



*It's
My Move*

PATH FOR LIFE

**A behavior change communication strategy
to guide MSM to live a healthier life**

PEER EDUCATORS' WORKBOOK

Introduction

This illustrated peer education workbook for MSM has been developed as a resource to be used in MSM peer education. This workbook should be used along with the peer education MSM manual and the "It's my move: Path For Life" video.

How to use this workbook

- ✓ You can use this workbook for either individual or group sessions;
- ✓ You can hold the workbook to your chest with the picture or illustration towards the participants;
- ✓ Read the text of the exercise on the page facing you and ask the probing questions in order to stimulate discussion;
- ✓ Maintain eye contact when talking with the group;
- ✓ Ensure that all persons contribute to the discussion;
- ✓ Build on what the group or person already knows. Do ensure that you use the key statements to reinforce or correct the participant's response;
- ✓ Review the lesson in order to ensure that the participants understand the discussion correctly;
- ✓ Ensure that you and the participants repeat the benefit statement several times during the session.

Acknowledgements:

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Let's talk about how HIV can be spread

Ask: How is HIV spread?

Answers:

HIV can be spread by:

- (a) Anal sex (penis in the behind) without a condom
- (b) Oral sex (penis in the mouth) without a condom
- (c) Contaminated blood during blood transfusion. Currently blood is safe in Guyana due to 100% screening of all blood at the blood bank before any blood is given
- (d) Contaminated (dirty needles) while shooting up drugs
- (e) Vaginal sex without a condom

Discuss:

- ① How can a person become infected with HIV?
- ② Now that you know the ways in which HIV can spread, what will you do to protect yourself and others.

After participants have answered, ask whether there are other ways in which HIV can spread.

BENEFIT STATEMENT

If I know more about HIV and AIDS, then I can protect myself and others by using a condom every time I have sex.





Let's talk about how HIV cannot be spread

Ask: Name some of the ways in which HIV cannot be spread

Answers:

HIV cannot be spread by:

- | | |
|--|---|
| (a) Mosquito bites | (b) Using the same phone as an infected person |
| (c) Sneezing | (d) Touching same money as an infected person |
| (e) Closed mouth kissing | (f) Using the same toilet as an infected person |
| (g) Shaking hands | (h) Sharing and wearing the same clothes |
| (i) Washing in the same basin | (j) Using the same glass |
| (k) Mutual masturbation (<i>feeling up, pumping</i>) | (l) Massaging (<i>rub down</i>) |
| (m) Hugging | (n) Sitting on bus with someone who is HIV +ve |

Discuss:

- ① Why it is not possible to get HIV from mosquitoes bites.
- ② Why it is not possible to get HIV from using the same toilet as an infected person.
- ③ Other ways in which HIV cannot spread.

BENEFIT STATEMENT

If I know more about HIV and AIDS, then I can protect myself and others by using a condom every time I have sex.





Let's talk about HIV risk

Review:

You are at risk of getting HIV if you:

- (a) You get drunk and forget to use a condom while having sex
- (b) You get high on drugs and forget to use a condom while having sex
- (c) You use Vaseline or any kind of oil on a condom
- (d) You have anal sex (penis in the behind) without a condom
- (e) Have oral or vaginal sex without a condom
- (f) If you have sex with many partners
- (g) If you share dirty needles while using drugs (shooting up)
- (h) If you have sex with paying clients without a condom
- (i) If you have sex without a condom with a regular partner

Discuss:

- ① Why do you think that you are at risk for HIV if you are drunk or high?
- ② Why shouldn't Vaseline be used on a condom?
- ③ Why are you at risk if you have many sexual partners?
- ④ Why must you use a condom with your regular partner?
- ⑤ Why is anal sex a high risk activity for HIV / STI infection?

BENEFIT STATEMENT

If I know more about HIV and AIDS, then I can protect myself and others by using a condom every time I have sex.



RISK REDUCTION



You are at NO RISK of getting HIV if you...

Ask:

Name some of the ways in which you are not at risk of getting HIV:

- (a) Feeding someone who has HIV or AIDS
- (b) Hugging someone who has HIV or AIDS
- (c) Touching someone who is HIV positive or who has AIDS
- (d) Using the same toilet
- (e) Being bitten by mosquitoes
- (f) Sharing the same toothbrush

Discuss:

- ① Why are you not at risk of getting HIV if you touch or hug someone who is HIV positive?
- ② Why are you not at risk of getting HIV if you share the same toothbrush?

BENEFIT STATEMENT

If I know more about HIV and AIDS, then I can protect myself and live a healthier, more productive life.

NO RISK



Condom use and water-based lubricant negotiation

- Ask:**
- a) Share experiences of successfully negotiating condom/water-based lubricant use with partners:
 - who brought it up or proposed it;
 - what happened;
 - how it went;
 - how it is going; and so on.
 - b) Whether any participants have tried to get partners to use condoms and water-based lubricant but have **failed**. Ask them to share their experiences.

