

# **You're In Control**

**An AIDS Education Curriculum for Teens and Young Adults**

**A Behavioral Guide to AIDS Prevention**

*by Henry Lesnick*

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## Introduction

This curriculum provides lessons for five hours of acquired immunodeficiency syndrome (AIDS) education instruction for young adult students. It helps them develop skills to cope with social pressures that might lead to behaviors that would put them at risk for HIV infection, and it helps them make decisions that will preserve their health and the health of their families and communities. Copy-ready background materials, exercises, and activities are provided for each lesson.

The curriculum can be used in a health education class as well as in small group settings where AIDS awareness and prevention is being taught.

A joint publication distributed by UNICEF, UNAIDS and the World Health Organization addresses the issue of HIV/AIDS transmission among adolescents.



According to their data, more than half of the global population newly infected with HIV is between the ages of 15-24 (UNICEF, 2002). In the U.S., teenagers have the highest rates of sexually transmitted diseases (STDs), and heterosexual transmission has become the most rapidly increasing mode of transmission in the U.S. (*Morbidity and Mortality Weekly Report*, July 31, 1998). As HIV becomes more widespread among teenagers and young adults, the chances of a person in this age group having an infected sexual partner from whom the virus may be transmitted will continue to increase. Improved educational models and knowledge of available community resources are constantly presented as means to curb the spread of disease within the United States as well as in the global community. The curriculum presents strategies and provides activities, which enable students to address basic risk factors and to exercise some degree of control over them. Improved educational models are an essential

element in the fight against the disease and the improved health of the communities in which we live.

The curriculum focuses on the following simple concepts necessary to an understanding of HIV/AIDS and the safe behaviors that protect us from HIV infection:

### **HIV is only transmitted through bodily fluids exchanged in**

**a) sexual intercourse (vaginal, anal, and oral)**

**b) sharing needles that come in contact with blood, as in injecting drug use;**

**c) the birth process, breast feeding, or during pregnancy -- if the mother is infected, the virus may be passed to her fetus or infant;**

**d) by transfusion of infected blood (though this is highly unlikely since screening of the blood supply began).**

### **AIDS is not a gay disease**

**Any person exposed to contaminated bodily fluids may become infected. (The largest group of people in the world infected with HIV are married women.)**



**Because AIDS has a long incubation period sometimes 5 to 10 years or more after infection with HIV**

- a) Most people presently infected with the virus look and feel perfectly healthy;**
- b) You can not tell they are infected by looking at them;**
- c) They don't know that they are infected, unless they have been tested;**
- d) But they can infect others.**

**You can protect yourself from HIV infection if you avoid risky behavior:**

- a) Avoid unprotected sexual intercourse**
- b) Practice safer sex, including the correct use of latex condoms every time you have intercourse;**
- c) Don't use drugs in risky situations – all drugs, including alcohol, reduce good judgment needed to avoid risky behavior;**
- d) Don't inject drugs -- if you do, don't share needles, or, if you must share needles, clean them thoroughly with bleach and water.**

The most important lesson students will learn from the curriculum is that avoiding HIV infection can be much more within their control, once they learn the simple facts about HIV transmission and acquire the basic skills needed to practice healthy behavior. The curriculum helps students understand what they must personally do to protect their own health and helps them develop the skills necessary to translate such understanding into healthy behavior. Many outside forces may influence individual behavior, but each individual has the opportunity to exercise healthy and responsible decision-making choices as opposed to choices that might prove life endangering.

The curriculum relies heavily on small group learning strategies. Role playing, small group discussions, and problem solving activities give students the opportunity to anticipate and analyze the high-risk situations that they face beyond the classroom. They are able to formulate decisions and practice the responses that they will use in real life situations.

Students develop greater confidence and self esteem as part of a small group where their input is respected and valued, and where they are able to develop effective responses to challenging circumstances. Working in a small group is particularly appropriate for the discussion of sensitive, AIDS-related topics like sex and drug use.

It is important to treat AIDS-related issues with an explicitness that was, before AIDS, considered inappropriate. Family planners tell the story about the young woman interviewed by a counselor: "Are you sexually active?" the counselor asked. "No," she replied. Two months later, the woman was pregnant. "I don't understand," said the counselor, "You told me you weren't sexually active." "I'm not," she sobbed. "All I do is just lie there!"

When we talk about sexuality and drug use in class, we must pay particular attention to some guidelines that help to make any class work better. Personal boundaries should be respected. Students and teachers should be free to withhold personal opinions about sexuality and their own personal experiences. The topic is potentially embarrassing. Embarrassment can be minimized if we maintain good classroom decorum and display mutual respect. People must feel free to express themselves and ask questions without fear of ridicule.

The five lessons that follow begin with an exercise that illustrates the exponential manner in which HIV is spread. The lesson then examines the scope of the AIDS epidemic, the nature of the disease, the ways it is transmitted, and the ways it can be prevented. The next three lessons present activities and exercises that clarify students' understanding of the relative risks of various behaviors, examine their attitudes toward risk reduction behaviors, describe the value of testing, counseling, and treatment, develop students' ability to respond appropriately to specific HIV risk situations by analyzing each step of the decision making process, identify social pressures and barriers to effective communication that place them at risk, and develop strategies for resisting these pressures and overcoming these barriers. The final lesson enables students to utilize their newly acquired knowledge and skills to extend AIDS education from the classroom into their communities.



Each lesson includes reading, writing, and discussion activities designed for use with high school-aged and young adult students. These portions can be included or excluded depending upon goals and resources.

An appendix includes materials and exercises, which can be used to supplement the five basic lessons or used as independent activities.

The list of organizations included in the appendix is organized by region, and will be updated regularly with a link allowing organizations to request inclusion in the listing. Connecting organizations with one another is important in this work. It can help build partnerships and minimize duplication in services



# **Lesson 1**

## **Transmission of HIV**

### **The Epidemic Game**

#### **Rationale:**

One of the greatest deterrents to the practice of safer sex among teens and young adults is the mindset, "It can't happen to me." This lesson dramatizes the rapid geometric progression possible in the spread of HIV and helps students understand how exposure to possible infection or avoidance of infection is within their control.

#### **AIDS Education Objectives:**

1. Students will become aware of the geometric patterns of infection in epidemics and see how rapidly HIV, as well as other sexually transmitted diseases (STDs), can be spread through unprotected intercourse.
2. They will have the opportunity to imagine what it feels like to learn that they have been infected with an incurable, fatal disease, or to imagine what it feels like to learn that they have avoided infection by practicing safer sex.
3. They will learn the difference between casual contact and high-risk behaviors.
4. They will learn that a person cannot tell by appearance whether someone is infected with HIV.

#### **Procedure:**

Begin the class by announcing that we are going to have several lessons on AIDS education. Tell students that AIDS is a sensitive and very important issue requiring discussion of sexual and drug-related topics and that it is necessary for every person during these discussions to show complete respect toward classmates and not to embarrass anyone with inappropriate, "street talk" regarding sex or drug use.

1. Now ask students to spend five minutes writing in their notebooks everything they know about AIDS. While they are writing, give each student a card or small piece of paper marked in the following way. For a class of about 25,

**a) put a small "v" (for virus--HIV positive) on the back of 2 cards, and "v-IDU" (for virus-injecting drug use) on the back of one card**

**b) put a "c" (for condom use) on the back of 5 cards**

**c) put an "o" (for "outer-course," sexual intimacy, without sexual intercourse: kissing, hugging, touching) on the back of 5 cards**

**d) put a "no s" (for no sexual relationship at present) on the back of 5 cards**

2. After giving out the cards, ask several students to read what they wrote. Write **HIV → AIDS** on the board.

Explain:

**AIDS is caused by a virus called HIV. The virus is found in the blood, semen, and vaginal fluid of an infected person. Anyone with the virus can pass it on to another person during sex or when sharing needles. There is no cure for AIDS. Education is our best protection against this disease.**

3. Tell students that the exercise is designed to help them understand how people contract HIV. This lesson requires their participation. Their comprehension depends upon their interaction with their peers. During their discussions they should interact with three different groups of partners and address the topics listed below.

These topics, written in boldface, 3a), 3b), and 3c) below, should be put on the chalkboard or written out for the group to see.

- a) Divide the students into groups and ask them to quietly discuss **Sex in the Media (TV, movies, magazines, etc.) and How it Affects Us.**

(if the class members have not had experience working with partners they may require some direction from the instructor to get them paired up)

Let them discuss the topic for a few minutes, making sure they have gotten a chance to discuss the issue, and after about five minutes ask students to **shake hands** with their partners and move on to a new partner.

- b) Students should now discuss:

**Sexual Attitudes in This Country Today** compared with **sexual attitudes “When Our Parents Were Young”**

After three or four minutes they should **shake hands** and move on to a new partner.

- c) Students should now discuss:

**How Would Your Life Change If You Learned You Were Infected With HIV**

After three or four minutes, ask students to **shake hands** and return to their seats.

4. The next ten minutes should be spent in full class discussion summarizing the major points generated by the students' discussions with their partners. Put the major points on the board under their appropriate topic headings.

**Option:** As in the original curriculum ask students to take notes on this information and other information you will put on the board. Tell them it will be useful later. Talk about the importance of good note taking and listening as a component to a better understanding the complexities of issues such as AIDS and HIV. Explain that good note taking is an important study skill.

5. At the conclusion of the 10 minute discussion of these three topics, ask students to stand and take out the papers with codes on the back given to them at the beginning of the class. Announce that this is a game to show how HIV is spread. Explain that the "V" on the papers held by three students represents HIV--transmitted by unprotected sexual intercourse, or by sharing a needle for Injecting Drug Use, represented by the "V-IDU".

**Put unprotected sexual intercourse and sharing needles on the board, explain that protected intercourse means correctly using a latex condom from start to finish every time you have sex, and that you will talk more about protection later.**

Ask these first three students to be seated. Tell them that you are sorry but they are out of the game.

Then ask the three students who shook hands with the first three to sit down also.

**EXPLAIN:** for the purposes of this game only, shaking hands represents unprotected sexual intercourse or sharing of needles, the behaviors by which HIV is spread. Make clear that shaking hands in real life is a form of casual contact, which, along with kissing, hugging, touching, insect bites, and sharing toilet seats or eating utensils, can not spread HIV (put casual contact on the board).

Ask the six who shook hands with those already seated to sit, then ask the 12 who shook hands with those seated to also sit. At this point as many as 24 students may be seated with HIV--perhaps fewer, if some already "infected" became "re-exposed."

Make the point here that it is possible for a person to become infected with HIV from a first and only lover. However, by the laws of chance, the more people a person has risky sex with (or shares a needle with), the greater the chance of meeting a partner infected with HIV and becoming infected too. In the same way, the more people a person's partner has had risky sex with (or shares a needle with), the greater the partner's chance of being infected with HIV.

Take time now, with almost all of the class seated and "out of the game" to ask students how they would feel if this were not a game and they had actually become infected with HIV through unprotected intercourse or needle sharing. Point out that just as they could not tell by looking at a classmate if s/he was infected with HIV, so too in real life you can not tell by looking at a person if s/he is infected and most of those who are infected can not tell that they are without being tested for HIV.

Now ask the students who had a "C" on the back of their paper to stand. Explain that this means that they were able to avoid becoming infected with HIV because they practiced safer sex by using a condom every time they had sexual intercourse.

**WRITE:** safer sex--use a condom correctly every time on the board.

Next ask those with an "O" to stand. Explain that this means that they were able to avoid becoming infected with HIV because they practiced safer sex by not having vaginal, anal, or oral intercourse but had sexual intimacy without penetration, "outercourse." Congratulate them.

**WRITE:** outercourse on the board under "use a condom."

Finally, ask those with a "No S" to stand. Explain that the "No S" means no sex--they are not involved in a sexual relationship at present.

**WRITE:** abstinence on the board.

And once again congratulate all who preserved their health. Express your regrets for all those who lost the game and tell the class that you hope that everyone understands and will do what is necessary to avoid HIV infection and stay healthy in real life.

6. Ask if there are any questions or comments.
7. Ask the students to describe the lesson and how they felt during the lesson.
8. Talk about how a person who really has HIV probably feels.

9. Discuss attitudes about sex from the perspective of other generations (parents and guardians, grandparents...)

10. Discuss sexual attitudes now

### **OPTIONAL Homework Journal Exercise:**

Ask students to copy the following from the board.

1. Describe and evaluate this lesson.

How did you feel during the game when you or people you care about became "infected" with an incurable, fatal disease?

How did you feel if you were one of the people who avoided infection by practicing safer sex or abstinence?

How do you think a young person your age feels when s/he first learns that s/he really has HIV?

What did you learn from this lesson?

2. Interview a parent or someone else your parents' age to learn more about the differences in sexual attitudes and behaviors when they were your age and now. Write a summary of what you learned from the interview.

This interview can be used by younger students to tell their parents that the class will be working on five AIDS lessons and that the instructor hopes parents and students will discuss this work at home.



## **Lesson 2**

### **Assessing Risk/Reducing Risk**

#### **Probability and Prediction**

##### **Rationale:**

Understanding the consequences of our behavior is a critical part of organizing our lives.

##### **Aids Education Objectives:**

1. Students will learn the difference between safe behaviors and behaviors that put them at risk for HIV infection.
2. They will understand that degree of risk is a matter of the behaviors they choose or avoid.
3. They will identify strategies for reducing risk.
4. They will identify the obstacles that exist to adopting these strategies.

##### **Procedure:**

Begin the class by inviting volunteers to read homework. Work on journal entries or review the work from the last class.

