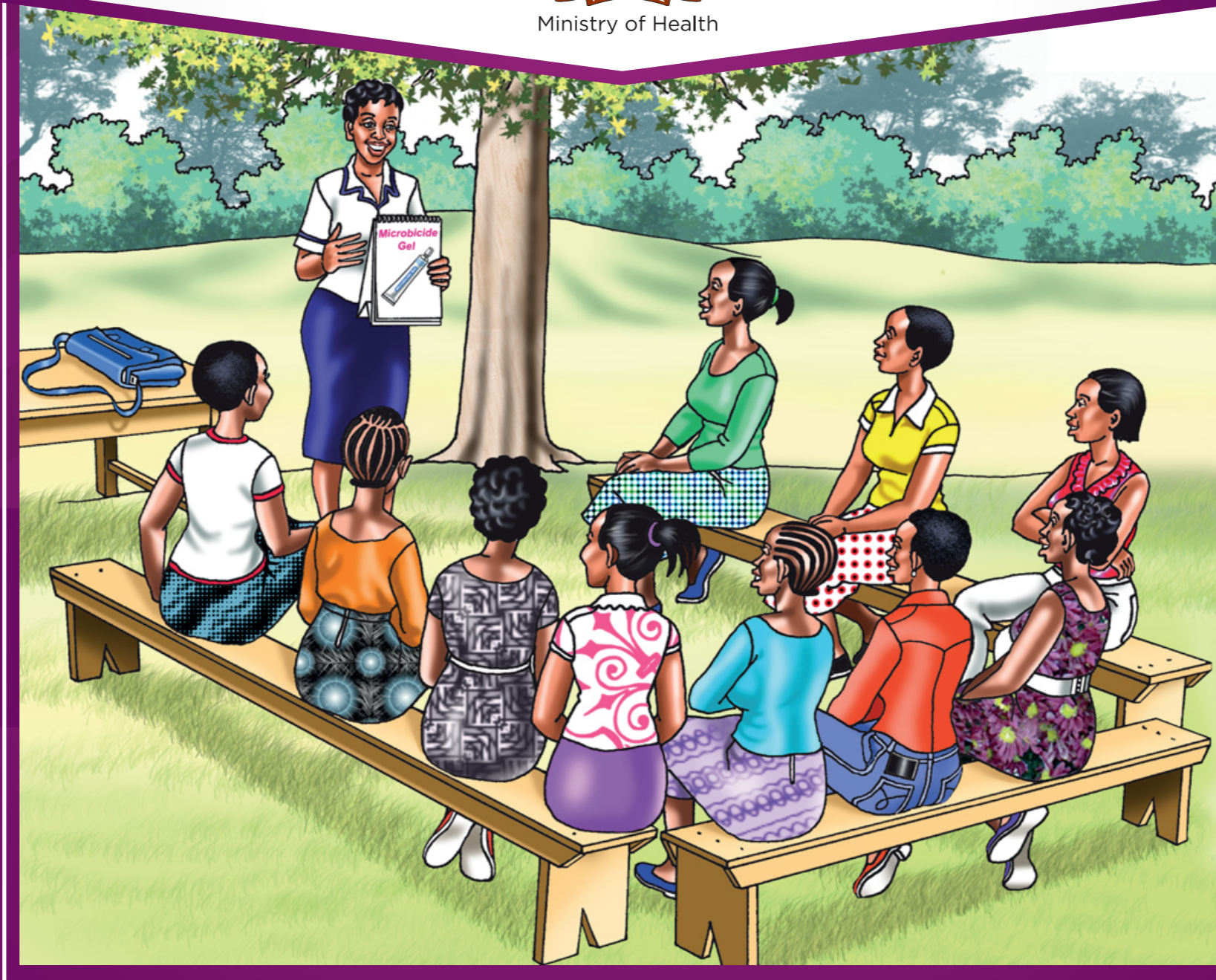




Ministry of Health



# Microbicide Gel:

A new HIV-prevention tool for women

Counseling cards for community dialogues with youth, women, and men





# How to Use These Counseling Cards

This flipchart can be used to aid peer educators in facilitating discussion on microbicide gel and related topics with the community, including groups of youth, women, and men. This flipchart covers the following:

- HIV risk assessment
- HIV prevention options
- Overview of microbicides, their safety, and effectiveness
- Instructions for correct and consistent microbicide use
- How to discuss microbicides with clients and partners
- How to negotiate the use of microbicides together with condoms
- How to overcome barriers to correct and consistent use
- How to obtain microbicides

The aim of this flipchart is to inform community members about microbicide gel and to direct them to a health care provider where they can obtain more detailed counseling and the product. This flipchart should be used in small group settings in one sitting or across multiple sessions.

The facilitator should determine the appropriate audience based on their experience. To allow for open discussion, groups consisting of only youth, only women, or only men are recommended. Mixed groups of men and women are useful if targeting couples. Throughout the flipchart there is some content and questions only for men and women, indicated in bold. All other content should be shared with all groups.

Each flipchart card contains an opening question, key messages, discussion questions, and suggested activities. In this flipchart there are five scenarios to choose from Card 2. Select the scenario that best fits your group and guide the participants through a discussion.

You can help the groups to actively participate in the session by observing these tips:

- Before starting each session, use an icebreaker to help the group feel open and comfortable sharing with one another.
- Explain that the session will be a dialogue between the participants and that the group should feel able to speak freely and ask questions.
- Explain that your role is to help the group to make their own decisions, not to make decisions for them.
- Assure the group that the session will be confidential.
- Avoid being critical or judgmental.
- Take time to discuss difficult or sensitive issues.
- Frequently check to see if the group has understood the information presented and what they think about it.
- At the end of each session, ask the group to summarize what was discussed in their own words.

Throughout the session, make notes of referrals that the group might need. At the end of the session, give the group a copy of the informational pamphlet to participants to take with them. Encourage participants to share the pamphlet and information they learned in the session with their partners, peers, family, and others who may be interested in learning more about microbicide gel. Also remind the group that they need to go to the health facility to obtain microbicide gel and that they will be able to get more detailed information during the counseling session.

## Card 1: Introduction to the Counseling Session



**We will discuss many things during this counseling session.**

# Card 1: Introduction to the Counseling Session



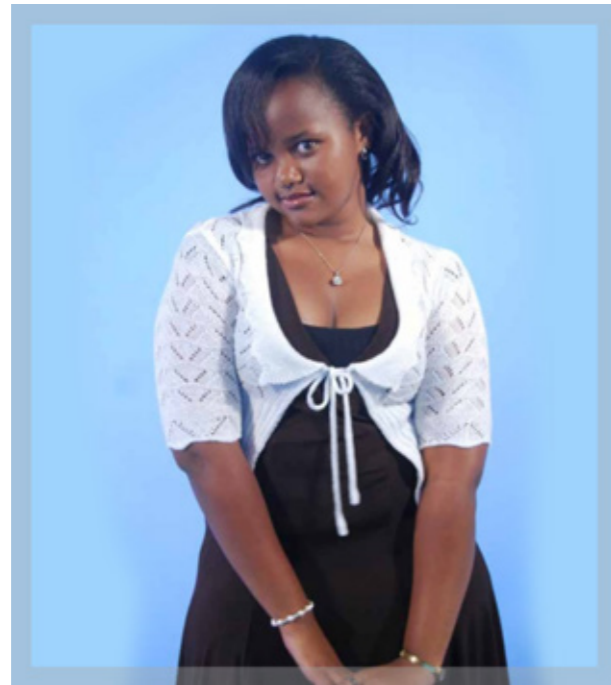
**Ask:** Can everyone go around and introduce themselves to the group? Please share your name.

## Discuss:

- Thank you for introducing yourselves and welcome to the group.
  - During this session we will talk about different options for reducing your risk of HIV. As a first step we will talk about different things that put people at risk of getting HIV, and which of these might apply to you.
  - Next we will discuss different HIV-prevention options, including a new one called microbicide gel.
  - The gel is a new tool for women to use. They can insert it into their vaginas to reduce the risk of HIV. If you are interested in trying microbicides, I will give you detailed information and let you know how you can get some for your own use.
  - Before we get started, let us do an icebreaker so that we can get to know each other a little better and loosen up a little.
  - **NOTE: Please choose one of these icebreakers or select one of your own.**
- o Ice Breaker Option #1 Directions:
    - Have participants partner with another participant, someone they don't already know.
    - With their partner each person should come up with three statements – two should be true and one false.
    - After coming up with these statements, each partner will introduce the other to the group by repeating the three statements.
    - The group will guess from their first impressions, which statement is false.
  - o Ice Breaker Option #2 Directions:
    - Pass around a roll of toilet tissue.
    - Tell participants to take what they need.
    - Once everyone has taken what they need – inform participants they should share with the group as many things about themselves as they have tissue squares.