- Discuss:**
- ① “No” is a complete sentence - say no to unprotected sex clearly and directly
 - ② Life and health are more important than immediate pleasure
 - ③ Putting on a condom and water-based lubricant can be exciting
 - ④ Importance of having condoms and water-based lubricant readily available
 - ⑤ Wearing condoms does not reduce the total pleasure of sex
 - ⑥ Being on the lookout for drunk or high, aggressive or nasty partners

BENEFIT STATEMENT

If I use condoms and water-based lubricant correctly every time with all of my partners then I will get peace of mind and will stay healthier.



**SAY
NO
TO
UNPROTECTED
SEX**



**Life and health are
more important
than immediate pleasure**

Condom negotiation and water-based lubricant for Male Sex Workers

Discuss how to negotiate with:

① New clients of male sex workers:

- Say you want to protect yourself and the client
- Say you will help him put on the condom / water-based lubricant so there's no delay in having sex
- Perform longer foreplay so client is aroused enough to get maximum pleasure

② Regular clients of male sex workers:

- Refuse to have any kind of sex till there is an agreement
- Insist that you use your own high-quality condom and water-based lubricant
- Assure the client that you will enhance his pleasure through a wide range of activities

③ Men who have consumed alcohol:

- Do not have any kind of sex if the client refuses
- Put on condom/water-based lubricant yourself if client is willing, but not able
- Consider putting the condom on the client orally

④ Men who are emotionally disturbed:

- Talk gently about the client's problems and show him you care-
- Assure the client that he has the ability to overcome his problems by his own actions

⑤ Regular clients:

- Emphasize you value and care for him about consider preventing STIs/HIV important for both of you
- Gently but firmly state that protecting yourself is more important than keeping him as a regular client

⑥ Men who are aggressive:

- Get help from the "gatekeepers" (pimps, bar owners, etc.) to convince the client
- Avoid direct verbal confrontation with the client

BENEFIT STATEMENT

If all male sex workers insist on condoms / water-based lubricant, the clients will have no choice but to comply.



**NO PROTECTION
= NO DEAL**



**Life and health
are more important**



Correct Condom Use

Review:

1. Check manufacture or expiration date on package
2. Carefully remove condom from package

Hint: DO NOT use teeth or sharp objects to open condom package. Move condom to one side of the package before opening

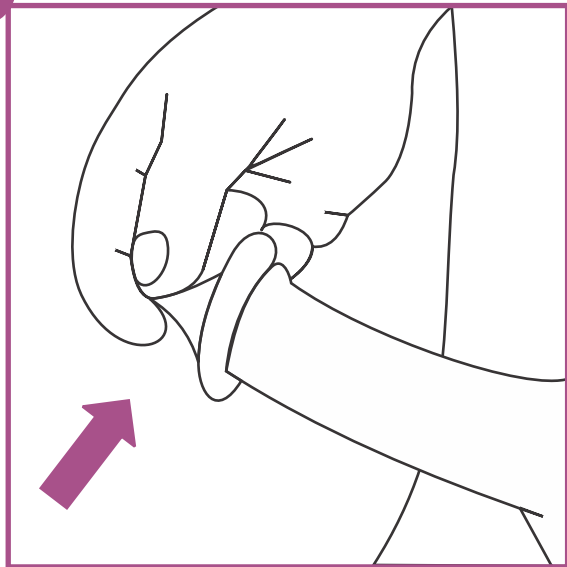
3. Unroll condom slightly to make sure it unrolls properly
4. Place condom on the tip of the erect penis

Hint: Put a small amount of **water-based lubricant** on the tip of the erect penis before putting on the condom. This increases the sensitivity and makes condom use more pleasurable

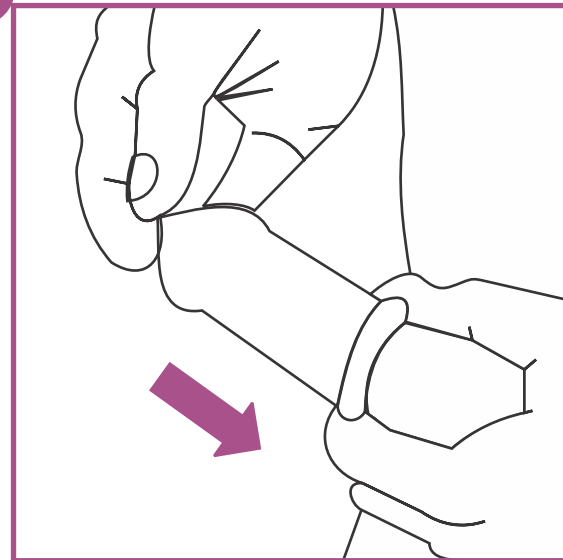
5. Squeeze air out of the tip of the condom
6. Unroll condom down to base of penis and smooth out air bubbles
7. Apply water-based lubricant
8. With condom on, insert penis for sexual act
9. After ejaculation, hold on to condom at base of penis while withdrawing penis. Withdraw penis while still erect
11. Remove condom from penis with a piece of tissue before the penis gets soft
12. Tie condom to prevent spills or leaks, or wrap used condom carefully in tissue
13. Dispose of condom safely in the bin - DO NOT FLUSH down toilet

