

# “DON’T HAVE SEX”



## OBJECTIVES

Participants will be able to:

- Analyze and deal with stigma that says that they should not have sex
- Reaffirm that they also have sexual feelings and can “DO IT!”
- Review what is involved in safe sex



## TIME

2 hours

## ACTIVITIES

### *Brainstorming*

### **LISTING “DON’TS” ABOUT SEX**

Ask participants to make a list of “Don’ts” about sex—and the negative things which people say about them in relation to sexual performance. After they have completed the list, review each “Don’t” and the list of negative comments.

Discuss:

- How do you feel about these comments?
- How can we deal with these comments?.

**Note:** This exercise might work better splitting women and men into separate groups.

## WHAT PEOPLE SAY ABOUT SEX AND PLHAS

- Flat battery.
- No fire.
- The penis can’t wake up.
- You will be barren.
- You can’t ejaculate.
- You no longer need to have sex.
- You can only do one round a week.
- No one wants you now.

### **Dealing with the comments**

- Ignore them.
- Laugh and make a joke about it.
- Dance like you haven’t heard them!
- Make a point of talking about your partner.





One man told us how his wife goes to see a counselor every month for support. Every month the VCT counselor asks her how often she is having sex with her husband, whether they are using condoms and how his sexual performance is.

### *Small Group Discussion*

## **SAFE SEX**

Divide into small groups. Discuss:

- What is safe sex?
- How can you minimize the risk for your partner and of reinfection?

Share safe sex tips, fears and joys.

## **Summary**

There is so much stigma around being sexually active if you are HIV positive. You can't win. When people know that you are HIV positive, they assume you are already carrying death, so they can ignore your feelings. As one man said, other people have already "buried your feelings in the cemetery." They feel this gives them a license to say anything about you, no matter how much it hurts.

You can't win:

- If you do have sex, you are irresponsible.
- If you don't have sex, then you are "not a man" or you are "barren."
- If you use condoms even they can be stigmatizing.
- It is up to us to be responsible and have fun!