**Proceed to Card 2.**

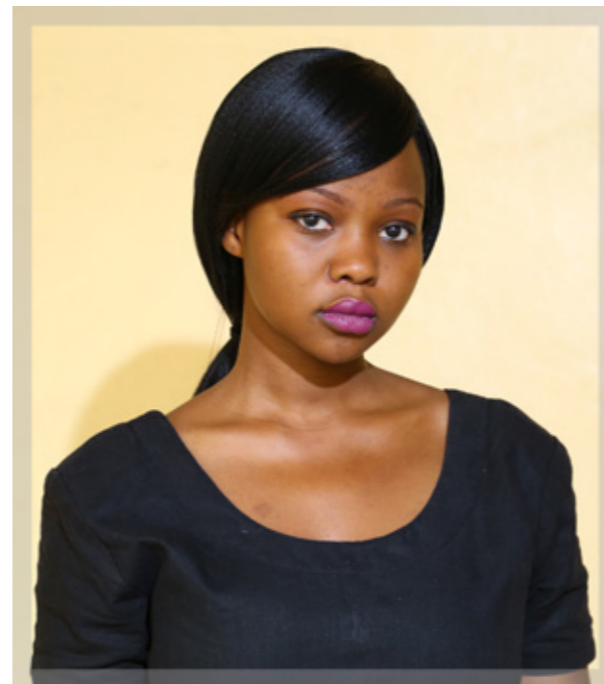
## Card 2: Scenario Selection



**Joyce**



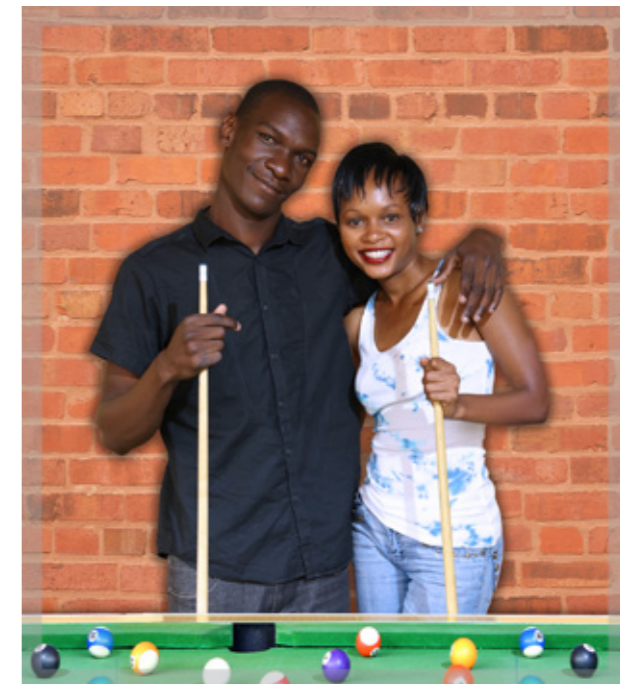
**Rosemary and Samuel**



**Makena**



**Mercy**

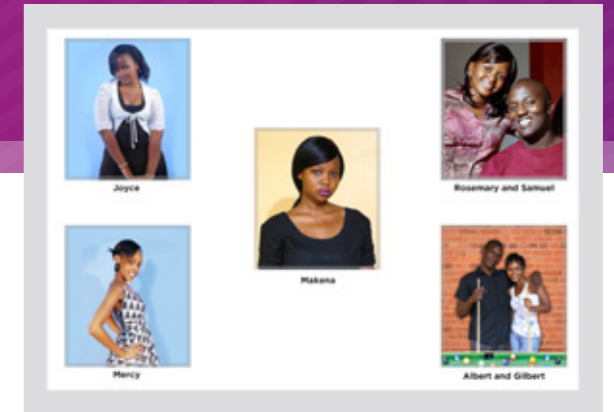


**Albert and Gilbert**

**Let's discuss whether or not the gel is a good fit for your life situation.**

## Card 2: Scenario Selection

For the rest of this session, we will discuss a scenario about a woman or couple who might be interested in trying microbide gel. We have five scenarios to choose from. Which one do you think mostly closely resembles our group?



**Joyce** is 17 years old and goes to boarding school. She does not have a boyfriend, but she sometimes has sex with boys that she meets, like when there are events with other boarding schools. She hopes to go to college and get married someday



**Makena** is an 18 year old woman who left school after Form 1. She earns her living selling chips and is a single mother of a one year old boy. She has a serious boyfriend, but also sometimes has sex with her son's father in exchange for financial support.

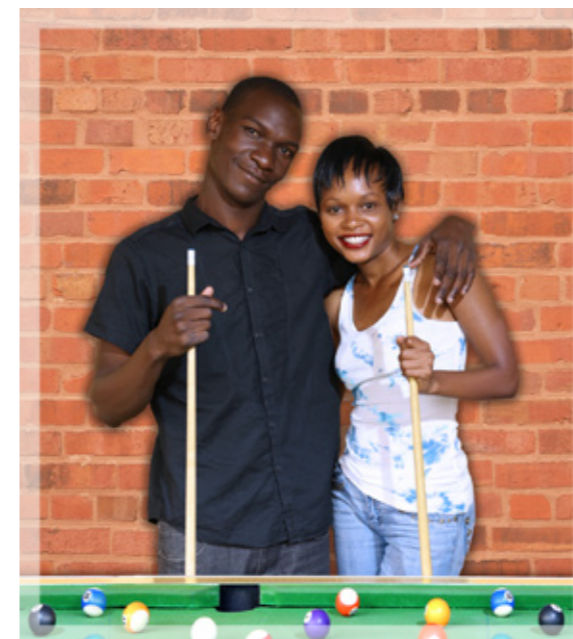


**Mercy** is a 24-year old woman who finished Form 4 and lives in Mombasa. She works in a clothing store and loves fashion. She does not have a boyfriend her age, but she sees an older married man who buys her nice things. She wants to own her own store one day

**Proceed to Card 3**

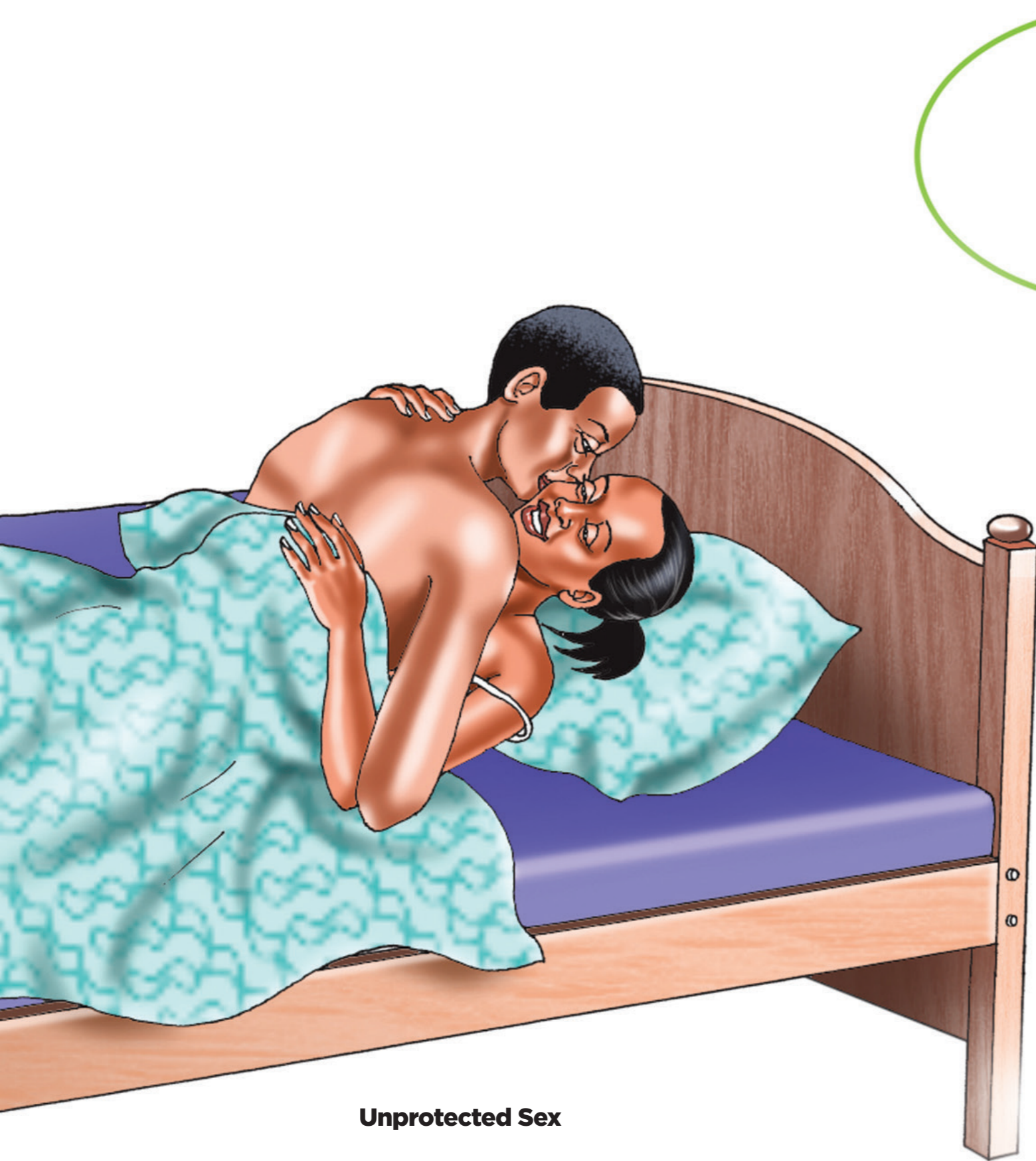


**Rosemary and Samuel** are in their early 30s and have been happily married for six years. Samuel is a pilot who frequently works away from home. Rosemary knows he loves her, but she wonders if he sometimes has other sex partners.



**Alice and Gilbert** are in their early 20s. She completed Class 8 and he completed Form 2. They have been seeing each other for a few weeks and like having fun together. Gilbert is a matatu driver and Alice is a waitress in a nyoma choma restaurant.

# Card 3: Assessment of HIV Risk



**Unprotected Sex**

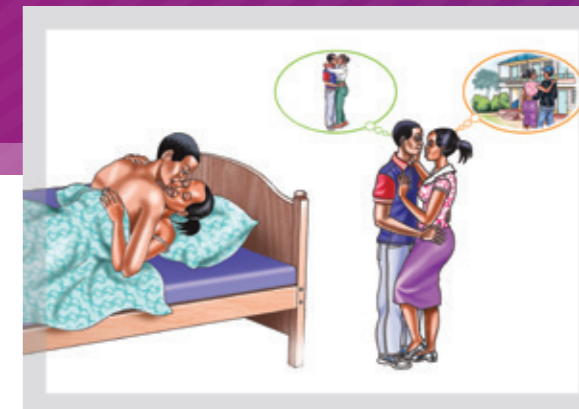


**Multiple Sexual Partners**

**In order to prevent HIV, you need to know if you are at risk of being infected.**



## Card 3: Assessment of HIV Risk



**NOTE TO THE FACILITATOR:** After discussing HIV transmission basics, go through the risk assessment statements. If the group answers true to any of the statements, they are potentially at risk of HIV and could benefit from microbicide gel.

