONS:

**STEP 1** Ask participants to choose the scenario below or create their own about condom use. Have the participants roleplay in pairs, and switch roles. Explain to the participants:

**In this situation, A young woman aged 15-29 is having sex with a man 10 years older than her who provides her with gifts and money for things she wants.**

- How should the AGYW approach it, and what are some things she can do to discuss it with her partner?

**STEP 2** After the role play, facilitate a discussion by asking the questions below:

- What did the pair do well?
- Did they choose a good moment to discuss condom use (was the timing for the discussion appropriate)?
- Were they prepared; for example, did they have a condom with them?
- Was she persuasive or give an understandable explanation of why it was necessary to use a condom.

- Did they put forward strong arguments? (ie. were condom benefits brought up?)
- Was there a negative reaction from either partner?
- How did the other person deal with it? (were they assertive? determined? how did she show it?)
- If she was not assertive, what could she have done differently?
- Did they conduct themselves with confidence, dignity and self-respect?
- Did they treat the other person with respect?
- Did they avoid using force, threats, or manipulation?
- Did the roleplay reflect what happens in real life?
- In real life, what practical challenges would you face?
- How would you address such challenges?

▼ If AGYW have difficulty thinking of real life challenges, you can suggest they think about how they

### **SOME EXAMPLES**

Partner refuses to use a condom even after you try to negotiate and share facts about why condom use is important.

Partner gets very angry with you when you continue to say you want to use a condom.

You are afraid to negotiate and be assertive about condom use because the man is older or more powerful.

You are afraid you will lose your relationship which comes with gifts or money, if you insist on using a condom when your partner doesn't want to.

You are afraid your partner will find somebody else to have sex with if you insist on using a condom and he might leave your relationship.

## SUMMARY AND CHECK-IN

**STEP 3** Close the session by explaining the following to AGYW:

- ▽ Condoms are for everyone.
- ▽ The benefits of using them correctly and consistently far outweigh the consequences of unsafe sex that can get you pregnant or at risk for other STIs and HIV.
- ▽ You can get male and female condoms from me, your mentor, from youth condom outlets in your community. (direct the AGYW to designated youth friendly outlets as mapped by PSI in their communities), your nearest public health clinic or hospital, or you can purchase them at most shops.
- ▽ Bring out the community map again if available. Ask the girls to highlight the condom points.

**Your Reflections:**

1. What was the most helpful thing you learnt today?
2. What other burning questions do you have?
3. What can I do to be more helpful?

**NOTE TO MENTOR**

Personal check in for mentor:

1. When will I meet with each individual AGYW to develop her prioritised mentorship plan?
2. When will we have the next meeting?
3. Are any of the AGYW unable to attend?
4. Do any of the AGYW need an immediate follow-up visit, referral, or condom?

## REFERENCES

The four foundational Insika Job Aids are evidence-based materials drawn from well known behavioral theories and adapted curricula. Design was informed by two key theories: Albert Bandura's Social Learning Theory - which proposes that people learn new behaviours and identify their own strengths and self-efficacy when they see them modelled in others and Paolo Friere's Empowerment - Education model which states that knowledge comes not from "experts" but rather, group discussions and knowledge people have from within themselves and their communities. The job aids are meant to be used as a package in conjunction with a mentorship guide which outlines targeting based on age profiles, key content and participatory methodologies based on USAID mentorship curricula as well as a simplified mentorship process and template.

Existing curricula which are based on these models and tested experiential techniques were reviewed and specific activities adapted to AGYW in the Eswatini context. Additional new content was developed to enhance individual mentorship plan development and mentorship sessions. Detailed references are provided below for each activity source and adaptation.

**Activity 1:** Survival Game: adapted content/statements from JHCCP My DREAMS, My Choice Toolkit.

**Activity 2:** Why Use Condoms?: Original Condom Perspectives Video Interviews

**Activity 3:** How Do Male and Female Condoms Work?: Video of male condom: <https://www.youtube.com/watch?v=5KszkV9iDY0> (adapted with siSwati voice over), Video of the female condom: <https://www.youtube.com/watch?v=zjmoQIAQP4Y>

**Activity 4:** How Can I Talk To My Partners About Condoms?: Back To Back exercise adapted from GRS AMAA Toolkit, Condom Negotiation Video: adapted from online video and activity (source <http://teentalk.ca/wp-content/uploads/2014/05/Condom-Negotiation-Activity-2016.pdf>- adapted) .....

**Activity 5:** What Would You Do In Her Shoes: adapted from GRS AMAA Toolkit.

INSIKA YA KUSASA JOB AID SET DEVELOPED FOR AGYW (15-29) MENTORSHIP SESSIONS