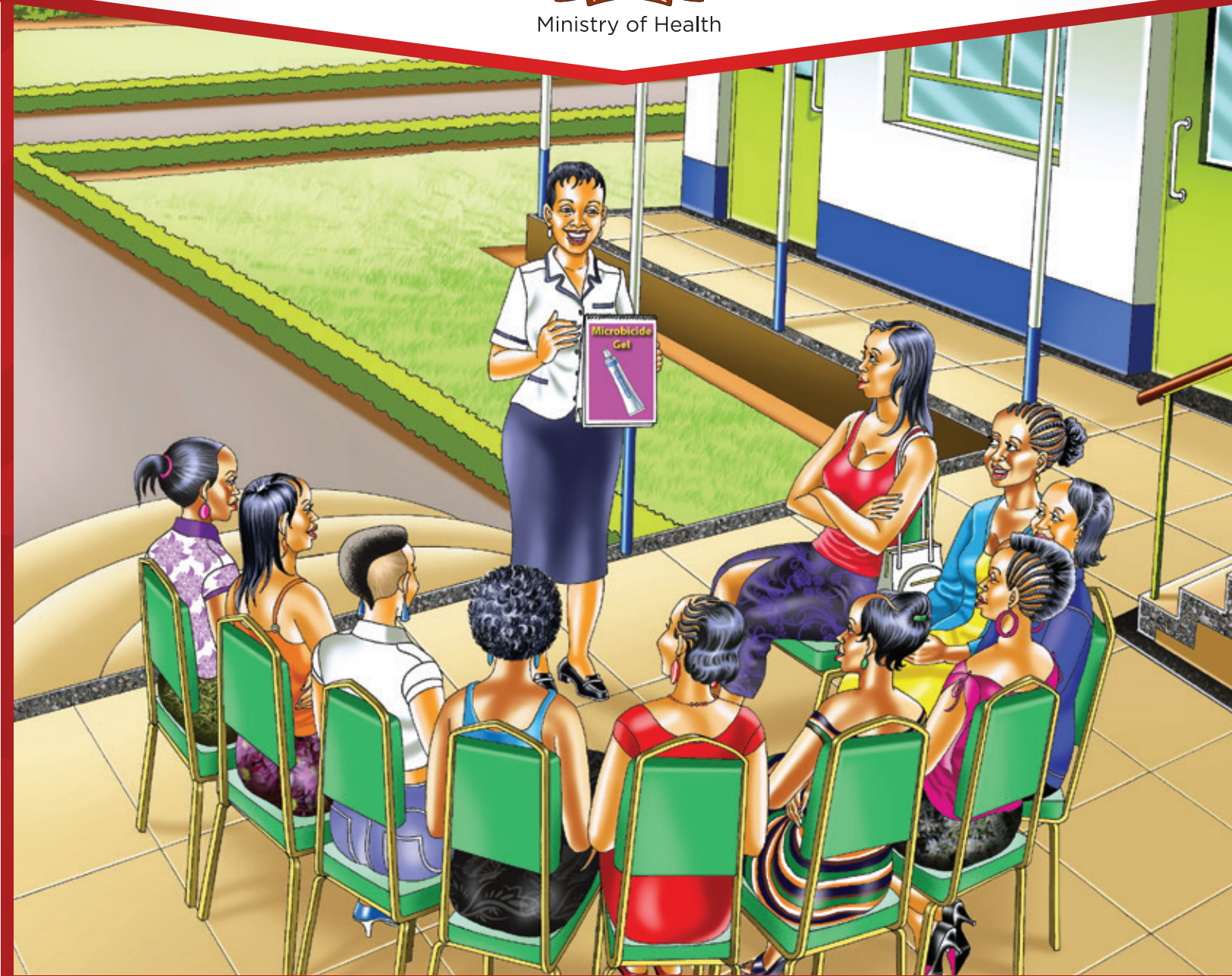




Ministry of Health



Microbicide Gel:

A new HIV-prevention tool for women

Counseling cards for sex workers



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 sex workers.

This flipchart supports the following topics:

- 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 sex workers 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.

Each flipchart card contains an opening question, key messages, discussion questions, and activities. This flipchart has two scenarios to choose– Leila, a brothel-based sex worker or Lucy, a street-based sex worker. Select the scenario that best fits your group and guide the participants through a discussion. Throughout the session 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 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 pamphlet to bring home. Encourage them to share it with their peers, and other who might 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 group 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



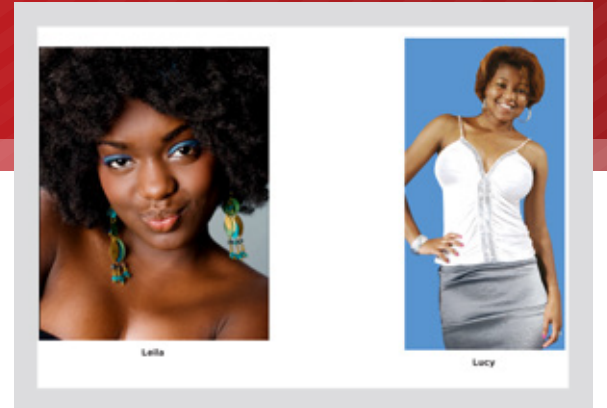
Leila



Lucy

Card 2: Scenario Selection

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



Leila works in a brothel in Nairobi's Central Business District. She is 28 years of age and a Form Four leaver. She is single with two children and she works in a salon during the day.



Lucy operates on the streets of central Nakuru. She is 20 years of age and only finished Class 8. She is single with a son, aged one year. She does not have a day job and finds it hard to make ends meet.

Proceed to Card 3.

Card 3: Assessment of HIV Risk



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

Card 3: Assessment of HIV Risk

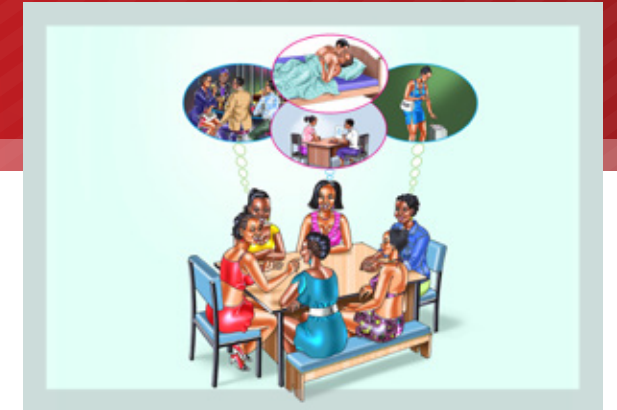
NOTE TO THE FACILITATOR: After discussing HIV transmission basics, go through the risk assessment statements. If the group answers true to any of the statements, they are potentially at risk of HIV and could benefit from microbicide gel.

Ask: How does your health impact you – as a person, as a sex worker, as a partner, as a parent?

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.