**Ask:** What have you heard about how you can get HIV? **NOTE:** Find out what the group knows and add to that information.

### Discuss:

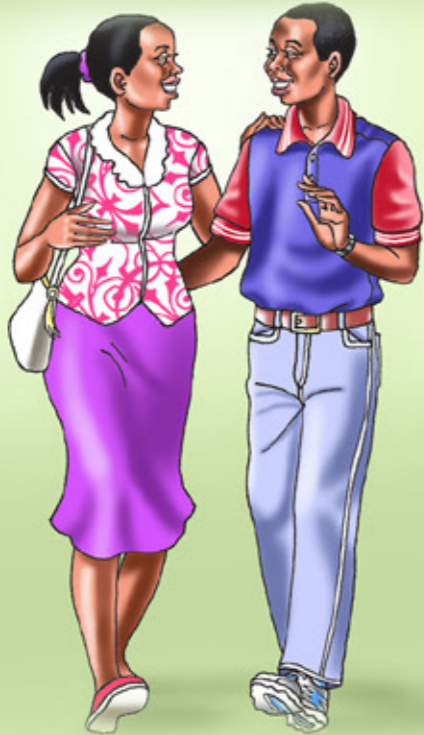
- HIV is a virus that is transmitted through blood, semen, vaginal secretions, and breast milk. Women can become infected by having unprotected sex with an infected partner. This includes vaginal sex (penis in vagina), anal sex (penis in anus) or oral sex (penis in mouth).
- Mothers can pass HIV to their babies during pregnancy, childbirth or through breastfeeding.
- HIV can also be transmitted by sharing needles. People who inject drugs and their sex partners are at high risk of getting HIV.
- HIV is **NOT** transmitted through casual physical contact (e.g. hugging, kissing, or sharing cups and utensils) or through mosquito bites.
- I am going to say a few statements out loud. Please make a note to yourselves which ones are true for you and we will discuss at the end.

| Risk Assessment Statements   | True | False |
|--|------|-------|
| • I do not know my or my partners' HIV status. <b>NOTE: HIV+ women are not eligible for microbicide gel.</b> |      |       |
| • It has been longer than a year since my last HIV test.   |      |       |
| • I have had vaginal, anal, or oral sex without a condom.  |      |       |
| • I have had sex with someone I think is HIV-positive.   |      |       |
| • I have had more than one sex partner or I suspect that my partner has sex with other people.               |      |       |
| • I have a partner who is more than 10 years older than me/younger than me.                                  |      |       |
| • I have had a sexually transmitted infection.   |      |       |
| • I have offered or asked for sex in exchange for food, clothing, gifts, school fees, or other items.        |      |       |
| • I inject drugs or had a partner who injects drugs.   |      |       |
| • I have consumed alcohol or used drugs prior to sex.  |      |       |
| • I have been cut by a blade that might have been shared with others (e.g. circumcision ceremony).           |      |       |
| • <b>For women only:</b> I have been raped or worry that this could happen in the future.                    |      |       |
| • <b>For women only:</b> I have been coerced to have unprotected sex.  |      |       |

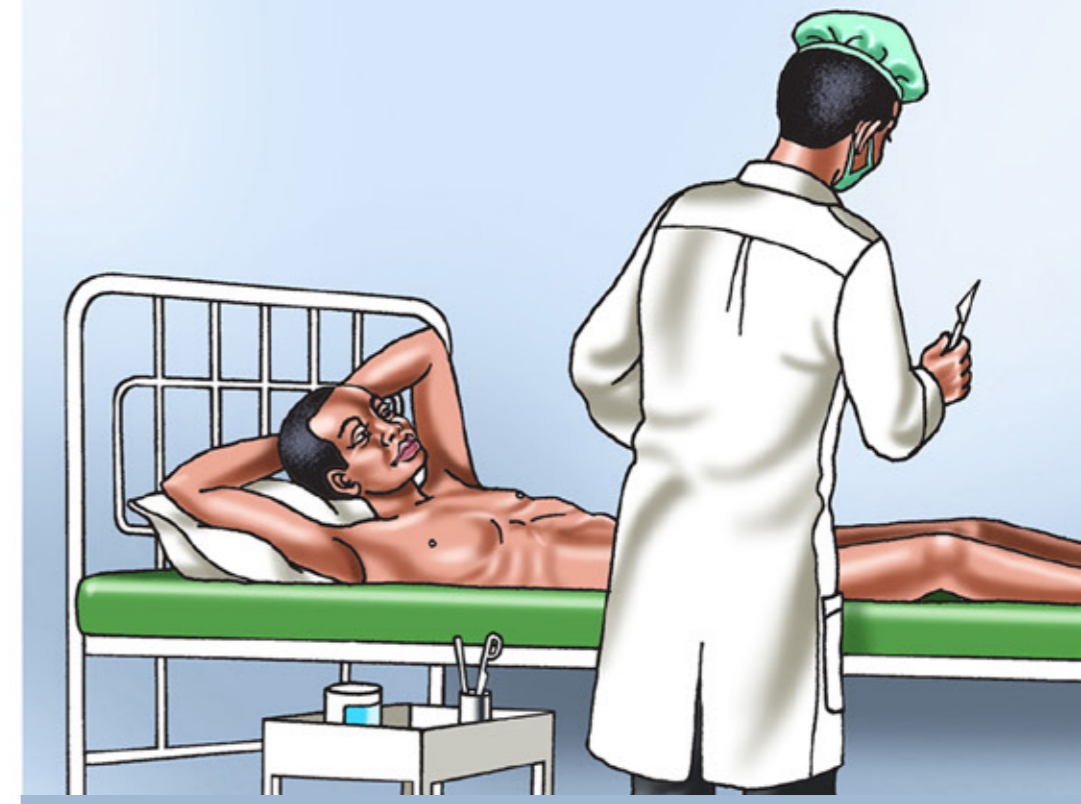
**Ask:** If you answered true for any of the statements, you are at risk of HIV.  
Let's talk about how can we reduce our risk in our relationships.

**Proceed to Card 4.**

# Card 4: HIV Prevention Options



Have only one partner and get couple's counseling



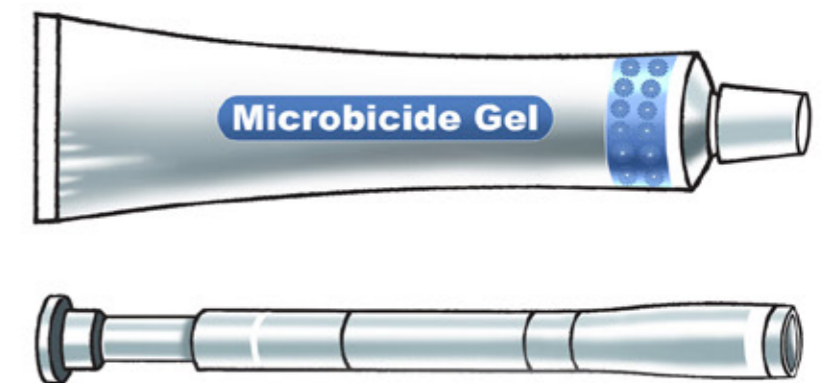
Male circumcision



Treatment of STIs



ARVs to prevent HIV



Microbicide gel and applicator

There are many ways to prevent HIV.

## Card 4: HIV Prevention Options



**Ask:** What ways do you know of preventing HIV?

### Discuss:

There are many ways to prevent HIV that you may already know about.

**NOTE: Find out what the group knows and add to that information.**

- **Use condoms** consistently and correctly every time you have sex. Use all partners.
- **Treat sexually transmitted infections (STIs).** STIs can increase the chances of HIV entering your body.
- **Take medicine called ARVs to prevent HIV.**
  - If you are at high risk of HIV, you may be able to take a daily pill called PrEP (pre-exposure prophylaxis).
  - If you think you have been exposed to HIV, you can take a pill called PEP (post-exposure prophylaxis). It must be taken within 72 hours of exposure to HIV.
- **Get circumcised.** Voluntary medical male circumcision (VMMC) is a safe way for men to get extra protection from HIV.
- **Limit alcohol/drug use before having sex.** Alcohol and drugs can harm our decision making abilities.
- **If you do inject drugs, do not share needles.**
- **Use microbicide gel.** This is a new HIV prevention product that women can insert in the vagina before and after sex.

**Scenario question:** What options might be food for {name of selected scenario}? Would she be interested in trying the gel?

**Ask:** Now that we have reviewed more HIV prevention methods, what questions do you have about these ways of preventing HIV? What have been your experiences with them?

**Proceed to Card 5A.**

## Card 5A: Introduction to Microbicide Gel



**Microbicide gel is a new tool for HIV prevention.**

## Card 5A: Introduction to Microbicide Gel



**NOTE TO THE FACILITATOR:** This card gives a general overview of microbicide gel. More detailed information and instructions for use are provided in cards 5B, 6A, 6B, and 6C. If supplies are available, show a sample of the gel.

**Ask:** What have you heard about microbicide gel?

### Discuss:

- Microbicide gel is a new tool that can help women to protect themselves from HIV. It is only for use by women –not by men. But men play an important role in supporting women’s consistent and correct use of the gel.
- The gel can be used by all kinds of women – women with casual sex partners, women with boyfriends, and married women.
- It can help protect women from getting HIV during unprotected vaginal sex if they are unsure about the man’s HIV status or if he is HIV-positive.
- The gel provides some protection for women who are HIV-negative (do not have the HIV virus).
  - **For men:** The gel will help keep your partner safe if you don’t know your HIV status or are HIV-positive.
- The gel does not treat or cure HIV. For this reason, it should not be used by HIV-positive women.
  - **For women:** If you are HIV-positive there are other medicines available to treat HIV. The gel is designed for HIV prevention only.
- The gel also gives some protection from herpes, a common sexually transmitted infection (STI).
- The gel does not prevent pregnancy.
  - For this reason it may be a good option of women who are trying to get pregnant, but also want to reduce their risk of HIV.
- The gel contains antiretroviral drugs, or ARVs. The ARVs kill the HIV in a man’s semen.
  - **For women:** You insert the gel into the vagina using an applicator before and after sex. If you go to the clinic they will show you how to insert the gel.
- The gel does not protect against HIV during anal sex (penis inserted into anus) or oral sex (penis inserted into mouth).
- The gel is available free of charge. OR The gel costs \_\_\_Ksh for \_\_\_doses. **NOTE: Tailor this according to the prices provided by the clinics in your community.**
- The gel does not offer full protection against HIV, but it is better than no protection at all. We will talk more about how effective it is in a few minutes.

