

HOT, HORNY & HEALTHY

c u r r i c u l u m

*an HIV Prevention Playshop
for African American
Gay and Bisexual Men*



NATIONAL TASK FORCE ON AIDS PREVENTION

631 O'Farrell Street • San Francisco • California • 94109
415/749-6700 • FAX 415/749-6706

HOT, HORNY & HEALTHY

A CLOSE ENCOUNTER OF THE SAFER KIND

INTRODUCTION

Hot, Horny & Healthy is a safer sex playshop sponsored by the National Task Force on AIDS Prevention—advocates for gay men of color. The playshop is in the format of a small group discussion about HIV/AIDS and how it has affected our lives. We explore new ideas of sexual enjoyment and gratification in order to help people replace their old high-risk activities with safer, but still satisfying alternatives.

The **Hot, Horny & Healthy Playshop**:

- explains how to use condoms, lubricants and dildos in a manner that reduces the risk of HIV transmission.
- explains the basic science of HIV transmission and how it relates to personal choices about sex.
- answers commonly asked questions.

The focus of the playshop is to present the relevant facts and to let individuals decide for themselves what is “safer” and best for themselves. There is no sexual activity or erotic touching involved, but the discussions are open and frank. The playshop lasts about 2 – 3 hours and is usually held in the private homes of people who volunteer to host it. Anyone interested in attending is invited, although the program was designed by and for gay and bisexual men of color.

Throughout the script for the playshop, you will find different types of instructions through changes in typeface. Below is an explanation of these.

Regular Type is to identify instructions on what should be occurring during each activity.

Bold Only Type is to identify suggested facilitator dialogue. Please understand that this script is flexible. The dialogue information should be conveyed through the facilitator's own style of speaking. You may wish to elaborate at times.

Bold Italic Type is to identify important statements or ideas.

Italic Only Type is to identify information which may or may not be used depending on your individual needs.

HOT, HORNY & HEALTHY

A CLOSE ENCOUNTER OF THE SAFER KIND

OUTLINE

— Have everyone take a name tag and sign the statistical sheet and the confidentiality sheet. —

WELCOME: 25 MINUTES

Ground Rules	5 min
About Hot, Horny & Healthy	5 min
Introduction Exercise	15 min

MOURNING: 20 MIN

What Do You Miss About Pre-AIDS Sex?	10 min
What's Wrong With Safer Sex?	10 min

AFFIRMATION: 30 MIN

What's Good About Safer Sex?	10 min
Erotic Ways of Touching	20 min

EROTICIZING: 35 MIN

How to Use a Condom	15 min
Condom Races	15 min
Sex Toys	5 min

NEGOTIATION: 30 MIN

Play Safer Sex Game	10 min
What to Do When You Meet Someone New?	5 min
Role Play: Safer Sex Contract	15 min

CLOSING: 15 MIN



WELCOME

OBJECTIVE

To explain the goals of the playshop and to set guidelines.

TIME

15 Minutes.

METHOD

Lecture and Group Exercise.

1. Facilitator introduces him/herself, his/her assistant and the host.
2. Make everyone comfortable. Give directions to the bathroom. Tell everyone to feel free to take off their shoes, sit on the floor and/or get refreshments whenever they like. Explain the house rules in regards to smoking.
3. Explain that Hot, Horny & Healthy is sponsored by the National Task Force on AIDS Prevention and is partially funded by a grant from the Centers for Disease Control.
4. **The goal of today is to help you reclaim the fun and joy of being sexual. This is an experiential event. You will only get as much out of it as you put in to it. Please try to participate as fully as you are able. The issue of safer sex is for everyone regardless of gender, age, sexual orientation, HIV antibody status or relationship status.**
5. **Our working definition in this playshop for Safer Sex is “on me, not in me, unless you’re in me with a condom.”**
6. **We use the phrase “Safer Sex” instead of “Safe Sex” for three reasons:**
 - **Safer is an active word and it acknowledges the fact that each and everyone of us can and must use our existing power to protect ourselves and our partners from the AIDS virus.**
 - **Safer Sex acknowledges that if you want a guarantee: *The only thing that works all the time, every time is abstinence.* We guarantee if you have never had sex and you never do have sex, then you will not get infected with HIV—the virus that causes AIDS—through sexual transmission.**
 - **For every sexual practice that anyone of us may say is “safer,” anyone else could think of a scenario in which it would not be safe. So, we’re talking about normal circumstances when we say “safer.”**