Hint: DO NOT add flavours to condoms for penetrative sex as these substances may cause the condom to break

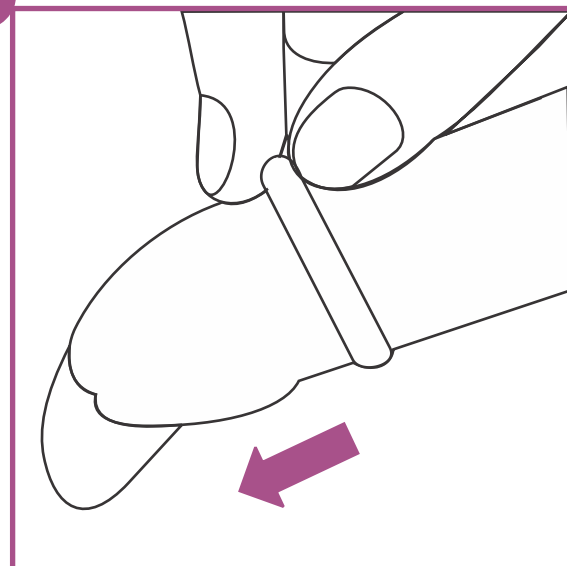
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2



3



BENEFIT STATEMENT

If I use condoms correctly every time with all my partners, then I will have peace of mind and will stay healthier.

Common mistakes when using condoms

- Review:**
- ① Starting intercourse without a condom and then putting one on just before ejaculation
 - ② Withdrawing the penis when it has become soft instead of when it is still hard, immediately after ejaculation (this can lead to slippage and leakage)
 - ③ Not holding the rim of the condom against the base of the erect penis when withdrawing
 - ④ Not using sufficient water-based lubricant to prevent breakage
 - ⑤ Not leaving enough space at the tip of the condom for ejaculation
 - ⑥ Using oil-based lubricant with the condom (this causes condoms to break)
 - ⑦ Using condoms that are beyond their expiry date
 - ⑧ Unrolling it and pulling it on like a sock, rather than rolling it down the penis
 - ⑨ Using condoms while under the influence of alcohol or drugs and using them improperly because of impaired judgment
 - ⑩ Using flavoured condoms for penetrative sex

BENEFIT STATEMENT

If I use condoms correctly every time with all my partners, then I will have peace of mind and will stay healthier.



DO IT RIGHT!



EVERYTIME



Counseling & Testing

Discuss: Why Voluntary Counseling and Testing for HIV is good for MSM and their partners:

- To take care of their health whether negative or positive
- To know their status if they have been exposed to the HIV virus
- To take steps to remain uninfected, if HIV negative
- To accept a positive diagnosis, and begin learning how to cope
- To make plans for the future, make decisions, take action and start managing their lives effectively
- To reduce additional risk to self, if positive, e.g., STI and other infections, re-infection
- To seek early management of opportunistic infections (OIs) & STIs
- To reduce possibilities of infecting sex partner(s)
- To be advised for on referred for various forms of support nutritional; medical; social; household; legal; economic; emotional and spiritual.

BENEFIT STATEMENT

If I get counseled and tested for HIV, I will know my status. I will learn how to prevent HIV/STI and how I can get treatment, care and support if necessary. I will also be able to stay healthy and live a productive life.



KNOW YOUR STATUS...

POSITIVE?



NEGATIVE?

and take care of your health

Let's talk about STIs

Main symptoms of STIs in MSM:

- Sores, ulcers, blisters, small hard lumps, rashes on and around the sex organs
- Itching around the penis and / or scrotum / anus
- Burning sensation while passing urine; frequent urination - "peeing"
- Discharge (or "leak") from penis
- Swelling in the scrotum (bag with balls or testicles) and in the groin area

***Some persons with STIs may not have any symptoms -
So you must use a condom every time you have sex.***

Discuss:

- ① What are some of the signs and symptoms of some of the common STIs?
- ② What do you do if you notice itching or burning?
- ③ How often do you do a self-examination to check for STIs?
- ④ How often do you go to the doctor to check for STIs?

