

MODULE 6

Communication and Negotiation Skills

Session VI

Sexual Communication and Negotiation Skills

**Sexual
Communication**

&

**Negotiation
Skills**

(This section is taken from a facilitator's manual: Let's Chats : Section 3: Communication and Negotiation Skills)

Communication and Negotiation Skills

- a) Open a discussion about what constitutes sexual communication, both verbal and non-verbal.
 - i. Ask participants for their ideas.
 - ii. Note the responses on the flip chart, dividing the ideas into "verbal" and non-"verbal" categories.
- b) Focusing to verbal communication, discuss characteristics of assertive communication.
- c) Discuss issues of sexual coercion and pressures to practice unsafe sex.
 - i. Discuss barriers to being assertive and negotiating safe sex in various type of relationships.
 - ii. Identify viable solutions to the identified barriers.
- d) Role play effective responses to risky situations, using the example scenario on the next page.

EXAMPLE ROLE PLAY SCENARIO

While out with some friends having fun, you unexpectedly run into an ex-partner from your past. You had sex with this person many times before. The person starts telling you how much he/she missed being with you and that he/she thinks of you often. The person then says that he/she is not currently partnered. You are feeling good and the mood seems right for the two of you to get together. Because you still like this person and have feelings for him/her, you want to be with this person. The person says "Let's say we have some times like we used to... I really want you..."

What would you say...?

IV. More communication skills

- a) Using steps of modeling, practice, and guided feedback, instruct participants in:

- | |
|---|
| <ol style="list-style-type: none">1) <i>Sexual assertiveness,</i>2) <i>Negotiating safer sex, and</i>3) <i>Refusal of unsafe sex.</i> |
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- b) Share the following negotiation steps with the group:

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| <ol style="list-style-type: none">1) Acknowledge your partner's point of view.2) Firmly state your own point of view—such as your refusal to practice unsafe sex.3) Explain the reason for your refusal—such as concern for health and safety of self and partner.4) Suggest alternative safer sex activities.5) Seek agreement from partner. |
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V. More role play for skills practice

- a) Have the group generate additional scenarios for communication role play.
 - i. Ask participants to think of a real or imagined risky situation that they would be willing to share with the class and use for more role play.
 - ii. Note the suggestions on the flip chart.
 - iii. Work with the group to select two or three situations.
 - iv. Use the same role play guidelines as used in the *Example Role Play Scenario* on the previous page.
- b) Divide the group into dyads or triads. If working in triads, have one person observe as the other two enact the scenario.
 - i. Allow the role play to continue for a few minutes.
 - ii. Then move to another situation, having participants change roles.
 - iii. Practice communicating with seropositive and seronegative sex partners.
 - iv. Ensure that every participant has the opportunity to practice negotiating safer sex with at least one partner.
- c) As an alternative, invite two volunteers to perform the role play in front of the rest of the group.
 - i. Continue the role playing until the end of the session, changing situations with each pair of volunteers.
- d) Ensure sure that every group member has a chance to practice the skills and receive feedback from the group.

More Role Play: (Optional)

A) Present each of the situations on the next page to the group

B) Solicit volunteers to role-play each situation.

- i. Play the man's role yourself, reserving the woman's role for the group members.
- c) Ask other group members for alternative responses.
 - i. What would they do differently?
- d) Discuss the situations and the responses.
 - i. How realistic were the situations?
 - ii. Have they ever found themselves in similar situations?
 - iii. How have they handled the situations?

Role Plays—*Women*

- 1) You have met a man to whom you are attracted. He invites you out to dinner and later in the evening, puts the moves on you. You are almost undressed when you remember he could infect you. *How do you handle this situation?*
 - 2) Your husband has been seeing someone else. You and your children are totally dependent on him financially, but you are concerned that his sexual excursions are putting you at risk. Tonight he's home and wants to have sex with you. *What do you do?*
 - 3) Bill has "love affairs" with cocaine and you. He has slapped you, but has promised not to do it again. You are concerned about HIV infection because you know he injects cocaine. He wants to have sex with you. You say he must wear a rubber. *What do you do?*

- e) After completing all the role plays, tell the clients to plan ahead. They should plan by having condoms nearby for use and by realizing that introducing condoms into a relationship can cause real difficulties and may require courage.

Summary

of

Prevention

SUMMARY of PREVENTION

1) The Safest Behaviors

- ✓ Not having sex is the best way to prevent AIDS.
- ✓ Not sharing injection drug needles

2) The Safer Behaviors

- ✓ Hugging
- ✓ Massaging
- ✓ Mutual masturbation
- ✓ Clothed sex where no body fluids are shared
- ✓ Negotiated safer sex before you start to become sexually aroused.

3) The Safe Behaviors

If you are having sex or injecting drugs:

- ✓ Using condoms everytime you have sex and using them properly.
- ✓ Using spermicidal jelly or cream with the condom.
- ✓ Using dental dams.
- ✓ Cleaning "works" with bleach
- ✓ Not sharing your "works" with anybody.

4) The NOT Safe Behaviors

- ✓ Unprotected sex; not using a condom or a latex barrier when you have vaginal, anal (up the butt) or oral sex.
- ✓ Sharing uncleaned needles or "works."
- ✓ Having sex when you are or your partner is high on alcohol or drugs.