7. Explain guidelines to participants:

- ◇ **Did everyone sign the confidentiality statement during sign-in? Please sign it if you haven't already.**
- ◇ **Speak from your own experience. Use "I" or "it has been my experience." We are more interested in how you feel.**
- ◇ **We must agree to refrain from judgments, criticisms and/or advise.**
- ◇ **Please do not censor saying anything you may be thinking.**
- ◇ **Be creative and have fun. This playshop is about sex! Feel free to use language that makes you feel comfortable in your description of sexual acts or body parts.**

8. Introduction Exercise: Have everyone stand up, walk around the room, cruise each other, and introduce themselves to someone he hasn't met. **Sit down and tell each other three ways in which AIDS has affected your life.** (Allow three minutes) Then ask for volunteers to share with the group what they were told.

9. Have each person introduce their partner.

Record what each person says (even if it is a repeat).

Suggested Comments:

Although HIV/AIDS has impacted our sex lives, it has also impacted the way we think, the way we feel about ourselves, about our community and about our mortality. HIV has made us fearful but it has also given us courage.

Thank each person after he/she speaks.

MOURNING

OBJECTIVE

To help participants express the negative feelings they might have concerning changes in their lives.

TIME

20 Minutes.

METHOD

Questions, Brainstorming, Recording.

1. Ask the audience: **What do you miss about sex before AIDS?** Write the responses on newsprint or other paper for everyone to see and respond to.

Responses from previous workshops:

swallowing cum
orgies
lack of fear when having sex
fisting
just sticking it in
bookstores
getting fucked without condoms
sucking dick
the baths
multiple partners
having cum in my ass
one night stands
rimming
anonymous sex
fucking

Suggested Comments:

- This is usually a very long list.
- Does anyone miss a good fuck?
- How about a big dick down your throat?
- What about the baths or the good times in the parks?

2. Ask audience: **What's wrong with Safer Sex?** Write the responses on newsprint or other paper for everyone to see.

Responses from previous workshops:

takes too much time
it's boring
it's hard to talk about
it's not totally safe
you have to stop in the middle
different partners have different ideas about what is safe
it's not natural
it makes me think about AIDS
lube, rubbers, etc.
condoms do not feel as good as flesh to flesh
it's made people more judgmental
ruins the mood
people may think I have AIDS
if I insist upon safer sex, people may reject me

Suggested Comments:

- *I hear lots of people say similar things.*
- *There are a lot of people nodding their heads in agreement with what you're saying, so that certainly seems to relate to many people's experiences.*
- *Doesn't anyone here feel that safer sex is just foreplay, and not the real thing?*
- *Doesn't anyone think safer sex is boring?*
- *What about condoms? Don't you just love 'em?*
- *Is anyone just plain pissed off?*

3. Summarize:

We need to recognize and mourn how many behaviors we may have given up. There's a lot of sadness and anger around this, and these are important feelings that need to be acknowledged. When one grieves a loss, there are various reactions that often include feeling sad, angry or even depressed.

Not everything on this list has to be given up. It is not where sexual behaviors take place or how many people one does it with that makes something high-risk; but rather what you do. You can choose to have as much sex as you want, wherever you want it; just make it safer for yourself!

- *The language used in "Suggested Comments" are the result of work done by focus groups which targeted African American Gay and Bisexual Men. The language used is what has proven to make this audience more comfortable with the sharing process because it is language they use in describing their sexuality. However, facilitators are encouraged to be sensitive to their audience, changing language as appropriate.*

AFFIRMATION

OBJECTIVE

To support and acknowledge the changes individuals have and are making.

TIME

30 Minutes.

METHOD

Brainstorming, Discussion, Small Group Exercise.

1. Ask audience: **What do you enjoy about safer sex?** Write the responses on newsprint or other paper for everyone to see and respond to.

Responses from previous workshops:

it enables me to know with whom I've been sexual

more sensual

cuts down on other sexually transmitted diseases in addition to HIV

my sheets stay cleaner longer

sex is more intimate

no more morning-after guilt

flavored condoms

sex lasts longer; no more premature ejaculation

protects me and the gay community

safer sex is still sex!

more people are doing what I've always enjoyed doing like frottage, mutual masturbation, etc.

allows me to find other erogenous zones on my body

Suggested Comments:

- People say safer sex is more sensual.
- You can't get pregnant.
- It reduces morning after anxieties.
- More dating.
- Longer love making.
- No more STD.