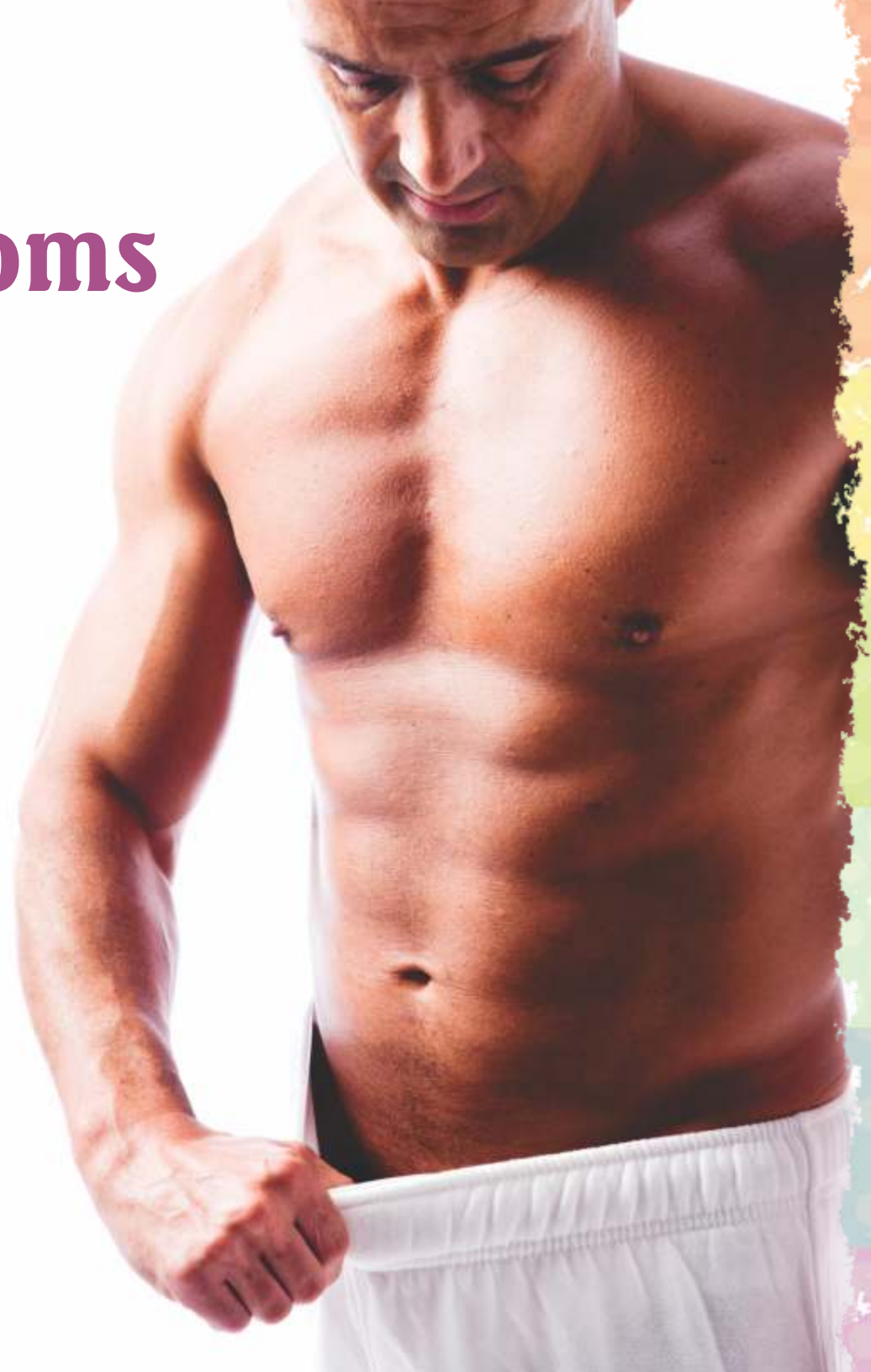
BENEFIT STATEMENT

If I do have an STI, I will get treatment and stay healthy.



Know the Signs & Symptoms of STIs

**...But remember,
some people with STIs
may not have any
symptoms, so you must
USE A CONDOM
everytime you have sex**



Examples of STIs

Discuss:

- Syphilis (dry leak)
- Gonorrhea (Clap / leak)
- Herpes
- Chlamydia
- Granuloma
- Genital Warts
- LGV
- Chancroid sore (blue bone)
- Crabs (Pubic Lice)

Inform:

There are friendly and confidential STI services available for MSM - share the locations of VCT / MSM friendly sites

BENEFIT STATEMENT

If I do have an STI, I will get treatment and stay healthy.



Syphilis (dry leak)



Gonorrhea (Clap / leak)



Herpes



Chlamydia



Granuloma



Genital warts from HPV



LGV
(Lymphogranuloma Venereum)



Chancroid sore
("blue bone")



Crabs (Pubic Lice)