*(No more than 3 volunteers, 7-8 minutes).*

##### **Introduce the concept of probability and prediction**

**EXPLAIN:** the ability to accurately predict future events depends on our understanding of the relationships between a cause and its effects or between a choice and its consequences. The development of this understanding is an essential part of our education, especially as we take more and more responsibility for our lives and the lives of our loved ones.

Example: babies soon learn to avoid touching a hot stove in order to avoid the painful burn. With the guidance of elders who helps imagine the probable consequences of strolling into traffic, we learn how to cross the street safely.

**Our understanding of the consequence of applying heat to water enables us to make our morning coffee or tea.**

**Ask the class for additional examples of how our understanding of the relationship between a cause and its probable effect helps us to lead our lives more rationally.**

**Draw a straight line across the blackboard labeled as follows:**

0% \_\_\_\_\_ 100%

## EXPLAIN:

The line on the board represents a **continuum of probabilities** for some future event occurring (write this on the board, explain "continuum") Ask students for an example of an event that will likely occur in their lives with a near 100% probability as a result of some choice they make or action they take (brainstorm examples). Ask for an example of an event that has a close to 0% probability of happening sometime in the near future (for example, they will become millionaires as a result of buying a lottery ticket; brainstorm examples). Ask for examples of events having a 50% chance of occurring.

*(10 minutes)*

Make clear that there are some events in life over which we have more personal control than others (discuss and brainstorm).

Now tell students that the idea of a continuum of probabilities can also help to illustrate the degree of risk of HIV infection of various kinds of behavior.

RE-NAME: the continuum, the **continuum of risk**.

RE-LABEL: the continuum "no risk," "reduced risk," and "very risky."

REMIND STUDENTS: HIV can enter the body in these four ways:

- by having sexual intercourse with an infected person;
- by sharing needles, syringes or other instruments containing even microscopic amounts of infected blood;
- by being born to an infected mother or being breastfed by an infected mother;
- by transfusion of infected blood (though this is highly unlikely since screening of the blood supply began).



*Hand out copies of HIV Risk Behavior Questionnaire).*

## HIV Risk Behavior Questionnaire

Would you please take a few minutes to answer the questions below. Your answers will help us to educate the community more effectively to avoid this disease.

**Which of the following increases a person's chances of getting HIV?** *Please check each correct answer.*

### (Associated with sex)

- a)  Having sexual intercourse with someone who was exposed to HIV five years ago, but who looks and feels healthy and has never shown any sign of the illness
- b)  Having sexual intercourse with someone who is infected with HIV
- c)  Massaging someone who has HIV or AIDS
- d)  Hugging someone who has HIV or AIDS
- e)  Kissing someone who has HIV or AIDS
- f)  Properly using latex condoms
- g)  Using a condom with oil or Vaseline instead of a water based lubricant
- h)  Using the same condom twice
- i)  Unprotected oral sex
- j)  Unprotected vaginal sex
- k)  Unprotected anal sex
- l)  Having many sexual partners

### (Associated with drugs and use of needles)

- m)  Using alcohol, marijuana, crack, or other drugs that affect good judgment
- n)  Sharing needles for injecting drugs
- o)  Sharing needles for injecting steroids or vitamins or for ear or body piercing or tattooing
- p)  Sharing a needle that has been cleaned with water
- q)  Sharing a needle that has been properly cleaned with bleach or alcohol

### (Associated with other modes of transmission)

- r)  Receiving a blood transfusion today
- s)  Being born to or breastfed by an infected mother
- t)  Being born to a mother whose husband was exposed to HIV five years ago, but who looks and feels healthy and has never shown any sign of the illness.

Answer the questionnaire with the class. Ask students to imagine behaviors on a continuum of risk, from "no risk" to "reduced risk" to "very risky" and to consider why some behaviors are more risky than others.

Some latitude in recognizing the relative risk of these behaviors is acceptable, as long as the basic distinctions between high-risk, reduced risk and no risk behaviors are recognized.

The first and last, a) and t) are high risk activities and illustrate the danger of HIV transmission during latency; b), of course, is a high risk activity, to which a) might be equivalent; c) through e) are forms of casual contact, through which the virus can not be transmitted; f) is lower risk, (because of the small possibility of condom failure); g) through l) are higher risk sexual activities; m) is a high risk activity related to any drug use that affects judgment; n), o) and p) are high risk needle sharing activities; only q) significantly reduces the risk of sharing needles; receiving blood, r), is almost totally without risk since the blood supply began to be tested for HIV antibodies; s) and t) are significant risk factors, although it is important to note that a recent study has shown that **babies born to HIV positive mothers, who were treated with AZT during pregnancy, were only a third as likely to be born with HIV as were babies of HIV mothers who were not treated with AZT.**

Make clear to students that all of these behaviors that can put us in danger of HIV infection or may endanger others are within our control. Point to the continuum and reiterate that the risk of a person contracting HIV may be very high or near zero, depending on his or her behavioral choices. Individual risk of infection and the level of risk for each person lies somewhere on this continuum.

**The choice is ours.** Adolescents, in particular, need help understanding that **there are no second chances when it comes to HIV infection.** Answer any questions.

(15 minutes)

Tell the class, now that we understand what behaviors put a person at risk for HIV infection, we can see what we should do to reduce our risk of getting or spreading HIV. Ask students to make a list of what they can do now and (particularly, for younger students) will do in the future to reduce their risk.

Create a list on the board. Subdivide the list into things that we can do now and things we will do in the future (this concern for future risk reduction is particularly appropriate for younger people who may not now, but soon maybe, inclined to higher risk activities). Make sure the list includes "We can, We will":

Hand out *Reduce the Risk*

**Reduce the Risk – Discuss the following:**

- 1. Abstain from sex**
- 2. Have "outer-course" instead of intercourse**
- 3. Stay with one partner for life who is not infected and who does not use injecting drugs, and who only stays with you-discuss monogamous relationships**
- 4. Openly discuss with a partner the possibility of HIV infection. Listen for clues of past or present risk behaviors**
- 5. Avoid having more than one sex partner. The more sex partners a person has, the greater the chance of contracting HIV**
- 6. Avoid contact with a partner's blood, semen or vaginal secretions with proper use of latex condoms every time you have sexual intercourse**
- 7. Avoid sharing needles or other sharp piercing instruments for drug injecting, tattooing, piercing or acupuncture unless they're sterilized**
- 8. Avoid using alcohol, marijuana, crack, or other drugs that impair judgment**
- 9. Get tested for HIV if you are sexually or if you think you (or your partner) might have ever been exposed to HIV infection. If you have been infected, the free, confidential test will tell you, so that you can get the treatment to help you stay healthy longer. If you are pregnant or planning to have a baby, your treatment can protect your baby.**

(Put the Hotline Counseling and Testing telephone number for your country or area listed in Appendix III on the board; ask everyone to copy it in their notebooks for use in a later assignment.)

Now ask the class which is the hardest and which the easiest risk reduction behavior to adopt?

Why are some easier than others?

### **Homework:**

Put these questions on the board. Ask students to answer them in their journals. Tell them that you will not collect this assignment from anyone who wants to keep this assignment private, but that it is very important for everyone to do it.

- a. What are the most important strategies for you personally? Why?
- b. What are strategies that you think are most difficult for you to adopt? Why?
- c. What is your own individual probability of infection given your current attitudes and behavior? How does that make you feel?



## Lesson 3

### Recognizing Obstacles to AIDS Prevention

#### Overcoming Obstacles to the Use of AIDS Prevention Strategies Buying Condoms: Anticipating an Uncomfortable Situation



#### Rationale:

Once we come to an understanding of high-risk behavior and of the obstacles to preventing this behavior, we should develop the strategies to help us overcome these obstacles. As we practice examining, discussing, and negotiating the way we conduct our lives, we gain greater control over our lives.

#### AIDS Education Objectives:

1. Students will review the most important AIDS prevention strategies and reasons why we don't readily adopt them.
2. They will examine ways of overcoming obstacles.
3. They will gain insight into some of the difficulties experienced in purchasing condoms.
4. They will learn the proper way to use condoms.

#### Procedure:

Begin the lesson by inviting a few students to read from their homework. Pay particular attention to their responses to question a) above: **What are the most important AIDS prevention strategies?** Divide the board into two parts. On the left half of the board, list the AIDS prevention strategies. Ask students to add to the list. Make sure the following are included in some form:

#### AIDS Prevention Strategies (*this should take approximately 10-15minutes*)

- a) **Avoid sexual intercourse, or if you do have intercourse,**
- b) **Avoid exchange of body fluids by using condoms the right way every time;**
- c) **Select partners carefully, reduce the number of partners;**
- d) **Don't use drugs, but if you do,**
- e) **Avoid sharing of drug needles and syringes.**

Now ask students to identify the most important obstacles to AIDS prevention, or reasons why people do not utilize the AIDS prevention strategies.

For example, what are the reasons why many couples don't practice sexual abstinence, and what keeps them from using condoms? Remind students that these obstacles were identified in their homework, question b) "what strategies are most difficult to adopt?" and "Why?" Put these on the board.

(10 minutes)

Obstacles to prevention strategies could include:

### **Obstacles to Prevention Strategies**

**(discuss the term “obstacles” in order to ensure that everyone understands the terms)**

**Some of the obstacles might include:**

- a) Inability to resist pressure to be sexually active**
- b) Embarrassment talking about sexual matters with a partner**
- c) Belief that sex is not pleasurable with condom use**
- d) Embarrassment buying or getting condoms**
- e) Not knowing how to use condoms properly**
- f) Not knowing that a person may look and feel fine and yet have had HIV and been capable of infecting others for years before s/he gets sick**
- g) Fear of ridicule or rejection by a partner who does not support the idea of practicing safe behaviors**
- h) Low self-esteem, depression, no sense of a future worth living for self or family**
- i) Laws prohibiting needle possession or needle exchange programs**
- j) Not knowing how to clean needles (see Appendix I).**

### **Prioritizing Obstacles (5 minutes)**

Once all of the obstacles have been listed on the chalkboard, have students choose the five most important obstacles to utilization of HIV prevention methods for a group of people such as this class.

### **Finding Solutions to Eliminating the Obstacles**

Divide the class into five groups. Assign one of the five major obstacles to each group. Through discussion, the groups are to create solutions for eliminating the obstacle assigned to them. Students should use their imagination in creating solutions. Possible solutions might be to prepare young people to resist pressure to be sexually active, enable people to increase their comfort level in purchasing condoms through role playing, instruct people in the proper method for using condoms.

Encourage each group to come up with as specific and detailed a solution to their obstacle as they can in the 10 minutes allotted.

## Discussion of Solutions

Have a spokesperson for each group report his or her group's solution to the entire class. Discuss the solutions and ask for other possible solutions from other class members. Note solutions on board next to obstacles.

*(10 minutes)*

### **Anticipating an Uncomfortable Situation: Buying Condoms**

First explain to students that this exercise is about protection that they need now if they are sexually active or will need when they decide to have sex; and while that might not be for a long time, it is important information that they will need sometime.

Next ask students to write how they imagine they would feel if they were involved in a relationship, and prior to intercourse a partner took out a condom and suggested they use it. Explain that their responses will not be collected.

**Tell students that in studies of young people, both males and females reported that when a partner suggested condom use, they felt it demonstrated caring and they liked the person better for this. Ask students if their own responses were similar or different from this research. Tell the students that they should feel good about buying condoms. You are protecting yourself, your partner, your family, and your future.**

Ask students to write a description of the following situation: (10 minutes)

Imagine that you are going to a pharmacy or clinic to buy or ask for latex condoms.

**Now imagine:**

**1. What would you say to the pharmacist or clinic employee?**

**2. What would it feel like?**

**3. Why would you feel that way?**

Ask students if they think that thinking about the future helps us deal with it more effectively?

Will it make the actual buying of condoms any easier?

Remind the class that our ability to think ahead enables us to prepare for the future.



## Homework:

1) Put the following on the board:

**Write directions to the pharmacy or clinic closest to the school or to your home.** Explain that accurately giving and receiving directions and knowing how to get and properly use condoms are both very important skills for a lot of reasons (take the time to discuss some of the reasons).

2) Hand out *How to Use a Condom* (Appendix G). Ask students to prepare a short demonstration speech. If this might be too embarrassing for students, the instructor can assign each student one step in the *How to Use a Condom* process. The class can then work together to present the steps in proper order.

3) Hand out the Role Play, *A Failure In Communication* (Appendix H). Ask the class to read it for homework and try to learn what caused the failure.

## **Lesson 4**

### **More Effective Communication**

#### **Saying No Getting What You Want**

##### **Rationale:**

Few models for effective communication in sexual situations exist for young people, and few opportunities to practice such communication exist. Avoiding discussion of sexual matters with a partner is one of the most widespread sexual taboos. In the Age of AIDS, observance of this taboo can be fatal.



The goal of role-playing is to provide models for effective communication in sexual situations and to produce changes in the participants' perception and behavior. Sometimes just watching another member of the group play a role may produce changes in perceptions and attitudes. For some people and some issues it may be necessary to personally play the role and to experience what it feels like to be in a situation like the one portrayed in the role-play. Role-playing may also help make people more tolerant of a position they publicly uphold in role-playing, but with which they initially disagree. The conclusion derived from the research on role-playing is that active participation is more effective in changing attitudes and behavior than is passive exposure to persuasive arguments by themselves.

**Tell students that being able to know in advance what you want and then to clearly express what you want helps you to get what you want. This is a very important part of effective communication. The following series of role-plays will give students practice in clearly expressing their wishes and protecting their health in HIV risk-related situations.**

##### **AIDS Education Objectives:**

1. Students will be involved in handling and discussing condoms in order to develop proficiency in and demystify their proper use.
2. They will examine a faulty model of communication in order to understand the most significant communicative elements that keep us from safer behavior.
3. They will learn to say "No."
4. They will learn to anticipate and effectively respond to high-risk situations.