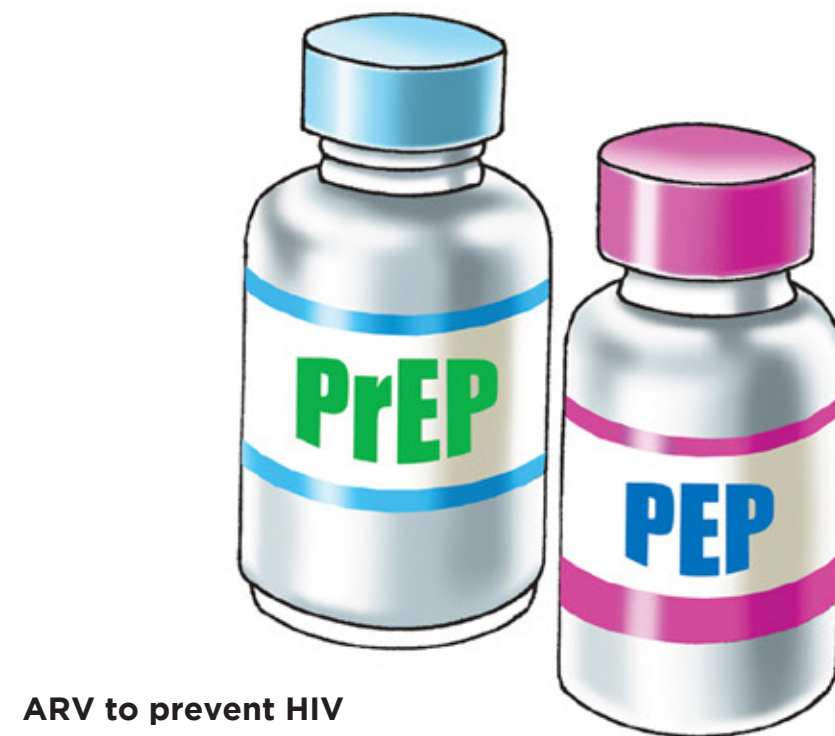
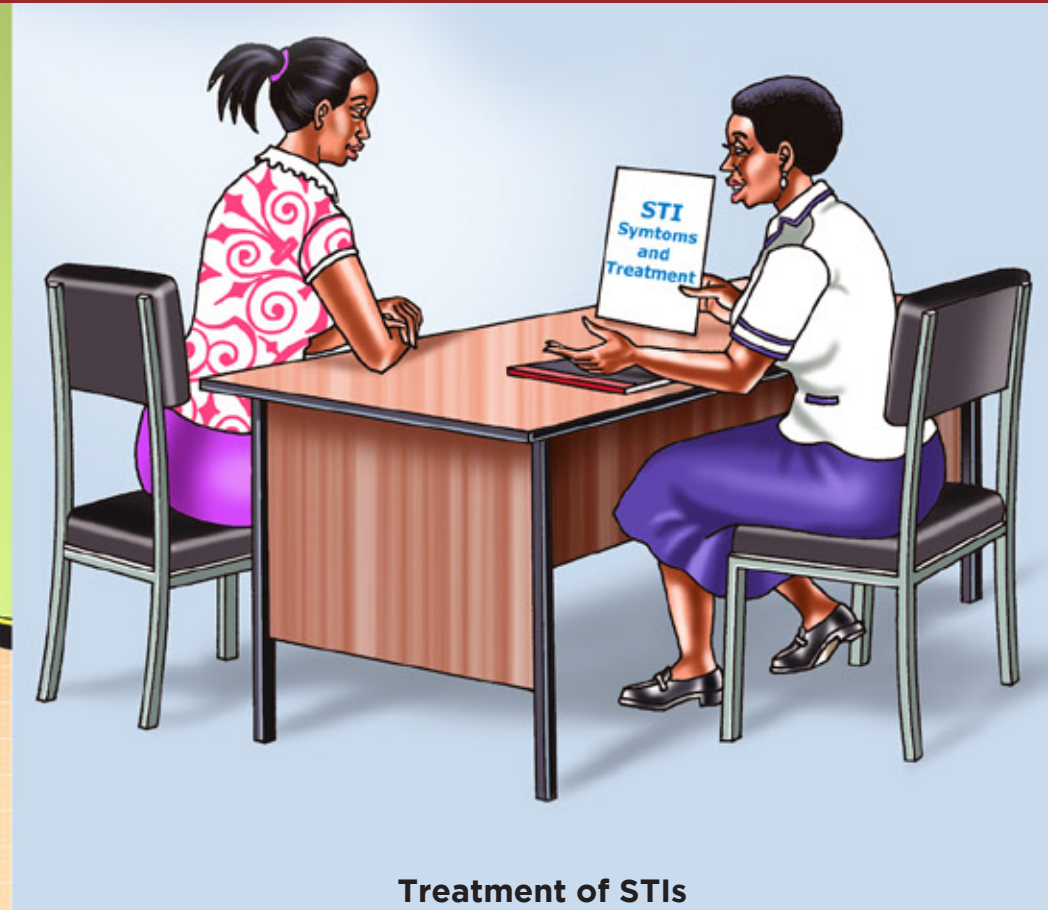
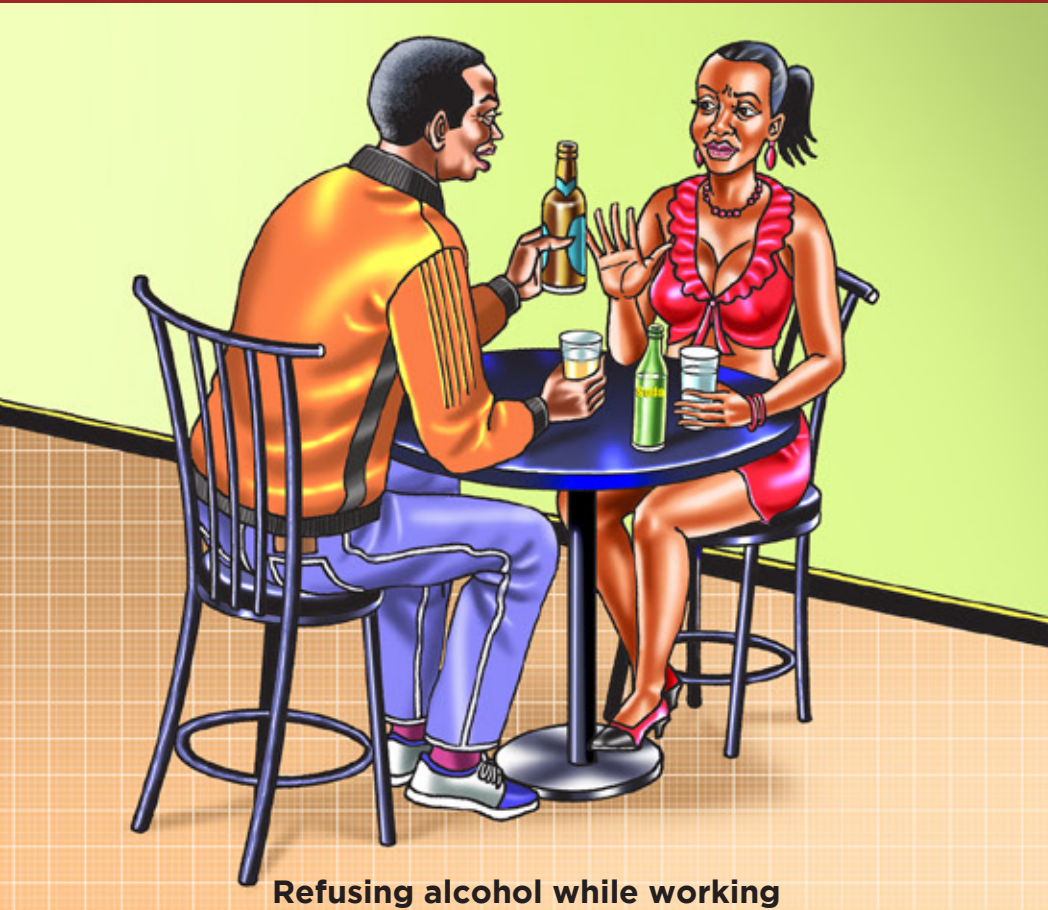