Male Reproductive Organs

Ask: Name the parts of the male reproductive organs

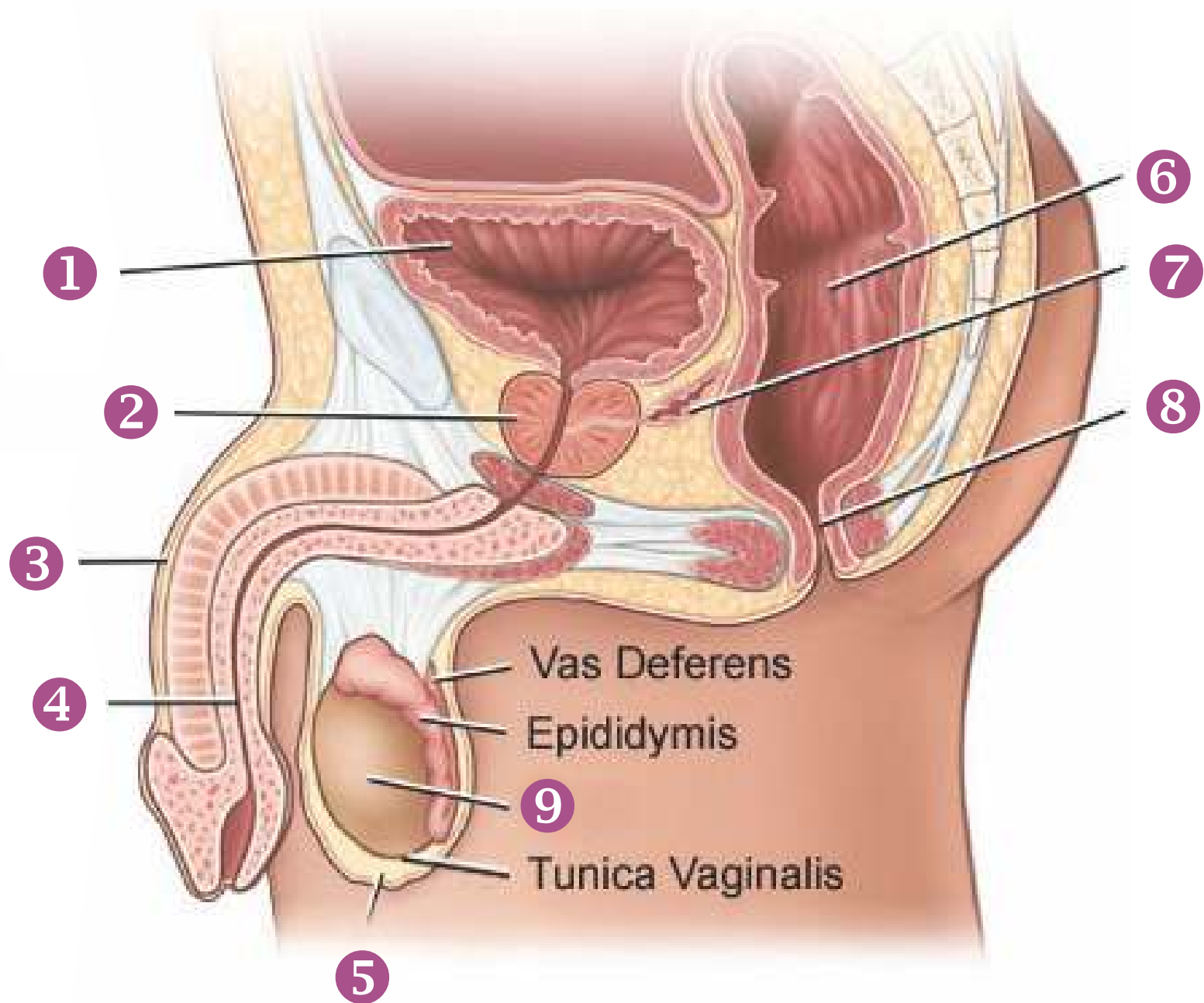
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|------------------|--------------------|
| ① Bladder | ⑤ Scrotum |
| ② Prostate Gland | ⑥ Rectum |
| ③ Penis | ⑦ Seminal Vesicles |
| ④ Urethra | ⑧ Anus |
| | ⑨ Testes |

Discuss:

- The parts and functions of the male reproductive organs
- The importance of knowing about the reproductive organs

BENEFIT STATEMENT

If I learn about reproductive health and genital hygiene I will have a healthier body and be able to focus on living a productive life.



Anal Health & Hygiene

Discuss: Common health problems experienced by MSM - **Anal Fissure and Fistulas**

The anus, commonly called the rectum is the opening where bowel movements leave the body.

- **Anal Fissure** is a small tear in the lining of the anus

Symptoms:

- Pain or burning during bowel movements that eases until the next bowel movement.
- Bright red blood on the outside of the stool or on toilet paper or wipes after a bowel movement.
- Itching or irritation around the anus

- **Anal Fistula** is an abnormal channel or opening from the anal glands to the skin near the anus