**Ask:** What questions or concerns do you have about what we have just discussed?

**Activity:** Let me show you a sample of the gel. Please gather around me so that you can see/feel what the gel is like.

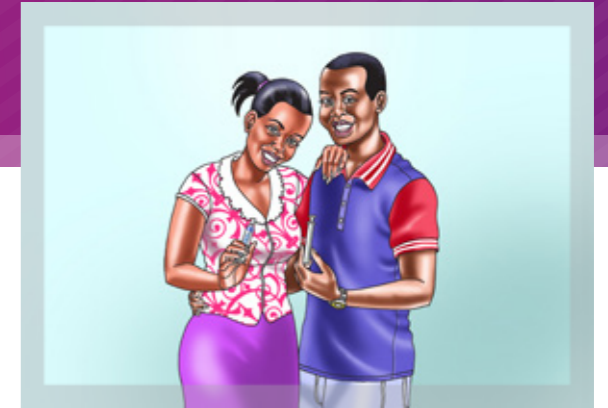
**Proceed to Card 5B.**

## Card 5B: Benefits and Risks of Microbicide Gel



**Women like to use the gel for many reasons.**

## Card 5B: Benefits and Risks of Microbicide Gel



**Ask:** What are some of the reasons that women or couples like you might like to use the gel?

### Discuss:

- **Women like to use microbicide gel for many reasons (benefits of the gel):**

- The gel gives you the power to protect yourself against HIV if you have an HIV-positive partner or you are unsure about your partner's HIV status.
- The gel also protects against herpes – a very common sexually transmitted infection (STI).
- Some women who used the gel during clinical studies said the gel made them feel fresher or cleaner.
- **For women:**
  - It is possible to use the gel without your partner knowing. We will talk more about how to introduce the gel in a few minutes.
  - The gel can be inserted several hours before sex, so it's easy to make it part of your daily routine. You can also prepare ahead for situations when sex is unplanned.

- **Men and women like the microbicide gel for many reasons (benefits of the gel):**

- The gel lubricates the vagina (makes it smooth). This can make sex more comfortable and pleasurable for both partners.

- The gel can also increase a woman's sexual enjoyment by reducing their worries about HIV infection. This can bring you and your regular partner closer together.
- The gel is safe for women and does not have any major side effects for them or the men they have sex with. It does not have any effect on fertility for the woman or the man.

- **There are also some things you should know about the gel (risks):**

- Most women don't have any problems using the gel, but some have experienced minor side effects, such as vaginal itching and diarrhea.
- As mentioned earlier, the gel does not prevent pregnancy. You need to use contraception if you don't wish to get pregnant.
- We do not know yet whether the gel is safe to use during pregnancy, because this has not been studied.
- As I already mentioned, the gel lubricates the vagina. Your client or partner may or may not notice this change. If he does notice it, you should be prepared to discuss the gel.
- The gel can only be used by HIV-negative people. This means that you will need to get tested for HIV on a regular basis if you wish to continue using the gel.

**Scenario question:** What benefits would be most important for {name}?

**Ask:** What questions or concerns do you have about what we have just discussed?  
If anyone has tried the gel, can you share your experience? What did you like about it?

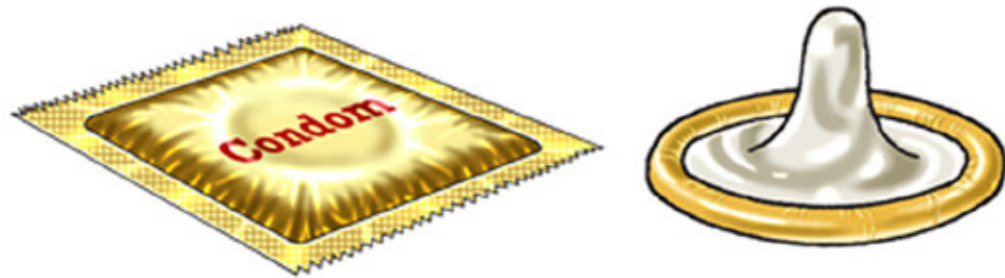
**Proceed to Card 5C.**

## Card 5C: Microbicide Effectiveness

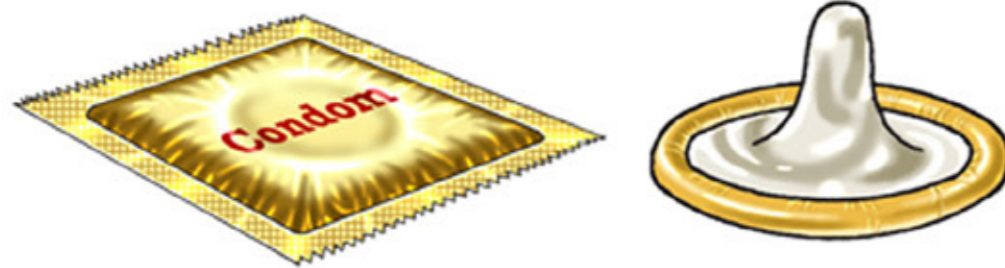
**No Protection** = Very high risk of HIV



= Reduced risk of HIV



= Low risk of HIV



+

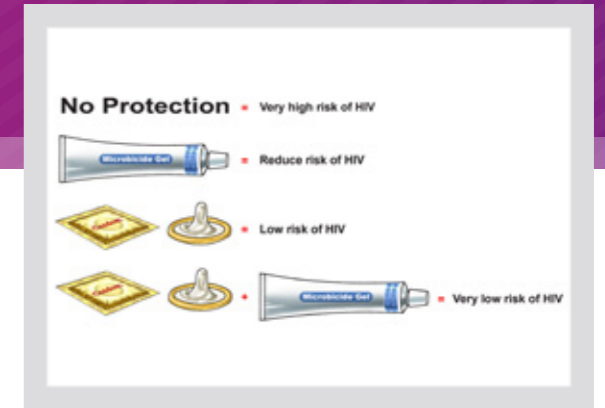


= Very low risk of HIV

**Gel + condoms = maximum protection**



## Card 5C: Microbicide Effectiveness



**Ask:** What have you heard about effective the gel is for preventing HIV?

### Discuss:

- As we have discussed earlier, the gel only provides protection to HIV-negative women. It does not protect men from HIV.
- If you don't use any protection at all, your risk of getting HIV from an infected person is very high.
  - **POINT to the top part of the card.**
- If you only use the gel, your risk of getting HIV is reduced. The gel is not 100% effective in preventing HIV, but it is better than no protection at all.
  - **POINT to the picture showing the gel alone.**
- If you only use condoms, your risk of getting HIV is low.
  - **POINT to the picture showing condoms alone.**
- When inserted ahead of time, the gel can serve as a backup for condoms.
  - **POINT to the picture showing gels + condoms**
- Unlike petroleum jelly, microbicide gel does not damage the condom.
- The gel decreases a woman's chances of getting HIV by 40%-50% if she uses it correctly every time she has sex.
- The more closely you follow the gel instructions, the more effective it is. To get the best protection, you need to use it correctly, use it together with condoms, and use it every time you have sex. We will talk more about how to use it correctly and consistently in a few minutes.

**Ask:** What questions do you have about how effective the gel is compared to condoms?

### Ask women to answer and share experiences on:

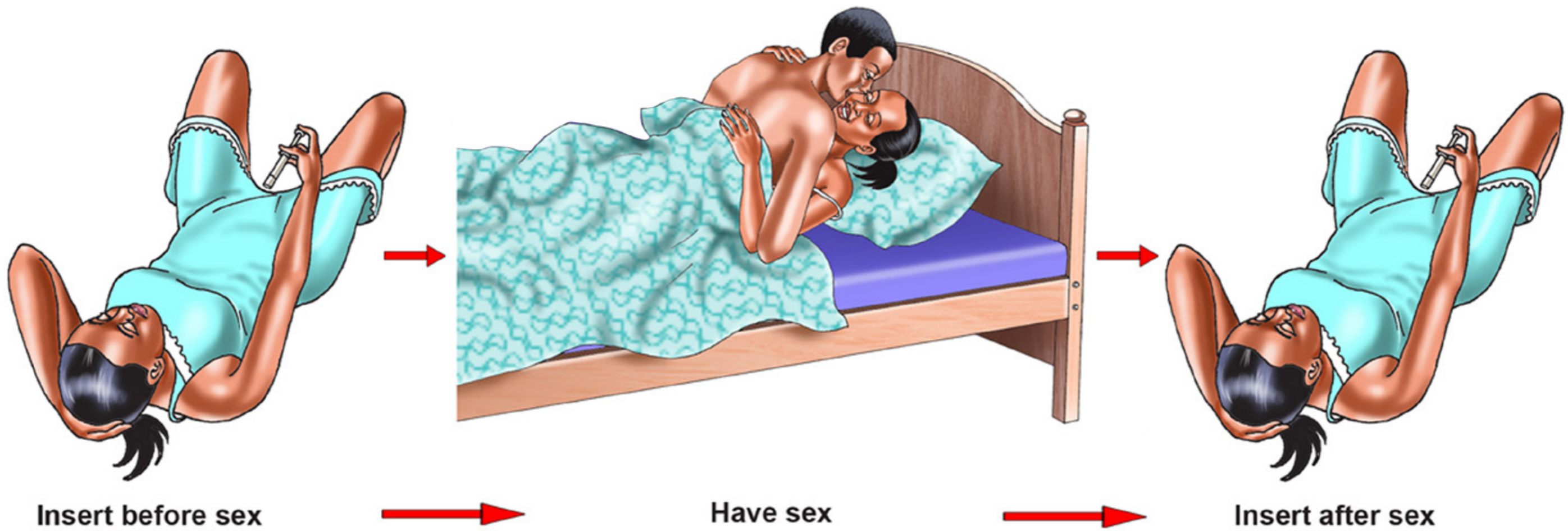
- With which types of partners do you already use condoms?
- With which type of partners is condom use difficult?
- With which types of partners might you try and use the gel?