Risk Assessment Statements	True	False
• I do not know my HIV status. NOTE: HIV+ participants are not eligible for microbicide gel.		
• I do not know HIV status of my regular sex partner/boyfriend.		
• It has been longer than three months since my last HIV test.		
• I have had an HIV-positive sex partner (client and regular partner).		
• I have had vaginal, anal or oral sex without a condom with clients and/or regular partners.		
• I suspect that my regular sex partner may have had other sex people.		
• I have had a sexually transmitted infection.		
• I have been raped or worry that this could happen in the future.		
• I have been coerced to have unprotected sex with a client or regular sex partner.		
• I inject drugs or had a regular sex 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) or shared tattoo needles.		

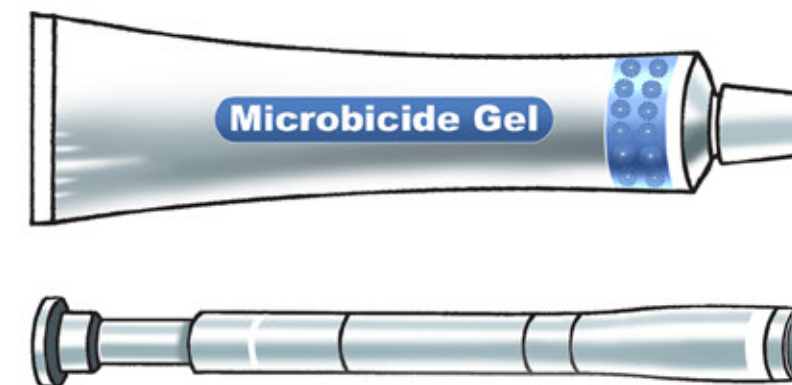
Ask: If you answered true for any of the statements, I just read, you are at risk of HIV.
Why are we at increased risk of HIV as sex workers? What makes our situation unique?

Proceed to Card 4.

Card 4: HIV Prevention Options



ARV to prevent HIV



Microbicide gel and applicator

There are many ways to prevent HIV.

Card 4: HIV Prevention Options



Ask: What are you currently doing to protect yourself from HIV?
What other ways do you know of preventing HIV?

Discuss:

There are many ways to prevent HIV that you may already know about (add to group's knowledge and correct incorrect information):

- **Use condoms** consistently and correctly every time you have sex. Use with 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**.
- **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 good for {name of selected scenario}? Would she be interested in trying the gel?

Ask: What questions do you have these ways of preventing HIV?
Can anyone share their personal experience with any of these methods?

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 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 you have the supplies, bring a sample of the gel to the session so that the group can see what the gel is like for themselves.



Ask: What have you heard about microbicide gel?

Discuss:

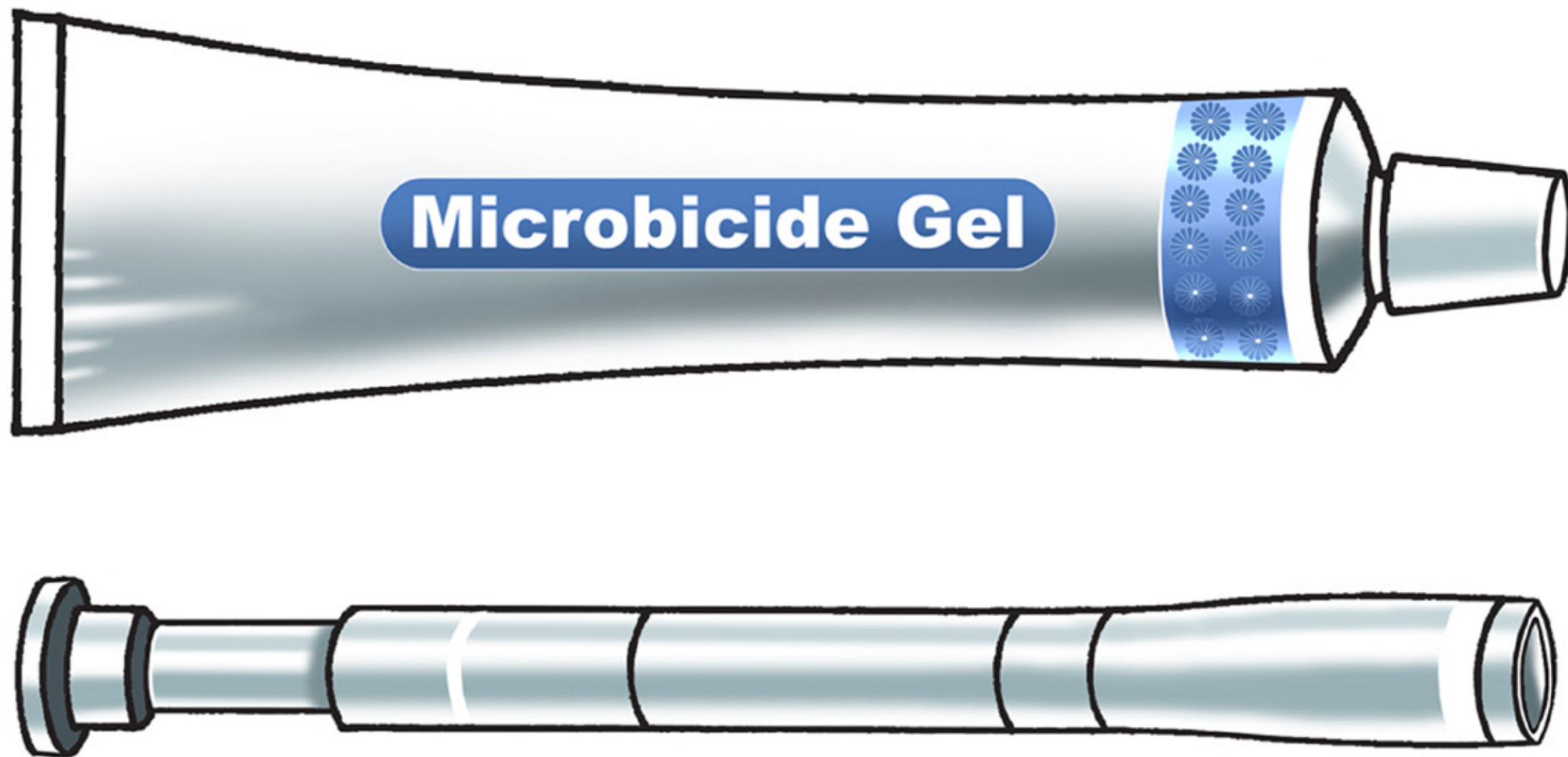
- Microbicide gel is a new tool that can help women to protect themselves from HIV. It is only for use by women –not by men.
- The gel can be used by all kinds of women – women with casual sex partners, women with boyfriends, and married women.
- It can help protect you from getting HIV during unprotected vaginal sex if you are unsure about your partner's HIV status or you have an HIV-positive partner.
- The gel provides some protection for women who are HIV-negative (do not have the HIV virus).
- The gel does not treat or cure HIV. For this reason, it should not be used by HIV-positive women.
- The gel also gives some protection from herpes, a common sexually transmitted infection (STI).
- The gel does not prevent pregnancy.
- The gel contains antiretroviral drugs, or ARVs. The ARVs kill the HIV in a man's semen.
 - You insert the gel into the vagina using an applicator before and after sex. We will talk more about when to insert the gel in a few minutes.
- 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 area.**
- 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.