##### **Procedure:**

Begin class by asking if two people would like to volunteer to read, *A Failure In Communication*. If possible, assign the role of "Friend" to a female, and the role of the character "You" to a male. Remind students that the talented, young male actors in Shakespeare's theater played women. Also explain that assuming sexual roles that are different from those people play in real life will help us better understand how other people think and feel. Switching sexual roles or having partners of the same sex during role-play can also neutralize any inclination some students might have to use the exercise to embarrass or flirt with other students.

Tell the students that **these role-plays are exercises designed to help all students preserve their health and the health of their families and communities. Role-plays must not be used to embarrass classmates. All classmates must always respect each other.** If students are eager to volunteer to act this role-play, it can be done again by a second pair; using a male for "Friend" and a female for "You."

Following this performance, ask students to answer the question (referring to their homework), **"What went wrong?"**

**What can the character "You" do to get what s/he wants? Make sure the class understands that the failure of "You" in the role-play was a failure to clearly and firmly say No.**

Ask:

Is this the way many young people decide whether or not to have sex?

Why didn't the character "You" stick to the decision not to have sex?

What makes it difficult to say no?

*(15 minutes)*



**EXPLAIN:**

**The ability to say No clearly and firmly is a very important skill that gives us a lot of control over our lives.**

**This lesson will give us practice in saying No without losing a friendship but saying it so that our partner or friend knows we mean No. Put the 4 Ways to Say No on the board Ask students to copy these in their notebooks now and memorize them for homework tonight.**

## The 4 Ways to Say No

1) Say **No**.(No thank you. No, I don't want to.) There is no substitute for saying No.

2) Repeat No as often as is necessary.

3) Use Body Language that says No

a) Serious facial expression that shows you mean No.

b) Hands up, hands out gesture that says Stop.

c) If everything else fails, use your strength to push away and say Stop.

4) Suggest alternatives that can build the relationship.

(Let's go to a movie, Let's go for a walk, Let's make dinner together.)

Ask for a volunteer to demonstrate Body Language. Ask what "You" didn't do or did wrong in *A Failure In Communication*.

Put the answers on the board. They should include the character "You":

-Didn't say no

-Didn't repeat the first objection

-Asked questions like "Do you love me?" rather than stating her or his view; expressed doubt

-Didn't suggest other alternatives

-Didn't use body language

-Gave up

Comments and Questions.

(10 minutes)

Now ask students to form groups of three and rewrite *A Failure In Communication*, to make it *A Successful Communication*. Ask them to use some of what they learned in *Rules for Saying No*.

Allow no more than 10 minutes for the rewrite.

**Ask students to perform their rewritten role-plays so that everyone gets to rotate through each role, including the observer/evaluator. Then ask the students to perform again, this time with the character "You" not using the script. Explain that for this learning activity to be most effective students must be able to make the correct responses without looking at the script. In real life situations, which threaten their health they will have no script to rely on -- they have to rely on themselves. Remind students that this is an exercise in which classmates work together to help each other preserve their health, and that they must maintain, as always, proper respect for their classmates.**

(15 minutes)

Invite volunteers to perform their rewritten version of *A Successful Communication*. Ask the class what the differences between the unsuccessful and successful versions are. Point out that **these behaviors seen in the successful version are the same behaviors that protect them from HIV infection in real life.**

Conclude by reminding students that today they practiced making a **clear NO statement** in a way that tells a person they mean no without losing a friendship.



## Homework:

1) Ask students to memorize *The 4 Ways to Say No*.

2) Hand out The "*Lines*"/*Your Responses* Worksheet. Explain the idiomatic meaning of a "line," as insincere talk meant to manipulate or deceive.

3) Hand out Ahead Role Play Worksheet. Tell the class that **most young people do not know how to talk to another person about sexual matters or AIDS prevention**. There are few, if any, models for them to follow. This activity will help create some verbal models that can be used to discuss HIV risk-reduction with a romantic partner, and **to be clear and direct, without hurting a partner's feelings**. The exercise also provides practice in insisting on abstinence or condom use in spite of a partner's statements that he or she is not at risk. Ask students to read the role-play worksheet and write in one or two examples of what a person might say in each of the situations included on the worksheet.

Explain to the class that both of these activities include exercises about protection that people will need when they decide to have sex; and while that might not be for a long time, it is important information that we will need eventually.

Tell the class to be sure to do the "*Lines*" worksheet before *Plan Ahead*.



## The "Lines"/ Your Responses

Imagine that you and a romantic friend are together and the Friend says some of the things written below to try to persuade you, even though you don't want to, to have sexual intercourse or to have unprotected intercourse. Put a check next to the responses that you think are good; put two checks next to the responses you think are even better; and put a star next to the one response you think is the best.

FRIEND: You would if you loved me (or)

If you love me, you'll do it with me (or)

But I love you!

YOU: If you love me, you'll respect my decision (or)

If you love me, you'll help me wait.

FRIEND: Everybody is doing it.

YOU: I'm somebody, and I'm not doing it (or)

50% of U.S. teenagers, 17 and younger, have not yet had sexual intercourse -- they're not doing it.

FRIEND: What's your problem?

YOU: I think we should wait. There's nothing wrong with that.

FRIEND: If you won't do it, I'll find somebody who will.

YOU: I'm sorry I don't mean more to you than that.

FRIEND: But I love you!

YOU: If you love me, respect my health (or)

Condoms protect, love doesn't (or)

It's so sexy when a man cares (or)

Do it for me.

FRIEND: I'm not gay and I don't shoot drugs. You won't catch HIV from me.

YOU: You don't have to be gay or shoot drugs. More than half the people in the world with the virus are married women.

FRIEND: Do I look sick?

YOU: Most people who have HIV look and feel healthy and don't know that they have the virus.

FRIEND: It takes too long.

YOU: You'll be turning me on every second (or)

I love it when you take your time (or)

What's the rush? (or)

I'll wait.

FRIEND: Just this once.

YOU: It only takes once (or)

Only kids make decisions like that (or)

This isn't up for debate (or)

No way.

FRIEND: It doesn't feel good.

YOU: AIDS feels worse (or)

I'd feel better (or)

When I feel safer I go wild (or)

Just wait.

FRIEND: It spoils the mood.

YOU: It puts me in the mood (or)

So does worrying (or)

Not if I help (or)

We could always go to a movie.

## Plan Ahead Role Play Worksheet

SITUATION: John and Chris started dating recently and have begun to feel close physically, but have not had sexual intercourse. Neither is sure about the lifestyle of the other before they began dating. Chris believes that they will become more sexually involved and is worried about being exposed to HIV. Chris wants to talk about AIDS virus prevention, but does not know how. Chris needs practice. So do we. Create one or two different examples of what Chris might say to John:

1 What could Chris say to get the conversation started? That is, how could Chris begin to express her/his concerns about possible exposure to HIV? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:



2. One option that Chris has is not to have sexual intercourse with John. What can Chris say to John if Chris does not want intercourse even though John does? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

3. Another option for Chris is to insist that John wear a condom if they have intercourse. What can Chris say? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

4. What can Chris say in asking John if he has been exposed to HIV through high-risk sexual or drug-using behavior? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

5. What can Chris say if John insists that there is no chance that he has been exposed to HIV and that there is no need to worry? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

## Lesson 5

### Continue Developing More Effective Communication

#### How Can We Help? --Taking AIDS Education Out of the Classroom and Into the Community

##### Rationale:

The more preparation people have in anticipating high risk situations and practice they have in responding to them, the more effective they will be in dealing safely with them in real life. The opportunity for students to share their newly acquired and valuable competency with members of their community will help clarify the personal and social value of these AIDS education lessons as it contributes to AIDS prevention in the community.

##### AIDS Education Objectives:

1. Students will practice effectively communicating health preserving responses to a series of typical high-risk situations.
2. They will contribute to AIDS awareness of their community.

##### Procedure:

Begin the lesson by reviewing the homework. Ask students to discuss some of the **better** responses to *The "Lines."* Which is the best?

*(5 minutes)*

Now discuss the *Plan Ahead* Role Play. Ask: **What are some good responses you came up with?** Write some of the better answers on the board, noting the situation, 1-5, to which the response corresponds. Ask students to write down some of the **better responses for future use.**

*(5 minutes)*

Form groups of three. Have one student play Chris, one plays John, and the third, evaluate the "discussion." Create one or two different examples of what Chris might say to John. Rotate roles twice so that everyone has a chance to play each role. (15 minutes)

Ask the class: **What was most difficult about this exercise? Why was it difficult?** What kinds of things get in the way of communicating about sex and AIDS? Would anyone like to demonstrate their role-play for the class?

**What are the best situations (time and place) for young people to discuss AIDS prevention?** *(5 minutes)*

##### How Can We Help?

Hand out *Rara and Meredith*. Ask the class to read this handout. Ask for volunteers to read to the class. Ask what they liked about it.

*(10 minutes)*

## ***Rara and Meredith***

For Rara and Meredith Blank, after-school activities mean more than school clubs, team sports, and part-time jobs. That's because Meredith, 15, and her sister Rara, 16, are a volunteer at the Teen Aids Hotline in Rockville, Maryland. The hotline provides callers with facts and counseling about AIDS.

The hotline volunteers, mainly teenagers and young adults, answer several thousand calls per month. "Some nights," Rara says, "the phones just don't stop ringing." Most of the calls come from people in their 20s. "Most of the callers are people who think they have AIDS," Meredith says. A lot of the teenagers who call ask if you can get it from kissing. [Scientists consider this highly unlikely.]

The saddest phone calls come from people who have just discovered that they have AIDS. "The first time it happened, I was shocked," Meredith recalls. "The person was really upset and he needed somebody to talk to. He was angry too." Hotline volunteers usually refer these callers to a counseling service.

The sisters decided to work at the hotline to fulfill a community service requirement at their school. And once they started, they didn't want to stop. Rara says, "With the hotline, you can educate yourself and everyone you come in contact with."

The two sisters' training included a seminar about AIDS, as well as practice sessions in which volunteers ask each other possible questions. They also keep up with the most recent scientific articles on AIDS, which are available at the center. "Since we've been working here, I am always reminding my friends of the dangers of AIDS," Meredith says. "It's kind of a joke among us, but it's important to hear the advice coming from other people your age."

Even with the warnings, Meredith and Rara say some of their friends still take chances with their health. "A lot of people just say 'I don't think it's going to happen to me,'" Meredith warns. "What young people have to realize is that it's not who you are. It's how you choose to protect yourself."

Meredith and Rara believe they are making a difference. "This is one case where young people can help save lives," says Rara.

*(adapted from Alex Wohl, Washington, DC, for Scholastic Update.)*

## AIDS Education: From the Classroom Into the Community

Now announce to the class that they can help, too. Tell students that for homework you want them:

1. To administer the *HIV Risk Behavior Questionnaire* and interview at least one friend, family member, or person in the community
2. To use the questionnaire as a focus of discussion to find out how well the people they interview understand HIV risk behavior
3. To give people copies of AIDS education literature (if available),
4. To record in their notebooks the main points of their interviews,
5. To write a report on their interviews.



These are informal interviews. Interviews should be treated as a learning tool used to discuss the transmission of HIV/AIDS and its prevention.

**Tell students that their interviews will be anonymous, that they cannot identify the people they interview. They must make this clear to them. However, students should include in their reports the important demographic information on the people they interview: age, sex, education, native language, level of formal education, source of previous information regarding AIDS, etc. Students should approach people they wish to interview by asking them if they would be willing to helping an AIDS education project by answering a short questionnaire for a couple of minutes. Students should be sensitive to and respectful of a person's wish not to be interviewed, although most people are happy to cooperate.**

Tell students that the lessons they learn from their interviews and reporting their papers will be sent on to the public health department and will help health workers deal more effectively with AIDS in their communities. Instructors may arrange a swap of AIDS education materials for reports. Public health workers are always happy to have contact of this sort with the community.

Tell students that through these interviews they will have the opportunity to explore and better understand the AIDS educational issues raised in these lessons, and **by actively participating in the AIDS education of others, they are performing a socially useful service that will help preserve the health of their communities, as well as their own health, while developing their English language skills.**

Works cited:

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## ***Appendix I***

### **Supplementary Exercises and copy-ready handouts**

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**The following exercises, A-D, may be introduced as supplements to the homework assignments included in the five main lessons, or as additional lessons.**

## **A. Dear Abby**

The following can be used, if time allows, as an additional lesson.

### **Rationale:**

By dealing with hypothetical situations in the classroom that are similar to those they are likely to encounter in real life, students will be better able to cope with actual high risk situations when they occur.

### **AIDS Education Objectives:**

Students gain experience-handling complex, AIDS related problems.

They develop judgment and problem solving skills.

They develop awareness of HIV risk factors.

They develop awareness of barriers to HIV risk reduction.

### **Procedure:**

Divide the class into groups of three or four. If possible, beginning students should be grouped with a more advanced student of the same native language who can help with translation. Give each group a copy of one of the letters to Abby printed below, each of which describes an AIDS risk situation that young people are likely to confront. Ask students to examine and discuss the problem presented in the letter to which they are responding, and then to write a reply that provides good, healthy advice. When students are finished writing their replies, a representative from each group can read the group's reply, and other class members should offer their comments. Here are several letters that indicate typical risk situations in which young people may find themselves:

#### **1. Dear Abby:**

I am a 17-year-old guy and I've been going out with this girl who is 2 years younger than me, she's great. We have a really good relationship. We're in love, and I think we're going to have sex soon. She went and got birth control pills, so we don't have to worry about her getting pregnant.