### Ask men to answer and share experiences on:

- With which types of partners do you already use condoms?
- With what types of partners do you not use condoms with?
- Which types of partners do you think might like to use the gel?

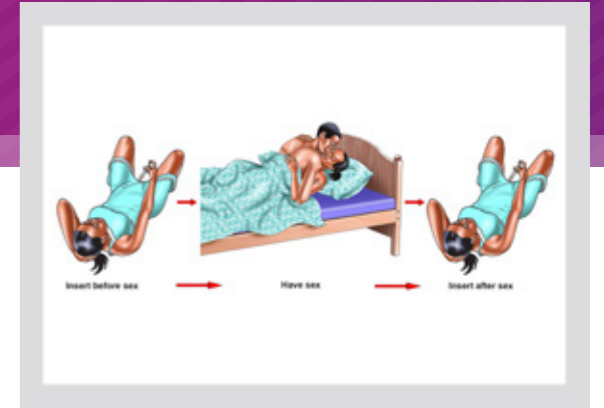
**Proceed to Card 6A.**

## Card 6A: BAT 24 Regimen



Think of “BAT 24” to help you remember when to insert the gel.

## Card 6A: BAT 24 Regimen



**Ask:** How do you keep track of time for other things that you need to do on a daily basis?  
Do you use a watch, a clock, or cell phone?

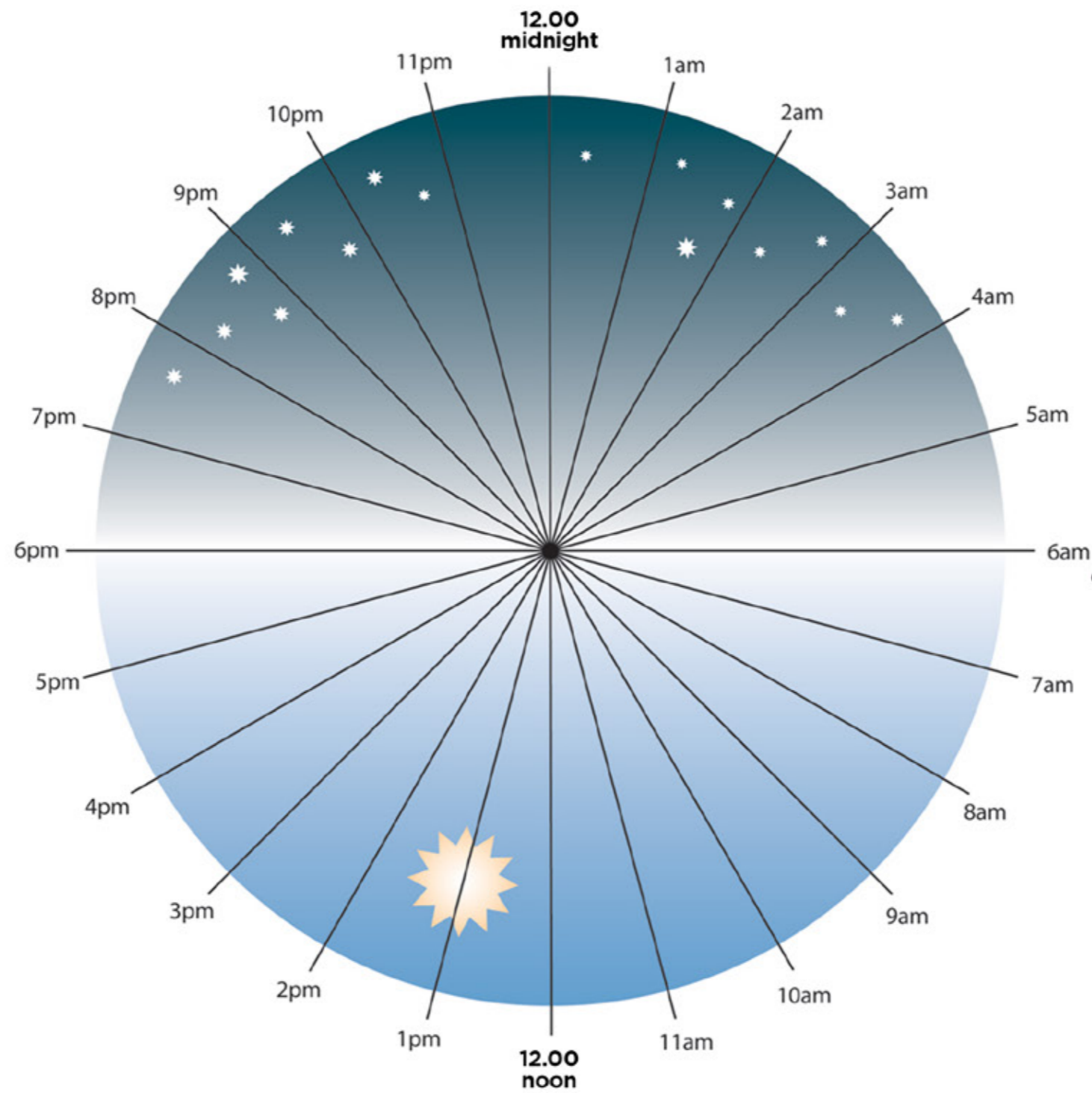
### Discuss:

- Before you receive the gel, a health care provider will counsel you on how to insert it and when to use it. Let's talk about the timing now, though, so that you have some idea of how the gel is used.
- Use the gel every day that you think you might be having sex.
- Insert the first gel at least 15 minutes before sex, but no more than 12 hours before.
  - This first gel starts your 24 hour gel clock.
- Insert the second gel as soon as possible after your first sex act, but no more than 12 hours after.
- Do not use more than 2 gels in 24 hours, even if you have sex again after the second gel.
- To help you remember this, think of **“BAT 24”**:
  - **B** = insert Before sex, **A** = insert After sex, **T** = no more than Two gels, 24 = in 24 hours.
  - **NOTE: Point to the images on the front of the card as you explain BAT 24. For example, point to the first image while you are explaining B=insert before sex.**
- If you normally have sex many times a day, insert the gel at the same time each morning and evening. The times should be 12 hours apart. For example, you could insert it at 7:00 each morning and 7:00 each evening.
- Let us make sure you understand the BAT 24 regimen by reviewing some scenarios.

**Proceed to Card 6B.**

# Card 6B: BAT 24 Regimen Scenarios

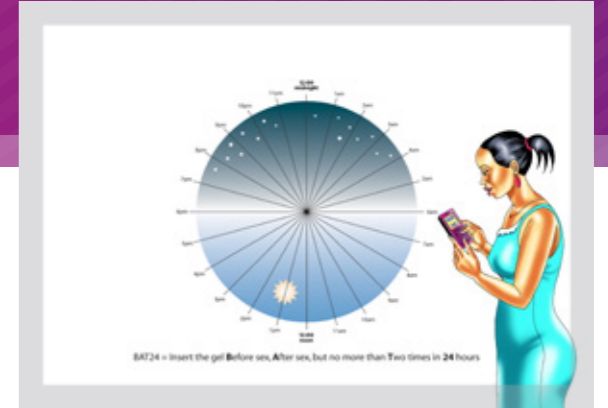
## 24-hour clock



BAT24 = Insert the gel **B**efore sex, **A**fter sex, but no more than **T**wo times in **24** hours

