Quiz: Harm Reduction Negotiation Skills

HHRP⁺

Name (first name only): _____ **Date:** _____

1. **Your success in negotiating safer sexual practices with your partner depends on:**

   a. mutual **trust**
   b. the strength of your **intention** to be safer
   c. your ability to **persuade** your partner
   d. all of the above

2. **If your partner refuses to use latex protection for penetrative sex, you should:**

   a. refuse to have unsafe sex
   b. suggest oral sex without latex
   c. suggest vaginal or anal sex without ejaculation (no coming inside partner)
   d. none of the above

3. **You are more likely to persuade your partner to use latex protection if:**

   a. you show respect for your partner's concerns
   b. you know how to eroticize latex products
   c. you have accurate information about risks and risk reduction
   d. all of the above

4. **Safer sex negotiation discussions should begin:**

   a. in bed, just before you have sex
   b. after you discover that your partner is HIV-positive
   c. when you are sober
   d. after your partner discovers that you are HIV-positive

5. **If both you and your sexual partner are HIV-positive, condom use is unnecessary.**

   a. True   b. False

How to Talk with Your Partner about Safer Sex

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1. Learn as much as you can about HIV, HBV, HCV, and other STDs. That will make it easier to talk about safer sex.

2. Decide when you want to talk. The best time is not just before having sex or when you are high.

3. Decide in your own mind what you will and won't do during sex.

4. Give your partner time to think about what you're saying. Don't rush.

5. Pay attention to how your partner understands what you're saying.

6. Slow down if you need to.

7. Talk about the times that make it hard to have safer sex. These may be times when you don't have condoms or have used alcohol or drugs. Try to decide what to do at those times so you can both reduce the risk of contracting HIV, HBV, and HCV.

8. If your partner does not want to practice safer sex, ask yourself if this is the type of person you really want to have sex with. When drugs and alcohol are used, be more attentive to prevention behaviors such as using condoms.

9. If your partner gets angry or threatens you when you raise the issue of condoms, seek help from a violence prevention program.

4 Role-play Scenario Cards for Latex Negotiation Game
(cut along dotted lines)

―――――― SCENARIO NO. 1 ――――――

You are HIV-positive, single, and have not had sex for a long time.

You are at a party. You meet someone whom you find very sexually attractive who comes on to you, and wants to leave the party and have sex with you. This person is high and has been drinking and using cocaine. You have just arrived at the party and have not yet used any substances, but are about to have a drink. You want to have sex with this person. What do you do?

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Role-play instructions:

Two team members role-play negotiating safer sex:

One person plays the person who is high who does not want to use latex protection. The other person plays the person who is not high and does want to use latex.

The team that demonstrates the best negotiation skills and most positive outcome wins the game.

―――――― SCENARIO NO. 2 ――――――

You are HIV-positive. Your partner of five years has left you. You are feeling extremely depressed and rejected.

You get together for a drink and chat with an old friend with whom you have been sexually intimate in the past (without using condoms or other latex protection). You are talking and being comforted by this old friend when he or she suggests having sex again for old time sake. You find this person sexually attractive. What do you do?

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Role-play instructions:

Two team members role-play negotiating safer sex:

One person plays the old friend who argues that no latex is needed because you had unprotected sex in the past and he or she did not get infected. The other person plays the person who is depressed, and wants to be with this old friend, but feels they should use latex.

The team that demonstrates the best negotiation skills and most positive outcome wins the game.

―――――― SCENARIO NO. 3 ――――――

You have been in a serious relationship with someone for one month. You have not yet been sexually intimate with each other and you both want to have a committed sexual relationship. You are both HIV-positive.

One person has been an injection drug user for several years; the other person has just ended a long-term relationship with someone else who is HIV-positive. You want to talk to your partner about having sex for the first time. What do you do?

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Role-play instructions:

Two team members role play negotiating safer sex:

One person plays the person who has been an injection drug user and suggests using latex protection; the other person plays the person who has just ended a long-term sexual relationship with someone else who is HIV-positive and sees no reason to use latex protection.

The team that demonstrates the best negotiation skills and most positive outcome wins the game.

―――――― SCENARIO NO. 4 ――――――

You are HIV-positive and have been in a serious relationship for several years.

You and your partner have always used condoms for vaginal sex but do not use any latex protection for oral sex or for hand-to-genital contact. Your partner enjoys receiving and giving oral sex and intimate touching, but does not want to use latex. You have been in a treatment program for your drug use where you have learned a lot about risky sexual practices and how they can effect your health and the health of your partner. What do you do?

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Role-play instructions:

Two team members role-play negotiating safer sex:

One person plays the HIV-positive person who knows the benefits of latex protection for oral sex and hand-to-genital contact. The other person plays the person who does not want to use latex protection for these sexual activities.

The team that demonstrates the best negotiation skills and most positive outcome wins the game.