So what's the problem? We both agree we don't want to use condoms, and since we're both practically virgins, we think we're safe. The problem is that I haven't told her I was shooting up steroids last year while I was on the wrestling team. It's not a big deal but I'm not sure if I used the same needle as some of my friends on the team. They are in great shape, and they are great guys so I guess there is no need to worry. Right?

Please don't ask me to tell her about this. I think she'd stop going out with me if she knew I used to shoot drugs, even though I don't do it now and won't do it again. I'm in great health, so there is probably nothing to worry about. Right?

Tell me. What do you think I should do?

*Worried Wrestler*

## 2. Dear Abby:

I'm a 16-year-old girl who is very popular and good-looking, too. I look 19 or 20. I have already had a few boyfriends and am no longer a virgin.

Now I'm going out with Tony, who is really cool. All the girls like him but I think he likes me the best. He's kind of shy. He even told me recently that he has never "gone all the way" with a girl. The other night, after we went dancing, we were making out in the back of his friend's car, and we came pretty close to having sex.

The next day at lunch he asked me if I was a virgin. Lucky for me, two of his friends came over before I had to answer.

I'm afraid to tell Tony that I've had sex with other guys before, because I don't want him to think I'm a whore and leave me for somebody else. I really want him and love him a lot, but I can't tell him about what happened before.

What should I do if he asks me again about my past?

*Not so Innocent in Ipswich*



## 3. Dear Abby:

My boyfriend and I have been going steady for two months. We are going to a big party soon and I think we are planning to have sex afterwards. We want to use condoms, but we're both too embarrassed to get them. He says I should get them. I say he should.

Who should get them? Where can you buy them? What do you say if you don't see them on display in the store? What else can you tell me that will make it easier to get these strange things and use them right?

*Wondering in Washington*



#### 4. Dear Abby:

My name is Carlos, and I am a 17-year-old student. I have some good friends and have gone on dates with some very nice girls. So what's the problem? Well, to tell you the truth, I am not sure. I just haven't met any girls that really turn me on, but there are some guys that I like a lot.

I think I might be gay. I've even had a couple of sexual experiences with guys, but I am too embarrassed to talk about them with anybody or even to write about them in this letter.

With all this talk about AIDS and all the things people say about gays, I am hoping this is just a passing thing. Actually, I am a little worried. But the guys I was with looked fine. So I don't have to worry about AIDS, do I?

Are my feelings normal? Will they pass? What do I need to know? Do other people feel like this?

*Confused Carlos in Caracas*



## ***B. Sex in the Media***

This assignment can accompany the homework included in lesson 1. It should take several days. Ask students to watch TV to determine the prevalence of sexually suggestive imagery and situations on network TV during prime time programming, programming for children, and programming for teens. Ask students to pay attention to commercials, too. They should note the frequency in their journals of the occurrence of sexual imagery in a given period of time (How many sexual images in a 30 second beer commercial? -for example) as well as the quality of the imagery--How suggestive is it? How subtle? Perhaps students could compare the treatment of sexuality on English language TV and TV in their native language.

Tell the students that this exercise is designed to increase awareness of the degree to which TV and other popular media like movies, magazines, and recordings encourage sexual behavior, but devote very little, if any resources to promoting safer sexual behavior. Make clear that you are not opposed to sexual behavior, or to its presence in the media, only to the lack of media attention to safer sexual behavior in the Age of AIDS.

Ask students to discuss their observations with classmates. Ask what the reasons might be for media fondness for open sexuality and for their aversion to safer sex. Ask them if they feel this is socially responsible behavior on the part of the TV industry. Open the discussion, utilizing visual images. Depending upon the time allotted for the exercise ask the class to spend some time writing their thoughts about the issue down on paper. Volunteers should read their pieces to the class if time permits.



## C. The Deadly Silence

Pat and Steve were in love, but they didn't have intercourse. In fact, neither had intercourse with anyone. They had lots of fun together and were taking it slow. Then Pat went away to work at a resort for the summer. They planned to write, talk on the phone, and resume their relationship in the fall.

At the resort Pat met Willie -- a gorgeous guy. Willie was anybody's dream and VERY experienced. The relationship became very sexual very quickly. Willie made it very clear that sex was a necessary part of the relationship, and even as Pat was thinking about how to say "NO," they had intercourse. Pat was swept away with the excitement of being with Willie. But when the summer was over, Willie made it clear that their romance was over. He had other plans back at college.

Pat returned home, confused, guilty, and unable to tell Steve anything about the summer romance. A week later Willie called to say that an old sexual partner had tested positive for HIV. Willie said he was going to get a test for HIV and he thought Pat should get one, too. Pat didn't know what to do, and waited a week for some symptoms. When none appeared, Pat decided that everything was probably okay.

Meanwhile, Pat and Steve resumed their relationship and Pat realized that love for Steve was real. When Pat and Steve began to move towards intercourse, Pat said they'd better use condoms. Steve refused -- absolutely. Condoms were for people who slept around! Pat tried to persuade him, but couldn't change his mind. Pat didn't know what reason to give for using condoms -- without telling Steve about the summer romance.

Pat tried to talk with Mom, and told her that a friend was worried about being infected with HIV. Mom said, "That's exactly what happens with all these kids having sex these days!" Pat decided to drop the conversation.

And in health class they were due for some lessons on AIDS, but the teacher was not very comfortable talking about sex. Furthermore, he thought that all this teaching about "safer sex" really gives young people permission to go ahead and do it! Somehow, he used up the 8 weeks of health teaching about the dangers of drugs and alcohol.

Finally, Pat gave in. Pat and Steve had intercourse without using a condom for protection.

Form groups of three. Discuss your feeling about these five characters with the group. Rank their behavior from 1-5. Number (1) would be the person who behaved most responsibly, down to number (5) the person whose behavior was least responsible from your point of view. (Explain the difference between responsible behavior and responsibility, meaning culpability.) Point out that we do not know Pat's gender from the story. Ask if it makes any difference if Pat is male or female. Ask students to give reasons for their judgments on all characters. Everyone doesn't have to agree.

\_\_\_ Pat

\_\_\_ Willie

\_\_\_ Steve

\_\_\_ Mother

\_\_\_ The Health Ed teacher

When students are done ranking, allow two or three volunteers to summarize their group discussion. Then ask each group to rewrite this story so that the characters behave more responsibly. Ask each group to give the rewritten story a new title (like Speak Up for Safer Sex). Solicit the reading of rewrites, with brief discussion.

### **Homework:**

Ask class to describe and evaluate this lesson.

Adapted from *Teaching Safer Sex, Brick, et al, 1989.*



## **D. Needle Exchange Programs**

These two selections that follow recently appeared in the *New York Times*, the first as an editorial and the second as a letter to the editor.

Ask the class to read them for homework and decide which of these conflicting arguments is more persuasive, and why. Ask the class to write a letter to an elected official supporting or opposing needle exchange.

### **Clean Needles Slow AIDS**

Researchers in New York City have found the most persuasive evidence yet that providing clean needles to drug addicts can slow the spread of HIV. The results, though preliminary, strengthen the case for needle exchange programs, not only in New York but also in all cities with injecting drug users at risk of infection with HIV. Such programs are banned in some states and only allowed as an experiment in New York.

The logic behind needle exchanges has always seemed plausible. In many cities, AIDS has devastated addicts who inject drugs, largely because HIV can be spread from person to person through the sharing of needles and syringes. One way to slow this spread, the reasoning goes, is to give addicts clean needles in exchange for used ones that could be contaminated. The addicts may remain hooked on their drugs, but at least they are less likely to spread HIV.

However, it has been a long, slow struggle to prove that such needle exchanges would really work.

Previous studies have shown that needle exchanges reduce the sharing of dirty equipment, cut the percentage of equipment that is contaminated and cut the infection rate for some diseases that are spread through shared needles. But no study has previously measured a significant decline in HIV infections among drug addicts that is attributable to needle exchanges.

That is why the latest findings from the first two years of a three-year study of needle exchanges in New York City seem especially encouraging. The city has some 200,000 injecting drug addicts, of whom perhaps half are infected with HIV. More than 26,000 of the injecting addicts are enrolled in five needle exchange programs run by community groups. The two-year evaluation, led by researchers at Beth Israel Medical Center, covered some 2,500 of these enrollees.

The most striking finding was a low HIV infection rate among needle exchange participants. Only 1 to 2 percent of those enrolled in the program became infected with HIV each year, compared with 4 to 5 percent of those not enrolled.

Equally important, the study found no evidence that needle exchanges increased the rate of drug injecting by participants or attracted newcomers to take up drug injecting--two of the chief fears that have stirred opposition to needle exchanges in many communities.

One explanation for the lower rate of infection among participants may be that they are more highly motivated than other addicts to avoid risky behavior; that is why they went to the needle exchanges in the first place.

But surely the provision of clean needles and the added motivational support provided by the programs' staff members and counselors played a major role. Once in the program, participants greatly reduced their use of rented or borrowed syringes.

The researchers believe regular participation in exchange programs can cut the risk of infection in half. If their early findings are confirmed, states everywhere should add needle exchanges to the arsenal of weapons deployed against HIV and AIDS.



## **Needle Exchanges Destroy Neighborhoods**

To the Editor:

Re your Nov. 26 front page article, "On the decrease in human immune deficiency virus infection among addicts in New York's needle exchange programs:"

Ever since the Lower East Side Harm Reduction Center, a needle exchange program began operating in a storefront in a residential population of working poor, our community has witnessed drug abuse not seen since Operation Pressure Point cleared the area of drugs in the 1980's. Needle exchange is a link in a chain called "one stop shopping." You can receive your government sponsored clean needles (there is no limit to the number), rob and steal to get money for drugs (or sell your clean needles), buy cocaine in storefronts or heroin on any corner, then leave behind a pool of blood, dirty syringes, glassine bags, alcohol swabs and bottle caps: the debris of depraved indifference.

The needle exchange program has legitimized drug use on the Lower East Side and by its tacit approval has invited a population of predators into our community. Statistics on the spread of AIDS cannot be the only criteria for measuring the success of the program.

*N.S., New York, Dec. 1, 1994 (The writer is a member of Community Board 3.) New York Times, 12/6/94*

## **E. HIV Risk Behavior Questionnaire**

Would you please take a few minutes to answer the questions below? Your answers will help us to educate the community more effectively to avoid this disease.

### **Which of the following increases a person's chances of getting AIDS?**

#### **(Associated with sex)**

- a)  Having sexual intercourse with someone who was exposed to HIV 5 years ago, but who looks and feels healthy and has never shown any sign of the illness
- b)  Having sexual intercourse with someone who has HIV
- c)  Massaging someone who has HIV or AIDS
- d)  Hugging someone who has HIV or AIDS
- e)  Kissing someone who has HIV or AIDS
- f)  Properly using latex condoms with spermicide
- g)  Using a condom with oil or Vaseline instead of a water-based lubricant
- h)  Using the same condom twice
- i)  Unprotected oral sex
- j)  Unprotected vaginal sex
- k)  Unprotected anal sex
- l)  Having many sexual partners

#### **(Associated with drugs and use of needles)**

- m)  Using alcohol, crack, marijuana, or other drugs that affect good judgment
- n)  Sharing needles for injecting drugs
- o)  Sharing needles for injecting steroids or vitamins or for ear or body piercing or tattooing
- p)  Sharing a needle that has been cleaned with water
- q)  Sharing a needle that has been properly cleaned with bleach or alcohol

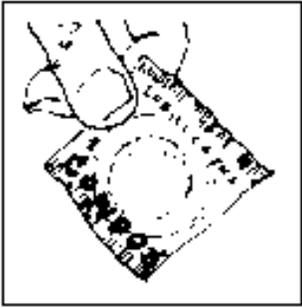
#### **(Associated with other modes of transmission)**

- r)  Receiving a blood transfusion today
- s)  Being born to or breastfed by an infected mother
- t)  Being born to a mother whose husband was exposed to HIV 5 years ago, but who looks and feels healthy and has never shown any sign of the illness

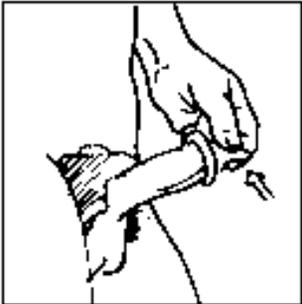
## ***F. Reduce the Risk***

- 1. Abstain from sex.**
- 2. Have "outercourse" instead of intercourse.**
- 3. Stay with one partner for life who is not infected and who does not use injecting drugs and who only stays with you.**
- 4. Openly discuss with a partner the possibility of HIV infection. Listen for clues of past or present risk behaviors.**
- 5. Avoid having more than one sex partner. The more sex partners, the greater the chance of contracting HIV.**
- 6. Avoid contact with a partner's blood, semen, or vaginal secretions with proper use of latex condoms every time you have sexual intercourse.**
- 7. Avoid sharing needles or other sharp piercing instruments for drug injecting, tattooing, piercing or acupuncture unless they are sterilized.**
- 8. Avoid using alcohol, crack, marijuana or other drugs that impair judgment.**
- 9. Get the HIV test if you think you (or your partner) might have ever been exposed to HIV infection. If you have been infected, the free, confidential test will tell you so that you can get the treatment to help you stay healthy longer. If you are pregnant or planning to have a baby, your treatment can protect your baby. (Put the telephone number for counseling and testing information on the board; ask everyone to copy it in their notebooks for use in a later assignment.)**

## G. How to Use a Condom

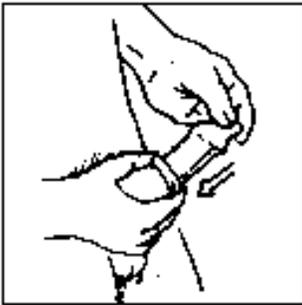


- **Condoms are highly effective in preventing the transmission of HIV and other Sexually Transmitted Diseases (STDs).**
- **Condoms can greatly reduce a person's risk of getting or giving STDs, including HIV infection. HIV is the virus that causes AIDS.**
- **But for condoms to provide maximum protection, they must be used consistently and correctly.**
- **Consistent use means using a condom from start to finish every time you have sex.**



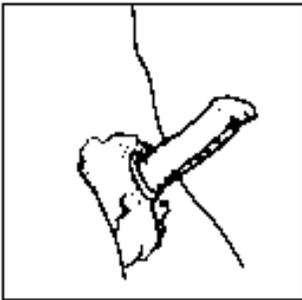
### To correctly use a condom:

1. Use a new condom each time you have sex -- whether vaginal, anal or oral.
2. Put the condom on after the penis is erect and before any sexual contact. Hold the tip of the condom to squeeze out the air.
3. The rolled rim of the condom should be on the outside. Leave space at the tip of the condom for semen, but make sure that no air is trapped in the condom's tip.
4. Unroll the condom all the way down the erect penis.
5. If additional lubrication is needed, lubricate the outside of the condom if it is not pre-lubricated. Use only water-based lubricants. You can purchase a lubricant at any pharmacy. Your pharmacist can tell you which lubricants are water-based.