**BAT24= insert the gel Before sex, After sex, but no more than Two times in 24 hours**

## Card 6B: BAT 24 Regimen Scenarios

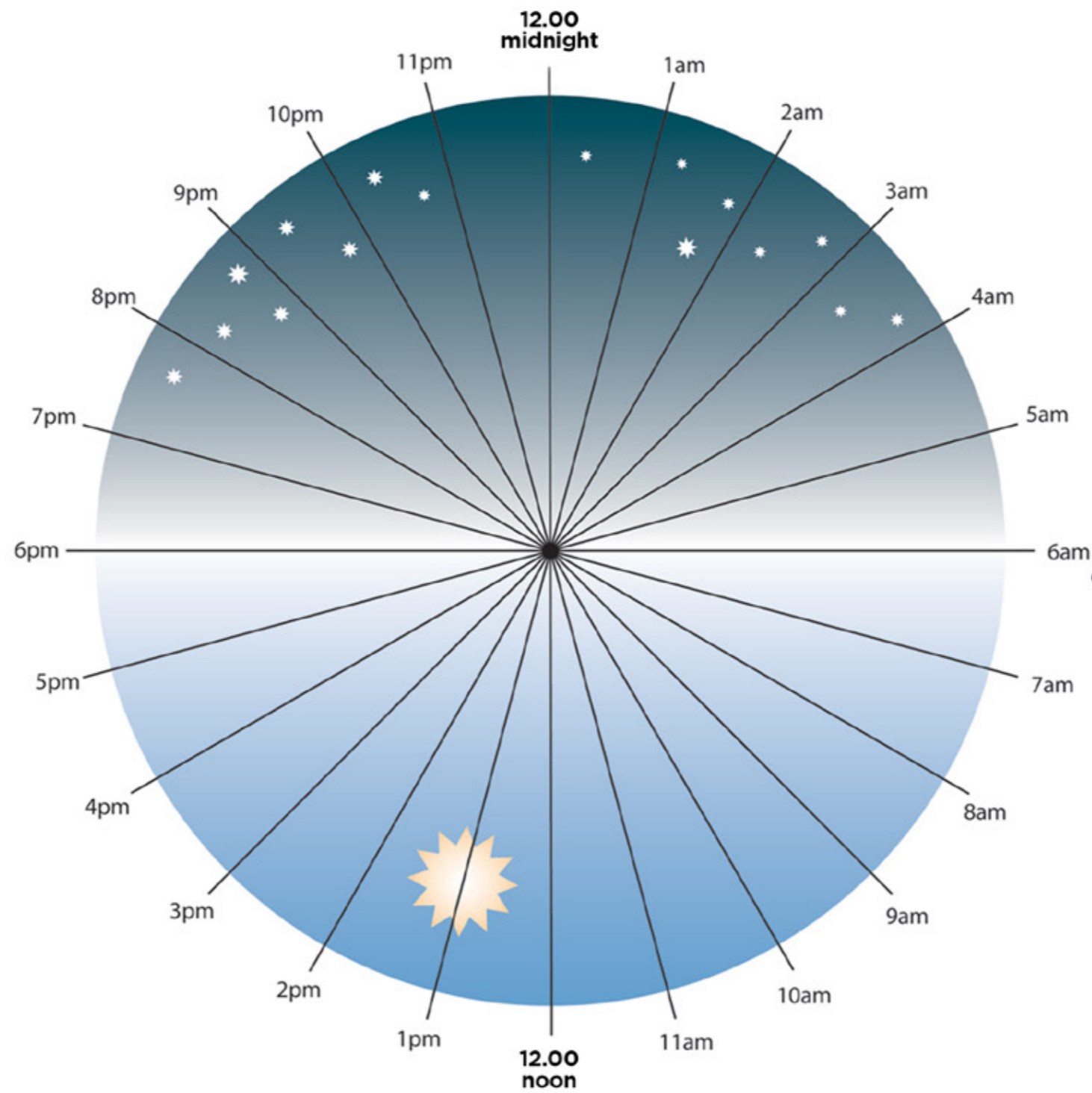


**NOTE TO THE FACILITATOR: As you review the scenarios, point to the exact hours on the 24-hour clock. Participants who are less educated may have trouble telling time and may need additional explanation.**

- There are three times in relation to gel use and sex that you need to keep track of:
  - The time you put in the first gel for the day.
  - The time you had sex on that day.
  - The time you put in the second gel for that day.
- This 24-hour clock can help you keep track of these times. **NOTE: Point to clock as you explain the points below.**
  - At the top is 12:00am midnight and has stars to represent nighttime.
  - At the bottom is 12:00pm, noontime, with the sun to represent the day.
  - The am hours are on the right-hand side of the clock and the pm on the left-hand side.
  - The time that you put in the first gel for the day starts your 24-hour clock. Remember you should not use more than 2 gels within this 24-hour period. For example, if you insert the first gel at 9:00pm today, your 24-hour clock goes until 9:00pm tomorrow.
  - Can you show me what time you wake up? Leave the house for work? Go to bed?
  - What questions do you have about the clock?
- **Scenario 1:**
  - Let's imagine that you think you will meet your boyfriend at lunchtime and have sex at around 1:00pm.
    - **NOTE: Point to 1:00pm on the clock.**
  - When should you insert the first gel?
    - ANSWER: Anytime from 1:00am to 12:45pm. This is the start of your 24-hour clock.
    - NOTE: Point to 1:00am and state this is 12 hours before you meet your boyfriend. Point to 12:45pm saying this is 15 minutes before you meet your boyfriend. Point to the hours between 1:00am and 12:45pm saying this is the time period they can insert the first gel. Tell participants they can set their cell phone alarm for sometime between 1:00am and 12:45pm to help them remember to insert the first gel.
  - If you do have sex at 1:00pm, when should you insert the second dose?
- ANSWER: As soon as possible after the first sex act, but no later than 1:00am the next morning. That is the end of your 24-hour clock.
- NOTE: Ask the participants to show on the clock the latest time they could insert the second dose. Tell them they can set their cell phone alarm for a time before 1:00 am to help them remember to insert the second gel.

# Card 6B: BAT 24 Regimen Scenarios

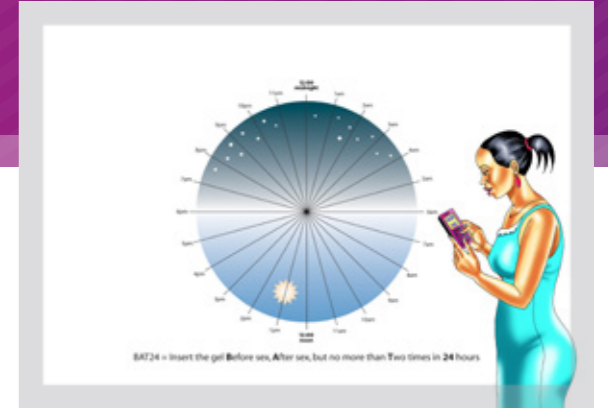
## 24-hour clock



BAT24 = Insert the gel **B**efore sex, **A**fter sex, but no more than **T**wo times in **24** hours

**BAT24= insert the gel Before sex, After sex, but no more than Two times in 24 hours**

## Card 6B: BAT 24 Regimen Scenarios



### • Scenario 2:

- o Let's imagine that you insert the gel at 7:00pm. This is the start of your 24-hour clock.
  - **NOTE: Point to 7:00pm on the clock.**
- o You then have sex at 9:00pm and at 10:00pm and at 11:00pm.
  - **NOTE: Point to 9:00pm and say this is the first time you are having sex. Point to 10:00pm and 11:00pm and tell the client they have sex again at these times.**
- o When should you insert the second gel?
  - ANSWER: As soon as possible after your first sex act at 9:00pm but no later than 9:00 the next morning, because this is 12 hours after the first sex act.
  - **NOTE: Ask the participants to show the time period on the clock when they could insert the second gel. Tell them they can set a cell phone alarm for a time before 9:00am to help them remember to insert the second gel.**
- o When does your 24-hour clock end?
  - ANSWER: 7:00 the next evening, because this is 24-hours after the first gel was inserted. So you can start your next round of gel insertion any time after 7:00pm.
  - **NOTE: Ask clients to point to the place on the clock when their 24-hour clock has ended.**

### • Scenario 3

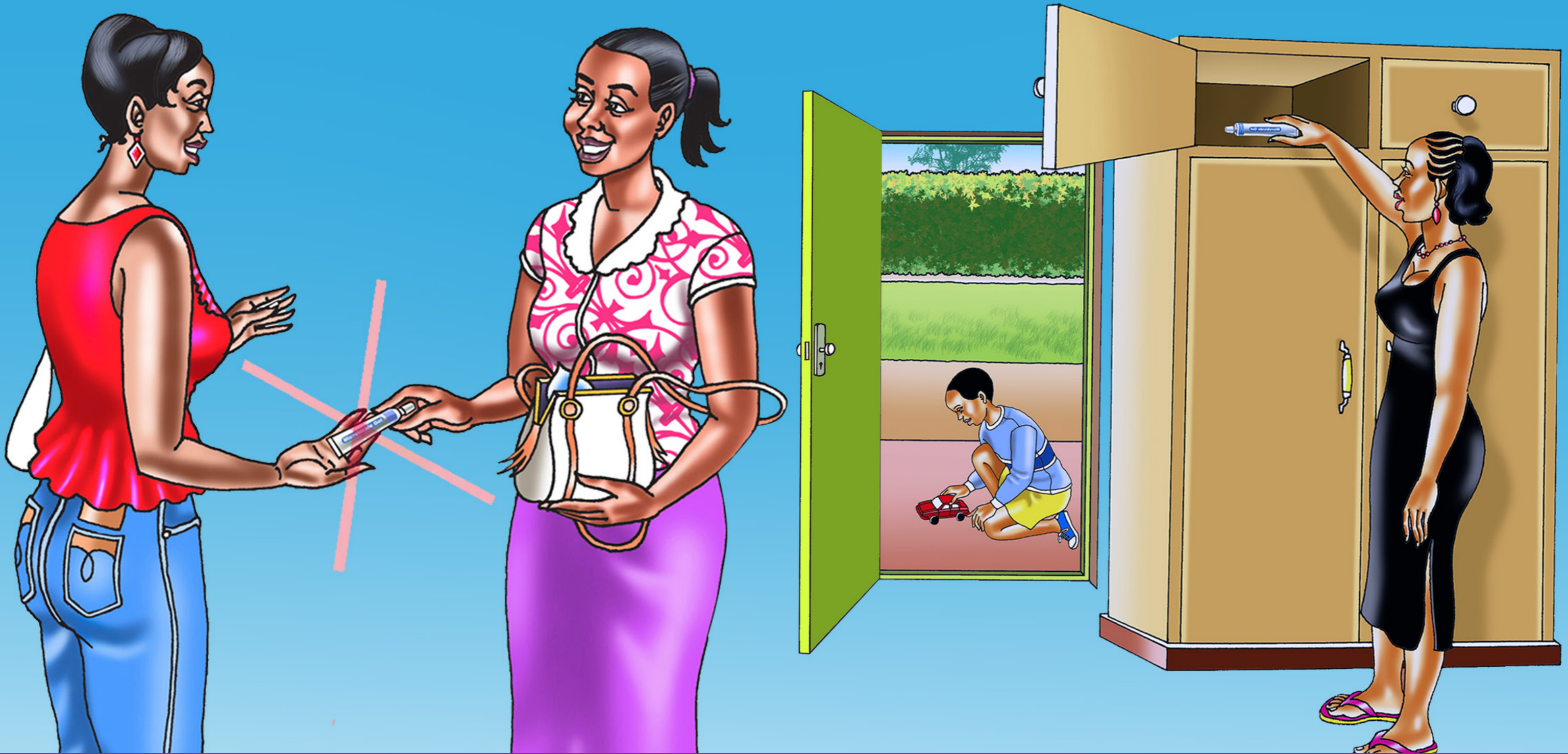
- o Let's imagine that you have sex at 7:00pm but you forgot to insert the first gel.
- o When should you insert a gel?
  - ANSWER: Insert a gel as soon as possible after sex, but no later than 7:00am the next morning—12 hours after the sex act.
  - **NOTE: Point to 7:00 am and tell them they can insert the gel anytime from 7:00pm to 7:00am.**
  - You do not need to insert a second gel.

**Scenario question:** What time of day would {name} be likely to have sex? When should she insert the first and second gels?

**Ask:** What questions or concerns do you have about what we have just discussed? How can you remember when to insert your gel? Can you use a cell phone alarm or write it on a calendar?