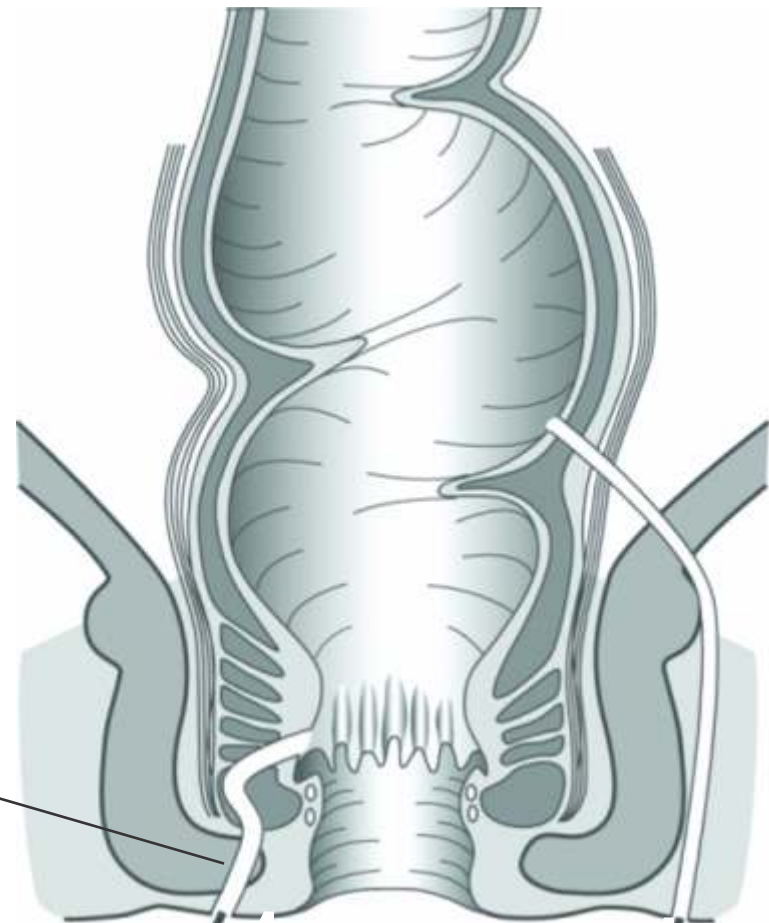
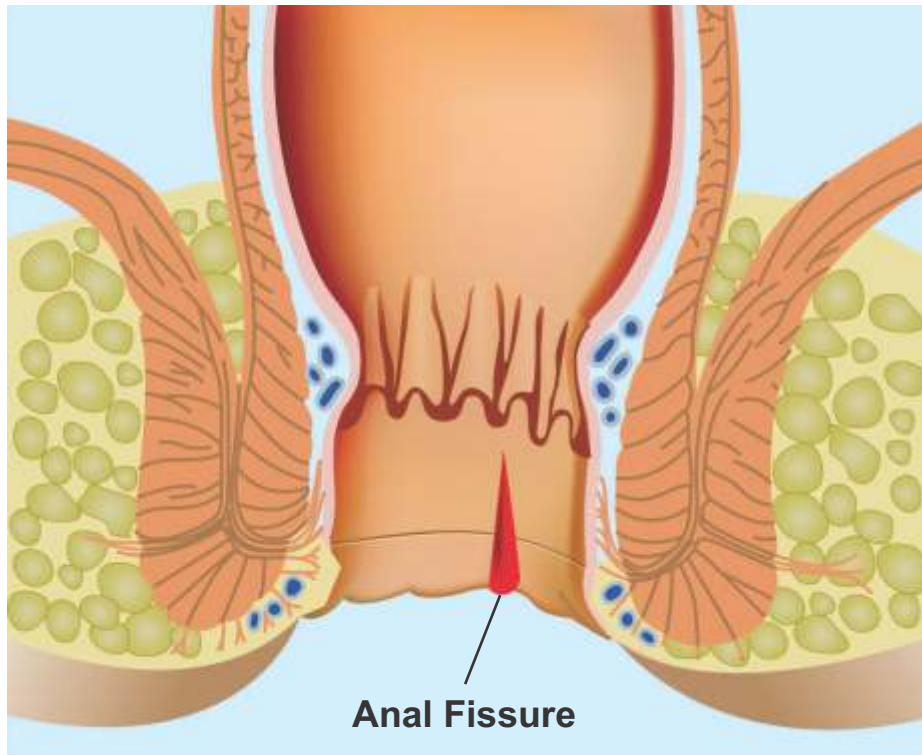
Symptoms:

- Constant pain and swelling in the area.
- Sometimes there may be a foul-smelling drainage, fever, irritation of the skin around the anus, or generally not feeling well.

If you notice or experience any abnormal pain and swelling in the anal area, visit the doctor immediately for management, care and treatment.

BENEFIT STATEMENT

If I learn about reproductive health and genital hygiene I will have a healthier body and be able to focus on living a productive life.



Anal Health & Hygiene

Discuss: Maintaining proper hygiene is important for your health

At the very least -

- Make sure to clean the anus thoroughly with warm, soapy water before any anal activities
- You can even use a finger to massage soapy water slightly inside the rim of the anus; this will also help to relax the outer muscles of the sphincter
- Avoid adding other substances, including herbs, soaps and oils can cause cramps and nausea
- Be careful also with some internal cleansing products as they may contain harsh ingredients not formulated for the anus
- Avoid over wiping as this can cause irritation and bleeding.