Oil-based lubricants, such as petroleum jelly, cold cream, and hand lotion, cooking oil or baby oil weaken the condom and should not be used.

6. The penis should be withdrawn while it is still erect. Hold the condom firmly to keep it from slipping off.
7. Throw the used condom away in the trash. Never re-use a condom.
8. If the condom breaks during sex, the penis should be withdrawn and a new condom put on.



*Always keep condoms handy, but store them in a cool, dry place that is out of direct sunlight. Do not use a condom after its expiration date or if it has been damaged in any way.*

*Adapted from New York State Health Department.*



## **H. A Failure In Communication, Role Play**

### SITUATION:

You and your boyfriend (girlfriend) have been going out for a while. From the beginning you touched and kissed a lot. On his (her) birthday, you are alone and feel very close. You begin kissing and touching and feeling excited. Your boyfriend (girlfriend) wants to have sex with you, but you want to tell him (her) that you are not ready.

FRIEND: Why are you stopping now?

YOU: Wait. I'm not sure that I'm ready.

FRIEND: It isn't my birthday every day, you know.

YOU: Yeah, I know.

FRIEND: There's no reason to wait. It will mean even more now. What's the difference, now or later?

YOU: Well, I'm not sure.

FRIEND: I thought this was what we both wanted.

YOU: Do you love me?

FRIEND: Yes, and sex is part of love.

YOU: I guess you're right.

(They stop talking and go back to kissing--this direction should only be read).

What happened? Make a list of things the character "You" might do or say differently to be effective and get what s/he wants. Everyone should understand that the failure of "You" in the role-play was a failure to **clearly and firmly say No**.

## ***1. The 4 Ways to Say No***

1) Say **No**.

(No thank you. No, I don't want to.) There is no substitute for saying No!

2) Repeat No as often as is necessary.

3) Use Body Language that says No.

a) Serious facial expression that shows you mean No

b) Hands up, hands out gesture that says Stop.

c) If everything else fails, use your strength to push away and say Stop.

4) Suggest alternatives that can build the relationship.

(Let's go to a movie, Let's go for a walk, Let's make dinner together.)



## J. The "Lines"/ Your Responses

Imagine that you and a romantic friend are together and the Friend says some of the things written below to try to persuade you, even though you don't want to, to have sexual intercourse or to have unprotected intercourse. Put a check next to the responses that you think are good; put two checks next to the responses you think are even better; and put a star next to the one response you think is the best.

FRIEND: You would if you loved me (or)

If you love me, you'll do it with me (or)

But I love you!

YOU: If you love me, you'll respect my decision (or)

If you love me, you'll help me wait.

FRIEND: Everybody is doing it.

YOU: I'm somebody, and I'm not doing it (or)

50% of U.S. teenagers, 17 and younger, have not yet had sexual intercourse -- they're not doing it.

FRIEND: What's your problem?

YOU: I think we should wait. There's nothing wrong with that.

FRIEND: If you won't do it, I'll find somebody who will.

YOU: I'm sorry I don't mean more to you than that.

FRIEND: But I love you!

YOU: If you love me, respect my health (or)

Condoms protect, love doesn't (or)

It's so sexy when a man cares (or)

Do it for me.

FRIEND: I'm not gay and I don't shoot drugs. You won't catch HIV from me.

YOU: You don't have to be gay or shoot drugs. More than half the people in the world with the virus are married women.

FRIEND: Do I look sick?

YOU: Most people who have HIV look and feel healthy and don't know that they have the virus.

FRIEND: It takes too long.

YOU: You'll be turning me on every second (or)

I love it when you take your time (or)

What's the rush? (or)

I'll wait.

FRIEND: Just this once.

YOU: It only takes once (or)

Only kids make decisions like that (or)

This isn't up for debate (or)

No way.

FRIEND: It doesn't feel good.

YOU: AIDS feels worse (or)

I'd feel better (or)  
When I feel safer I go wild (or)  
Just wait.

FRIEND: It spoils the mood.

YOU: It puts me in the mood (or)  
So does worrying (or)  
Not if I help (or)  
We could always go to a movie.

Adapted from New York State Department of Health publications



## ***K. Plan Ahead Role Play Worksheet***

SITUATION:

John and Chris started dating recently and have begun to feel closer physically, but have not had sexual intercourse. Neither is sure about the lifestyle of the other before they began dating. Chris believes that they will become more sexually involved and is worried about being exposed to HIV. Chris wants to talk about AIDS virus prevention, but does not know how. Chris needs practice. So do we. Create one or two different examples of what Chris might say to John:

1. What could Chris say to get the conversation started? That is, how could Chris begin to express her/his concerns about possible exposure to HIV? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

2. One option that Chris has is to not have sexual intercourse with John. What can Chris say to John if Chris does not want intercourse even though John does? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

3. Another option for Chris is to insist that John wear a condom if they have intercourse. What can Chris say? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

4. What can Chris say in asking John if he has been exposed to HIV through high-risk sexual or drug-using behavior? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

5. What can Chris say if John insists that there is no chance that he has been exposed to HIV and that there is no need to worry? What might John say?

CHRIS:

JOHN:

CHRIS:

JOHN:

Adapted from E. Saunders, J. De Maio, D. Fonte, *AIDS Instructional Guide for Teachers*, New Jersey Department of Health and Education



## **L. Rara and Meredith**

For Rara and Meredith Blank, after-school activities mean more than school clubs, team sports, and part-time jobs. That's because Meredith, 15, and her sister Rara, 16, are volunteers at the Teen AIDS Hotline in Rockville, Maryland. The hotline provides callers with facts and counseling about AIDS.

The hotline volunteers, mainly teenagers and young adults, answer several thousand calls a month. "Some nights," Rara says, "the phones just don't stop ringing." Most of the calls come from people in their 20's. "Most of the callers are people who think they have AIDS," Meredith says. A lot of the teenagers who call ask if you can get it from kissing. [Scientists consider this highly unlikely.]

The saddest phone calls come from people who have just discovered that they have AIDS. "The first time it happened, I was shocked," Meredith recalls. "The person was really upset and he needed somebody to talk to. He was angry too." Hotline volunteers usually refer these callers to a counseling service.

The sisters decided to work at the hotline to fulfill a community service requirement at their school. And once they started, they didn't want to stop. Rara says, "With the hotline, you can educate yourself and everyone you come in contact with."

The two sisters' training included a seminar about AIDS, as well as practice sessions in which volunteers ask each other possible questions. They also keep up with the most recent scientific articles on AIDS, which are available at the center. "Since we've been working here, I am always reminding my friends of the dangers of AIDS," Meredith says. "It's kind of a joke among us, but it's important to hear the advice coming from other kids your age."

Even with the warnings, Meredith and Rara say some of their friends still take chances with their health. "A lot of people just say 'I don't think it's going to happen to me,'" Meredith warns. "What young people have to realize is that it's not who you are. It's how you choose to protect yourself."

Meredith and Rara believe they are making a difference. "This is one case where young people can help save lives," says Rara.

Adapted from Alex Wohl, Washington, DC, for Scholastic Update.

## **M. How To Clean Injecting Drug Works**

**Follow all 3 steps before and after use:**

### **STEP 1. CLEAN WATER**

**Fill syringe to the top and empty it at least 3 times.**

*Shaking and tapping the syringe when it's full of bleach or water is good.*



### **STEP 2. STRAIGHT BLEACH**

**Fill syringe to the top and empty it at least 3 times.**

*The longer the bleach or water is in the syringe to the top, the better. Leave the bleach in the syringe and count slowly to 30. When bleach is used, water must be used before injecting.*



### **STEP 3. CLEAN WATER**

**Fill syringe to the top and empty it at least 3 times.**

*Don't share cotton, cookers, water or other equipment or drug mixtures.*



*This "Agreement" form is distributed at the end of the final AIDS education lesson. You should read it and understand the different options. If you do not wish to sign it now, please keep it for possible use in the future.*

## **Agreement**

### **Three options for a Safer and Healthier Sexual Life ...**

*Choose the option which will protect you the best:*

1. **Abstinence** will be the easiest and safest protection against HIV for some individuals. For many individuals abstinence fits best into a person's belief about what is right or wrong for that individual to do. There are other ways of being closer with a partner if a person chooses abstinence.

Name(s) \_\_\_\_\_ Date \_\_\_\_\_

2. **Absolute monogamy** between partners is safe for those who engage in sexual intimacy or plan to, assuming that neither is currently infected with HIV. For some individuals it may be important to be tested for infection prior to having intimate sexual contact. Neither individual can have intercourse outside of this relationship if monogamy is to protect the two individuals from being infected. Neither individual can share needles, or use needles, which were shared.

Name(s) \_\_\_\_\_ Date \_\_\_\_\_

3. **Consistent use of condoms** is the best form of protection for individuals having intercourse who are not in a monogamous relationship or for couples beginning a new monogamous relationship. Condoms may break and are not 100% effective against spreading infection.

Name(s) \_\_\_\_\_ Date \_\_\_\_\_

**For everyone about to become involved in an intimate sexual relationship:**

**In order to protect and take care of myself**

**I promise** to have the courage to ask a new partner about his or her past sexual history before engaging in sexual intercourse.

**I will** also act responsibly and will disclose anything in my own history, which may place him or her at risk.

Name(s) \_\_\_\_\_ Date \_\_\_\_\_

## **Appendix II Resource List**

### **AIDS EDUCATION, HEALTH, AND SUPPORT SERVICE PROVIDERS**

*(listed alphabetically, by country)*

ORGANIZATION: Parents Family and Friends of Lesbians and Gays Western Australia Chapter 6105  
Australia PHONE: (313) 769 1684 FOREIGN PHONE: 61 9 367 1604

ORGANIZATION: Australian AIDS Memorial Quilt, Limited Quilt Project New S. Wales 2010 Australia  
FOREIGN PHONE: 61 2 360 9422

ORGANIZATION: Gamma Project 14A Churchill St. Mont Albert Victoria, Australia FOREIGN PHONE: 03  
890 1068

ORGANIZATION: Quilt Project Victoria Trades Hall, 54 Victoria St., Rm. 57 Arts Workshop South Carleton  
Victoria 3053 Australia FOREIGN PHONE: 61 3 663 2317

ORGANIZATION: AIDS Council of New South Wales 188 Goulburn St. Sydney New South Wales 2010  
Australia TTY/TDD PHONE: (002) 2832088 FOREIGN PHONE: 022833222

ORGANIZATION: Het AIDS Team vzw Brugstraat 16 bus 1 Antwerpen 6 B2060 FOREIGN PHONE: 32 3  
226 3646

ORGANIZATION: Commission of the European Communities Rue de la Loi 200 Brussels 1049 Belgium  
FOREIGN PHONE: 32 22 351 111

ORGANIZATION: European Union AIDS Task Force Rue de Geneve, 10 Bte 7, 4e etage Brussels 1140  
Belgium FOREIGN PHONE: 32 22 454 390

ORGANIZATION: ACT TOGETHER BP 54 1040 Bruxelles-Etterbeek 1 Bruxelles, Belgium FOREIGN  
PHONE: 32 2 280 02 02

ORGANIZATION: Aide Info SIDA Rue de Haerne 42 B Bruxelles 1040 Belgium FOREIGN PHONE: 02 627  
75 11

ORGANIZATION: NAMES Project-Brussels 94 Bosweg Wezembeek Oppem B1970 Belgium FOREIGN  
PHONE: 32 2 731 4083

ORGANIZATION: Samaritan Ministries Bahamas Bahamas PHONE: (809) 324 2433 OTHER PHONE: (809)  
322 2599 FAX

ORGANIZATION: Projecto Tereza 127 Rua Visconde de Pirajá Ipanema, Rio de Janeiro 22410001 Brazil  
PHONE: No main phone available.

ORGANIZATION: Grupo de Apoio a Prevencao da AIDS Rua Luiz Afonso, 234 Porto Alegre RS 90050 Brazil  
FOREIGN PHONE: 05 12 216 363

ORGANIZATION: NOMES Projecto Fundos do Parques Infantil Leonor M. de Barros Cep 11060 Santos SP  
Praca Fernandes Brazil FOREIGN PHONE: 55 132 39 60 60

ORGANIZATION: Nucleo de Estudos de Pesquisas em Atencao do Uso de Drogas Rua Fonseca Teles, #121  
4o andar CEP 20940 SaoCristovao Rio de Janeiro, Brazil PHONE: No main phone available.