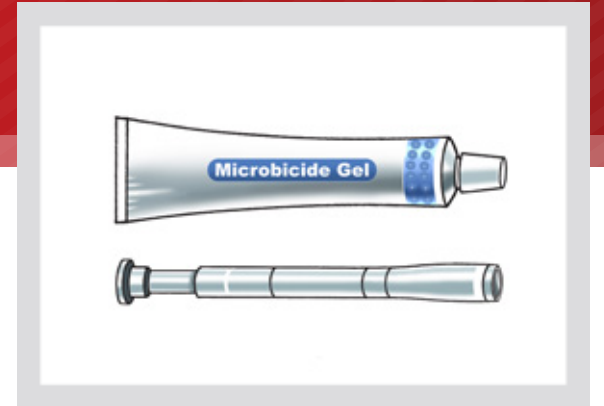
Card 5B: Benefits and Risks of Microbicide Gel



Microbicide Gel and Applicator

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 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. It can be used:
 - With clients and regular partners.
 - If you have an HIV-positive client/ partner or you are unsure about your client's/partner's HIV status.
- The gel also protects against herpes – a very common sexually transmitted infection (STI).
- It's possible to use the gel without your client or 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.
 - With clients and regular partners.
 - You can also prepare ahead for situations when sex may be unplanned.
- The gel lubricates the vagina (makes it smooth). This can make sex more comfortable and pleasurable for you, especially if you are having sex frequently.
- The gel can also increase your sexual enjoyment by reducing your 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.
- Some women who used the gel during clinical studies said the gel made them feel fresher or cleaner.
- **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. Remember, the gel does not cure or treat HIV. This means that you will need to get tested for HIV on a regular basis if you wish to continue using the gel.

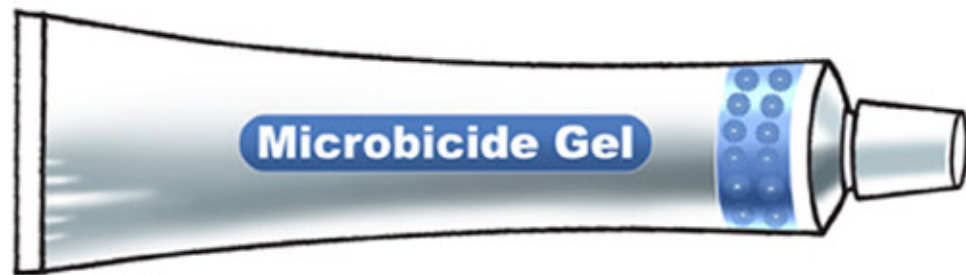
Scenario question: What benefits would be most important for {name}?

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? We would like to hear about it.

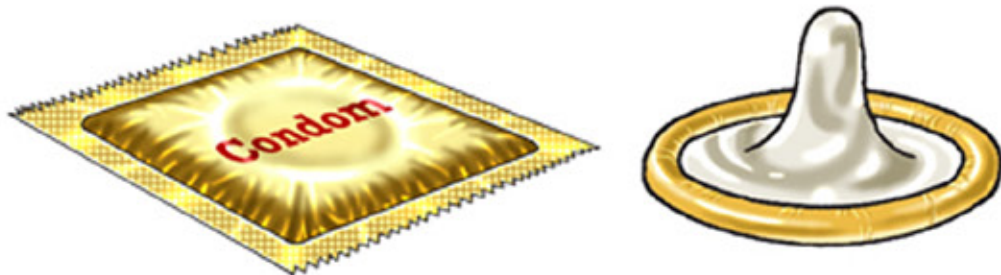
Proceed to Card 5C.