Dispel anal sex myths:

Many MSM avoid seeking medical attention because they feel that once they've had anal sex the doctor can immediately tell. Even though, the anus is stretched during anal sex, it returns to normal soon after. If you think something may be wrong with your anus, consult with a peer educator to find an “MSM friendly” doctor/provider in Guyana

BENEFIT STATEMENT

If I learn about genital hygiene I will have a healthier body and be able to focus on living a productive life.





**Maintaining
proper hygiene
is important
for your health**

How to do a One Minute Self- Examination

Ask:

Do you regularly examine your genitals and anal area for signs of STIs?

Review:

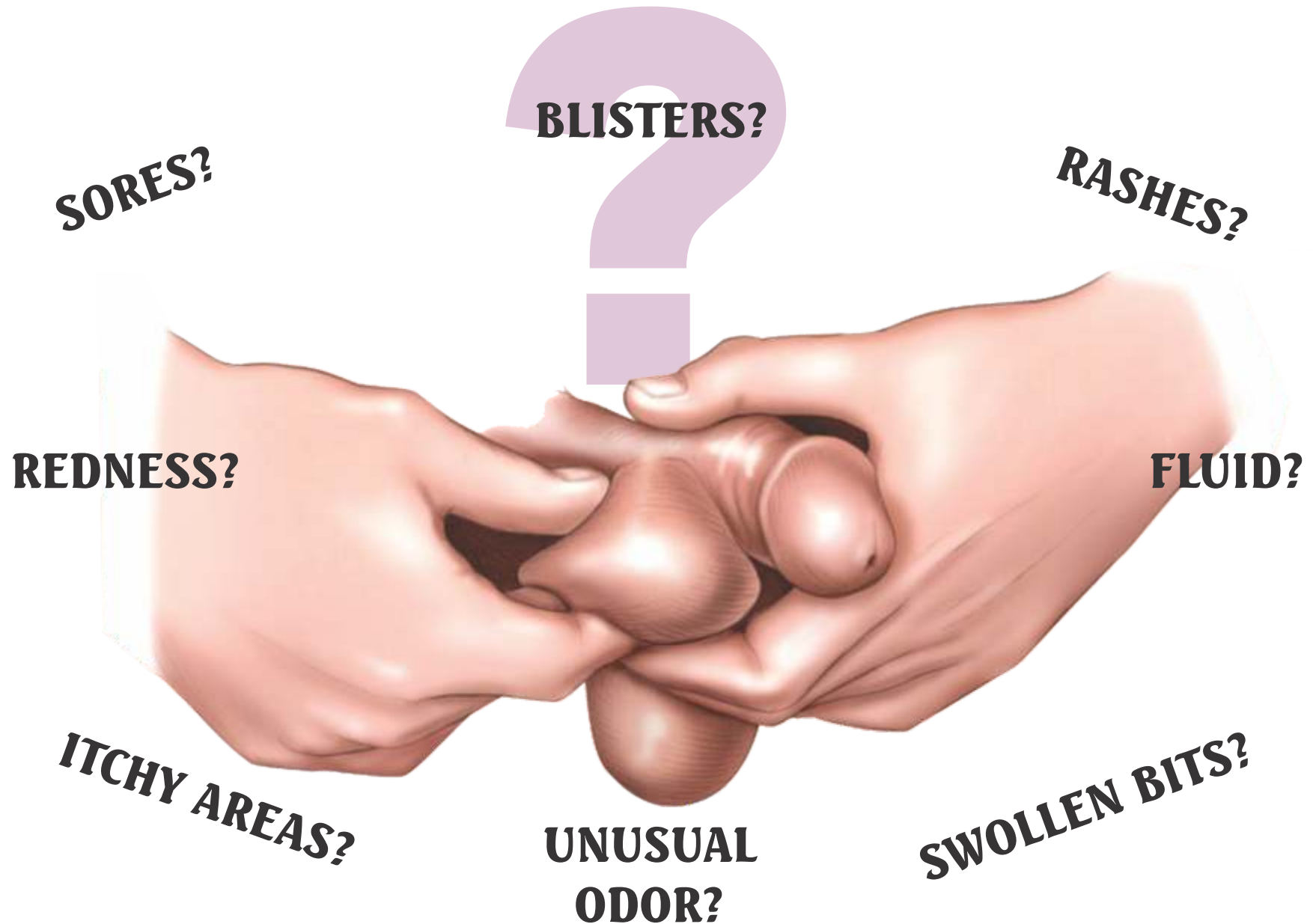
- ① Grab a small mirror. Find a private place and get naked.
- ② Examine your body, especially areas of sexual contact.
- ③ Do you see any sores, blisters, rashes, itchy areas, redness, swollen bits, unusual odor or fluid discharge on or around your penis, anus or balls?
- ④ Lift and look under the balls.
- ⑤ If uncircumcised, pull back the foreskin.
- ⑥ Look at the area between your anus and your balls.
- ⑦ Check your pubic hair closely for small eggs, lumps, or mites (e.g. crabs)
- ⑧ Gently squeeze your penis along the shaft to check for any unusual discharge that is smelly or creamy in color (remember that it is common for men to find some fluid when doing this, but it doesn't mean you have an STI)

BENEFIT STATEMENT

If I learn about reproductive health and genital hygiene I will have a healthier body and be able to focus on living a productive life.