ORGANIZATION: Secretaria De Saude Do Estado Da Bahia Central Administrativo Sesab/2 Andar Salvador,  
Brazil OTHER PHONE: (071) 2324247 FOREIGN PHONE: 071 237 8944

ORGANIZATION: AntiAIDS Bulgarian Society J. Sakazov St., #52 Sofia 1504 Bulgaria OTHER PHONE:  
(359) 287 1623 -FAX FOREIGN PHONE: 35 92 44 2191

ORGANIZATION: Canadian Public Health Association National AIDS Clearinghouse 1565 Carling Ave., Ste.  
400 Ottawa, Ontario K1Z 8R1 Canada PHONE NUMBER: (613) 725 3769 FAX: (613) 725 9826

ORGANIZATION: Southdown 1335 St. John's Side Rd. E. RR #2 Aurora, Ontario L4G 3G8 Canada PHONE:  
(905) 727 4214 OTHER PHONE: (905) 727 4214 FAX

ORGANIZATION: AIDS Calgary Awareness Association 1021 10th Ave. SW, Ste. 300 Calgary, Alberta T2R  
OB7 Canada PHONE: (403) 228 0198 OTHER PHONE: (403) 229 2077 Fax

ORGANIZATION: Alberta Community and Occupational Health 10105 109th St., 4th Fl. Edmonton Alberta  
T5J 1M8 Canada PHONE: (403) 427 2830 TOLLFREE PHONE: (800) 772 AIDS Alberta only

ORGANIZATION: Feather of Hope Aboriginal AIDS Prevention Society 11456 Jasper Ave. Edmonton Alberta  
T5K 0M1 Canada PHONE: (403) 488 5773 OTHER PHONE: (403) 488 3735

ORGANIZATION: New Brunswick Department of Health and Community Services Health Promotion and  
Disease Prevention AIDS New Brunswick Carleton Pl. Fredericton New Brunswick E3B 5G8 Canada PHONE:  
(506) 453 3092 OTHER PHONE: (506) 453 2726 Fax

ORGANIZATION: SIDA Nouveau Brunswick / AIDS New Brunswick 65 Brunswick St. Fredericton New  
Brunswick E3B 1G5 Canada PHONE: (506) 459 7518 TOLL FREE PHONE: (800) 561 4009 Information.  
OTHER PHONE: (506) 459 5782 Fax

ORGANIZATION: AIDS Committee of Guelph and Wellington County 73 Delhi St., Ste. 202 Guelph, Ontario  
N1E 6L9 Canada PHONE: (519) 763 2255

ORGANIZATION: People With AIDS Coalition of Nova Scotia 2093 Gottingen St. Halifax, Nova Scotia B3K  
3B2 Canada PHONE: (902) 429 7922 OTHER PHONE: (902) 422 6200 FAX

ORGANIZATION: Hamilton AIDS Network for Dialogue and Support 143 James St., S., Ste. 900 Hamilton,  
Ontario L8P 3A1 Canada PHONE: (416) 528 0584 OTHER PHONE: (416) 528 6311 FAX

ORGANIZATION: Kelowna and Area AIDS Resources Education and Support Society 435-2339 Highway 97  
N. Box 134 Kelowna, BC V1X 4H9 Canada PHONE: (604) 862 2437

ORGANIZATION: Kingston AIDS Project 113 Johnson St. Kingston, Ontario K7L 4V6 Canada PHONE:  
(613) 545 3698 OTHER PHONE: (613) 546 0981 FAX ORGANIZATION: Parents Family Friends of Lesbians  
and Gays Kingston Chapter Ontario K7L 5J6 Canada PHONE: (613) 546 0267 FOREIGN PHONE: 613 546  
0267

ORGANIZATION: AIDS Committee of Cambridge, Kitchener, Waterloo and Area 123 Duke St. E. Kitchener Ontario N2H 1A4 Canada PHONE: (519) 570 3687 OTHER PHONE: (519) 570 4034 FAX

ORGANIZATION: AIDS Community Care Montreal 231 St. Jacques W., Ste. 806 Montreal Quebec PQ H2Y 1M6 Canada PHONE: (514) 287 3551 OTHER PHONE: (514) 843 5147 Medication Fund. FAX: (514) 844 3228

ORGANIZATION: Centre for AIDS Services of Montreal 1168 St. Catherine St. W. Ste 202 Montreal, Quebec H3B 1K1 Canada PHONE: (514) 954 0170 OTHER PHONE: (514) 954 4855 FAX

ORGANIZATION: Groupe Haitien pour la Prevention du SIDA 8000 Jeune Ave. Montreal, Quebec H1Z 2V9 Canada PHONE: (514) 722 5655 PHONE: (514) 874 7674 TOLL FREE PHONE: (800) 363 0263 Canada only. FAX: (514) 874 1620

ORGANIZATION: AIDS Committee of North Bay and Area 240 Algonquin Ave., Ste 202 North Bay, Ontario P1B 8J1 Canada PHONE: (705) 497 3560 TOLL FREE PHONE: (800) 668 2347 Ontario AIDS Hotline. OTHER PHONE: (800) 267 7432 Ontario AIDS Hotline (French).

ORGANIZATION: Positive Youth Outreach 399 Church St., 2nd Fl. Ontario Ontario M44 2C9 Canada PHONE: (416) 5061400 OTHER PHONE: (416) 506 1404 FAX

ORGANIZATION: AIDS Committee Durham 78 Simcoe St., N. Oshawa Ontario L1G 4S2 Canada PHONE: (905) 723 8201 OTHER PHONE: (905) 723 5541 FAX

ORGANIZATION: Health and Welfare Canada 301 Elgin St. Ottawa Ontario K1A OL2 Canada PHONE: (613) 957 1803

ORGANIZATION: Parksville Educational AIDS Society BC V9P 2G7 Canada PHONE: (604) 248 1171

ORGANIZATION: Peterborough AIDS Resource Network 312 George St. N. Ste. 202 Peterborough Ontario K9J 7H7 Canada PHONE: (705) 749 9110 TOLL FREE PHONE: (800) 361 2895 OTHER PHONE: (705) 749 6310 FAX

ORGANIZATION: AIDS Regina, Incorporated 2237 Smith St. Regina Saskatchewan S4P 2P5 Canada PHONE: (306) 924 8420 OTHER PHONE: (306) 525 0904 Fax

ORGANIZATION: AIDS Saint John 115 Hazen St. Saint John New Brunswick E2L 3L3 Canada PHONE: (506) 652 2437 OTHER PHONE: (506) 652 2438 Fax

ORGANIZATION: AIDS Saskatoon 309220 3rd Ave., S. Saskatoon Saskatchewan S7K 4E3 Canada PHONE: (306) 242 5005 TOLLFREE PHONE: (800) 667 6878 Information. OTHER PHONE: (306) 244 2134 Fax PHONE: (306) 373 7766

ORGANIZATION: AIDS Committee of Niagara 541 Glenridge Ave. St. Catherines, Ontario L2R 6S5 Canada PHONE: (905) 984 8684

ORGANIZATION: Newfoundland and Labrador AIDS Association 69 Hayward Ave. St. John's Newfoundland A1C 5K8 Canada PHONE: (709) 579 8656 TOLL FREE PHONE: (800) 563 1575 Newfoundland and Labrador only.

ORGANIZATION: AIDS Committee of Toronto 399 Church St., 4th Fl. Toronto, Ontario M4Y 2L4 Canada PHONE: (416) 3402437 TTY/TDD PHONE: (416) 340 8122 OTHER PHONE: (416) 340 8224 Fax

ORGANIZATION: Alliance for South Asian AIDS Prevention 399 Church St., 3rd Fl. Toronto, Ontario M5B 2J6 Canada PHONE: (416) 351 0131 OTHER PHONE: (416) 351 8994 FAX

ORGANIZATION: Black Coalition for AIDS Prevention 597 Parliament St., Ste. 103 Toronto, Ontario M4X 1W3 Canada PHONE: (416) 926 0122 OTHER PHONE: (416) 926 0281 FAX

ORGANIZATION: Gay Asians of Toronto Gay Asian AIDS Project 17 St. Joseph St. Ste. 212 Toronto Ontario M4Y 1J8 Canada PHONE: (416) 963 4300

ORGANIZATION: Street Outreach Services 622 Yonge St., 2nd Fl. Toronto, Ontario M4Y 1Z8 Canada PHONE: (416) 926 0744 OTHER PHONE: (416) 926 9552 FAX

ORGANIZATION: Toronto People With AIDS Foundation 464 Yonge St., Ste. 201B Toronto, Ontario M4Y 1X3 Canada PHONE: (416) 506 1400

ORGANIZATION: Toronto Prostitutes' Community Service Project Prostitutes' Safe Sex Project Ontario M4Y 2T8 Canada PHONE: (416) 964 0150 FAX: (416) 964 9653

ORGANIZATION: Voices of Positive Women Ontario M6J 3P5 Canada PHONE: (416) 324 8703 FAX: (416) 324 9701

ORGANIZATION: Aboriginal AIDS Project Healing Our Spirit 2553 E. 6th Ave. Vancouver BC V5M 1R1 Canada PHONE: (604) 879 0906

ORGANIZATION: British Columbia Ministry of Health Centre for Disease Control Division of STD Control 828 W. 10th Ave. Vancouver, BC V5Z 1L8 Canada PHONE: (604) 660 6172 OTHER PHONE: (604) 775 0808 FAX

ORGANIZATION: Persons With AIDS Society of British Columbia 1107 Seymour St. Vancouver BC V6B 5S8 Canada PHONE: (604) 893 2250 OTHER PHONE: (604) 893 2251 FAX

ORGANIZATION: Vancouver Island AIDS Society 304733 Johnson St., Ste. 304 Victoria, BC V8W 3C7 Canada PHONE: (604) 3842366 TOLL FREE PHONE: (800) 6652437 BC Wide FAX: (604) 3809411

ORGANIZATION: Victoria AIDS Respite Care Society 620 View St., Ste. 609 Victoria BC V8W 1J6 Canada PHONE: (604) 388 6220 OTHER PHONE: (604) 388 0711 FAX

ORGANIZATION: Victoria Needle Exchange 609 Johnson St. Victoria BC V8W 1M5 Canada PHONE: (609) 384 1345

ORGANIZATION: Yukon AIDS Program Skookum Jim Friendship Centre 3159 Third Ave. Whitehorse, Yukon Y1A 1G1 Canada PHONE: (403) 633 2437 OTHER PHONE: (403) 668 4460 FAX

ORGANIZATION: AIDS Committee of Windsor 2090 Wyandotte St. Windsor, Ontario N8AY 4R8 Canada PHONE: (519) 973 0222 TTY/TDD PHONE: (519) 973 0265 TOLL FREE PHONE: (800) 265 4858 from Essex, Kent, and Lambton. OTHER PHONE: (519) 973 7389 Fax

ORGANIZATION: Body Positive Coalition of Manitoba c/o Village Clinic 668 Corydon Ave. Winnipeg, Manitoba R3M 0X7 Canada PHONE: (204) 452 7704 OTHER PHONE: (204) 453 5214 FAX

ORGANIZATION: Village Clinic Winnipeg Gay Community Health Centre 668 Corydon Ave. Winnipeg, Manitoba R3M 0X7 Canada PHONE: (204) 453 0045 OTHER PHONE: (204) 4535214 Fax

ORGANIZATION: North West Territories Department of Health AIDS Program Box 1320 Yellowknife N. W. Territory X1A 2R3 Canada PHONE: (403) 920 3322 OTHER PHONE: (403) 873 7706

ORGANIZATION: Centro de Educacion y Prevencion en Salud Social Freire 264, Of. 4 Casilla 3440 Concepcion, Chile FOREIGN PHONE: 56 41 233 298

ORGANIZATION: Corporacion Chilena de Prevencion del SIDA Casilla 85, Correo 3 Santiago, Chile FOREIGN PHONE: 56 2 22 25 255

ORGANIZATION: Colombian Red Cross Apartado AERO 1110 Bogota Colombia PHONE: No main phone available.

ORGANIZATION: Spolecnost AIDS Pomoc 14700 Czechoslovakia PHONE: No main phone available.

ORGANIZATION: Navneprojektet HivHuset, Skindegade 26 Copenhagen K DK1159 Denmark FOREIGN PHONE: 45 33 325 861

ORGANIZATION: HIV Denmark Vingaardsstred 22, 4.tv. DK1070 Copenhagen K. Denmark OTHER PHONE: (453) 391 5004 FAX FOREIGN PHONE: 011 45 33 325 868

ORGANIZATION: Centro de Orientacion e Investigacion Integral Arzobispo Merino, Bldg. 505 Santo Domingo Dominican Republic PHONE: No main phone available.

ORGANIZATION: Patronato de Lucha Contra el SIDA Incorporado Pimentel, Bldg. #54 San Carlos Santo Domingo, Zona 1 Dominican Republic FOREIGN PHONE: 687 2545 FAX: (809) 682 9927

ORGANIZATION: Irish Names Quilt Avoca House 189193 Parnell St. EIR Dublin F75018 Ireland FOREIGN PHONE: 353 1 733 799

ORGANIZATION: Fundacion Nacional de Prevencion Educacion y Control del Paciente VIH/SIDA 23 Calle Poniente #1155 Colonia Layco San Salvador El Salvador FOREIGN PHONE: 011 260 864

ORGANIZATION: Association for the Rights and Duties of HIV Positive and AIDS Victims Chateau de La Mothe SaintCezert 31330 Grenadesur Gar 31330 France FOREIGN PHONE: 61 82 67 47

ORGANIZATION: Crois Rouge Francais Comite de Coordination des ONG pour la lutte Contre le SIDA dans les pays en vore de developpement 1 Place Henry Dunant Paris 75008 France PHONE: No main phone available.