2. Compare the list of what they Like-About-Safer-Sex with what they Miss-About-Pre-AIDS-Sex and What's-Wrong-With-Safer-Sex lists.

Suggested Comments:

Although many of us may miss the ways we used to be sexual with each other, there are also many of us who are enjoying the new ways of expressing ourselves sexually. For example, in the seventies and early eighties, some of us used to wear bellbottom pants. Today, we wear different types of clothes. We've adapted our clothes to the current styles. Safer Sex is the fashion of the nineties.



3. Have participants discuss erotic ways of touching.

Have the participants form small circles. Each circle or team is asked to make up and write down a list of extremely erotic but safer ways of touching or being touched. Provide each team with a marker and paper for the lists.

Suggested Comments:

- *Describe ways you would like to be erotically touched, that may or may not have actually happened.*
 - *What safer activity would your dream man do to you that would make you go through the roof in ecstasy?*
4. Ask participants to describe a real life Safer Sex experience and tell why it was safer and why it was pleasurable.
 5. After 10 minutes, ask for the groups to share the erotic ways of touching and their Safer Sex experiences with the group as a whole.

EROTICIZING

OBJECTIVE:

To get participants to explore safe alternatives to risky behaviors.
To educate participants about proper condom use.

TIME:

40 Minutes.

METHOD:

Demonstration, Group Participation, Group Discussion.

1. Talk about Condom Usage:

We know that condoms when properly used effectively stop the transmission of the AIDS virus. Stop here and emphasize. **I did not say condoms stop the virus. I said condoms—when properly used—effectively reduce the risk of infection from the virus.** Talk about condom failure. **The #1 reason for condom failure is people don't use them. The #2 reason for condom failure is people use them too late. So lessons #1 & #2 are: You have to use them, and, You have to use them before you have sex.**

2. Talk about Condom Variety:

Dry, lubed, plain end, reservoir end, ribbed, studded, latex, lambskin, synthetic skin, different colors, different manufacturers make different sizes. Condoms are not sized and if they were, they'd be medium, large and extra large. NO ONE would sell small condoms.

3. Talk about Breakage:

Condoms do break but they are very strong under normal usage. Put your fist or head in the condom to demonstrate the strength.

4. Talk about Size:

Some men complain about condoms being too small. Blow condom us to the size of a watermelon.

5. Talk about Lubrication:

Use plenty of lubrication. Use a *water-based* lubricant—not a *water-soluble* one. The oils in water-soluble and oil-based lubricants will cause the condoms to break. Lubricants such as KY, ForePlay, PrePair, Elbo Grease, etc. are recommended. The days of spit and shove, Vaseline, Crisco and curl activator are over.

Demonstrate how to put on a condom. Talk about the different types of lubricants. With or without spermicide, different flavors, different textures. **In addition to water-based lubricants, you might use lubricants with nonoxynol-9, such as ForePlay and PrePair. However, some people have an allergic reaction to nonoxynol-9 and should not use it as it may aid in the transmission of HIV. To be even safer, you can pull out before cumming.** Stress this IN ADDITION TO using condoms and spermicide, not INSTEAD of one.

6. Talk about Dildos:

For even more protection, you can use dildos for penetration instead of a cock. Dildos, like cocks, come in different sizes, shapes and colors. Show other toys: cock rings, dental dams, lubricators, butt plugs, handcuffs, leather jockstrap.

7. Condom Races:

Divide the room in either two, three or four teams for condom races. Supply each team with a dildo. Explain the object of the game is to see which team can get their condoms on and off the dildos first. Conduct the race. After the race, give prizes to the winning team.

8. Observations: (What did you notice during the condom race?)

Suggested Comments:

- *Need to practice?*
- *Need to rush.*
- *Cock needs to be hard to put on a rubber.*
- *Is more fun to play with a cock.*
- *Anyone have a difficult time putting a condom on the dildo?*
- *Anyone put a condom on the wrong way?*

NEGOTIATION

OBJECTIVE

To help participants open dialogue with potential partners.

TIME

30 Minutes.

METHOD

Group Participation.