**Proceed to Card 6C.**

## Card 6C: Tips for Using the Gel Correctly



**There are some other things you need to know in order to use the gel correctly.**



## Card 6C: Tips for Using the Gel Correctly



**Ask:** What are some other things you think you might need to know in order to use the gel correctly?

### Discuss:

- Do not share the gel or applicator with anyone. This is because women need to get tested for HIV and receive proper counseling by a health care provider in order to use the gel correctly.
- Do not re-use the applicator. Discard it after you have used it once.
- Dispose of the applicator by wrapping it in a tissue and placing it in a trash bin or latrine, like you would do for a sanitary towel.
- Keep the gel in a cool, dry place away from children.
- **ASK: Where do you think you could keep the gel where you live?**
- Do not insert any other substances into the vagina for at least 2 hours after inserting the gel.
- Do not douche until 12 hours after applying the second gel. If you are having sex multiple times and must clean yourself, you can shower or wipe the outside of the vagina with a tissue.
- It is ok if you insert the gel and do not have sex. There are no side-effects
- It is ok to have a man perform oral sex on you if you have used the gel. It has no side effects for the man.
- You can use the gel during your menses (monthly bleeding).
- Only insert the gel into your vagina. Do not insert it into your anus or put it on your partner's penis.
- If raped, go to the clinic as soon as possible for an examination. If you cannot get to a clinic within 12 hours, insert a second dose.
- If you forget to use the first gel before sex, insert it as soon as possible, but not more than 12 hours after sex. Do not insert a second gel later. Do not insert any gel if more than 12 hours have passed since sex.
- If you forget to use the second gel after sex, insert it as soon as possible, but not more than 12 hours after sex. Do not insert the second gel if more than 12 hours have passed since sex.
- The gel should not leak out if inserted correctly. If any does leak out within 15 minutes of insertion, insert another gel. Make sure you hold the applicator at the bottom, near the plunger, so that it goes deep enough into the vagina.
- Remember to use the gel every day that you think you might have sex. If you are traveling, remember to take the gel with you.

**Scenario question:** What would make it hard for {name} to use the gel correctly?

**Ask:** What questions or concerns do you have about what we have just discussed?

**Proceed to Card 7A - 7E depending on which scenario the group is discussing**

## Card 7A: Joyce



**Joyce is 17-years old and goes to boarding school in the Rift Valley.**

## Card 7A: Joyce



Joyce is 17-years old. She is an average student in a secondary girl's boarding school a rural area in Rift Valley. She has dreams of going to college. She is sexually active and sometimes has sex with boys that she meets, like when there are events with other boarding schools. Because these encounters are usually unplanned, she does not have condoms on hand and has unprotected sex. She does not have a regular boyfriend, but she dreams of getting married someday.

She has heard about HIV, but has never been tested. She worries more about getting pregnant, but there is no reproductive health clinic near her school. She relies on emergency contraceptives, which she can get from the chemist in the village where her school is located. She has lots of girlfriends who are also sexually active, including her best friend Mary. She cannot talk to her parents about sex, but there is a peer educator at her school who she can trust. Her parents give her pocket money, which she uses for emergency contraception, mobile phone minutes, and other items.

### Questions for discussion:

- Now that you have learned more about the gel, do you think Joyce would want to try the gel? Why or why not?
- We already talked about some things that would make it hard for Joyce to use the gel. How can she overcome some of these barriers?
- Do you think that she would tell her sex partners about the gel? Why or why not?
- What benefits of the gel could she discuss with her sex partners?
  - **EXAMPLES:** Sex will be more fun and pleasurable; the gel can help protect her future.
- How could Joyce negotiate using the gel together with condoms?
  - **EXAMPLES:** The gel gives back-up protection in case the condom is not used correctly; condoms give added protection against pregnancy and other STIs; the gel will make sex with condoms more pleasurable.
  - **DEMONSTRATE:** How to use a condom (Card 8)
- Who could support her as she tries to use the gel?
  - **PROBE:** Peer educator, girlfriends, parents
- What other advice would you have for Joyce?

## Card 7B: Makena



**Makena is an 18-year old woman who sells chips in Kisumu.**

## Card 7B: Makena



Makena is an 18-year old woman who lives in Kisumu and earns her living by selling chips. She left school after Form 1 and is a single mother of a one year old boy. She lives with her grandmother, who helps care for her son. Makena currently has a 20-year old boyfriend, Eric, who is a boda boda driver. They have been together for nine months and use condoms most of the time, although Eric doesn't like them very much. They are in love and talk about getting married.

Lumosh, the father of her child, is 30 years old. He gives Makena some money each month to support their son, but he expects sexual favours without using condoms in return. Makena really needs the money, so she accepts, but she feels bad about being unfaithful to Eric. Eric does not know that she still has sex with Lumosh. Makena and Eric got tested for HIV together when they first started dating, and he was HIV-negative. Makena is worried about getting HIV from Lumosh, so she gets tested every 6 months at the free clinic without Eric's knowledge. So far she is HIV-negative, but she worries that this could change. She doesn't want to get pregnant again and uses pills for contraception.

### Questions for discussion:

- Now that you have learned more about the gel, do you think Makena would want to try the gel? Why or why not?
- We already talked about some things that would make it hard for Makena to use the gel. How can she overcome some of these barriers?
- Do you think that she would tell Eric or Lumosh about the gel? Why or why not?
- What benefits of the gel could she discuss with Eric and/or Lumosh?
  - **EXAMPLES:** Using the gel shows that she cares for him; sex will be more pleasurable; it will make their times together "sweet and safe."
- How could Makena negotiate using the gel together with condoms with Eric?
  - **EXAMPLES:** The gel gives back-up protection in case the condom is not used correctly; condoms give added protection against other STIs; the gel will make sex with condoms more pleasurable.
  - **DEMONSTRATE:** How to use a condom (Card 8)
- Who could support her as she tries to use the gel?
  - **PROBE:** Her grandmother, girlfriends, Eric
- What other advice would you have for Makena?

## Card 7C: Mercy



**Mercy is a 24-year old woman who works in a clothing store in Mombasa.**

## Card 7C: Mercy



Mercy is a 24-year old woman who lives in Mombasa. She finished Form 4 and works in a clothing store. Her parents own a large farm in their village, and Mercy shares a small two-room apartment with her friend Teresa. She likes to get dressed up and go out with Teresa and their other girlfriends at night. She does not currently have a boyfriend, but sometimes she goes out on dates with guys her age who she meets in the clubs. She does not have sex with them though – she does not believe in casual sex.

She does see a handsome 38-year old man named Cornelius a few times per month. She met Cornelius a year ago when he came into the store to buy a present for his wife. Cornelius is a businessman, and he likes to take Mercy to nice restaurants. Sometimes he rents a hotel room afterwards and they have sex. He buys Mercy nice clothes and has given her other gifts, like earrings and jewellery. She loves the attention and how he makes her feel very sexy. Mercy has big plans for her future—she loves fashion and wants to have her own clothing store one day. She is careful not to get pregnant, and she uses oral contraceptive pills. She learned about HIV in secondary school and was tested for HIV two years ago, but has not been tested since. She has used condoms with boyfriends in the past, but does not use them with Cornelius, because he assured her that he is “clean.” She believes him, because he is very healthy and fit.

### Questions for discussion:

- Now that you have learned more about the gel, do you think Mercy would want to try the gel? Why or why not?
- We already talked about some things that would make it hard for Mercy to use the gel. How can she overcome some of these barriers?
- Do you think that she would tell Cornelius about the gel? Why or why not?
- What benefits of the gel could she discuss with Cornelius?
  - **EXAMPLES:** Using the gel shows that she cares for him; sex will be more pleasurable; it will make their times together “sweet and safe.”
- Who could support her as she tries to use the gel?
  - **PROBE:** Cornelius, Teresa, other girlfriends
- What other advice would you have for Mercy?

**Card 7D: Rosemary and Samuel**



**Rosemary and Samuel are in their early 30s, married, and living in Nairobi.**



## Card 7D: Rosemary and Samuel



Rosemary, 30, and Samuel, 33, live in Nairobi and have been happily married for 6 years. They have two young girls ages 3 and 5. Rosemary works as a primary school teacher and Samuel is a pilot for a major airline. They became sweethearts in secondary school and have been a couple for many years. They enjoy a good marriage and are active in their church, where they have a wide circle of friends there. Samuel flies routes across Africa and is away from home several days per month.

He and the other pilots go out to bars when they stay in hotels, and sometimes he has sex with women he meets there. These are just meaningless affairs to him though—He loves Rosemary very much. Rosemary is friendly with other pilots' wives, and she has heard rumours about affairs. She knows that Samuel loves her, but she also knows that as a pilot, he is very attractive to other women. She has not discussed her fears, because she is worried that he will accuse her of not trusting him.

Rosemary and Samuel would like to have another child, so they are not using condoms or any other type of contraception. Rosemary would like to get tested for HIV together with Samuel before she gets pregnant again, but doesn't know how to bring up the subject.

### Questions for discussion:

- Now that you have learned more about the gel, do you think Rosemary would want to try the gel? Why or why not?
- We already talked about some things that would make it hard for Rosemary to use the gel. How can she overcome some of these barriers?
- Do you think that she would tell Samuel about the gel? Why or why not?
- What benefits of HIV testing and the gel could she discuss with Samuel upset?
  - **EXAMPLES:** The HIV test will protect their future child; using the gel shows that she cares for him; their intimate moments will be more pleasurable; it will make their times together “sweet and safe.”
- Who could support her as she tries to use the gel?
  - **PROBE:** Friends from church, other pilots' wives
- What other advice would you have for Rosemary and Samuel?

## Card 7E: Alice and Gilbert



**Alice and Gilbert are in their early 20s, live in Kibera, and have been together a few weeks.**

## Card 7E: Alice and Gilbert



Alice and Gilbert are in their early 20s and live in Kibera, Nairobi. Gilbert is a matatu driver and Alice works as a waitress in a nyoma choma restaurant. Alice completed Class 8 and Gilbert completed Form 2, but they both had to leave school to help support their families. Alice lives with her mother and two younger brothers. Gilbert lives with his uncle and three cousins.