KNOW YOUR BODY!



Substance Abuse - Alcohol & Drugs

Ask:

- a) Participants to discuss the times when they had too much to drink or they were drunk
- b) Participants to describe the times when they used drugs
- c) Let them explain in detail how they felt, what happened, did they have sex, what kind of sex they had, do they remember all the details
- d) Participants to describe the times their friends or family had too much to drink, were drunk or used drugs
- e) Let them describe in full what happened and the person's reaction afterwards

The scene:

- Alcohol use can lead to poor choices;
- Alcohol abuse can lead to unprotected sex (sex without a condom) with my regular partner;
- Alcohol use can lead to violence;
- Alcohol and drug use can lead to unprotected sex, violence and even rape;
- There is out-patient treatment available at no cost in Guyana

Discuss:

- ① Places of rehabilitation for drug users
- ② Places of rehabilitation for alcohol users

BENEFIT STATEMENT

If I use less alcohol and drugs I will be able to make better choices in life and be healthier and more productive.





FREE

Out-Patient Treatment and Rehabilitation Facilities:



Georgetown Public Hospital Corporation Compound

(Below the Male Medical Ward)

New Market Street, Georgetown

Every Tuesday afternoon from 15:00hrs to 17:00hrs

New Amsterdam Hospital

Outpatient Clinic

Every Monday afternoon from 15:00hrs to 17:00hrs

Smythfield Drop-in Center

New Amsterdam

Every Thursday afternoon from
14:00hrs to 16:00hrs

Skeldon Hospital

Skeldon, Berbice

Every Wednesday afternoon
from 13:00hrs to 15:00hrs



Ask for help to quit cigarettes too!

Gender-Based Violence

Discuss: The pattern of violence in MSM relationships:

- Violence among homosexual couples was two to three times more common than amongst heterosexual couples (American College of Pediatricians)
- Gender based violence is under reported in the gay / MSM community
- 23% of gay men reported being raped, physically assaulted and or stalked by an intimate partner (US Department of Veteran affairs)
- Violence is the third largest health issues facing gays after substance abuse and AIDS
- HIV positive gay men were more at risk for psychological and physical abuse than their negative

peers

Types of Abuse:

- | | |
|--------------------------------------|---------------------|
| ① Physical Abuse | ② Sexual Abuse |
| ③ Emotional / Psychological Abuse | ④ Identity Abuse |
| ⑤ Financial Abuse | |

BENEFIT STATEMENT

If I can recognize abuse and address it, then I can be part of the solution, not the problem and have better relationships.

ABUSE COMES IN MANY FORMS:

- ① **Physical**
- ② **Sexual**
- ③ **Emotional / Psychological**
- ④ **Identity**
- ⑤ **Financial**

**Don't be a victim -
GET HELP!**

YOU ARE WORTH IT



Mental Health

Discuss: The difference between everyday stress versus Clinical Depression

Clinical Depression is different from feeling sad or stressed out due to life events. People with clinical depression experience symptoms all day, nearly every day for weeks and even months and these symptoms interfere with them carrying out their usual everyday activities and responsibilities, and meeting expectations in important aspects of their life such as work, school, home, recreation and social activities.

Symptoms of Depression:

- Feeling sad, down, low, or irritable almost all the time
- Feeling disinterested in things once enjoyed
- Feeling physically unwell – vague physical problem such as chronic headaches and other body aches and pains for no identifiable medical reason
- Having trouble concentrating, remembering things, or making decisions
- Feeling worthless or guilty about things
- Having trouble sleeping or sleeping too much
- Having an increased or decreased appetite
- Having low energy or feeling tired all the time
- Feeling restless or slowed down
- Feeling hopeless about the future
- Having thoughts of death or suicide

BENEFIT STATEMENT

Depression is treatable and most people get better with treatment. Recognizing the problem in yourself or a friend enables you to seek help and live a healthy, happy life.



Watch out for the symptoms of Depression in yourself and your peers

You have:

- Low energy
- Trouble concentrating
- Trouble remembering
- Trouble sleeping
- Unusual appetite
- Trouble making decisions
- Thoughts of death



You feel:

- Constantly sad or low
- Physically unwell
- Irritable
- Worthless or guilty
- Restless
- Slowed down
- Hopeless

TREATMENT IS AVAILABLE -
You can lead a healthy and happy life!

Notes



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