Card 5C: Microbicide Effectiveness

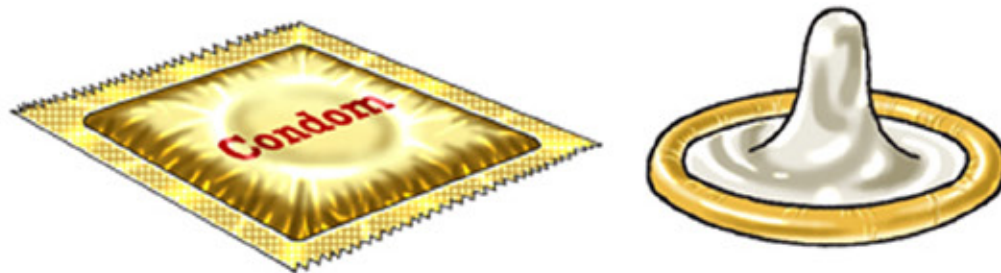
No Protection = Very high risk of HIV



= Reduced risk of HIV



= Low risk of HIV



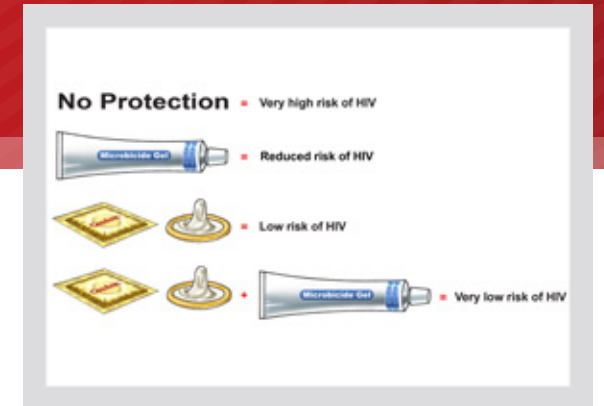
+



= Very low risk of HIV

Gel + condoms = maximum protection

Card 5C: Microbicide Effectiveness



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

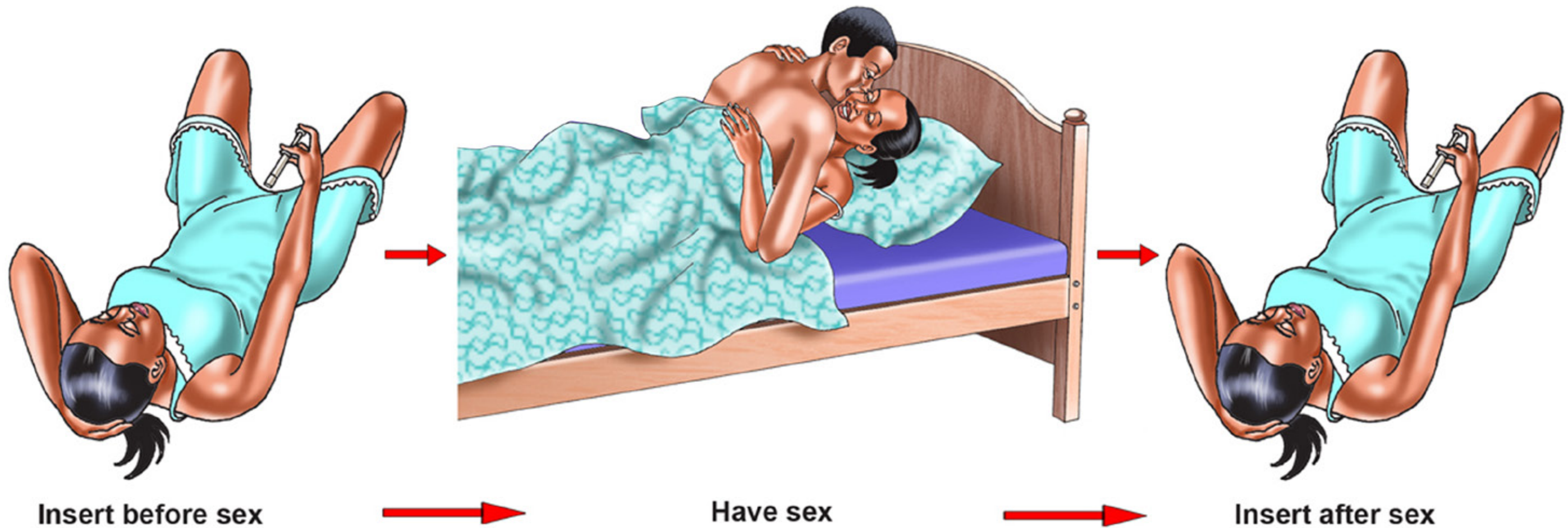
Discuss:

- 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.
o **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.
o **POINT to the picture showing the gel alone.**
- If you only use condoms, your risk of getting HIV is low.
o **POINT to the picture showing condoms alone.**
- When inserted ahead of time, the gel can serve as a backup for condoms
o **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% with typical use. If the gel is used correctly every time you have sex, the protection level is higher.
- 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 have you heard about how effective the gel is for preventing HIV?
What questions do you have about how effective the gel is compared to condoms?
With which type of clients or partners do you already use condoms?
With which type of clients or partners is condom use difficult? Would you want to try the gel in these types of situations?
What questions or concerns do you have about what we have just discussed?
If anyone has tried the gel, can you share your experience? We would like to hear about it.

Proceed to Card 6A.

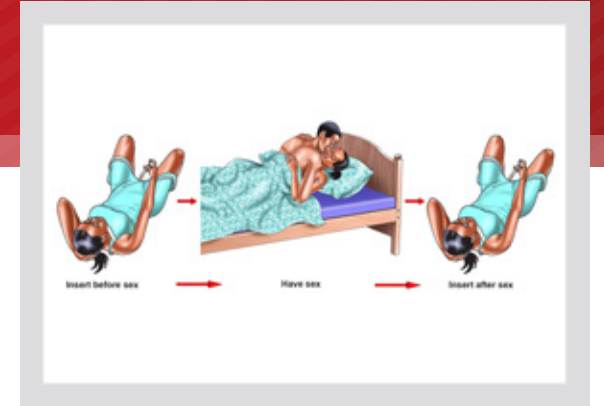
Card 6A: BAT 24 Regimen



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?



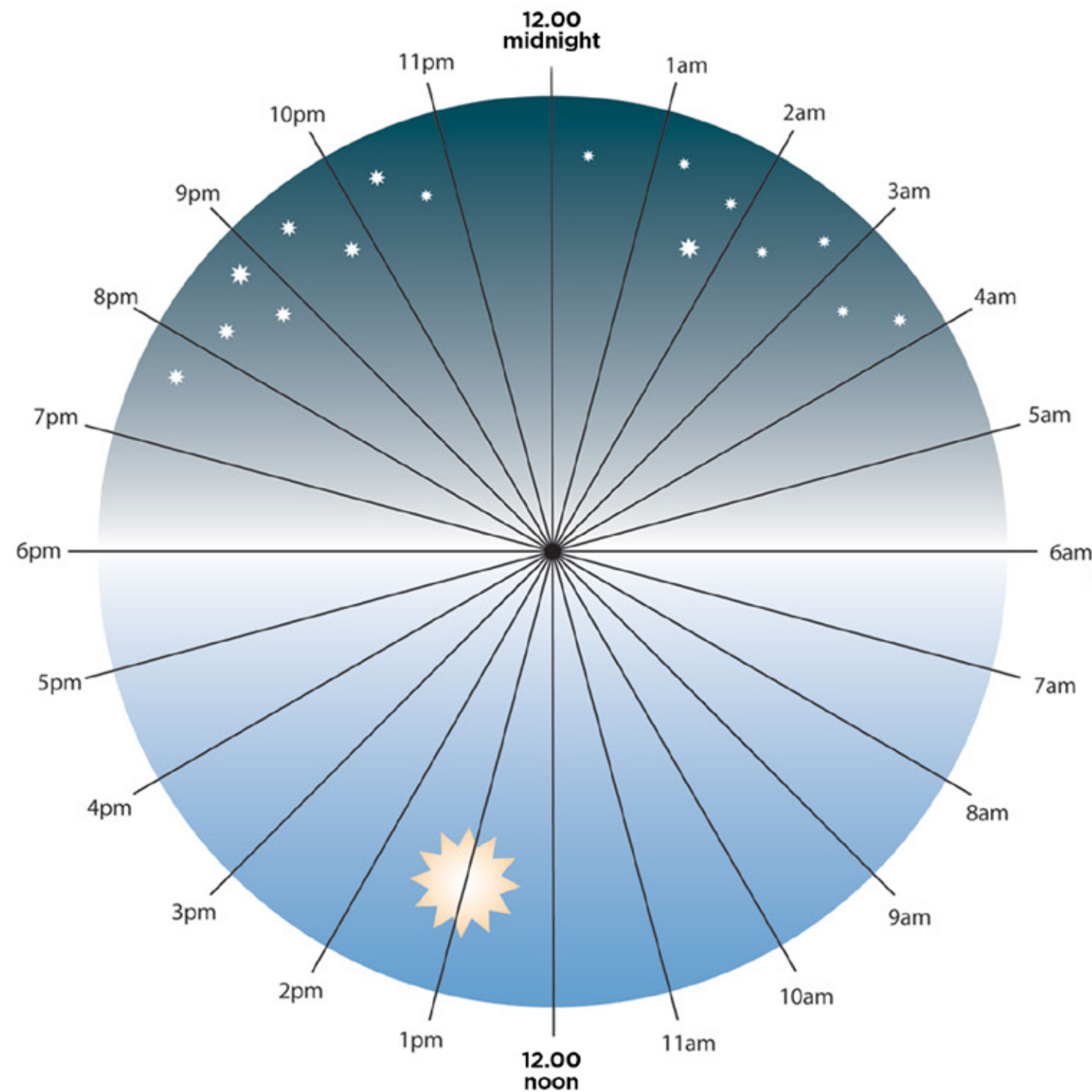
Discuss:

- 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

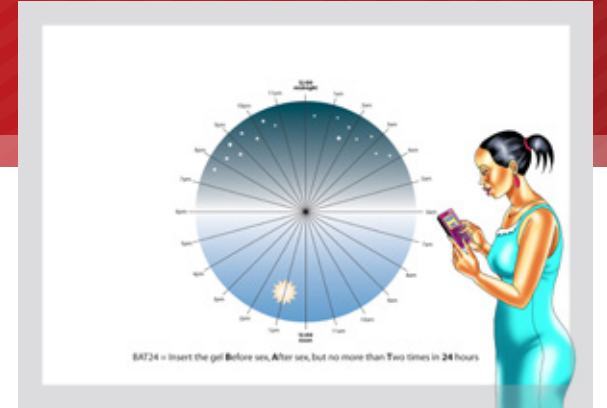


BAT24 = Insert the gel **B**efore sex, **A**fter sex, but no more than **T**wo times in **24** hours

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

Card 6B: BAT 24 Regimen Scenarios

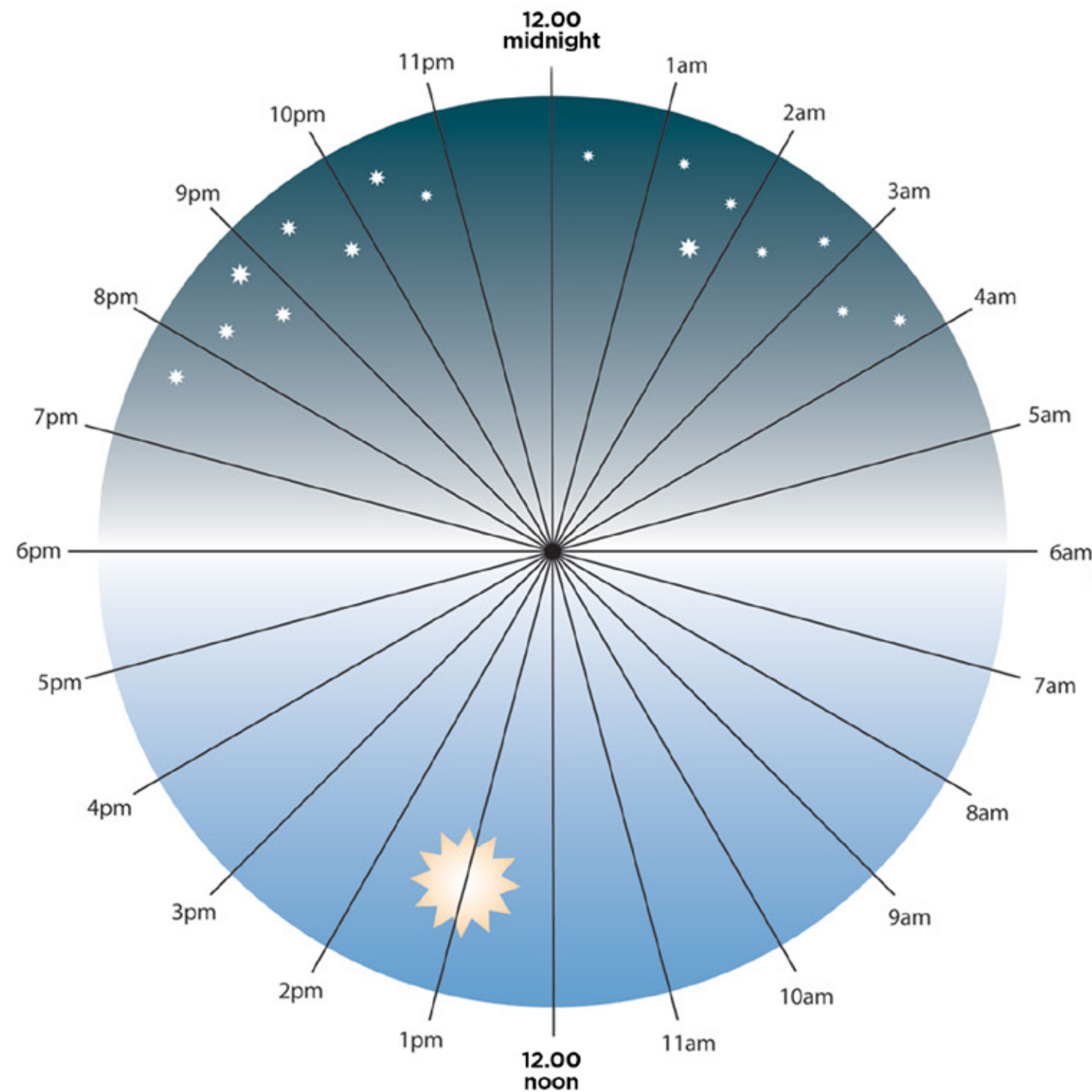
NOTE TO THE FACILITATOR: As you review the scenarios, point to the exact hours on the 24-hour clock. Participants who are less educated may have trouble telling time and may need additional explanation.



- 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

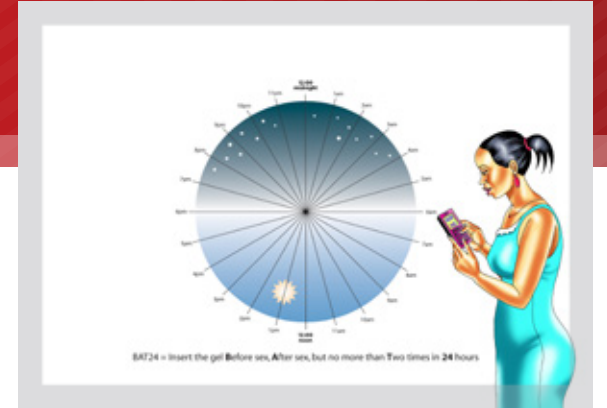
24-hour clock



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?

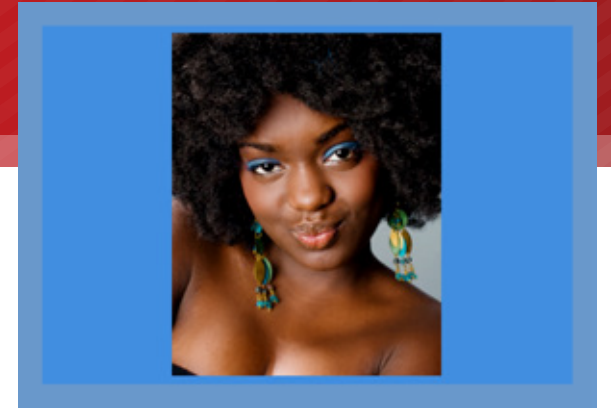
Proceed to Card 7A or 7B depending on which scenario the group is discussing

Card 7A: Leila



Leila works in a brothel in Nairobi's Central Business District.