ORGANIZATION: Le Patchwork des Noms France 7 Rue de la Guadeloupe Paris F75018 France FOREIGN PHONE: 33 1 42 057 255

ORGANIZATION: Inter Med Assistance B.P. 281 75010 Paris CEDEX 75010 France FOREIGN PHONE: 33 1 42 39 28 88

ORGANIZATION: Association Pour les Appartements de Relais Therapeutique et Social 45, Rue Rebeval Escalier C Entresol 75019 Paris France FOREIGN PHONE: 33 1 42 45 24 24

ORGANIZATION: Les Seropositifs au service des Seropositifs B.P. 230 75865 Paris CEDEX 18 France FOREIGN PHONE: 33 1 46 06 00 04

ORGANIZATION: German Society for Technical Cooperation Health, Population, and Nutrition Division Dag Hammarskjold Weg 1 Postfach 5180 Eschborn D65 726 Germany FOREIGN PHONE: 0 61 96 /790

ORGANIZATION: Max von Pettenkofer Institute, Department of Hygiene and Medical Microbiology, Germany Collaborating Centre on AIDS World Health Organization Collaborating Centre on AIDS Pettenkoferstrasse 9 A Munich 2 D8000 Germany OTHER PHONE: (089) 538 0584 Fax FOREIGN PHONE: 089 5160 5200

ORGANIZATION: Hellenic Association for the Study and Control of AIDS 115 21 Greece FOREIGN PHONE: 30 1 646 74 73

ORGANIZATION: Asociacion Solidaridad Apartado Postal 1636 6a. Avenida 1433 zona 1 Oficina 301 Guatemala Guatemala FOREIGN PHONE: 502 2 81561

ORGANIZATION: Commission Nationale de Lutte Anti SIDA Ministere de la Sante Publique et de la Population Division d'Hygiene Familiale Delmas 19 PortauPrince Haiti PHONE: No main phone available.

ORGANIZATION: AIDS Concern Hong Kong 3 Lok Man Rd. Ste. 17B, Block F Chai Wan Hong Kong FOREIGN PHONE: (852) 898 4411

ORGANIZATION: Hong Kong AIDS Foundation 5/F Shaukeiwan Jockey Club Clinic Shaukeiwan Hong Kong FOREIGN PHONE: 852 894 8528 FAX: (852) 560 4154

ORGANIZATION: National Institute of Virology India World Health Organization Collaborating Centre on AIDS 20A Dr. Ambedkar Rd. Pune 411 001 India PHONE: No main phone available.

ORGANIZATION: Israel AIDS Task Force Project HaShemot 128 Alenbi St. P.O. Box 33602 Tel Aviv Israel FOREIGN PHONE: (972) 3 566 1639

ORGANIZATION: Associazione Solidarieta AIDS Via Panzeri 11 Milano 20136 Italy FOREIGN PHONE: 39 2 581 0 7084

ORGANIZATION: Memorial Quilt Japan 2828 Chikko Minatoku Osaka 552 Japan FOREIGN PHONE: 81 6 572 6085

ORGANIZATION: Robert A. Mayer Medical Center Reading Jamaica PHONE: No main phone available. TOLL FREE PHONE: (800) 767 HEAL

ORGANIZATION: Association of People with AIDS in Kenya Kenya FOREIGN PHONE: 603 420/1

ORGANIZATION: Women Fighting AIDS in Kenya Kenya Kenya FOREIGN PHONE: 254 2 212 366 FAX: (254) 271 8513

ORGANIZATION: Companeros en Ayuda Voluntaria Educativa Ave de Mexico Republicas 192 Col Portales Dist. Federale CP 03300 Mexico FOREIGN PHONE: 254 271 8513

ORGANIZATION: Solidaridad y Vida, A.C. Pajaro Azul, #96 Col. Ben. Juare Cd. Nezahualcot Mexico FOREIGN PHONE: 530 27 71

ORGANIZATION: Sociedad y SIDA Queretaro 219 G Colonia Roma Mexico City Distrito Federa 06700 Mexico FOREIGN PHONE: 52 5 564 3580

ORGANIZATION: Planned Parenthood Federation of Nigeria Lagos PMB 12567 Nigeria PHONE: No main phone available.

ORGANIZATION: Gemeentelijke Geneeskundige and Gezondheidsdienst Drug Department 1000 HE Netherlands FOREIGN PHONE: (31) 020 555 5850

ORGANIZATION: HIV Vereniging Nederland Postbus 15847 Amsterdam NL1001 Netherlands FOREIGN PHONE: 31 20 664 4076

ORGANIZATION: Municipal Health Service Drug Department Methadone Clinic for Prostitutes and Foreigners Netherlands 1000 HE Netherlands FOREIGN PHONE: 31 20 55 55 50

ORGANIZATION: Het Mamio Namen Projekt Nationaal AIDS Programma Rode Kruislaan 22 Paramaribo Suriname FOREIGN PHONE: 597 498 238

ORGANIZATION: New Zealand Quilt Project New Zealand FOREIGN PHONE: 64 9 838 6490

ORGANIZATION: Parents Family and Friends of Lesbians and Gays Christchurch Chapter New Zealand PHONE: (613) 546 0267 FOREIGN PHONE: 643 699 452

ORGANIZATION: VIA LIBRE Association Jr. Paraguay 478 Lima 1 Peru SPANISH PHONE: (310) 398 7967 OTHER PHONE: (511) 436 8681 FAX FOREIGN PHONE: 51 14 33 1396

ORGANIZATION: Associacao de Apoio aos Doentes com SIDA Trav. do Corpo Santo, 3234 Lisboa 1200 Portugal FOREIGN PHONE: 34 23208

ORGANIZATION: Associacao do Planeamento da Familia Rua Artilharia UM, 38, 2# DR Lisboa 1200 Portugal FOREIGN PHONE: 65 39 93

ORGANIZATION: Associacao de Direitos e Deveres de Positivos e Portadores de SIDA Quinta das Lapas Monte Redondo Torres Vedras 2560 Portugal PHONE: No main phone available.

ORGANIZATION: Russian NAMES Fund 21 Bolshevistskaya St. Apt. 15 Moscow, Russia FOREIGN PHONE: (70) 95 252 33 16

ORGANIZATION: Asociata Romana AntiSIDA Romania FOREIGN PHONE: (40) 1 688 2759

ORGANIZATION: Parents Family and Friends of Lesbians and Gays South Africa Chapter 48106 South Africa FOREIGN PHONE: 03 128 2739

ORGANIZATION: AIDS Support and Education Trust NAMES Project South Africa 11 Mountain Rd. South Africa FOREIGN PHONE: (27) 21 22 1960

ORGANIZATION: Associacio SIDA Studi Balmes, 68 6 4 Barcelona 08007 Spain FOREIGN PHONE: 341 3 487 34 90

ORGANIZATION: Noah's Ark Red Cross Foundation Drottninggatan 61 Stockholm S111 21 Sweden FOREIGN PHONE: 46 8 23 5060

ORGANIZATION: International Federation of Red Cross and Red Crescent Societies 17, Chemin des Crets PetitSaconnex 1211Switzerland FOREIGN PHONE: 022 730 42 22

ORGANIZATION: Swiss AIDS Foundation NAMES Project Schweiz c/o Aide suisse contre le sida  
Konradstrasse 20 Zurich 8005 Switzerland FOREIGN PHONE: (41) 1 273 4242 FAX: (41) 273 4262

ORGANIZATION: Community Action Resource 33 Murray St. Woodbrook P.O.S Trinidad & Tobago  
PHONE: (809) 6281338 OTHER PHONE: (809) 6222792 FAX number

ORGANIZATION: Hotline HIV Organization of Thailand 90/269 Viphawadeerungsit 20 Rd. Chatuchak  
Bangkok 10900 Thailand OTHER PHONE: (662) 2758354 FAX number FOREIGN PHONE: 662 276 2950

ORGANIZATION: Project NAAM Chewit Concrete House 57/60 Tivanont Rd. Nonthburi Bangkok 11000  
Thailand FOREIGN PHONE: (662) 526 8311

ORGANIZATION: Traditional Medicine Unit Nansio Office Bumai Tanzania FOREIGN PHONE: 255 068  
ORGANIZATION: AIDS Support Organisation Plot 21 Kitante Rd. Kampala Uganda FOREIGN PHONE:  
(256) 41 530 038

ORGANIZATION: AIDS Support Organisation Masaka Office Uganda PHONE: No main phone available.

ORGANIZATION: Coventry Youth Action on HIV c/o The HIV Network 12 Park Rd. Coventry Coventry CV1  
2LD United Kingdom FOREIGN PHONE: 4420 322 9292

ORGANIZATION: AIDS AHEAD c/o BDA Health Promotion Svces. Unit 17, Macon Ct., Herald Dr. Crewe  
Cheshire CW1 1EA United Kingdom FOREIGN PHONE: (0270) 250 736

ORGANIZATION: Scottish AIDS Monitor National Office 64a Broughton St. Edinburg United Kingdom  
PHONE: No main phone available.

ORGANIZATION: Scottish AIDS Monitor Glasgow Office 22 Woodside Terr. Glasgow G3 7XB United  
Kingdom FOREIGN PHONE: 44 41 353 31 33

ORGANIZATION: Men Who Have Sex With Men Action in the Community Leicester Black MESMAC  
Department of Sociology University of Keele Keele Staffordshire ST5 5GB United Kingdom FOREIGN  
PHONE: 0533 855 955

ORGANIZATION: AIDS Care, Education and Training SW15 2BQ United Kingdom FOREIGN PHONE:  
0818 407 879

ORGANIZATION: Black HIV/AIDS Network BM BHAN London WC1N 3XX United Kingdom FOREIGN  
PHONE: 0817 429223

ORGANIZATION: International Planned Parenthood Federation AIDS Prevention Unit Regent's College Inner  
Circle Regent's Park London NW1 4LQ United Kingdom FOREIGN PHONE: 44714860741 OTHER PHONE:  
(081) 563 0205 Punjabi, Urdu, and Turkish

ORGANIZATION: Positively Women 5 Sabastian St. London EC1V OHE United Kingdom OTHER PHONE:  
(071) 4905501 FOREIGN PHONE: 071 490 5515

ORGANIZATION: United States Centers for Disease Control National AIDS Clearinghouse PO Box 6003  
Rockville, MD 20849-6003 TOLL FREE PHONE: (800) 458 5231

ORGANIZATION: CDC National AIDS Hotline TOLL FREE PHONE: (800) 342 AIDS

*(state hotlines within the United States)*

ORGANIZATION: Alabama AIDS Hotline (800) 2280469 AL only, State HIV /AIDS Hotline Mon.Fri., 8am-5pm. Hotline hours: Mon.Fri., 8am-5pm.

ORGANIZATION: Alaskan AIDS Assistance Association Alaskan HIV / AIDS Hotline (907) 2764880 (800) 4782437 AK only, State HIV / AIDS Hotline Mon.Fri., 9am-5pm. Hotline hours: Mon.-Sun., 24 hours.

ORGANIZATION: Arizona AIDS Hotline (602) 2342752 State HIV / AIDS Hotline (800) 3523792 Nationwide, State HIV/ AIDS Hotline Mon-Fri., 8:30am-5:30pm.

ORGANIZATION: Arkansas AIDS Hotline (800) 3642437 State HIV / AIDS Hotline, Available in AR only Mon.Fri., 8am-4:30pm.

ORGANIZATION: San Francisco AIDS Foundation Northern California Trilingual AIDS Hotline (415) 863 2437 Filipino (800) 345 AIDS, State HIV/AIDS Hotline (800) 367 2437 No. California only, State HIV/AIDS Hotline Mon.-Fri., 9am-6pm. Hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 11am-5pm. Spanish hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 11am-5pm. TDD/TTY hotline Hours: Mon.Fri., 9am-9pm; Sat.Sun., 11am-5pm. Filipino hotline hours: Mon.-Fri., 9am-9pm.

ORGANIZATION: Southern California HIV/AIDS Hotline (213) 876 2437 State HIV/AIDS Hotline (So CA only) (800) 9222437 So. CA only, State HIV / AIDS Hotline (800) 400SIDA Mon.-Sun., 9am-10pm. Hotline hours: Mon.-Fri., 9am-9pm; Sat.Sun., 9am-5pm. TDD/TTY hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 9am-5pm.

ORGANIZATION: Colorado Department of Health AIDS Education and Training Program Colorado AIDS Hotline (303) 7825186 Hotline for callers in Denver. (800) 2522437 Available in CO only. State HIV / AIDS Hotline Mon.Fri., 8:30am-5pm. TTY and Hotline: 24 hours.

ORGANIZATION: Connecticut Department of Public Health and Addiction Services (800) 203 1234 State HIV/AIDS Hotline Mon.-Fri., 9am-7pm.

ORGANIZATION: Delaware AIDS Hotline (800) 422 0429 DE only, State HIV/AIDS Hotline Mon.Thurs., 10am-10pm; Fri., 10am-7pm.

ORGANIZATION: District of Columbia AIDS Information Line (202) 332 2437 State HIV/AIDS Hotline Mon.Fri., 9am-6pm. Hotline hours: Mon.-Fri., 10am-9pm. Sat., Sun., 10am-5pm.