1. State the following information:
 - a. **AIDS is caused by a blood-borne virus—this means there must be an open portal to your blood stream for you to be infected with the virus.**
 - b. **The body fluids containing HIV in high enough concentration for transmission are (in order from highest to lowest):**
 - **Blood.**
 - **Semen.**
 - **Pre-seminal Fluid.**
 - **Vaginal Fluid.**
 - **Breast Milk.**
 - c. **There are no documented cases of any person seroconverting from exposure to saliva, tears or perspiration alone because there is not a high enough concentration of HIV in those body fluids.**
 - d. **Experiments have demonstrated that HIV placed in saliva (in a test tube, not someone's mouth) is killed.**
2. State the two necessary conditions for transmission of HIV from one person to another:
 - **Presence of HIV.**
 - **Open Portal to Blood Stream.**
3. Play the Safer Sex game: Ask for volunteers. Give each volunteer a card or cards depending on the number of participants. Instruct them to organize themselves in order of risk from least risky to the most risky activity. For the purposes of this exercise, participants are to consider those activities which will reduce their risk of infection. After the volunteers come to a consensus, ask the audience if everyone agrees. Allow two or three people to change the order by moving a person (or persons) to a different place in the line.

4. Make sure at the end of the safer sex game, the cards are in the following order:



5. Now ask for one more volunteer and ask him/her where does he/she draw the line for his/her own personal level of feeling safe. Repeat this process with different scenarios:

Suggested Scenarios:

- A person with AIDS.
- A person who is HIV positive.
- A person who says he is HIV negative.
- The man of your dreams.
- A lover.
- A one-night stand.

Observation:

Some in the audience may want to change the order of the cards to meet what they like or are used to doing sexually. It's important to reiterate that the purpose of the exercise is to examine the level of risk we are willing to take not to what we would like to do.

6. Role Play: Ask for two volunteers to role play the following:

You've just met at a bar or your favorite place to meet men. You have been flirting with each other and you're both hot for each other. How do you actually bring up the topic of safer sex? Go ahead and play out the scene. Do this for other groups of two if wanted.

7. Summarize the role play.
 - **How did it feel doing this role play?**
 - **What worked well?**
 - **Where did you encounter difficulties?**

Suggested Comments:

- *The purpose of this role play is to help you gain some experience in negotiating Safer Sex. Hopefully, this will be helpful in the future for you, when you are actually in this situation.*
- *You never need to apologize for bringing up and insisting on Safer Sex.*

8. Ask participants to volunteer what they do in these first meeting situations:

Suggested Comments:

- *I'd like to get you home and spend some slow time in the shower soaping you up and playing with the shower massage.*
- *If I take you home tonight, Safer Sex means you'll love yourself tomorrow.*

9. Summarize the section.

Some people will be turned off or embarrassed by you bringing up the issue of Safer Sex. What is important is that you not allow someone else's negative response to influence your resolve to engage only in Safer Sex.

CLOSING

OBJECTIVE: To get participants to commit safer choices.

TIME: 15 Minutes.

METHOD: Facilitator Address.

1. Thank everyone for participating. Explain how they can get involved either by hosting a playshop, making a donation, becoming a facilitator or volunteering in some other capacity for the National Task Force or other AIDS organization. Remind them that they don't need to fear AIDS or sex, but Safer Sex does mean a commitment all the time, not just some of the time, or even most of the time, but **ALL OF THE TIME!** Make sure everyone gets a hug!

The workshop facilitators of the HHH are a remarkable opportunity. You have the chance to speak with and spend time with gay men. Throughout this epidemic, gay men continue to live their lives with honor, dignity, integrity and courage.

These workshops are dedicated to the memory of the hundreds of thousands of men, women and children who have died from AIDS and HIV disease. They are committed to the men, women and children who are both courageously living with and dying from AIDS or HIV disease. They are done with the hope that the day will come when AIDS and HIV disease will no longer be a part of our lives.

Suggested Comments:

- *The day will come when they will write about this time. They will write about the plague of the latter part of the twentieth century. And when they do, it's important for them to know that we were not all monsters. We were not all cowards. Some of us dared to care in the face of it. Some of us dared to fight because of it. Some of us dared to love in spite of it. It is through the caring and fighting and the loving by which we live.*
- *Remember some day this epidemic will be over. When it is, it is important for the record to show that through it all some of us lived our lives with compassion, integrity and courage.*

• FACILITATOR SKILLS •

DEFINITION OF A FACILITATOR

Hot, Horny & Healthy facilitators play a variety of different roles within the modules of the playshop. The principal responsibilities that you will have as a facilitator will be to lead the group through the workshop, and to create a safe and open space for personal examination and growth. The following pages are responses from other workshops and focus groups defining what a facilitator is and isn't. These pages are offered as resource pages. No one individual can exhibit all of these skills and/or attributes all of the time. It is up to the individual to identify what his/her own particular strengths and weaknesses are.