Card 7A: Leila



Leila works in a brothel in Nairobi's Central Business District. She is 28 years of age and a Form Four leaver. She is single with two children (seven and three years). She works in a salon during the day rents a two-room apartment with a friend named Caroline. She belongs to a social merry-go-round group and supports her mother back home in Mombasa. She is able to make ends meet thanks to her two jobs, and she even has a little money left over each month.

Her clients are mainly older men. Most of them treat her well, but she has been beaten a few times by drunk clients. She is worried about HIV and uses condoms most of the time, although there are a few that pay her extra for not using them. She also has a boyfriend, Amos, who she has been with for four years and sees a few times per week. He is the father of her second child and does not know that she is a sex worker. Leila has gone to the clinic run by the Sex Worker Outreach Programme (SWOP) and has participated in SWOP peer education activities. She tested HIV-negative a year ago. She is very worried about HIV but has not been tested recently.

Questions for discussion:

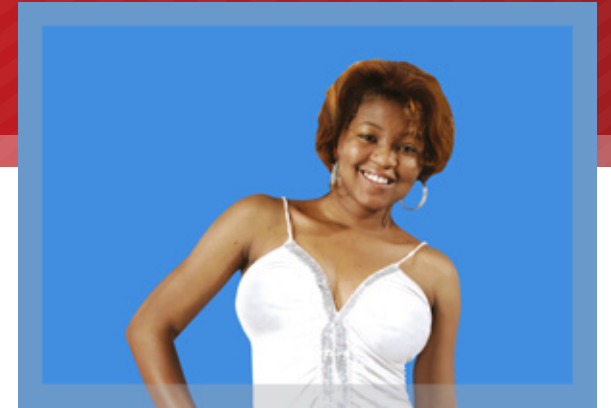
- Now that you have learned more about the gel, do you think Leila would want to try the gel? Why or why not?
- We already talked about some things that would make it hard for Leila to use the gel. How can she overcome some of these barriers?
- Do you think that she would tell her clients for Amos about the gel? Why or why not?
- What benefits of the gel could she discuss with Amos or her clients?
 - o **EXAMPLES:** The gel helps her stay HIV-negative (benefit for clients); sex will be more pleasurable; the gel will make their times together "sweet and safe."
- How could Leila negotiate using the gel together with condoms?
 - o **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.
 - o **DEMONSTRATE:** How to use a condom (Card 8)
- Who could support her as she tries to use the gel?
 - o **PROBE:** Other sex workers in the brothel, SWOP peer educators, Caroline
- What other advice would you have for Leila?

Card 7B: Lucy



Lucy operates on the streets of central Nakuru.

Card 7B: Lucy



Lucy is a sex worker who operates on the streets of central Nakuru. She is 20 years of age and only finished Class 8. She is single with a son, aged one year. She got pregnant from her sex work and has no contact with the father of her child. She does not have a serious boyfriend, although she has been seeing a boda boda driver named Wilson from time to time. She does not have a steady day job, and it is hard for her to make ends meet. She and her son live in a small apartment with her older sister. They do not know that she is a sex worker, but they know that she goes out to bars with her girlfriends.

Her clients are mainly men in their 20s and early 30s who don't have much money themselves, so Lucy doesn't make much money from servicing them. She often has sex very quickly in alleyways or in cars. Her clients are often drunk, and sometimes they get violent. Lucy has not received services from any sex worker organizations in Nakuru—she is worried about confidentiality. She tries to use condoms, but many of her clients refuse. She relies on emergency contraception to keep from getting pregnant again. Lucy has not tested for HIV, but she lives near a clinic that offers HIV testing. She has been thinking about getting tested, but she is afraid of getting the results.

Questions for discussion:

- Now that you have learned more about the gel, do you think Lucy would want to try the gel? Why or why not?
- We already talked about some things that would make it hard for Lucy to use the gel. How can she overcome some of these barriers?
- Do you think that she would tell her clients or Wilson about using the gel? Why or why not?
 - **PROBE:** Benefits and drawbacks of telling them. Remind participants that it's her decision.
- What benefits of the gel could she discuss with Wilson or her clients?
 - **EXAMPLES:** The gel helps her stay HIV-negative (benefit for clients); Sex will be more pleasurable; The gel will make their times together “sweet and safe.”
- How could Lucy 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 her as she tries to use the gel?
 - **PROBE:** Her sister, girlfriends
- What other advice would you have for Lucy?

