

Worksheet 10A - Steps to Protection

Imagine you and your partner have not had sex before, but you think it is about time for sex. You are not exactly sure what your partner thinks. You want to be sure you are protected from HIV, other STIs, and pregnancy. The steps to protection are described below. In the spaces provided, write down how you would complete each step.

STEP 1: Talking About a Plan for Protection

Talk to your partner about using a condom and/or other birth control method.

- Where will you talk?
- When will you talk?
- What will you say?
- What might go well?
- What might go wrong?
- What would you do then?

STEP 2: Preparing for Protection

Get the condoms and dental dams, and/or other birth control method.

- Who will get them?
- When will they get them?
- Where will they get them?

- What might go well?
- What might go wrong?
- What would you do then?

STEP 3: Using Protection

Use the condoms and dental dams, and/or other birth control method.

- If using a condom or dental dam for STI and HIV protection, who will carry the protection?
- If using another method for birth control, how will each person be responsible for ensuring it is used effectively?
- What would they say?
- What would be the most fun or playful way to use protection?
- What might go well?
- What might go wrong?
- What would you do then?

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