Alice and Gilbert have only been seeing each other for a few weeks. They both like to go out with their friends, and they met in a Kibera bar. Gilbert likes to drink a lot of beer and play billiards. Alice prefers Coca Cola, but sometimes she lets men buy her spirits. Alice and Gilbert really like each other and have a lot of fun together, but they are not yet a serious couple. Both of them have other sex partners. They have had sex twice—one time they used condoms, but the other time Gilbert was too drunk. They have no privacy at home, so they have sex in Gilbert's empty matatu. Alice is a little bit worried about getting HIV, but she focuses more on having fun and uses pills to keep from getting pregnant. Gilbert has had many sex partners and knows he should use condoms, but he doesn't use them all the time. Neither one of them has been tested for HIV.

### Questions for discussion:

- Now that you have learned more about the gel, do you think Alice would want to try the gel? Why or why not?
- We already talked about some things that would make it hard for Alice to use the gel. How can she overcome some of these barriers?
- Do you think that she would tell Gilbert about the gel? Why or why not?
- What benefits of the gel could she discuss with Gilbert?
  - **EXAMPLES:** Sex will be more pleasurable; it makes their times together “sweet and safe.”
- How could Alice negotiate using the gel together with condoms?
  - **EXAMPLES:** The gel gives back-up protection in case the condom is not used correctly; condoms give added protection against other STIs; the gel will make sex with condoms more pleasurable.
  - **DEMONSTRATE:** How to use a condom (Card 8)
- Who could support Alice as she tries to use the gel?
  - **PROBE:** Her mother, girlfriends
- What other advice would you have for Alice and Gilbert?

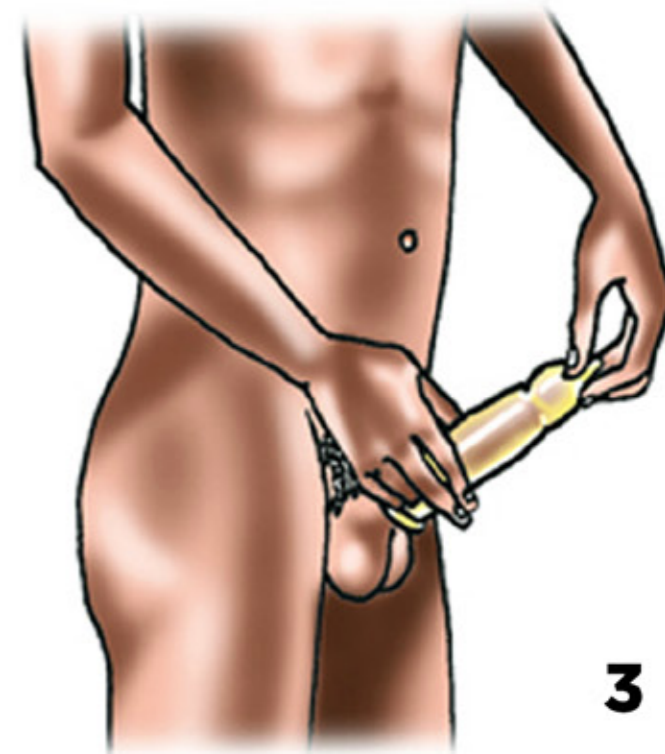
## Card 8: How to Use a Condom (OPTIONAL)



1



2



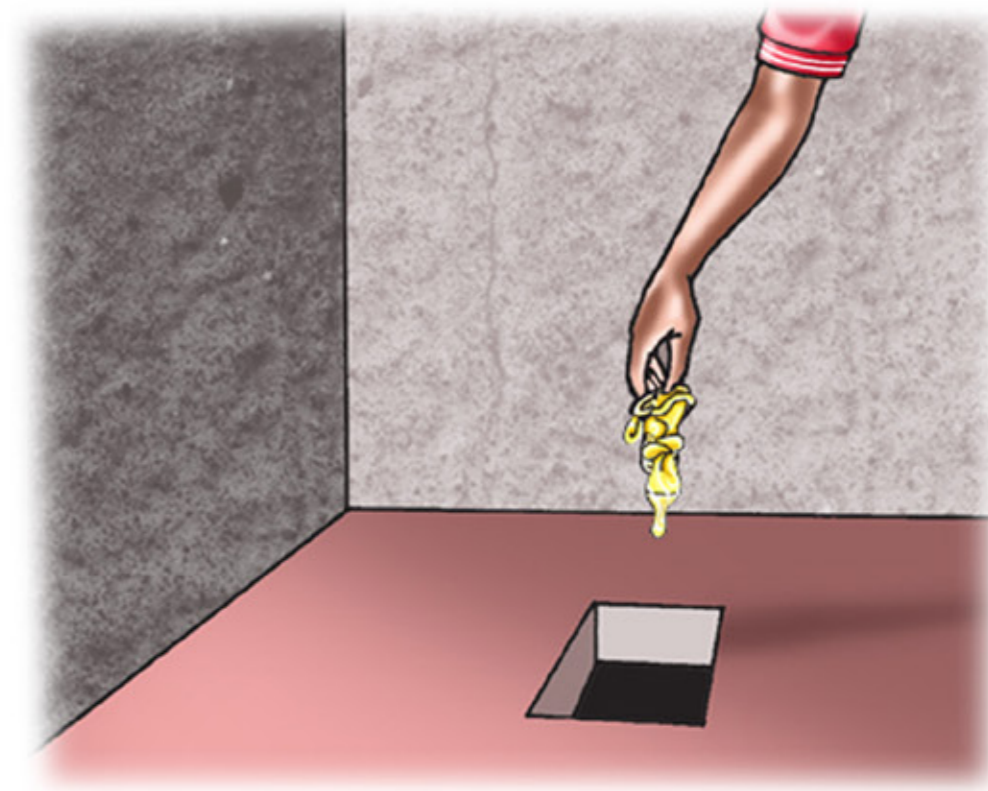
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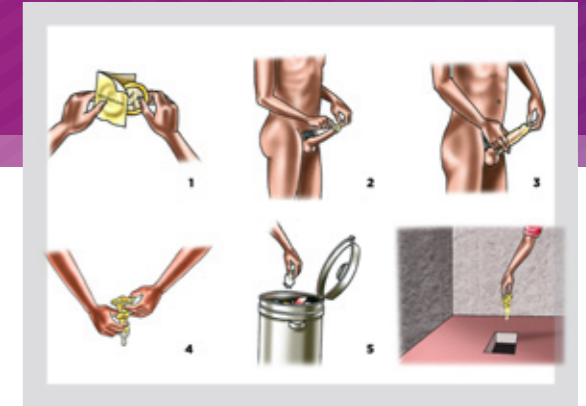


5



How to properly put on a male condom and dispose of it.

## Card 8: How to Use a Condom (OPTIONAL)



**NOTE TO THE FACILITATOR:** Discuss this card only with the scenarios that involve condom use. If you have a penile model or other condom demonstration equipment, you may want to use it for this session. Mention that the gel can be used with both male and female condoms. If the participant is interested in the female condom you may want to find directions and demonstrate how to insert a female condom.

**Ask:** What do you already know about how to use condoms correctly?

### Discuss:

- The gel can be safely used with condoms (both male and female). Unlike oil-based lubricants, it will not cause condoms to burst.
  - If you have already been using condoms, can you show me how to open it and put it on?
  - Let's review how to do it correctly, even if you have some experience. **DEMONSTRATE how to put on a condom.**
1. Before opening, check the expiration date. Do not use the condom if the date has passed.
  2. Open the condom wrapper and carefully remove the condom without tearing or stretching it.
  3. Determine which way the condom is rolled, pinch the tip of the condom and roll it on the penis.
  4. Immediately after ejaculation, withdraw the penis and remove the condom.
  5. Use a tissue to remove the condom if possible. Tie the open end in a knot or simply wrap the condom in a tissue. Throw the condom in a trash bin or latrine.
- When using the gel with condoms, remember to insert the gel into the vagina at least 15 minutes before sex.
  - Do not put the gel on the condom or penis—only put it into the vagina.
  - If you are using a condom with the gel and the condom slips off or breaks you may need emergency contraception and PEP. Go to a chemist or clinic as soon as possible.
  - Store condoms in a cool, dry place. Ask your partner not to keep condoms in his wallet. They can be damaged by body heat if the wallet stays in his trousers.
  - If using the gel with a female condom, apply the gel before inserting the female condom and then again after taking it out. Do not insert gel while the female condom is in the vagina.

**Ask:** Do you have any questions about what we just discussed?

**Proceed to Card 9.**

## Card 9: Final Questions and Next Steps



**It is important to plan for using the Gel correctly and consistently.**

## Card 9: Final Questions and Next Steps



**Ask:** After everything we have discussed, do you have any final questions about how to use the gel or any other questions?

### Discuss:

- **Answer any final questions.**
- Now that we have answered your questions, do you think that you might be interested in trying the gel?
  - **If yes,** you will need to go to a clinic to get the gel. At the clinic you will:
    - Receive an HIV test to confirm you are HIV-negative and can use the gel.
    - Receive more detailed information about the gel and the health care provider will teach you how to use it.
    - Receive a supply of the gel for your use.
    - Receive reproductive health and STI treatment services.
  - **If no,** that's fine—There are other ways to prevent HIV, as we discussed earlier.
- Remember, it's important that you use the gel consistently and correctly. This means that you use it every day that you have sex and that you follow the instructions closely. Please also remember not to share the gel.
- Here is a pamphlet to take with you that has information about the gel and how to use it.
- Please remember to refer to the pamphlet if you have questions. You can also:
  - Contact me at \_\_\_\_\_ [name of organization] if you have any questions about the gel or need help making an appointment.
  - Call the free Gel hotline at 0800 000 000.
  - You can also visit [www.nagel.or.ke](http://www.nagel.or.ke) or visit NaGel on Facebook or Twitter.
- Thank you for coming today.

**As needed, provide referrals to other services in the community, such as family planning or STI treatment. This is the end of the session.**

# Na Goal

NIKO SWEET & SAFE