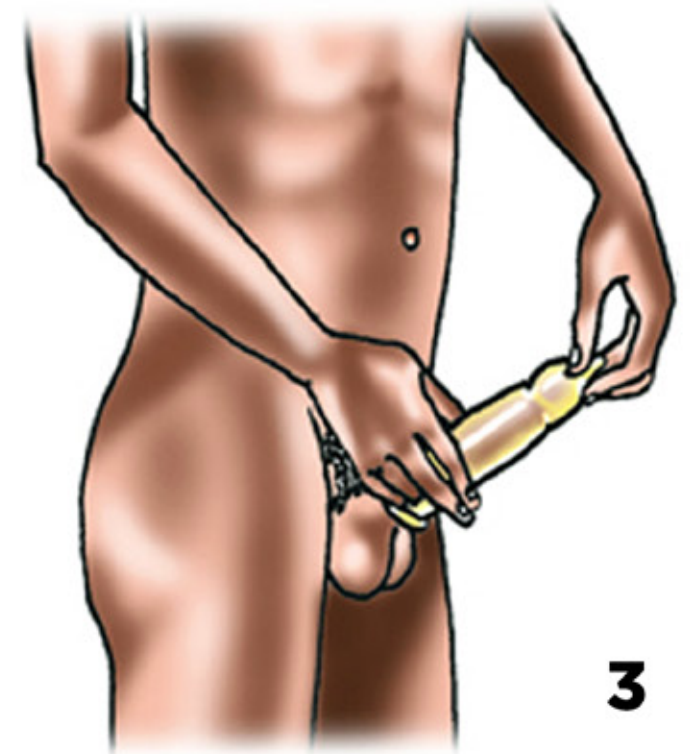
Card 8: How to Use Condoms



1



2



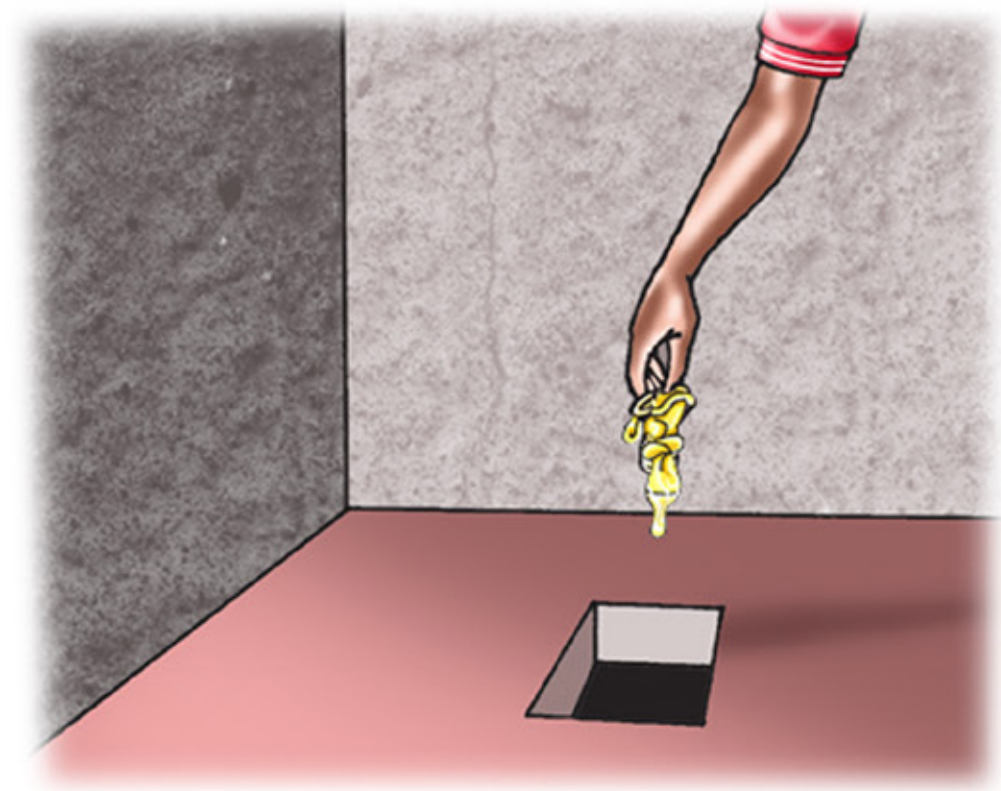
3



4



5



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

Card 8: How to Use Condoms

NOTE TO THE FACILITATOR: 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 participants are interested in the female condom you may want to find directions and demonstrate how to insert a female condom.



Ask: How easy is it for you to negotiate condom use with clients?
What do you already know about how to use condoms correctly?

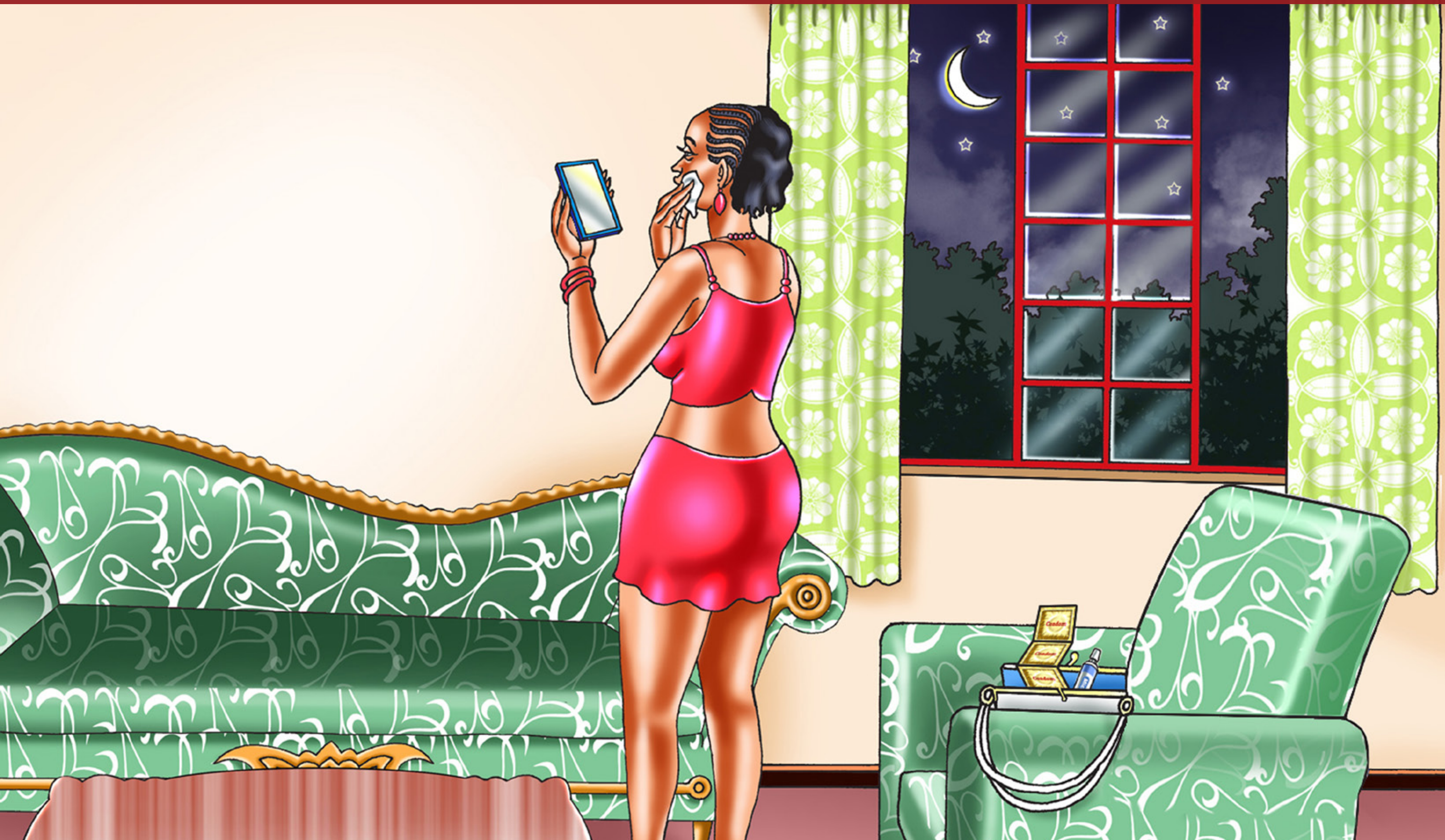
Discuss:

- 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?
- **ASK a participant to 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. Determine which way the condom is rolled, pinch the tip of the condom and roll it on the penis.
 3. Immediately after ejaculation, withdraw the penis and remove the condom.
 4. Use a tissue to remove the condom if possible. Tie the open end in a knot or simply wrap the condom in a tissue.
 5. Throw the condom in the 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?

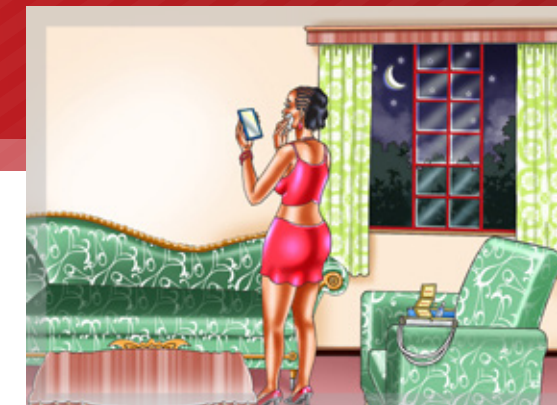
Proceed to Card 9.

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: We are coming to the end of our session. 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 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 at the clinic.
 - Call the free Gel hotline at 0800 000 000.
 - Go to the website www.nagel.co.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.