ORGANIZATION: Florida AIDS / HIV Hotline (800) 352AIDS State HIV/AIDS Hotline, FL only (800) 2437101 FL only, Haitian Creole, State HIV / AIDS Hotline (800) 545SIDA FL only. Hotline hours: Mon.Sun., 9am-11pm. Spanish Hotline hours: Mon.Fri., 2pm-9pm; Sat., 9am-2pm. Haitian Creole Hotline hours: Mon.-Fri., 5:30pm-11pm; Sat., 9am-2:30pm. TDD/TTY Mon.-Sun., 9am-11pm.

ORGANIZATION: Georgia Information Line (404) 8769944 (800) 5512728 GA only, State HIV / AIDS Hotline Mon.-Fri., 9am-9pm; Sat.-Sun., 9am-5pm. Hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 9am-5pm. Spanish hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 9am-5pm. TDD/TTY hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 9am-5pm.

ORGANIZATION: Hawaii STD / AIDS Hotline (808) 9221313 State HIV / AIDS Hotline (800) 321 1555 HI only, State HIV/AIDS Hotline Mon.-Thurs., 9am-8pm; Fri.-Sat., 9am-4pm.

ORGANIZATION: Idaho AIDS Foundation Hotline (208) 3452277 ID only. State HIV / AIDS Hotline (800) 6772437 ID only. State HIV/AIDS Hotline Mon.-Fri., 5:30pm-9:30pm

ORGANIZATION: Illinois AIDS Hotline (800) 2432437 IL only, State HIV/AIDS Hotline (800) 2432437 IL only, State HIV/AIDS Hotline Mon.-Sun., 10am-10pm. Hotline hours: Mon.Sun., 10am-10pm. Spanish hotline hours: Mon.Sun., 10am-10pm. TDD/TTY hotline hours: Mon.-Sun., 10am-10pm.

ORGANIZATION: Indiana Department of Health Division of HIV / STD (800) 8482437 IN only, State HIV/AIDS Hotline.

ORGANIZATION: Iowa Statewide AIDS Hotline (800) 4452437 IA only, State HIV/AIDS Hotline (800) 4452437 IA only, State HIV/AIDS Hotline Mon.-Fri., 8am-4:30pm. Hotline hours: Mon.-Sun., 24 hours.

ORGANIZATION: Louisiana AIDS Hotline (504) 944 2437 State HIV / AIDS Hotline (800) 99AIDS9 State HIV / AIDS Hotline, Nationwide Mon.Fri., 8:30am-6pm. Hotline hours: Daily, 10am-10pm. Spanish hotline hours: Tues., 6pm-8pm; Sun., 2pm-4pm. TDD/TTY hotline hours: Mon.-Fri., 12 noon-12 midnight.

ORGANIZATION: AIDS Project Maine AIDS Hotline (800) 7751267 Hotline outside ME. (800) 8512437 ME only, State HIV/AIDS Hotline Mon., and Wed., 9am-7:30pm; Tues., Thurs.Sat., 9am-5pm. Hotline hours: Mon.and Wed., 9am-7:30pm; Tues., Thurs.-Sat., 9am-5pm.

ORGANIZATION: Maryland AIDS Hotline (410) 945 2437 Baltimore area only. 800 322 7432 VA/metro DC. (800) 638 6252 MD only. State HIV/AIDS Hotline, Bilingual (301) 949 0945 Hispanic AIDS Hotline. Mon.-Fri., 9am-12 midnight. Hotline hours: Mon.-Fri., 9am-12 midnight TDD/TTY hotline hours: Mon.-Fri., 9am-12 midnight.

ORGANIZATION: Massachusetts AIDS Hotline / AIDS Action Hotline AIDS Action Committee (617) 536 7733 MA only, State HIV / AIDS Hotline (800) 235 2331 MA only, State HIV / AIDS Hotline Mon.-Fri., 9am-9pm; Sat., 10am-4pm; Sun., 12 noon-4pm.

ORGANIZATION: Michigan AIDS Hotline (800) 872 2437 MI only, State HIV/AIDS Hotline (800) 826 SIDA Mon.-Fri., 9am-9pm; Sat.-Sun., 12 noon-6pm. Hotline hours: Mon.-Fri., 9am-12 midnight; Sat.-Sun., 9am-9pm. Spanish hotline hours: Mon.-Fri., 10am-6pm. TDD/TTY hotline hours: Mon.Fri., 9am-12 midnight; Sat.-Sun., 9am-9pm. Healthcare Workers hotline hours: Mon.-Fri., 9am-5pm.

ORGANIZATION: Minnesota AIDS Project Minnesota AIDS Line (612) 8700700 (800) 2482437 MN only, State HIV/AIDS Hotline Mon.Fri., 9am-10pm. Sat., 9am-5pm.

ORGANIZATION: Mississippi AIDS Hotline (800) 826 2961 MS only, State HIV/AIDS Hotline (800) 826 2961 MS only, State HIV/AIDS Hotline 7 days, 7am-10pm.

ORGANIZATION: Missouri Department of Health Missouri AIDS Information Line (800) 533 2437 Nationwide, State HIV/AIDS Hotline (800) 533 2437 Nationwide, State HIV/AIDS Hotline Mon.-Fri., 8am-5pm. Hotline hours: Mon.-Fri., 8am-5pm.

ORGANIZATION: Montana Department of HESAP Montana AIDS Program (800) 233 6668 MT only, State HIV/AIDS Hotline 24 hours.

ORGANIZATION: Nebraska AIDS Project Nebraska AIDS Hotline (800) 782 2437 Nationwide, State HIV/AIDS Hotline Mon.-Fri., 9am-5pm, and 6pm-11pm; Sun., 6pm-11pm. Hotline hours: Mon.-Fri., 9am-5pm, and 6pm-11pm; Sat.-Sun., 6pm-11pm. Spanish hotline hours: Mon.-Fri., 9am-5pm.

ORGANIZATION: Nevada AIDS Information Line (800) 842 2437 NV only, State HIV/AIDS Hotline (800) 842 2437 NV only, State HIV/AIDS Hotline Mon.-Fri., 8am-5pm.

ORGANIZATION: New Hampshire AIDS Hotline (800) 752 2437 NH only, State HIV/AIDS Hotline (800) 752 2437 NH only, State HIV/AIDS Hotline Mon.Fri., 9am-5pm. Hotline hours: Mon.-Fri., 8am-4:30pm.

ORGANIZATION: New Jersey AIDS Hotline (800) 624 2377 NJ only. State HIV/AIDS Hotline (800) 624 2377 NJ only. State HIV/AIDS Hotline Office: Mon.-Fri., 8:30am-4:30pm. Hotline Hours: 24 hours a day. Spanish hotline hours: 24 hours a day. TDD/TTY hotline hours: 24 hours a day.

ORGANIZATION: New Mexico AIDS Hotline (800) 545 2437 NM only, State HIV/AIDS Hotline (800) 545 2437 NM only, State HIV/AIDS Hotline Mon.-Fri., 8am-5pm.

ORGANIZATION: New York State AIDS/HIV Hotlines (800) 872 2777 NY only counseling. (800) 541 2437 NY only tape system, State HIV/AIDS Hotline (800) 233 SIDA (in Albany) English Speaking Hotline hours: Mon.-Fri., 8am-9pm; Sat.-Sun., 10am-6pm. HIV counseling hours: Mon.-Fri., 4pm-8pm; Sat.-Sun., 10am-6pm.

ORGANIZATION: North Dakota AIDS Hotline (701) 224 2376 (800) 472 2180 ND only, State HIV/AIDS Hotline Mon.-Fri., 8am-5pm.

ORGANIZATION: Columbus AIDS Task Force Ohio AIDS Hotline (800) 332 2437 OH only, State HIV/AIDS Hotline (800) 332 2437 OHonly, State HIV/AIDS Hotline Mon.Fri., 8am-6pm. Sat. & Sun., 9am-6pm. Hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 9am-6pm. TDD/TTY hotline hours: Mon.-Fri., 9am-9pm; Sat.-Sun., 9am-6pm.

ORGANIZATION: Cascade AIDS Project Oregon AIDS Hotline (503) 223 2437 State HIV / AIDS Hotline. Voice and TTY. (800) 777 2437 Available in area codes 503, 206, and 208 Mon.Fri., 10am-9pm; Sat.Sun., 12 noon-6pm. Hotline hours: Mon.-Fri., 10am-9pm; Sat.-Sun., 12 noon-6pm. Spanish hotline hours: Wed.-Thurs., 4pm-8pm. TDD/TTY hotline hours: Mon.-Fri., 10am-9pm; Sat.-Sun., 12 noon-6pm.

ORGANIZATION: Pennsylvania Department of Health (800) 662 6080 PA only, State HIV/AIDS Hotline (800) 662 6080 PA only, State HIV/AIDS Hotline Office: Mon.Fri., 8am-4:30pm. 800 number: 24 hours.

ORGANIZATION: Linea de Infor SIDA y Enfermedades de Transmision Sexual Centro Latinoamericano de Enfermedades de Transmision Centro Medico Puerto Rico Department of Health (809) 765 1010 (800) 981 5721 PR only, State HIV/AIDS Hotline Mon.-Fri., 7am-11pm.

ORGANIZATION: Rhode Island Project AIDS Hotline (800) 726 3010 Nationwide, State HIV/AIDS Hotline (800) 726 3010 Nationwide, State HIV/AIDS Hotline Mon.-Fri., 9am-8pm.

ORGANIZATION: South Carolina Department of Health and Environmental Control HIV/AIDS Division SC HIV/AIDS Hotline (800) 322 2437 SC only, State HIV/AIDS Hotline (800) 322 2437 SC only, State HIV/AIDS Hotline Mon.Fri., 8am-8pm. Hotline hours: Mon.-Fri., 8am-8pm.

ORGANIZATION: South Dakota AIDS Hotline (800) 592 1861 SD only, State HIV/AIDS Hotline (800) 592 1861 SD only, State HIV/AIDS Hotline Mon.-Fri., 8am-5pm. Tennessee AIDS Hotline

ORGANIZATION: Tennessee HIV/AIDS Program (800) 525 AIDS TN only State HIV/AIDS Hotline (800) 525 2437 TN only State HIV/AIDS Hotline Mon.Fri., 8am-4:30pm. Hotline Hours: Mon.-Fri., 8am-4:30pm.

ORGANIZATION: Texas Department of Health Public Health Promotion Texas AIDSLINE (800) 299 2437 TX only, State HIV/AIDS Hotline (800) 299 2437 TX only, State HIV/AIDS Hotline Educational taped

messages: 24 hrs. TTY hotline: Mon.-Fri., 8am-12pm, 1pm-5pm. Office: Mon.-Fri., 8am-12pm, 1pm-5pm. Hotline (AIDSLINE) hours: Mon.-Fri., 8am-5pm. Spanish hotline hours: Mon.Fri., 8am-5pm. TDD/TTY Hotline hours: 8am-5pm.

ORGANIZATION: Virgin Islands AIDS Hotline Mon.Fri., 9am-5pm.

ORGANIZATION: Utah AIDS Foundation AIDS Information Hotline (801) 487 2100 (800) 366 2437 UT only, State HIV/AIDS Hotline Mon.Fri., 8am-5pm. Hotline hours: Mon.Fri., 10am-8:30pm Sat., 10am-2pm.

ORGANIZATION: Vermont Department of Health (800) 8822437 VT only, State HIV/AIDS Hotline (800) 882AIDS VT only, State HIV/AIDS Hotline Mon.-Fri., 8am-4:30pm.

ORGANIZATION: Virginia Department of Health Virginia STD/AIDS Hotline (804) 371 7455 (800) 533 4148 VA only. State HIV/AIDS Hotline (800) 322 7432 VA only. Hispanic AIDS Hotline. Mon.-Fri., 8:30am-5pm. Hotline hours: Mon.-Fri., 8am-7pm. TDD/TTY Hotline Hours: Mon.-Fri., 8am-7pm.

ORGANIZATION: Washington HIV/AIDS Hotline (800) 272 2437 WA only, State HIV/AIDS Hotline (800) 272 AIDS WA only, State HIV/AIDS Hotline Mon.Fri., 8am-5pm. West Virginia Office of Health and Human Resources

ORGANIZATION: West Virginia AIDS Hotline AIDS Program (800) 642 8244 WV only, State HIV/AIDS Hotline (800) 642 8244 WV only, State HIV/AIDS Hotline Mon.-Fri., 8:30am-4:30pm. Hotline Hours: Mon.-Fri., 8:30am-4:30pm.

ORGANIZATION: Wisconsin AIDS Hotline (414) 2732437 State HIV/AIDS Hotline (800) 3342437 WI only, State HIV/AIDS Hotline Mon.-Thurs., 9am-9pm; Fri., 9am-5:30pm; Spanish available Tues. and Thurs., 3pm-6pm.

ORGANIZATION: Wyoming AIDS Hotline (800) 327 3577 Nationwide, State HIV/AIDS Hotline (800) 327 3577 Nationwide, State HIV/AIDS Hotline 24 hours.

ORGANIZATION: Resurrexit Final Calle Urape al lado de Instituto Urologico Caracas 1011A Venezuela FOREIGN PHONE: 91 10 70

ORGANIZATION: Scripture Union AID for AIDS 45 Heyman Rd. Bulawayo Zimbabwe FOREIGN PHONE: 71555

ORGANIZATION: National Association of AIDS Orphans 15 Badbab Rd., Lochinvar PO Southerton Harare Zimbabwe FOREIGN PHONE: 263 4 1461716

ORGANIZATION: Salvation Army Harare Office 45 Josiah Chinamano Harare Zimbabwe FOREIGN PHONE: 736 666 FAX: (011) 726 658

ORGANIZATION: Women and AIDS Support Network Stemar House, Rm. 203 132 Harare St. and Speeke Ave. Harare Zimbabwe PHONE: No main phone available.