SKILLS OF A FACILITATOR

The most valuable assets that you will bring to your role as a facilitator will be your own experiences, feelings and interests in working with the group. We ask that you trust yourself and that you get as much out of this workshop as possible.

Your effectiveness as a group facilitator will depend upon your ability to communicate on a consistent basis. This is known as congruence of the ability to believe, feel, say and act in a unified and honest manner. This consistency will promote a group trust in you and will assist you in your role as the catalyst for personal growth. Leading and directing the group with appropriate modeling and self-disclosure will allow greater interaction.

It will also be important to find some aspect or characteristic of each participant that you respect or enjoy. This notion of positive regard will help you offer universal support, even if you are not totally comfortable with a particular individual.

As a facilitator, you will be responsible for keeping the group focused and on a pace that will allow adequate input from all participants. You and your co-facilitator should utilize your combined strengths to best manage the variety of tasks involved with each module.

Finally, it is important to recognize that you are limited in your ability to change or motivate the participants beyond a certain point. That may be very difficult to accept, and yet the responsibility will need to rest with each individual or within the collective support of the group.

Commonly Asked Questions About **HOT, HORNY & HEALTHY!**

Q: What happens at a HHH?

A: Several things:

We facilitate a rap-group style discussion about AIDS and how it has affected our sex lives. We explore ideas about new avenues of sexual enjoyment and gratification in order to help people replace their old high-risk activities with safe but still satisfying alternatives. We do not ever condemn or judge any person's beliefs, views, desires, activities or lifestyles.

We explain the "Nuts and Bolts" of Safer Sex: how to use condoms, lubricants, dildos and other sex toys in a manner that minimizes the risk of HIV transmission. Also, AIDS 101: Explanation of the basic biology of HIV transmission and how it bears on the choice of sexual activities we participate in.

HHH facilitators are knowledgeable about HIV transmission and are equipped to handle most people's common questions such as "Is X safer?" or "What if . . . ?" Our approach is to explain the relevant facts and to let individuals decide for themselves what they consider "safer" based on their own knowledge of this disease.

We emphasize each individual's personal responsibility in protecting ourselves, our partners and in stopping the spread of the AIDS epidemic.

Q: Is there any sexual activity involved?

A: No. We discuss our sexual practices openly and frankly, in everyday language, but do not engage in any sex.

Q: Where are HHH held?

A: Several different places. Most commonly they are held in the private homes of people who have volunteered to host a HHH. We will present a HHH upon request for any interested organization. HHH has been given at PWA coalition and organization meetings, at health educator conferences, for homeless people, at colleges and gay centers. The bathhouses host HHHs each month in Los Angeles and the San Francisco Bay Area. It is NTFAP's policy to hold as many HHH as possible and to reach as many people as possible.

Q: How long does a HHH last?

A: Anywhere from 2 to 3 hours. We can and do tailor the format to meet the needs of the participants and/or host(s).

Q: Who may attend?

A: All interested people are welcomed to attend HHH. It was designed by gay men and is specifically intended for gay and bisexual men of color.

Q: BWMT is an interracial organization. How is that relevant?

A: We have been sensitive to the special needs of Black gay men in creating HHH. Our facilitators include both Black and White men, and whenever practical, we send two facilitators, one Black man and one White man. If you're a host considering requesting a HHH, you should know that we are sensitive to your concerns about the appropriateness of likelihood of acceptance of facilitators based on their ethnic background and will always try to respond appropriately in assigning facilitators. We are able to present HHH to Spanish-speaking groups.

Q: How can I help?

A: You can help by simply attending a HHH.

We'd love to hold a HHH at your home or organization for your friends or members. We also have sign-up sheets for hosting all of our workshops.

If you'd like to take a more active role, we'll train you as a HHH facilitator. Before volunteering for facilitator training, you should have attended a HHH at least once. The requirements are simple: You should be able to lead a group discussion and you must have an open-minded, positive attitude about sex. You must be comfortable discussing the full range of human sexual activity in a group setting. We supply you with all the factual information you need about AIDS, HIV transmission and related matters.

As you might guess, the HHH program needs funding to sustain its activities. If you're able and so inclined, we would be most appreciative of any financial support you can give. Useful supplies or services (condoms, sexual lubricants, paper products, printing services, etc.) would also be welcomed contributions.

c u r r i c u l u m c o n t r i b u t o r s

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MORROW
- HALL
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l a y o u t a n d d e s i g n c o n c e p t

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ALAN J.
MCCORD
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s p e c i a l t h a n k s t o



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