



Guardian Project Curriculum

Group Level HIV & STD Risk Reduction Activities for Young Men Who have Sex with Men ages 18-29.

Healthy Relationships Part 3: Casual Relationships - Objectives

- ▽ To provide a comfortable environment in which MSM ages 18-29 can share and discuss experiences and opinions regarding casual relationships.
- ▽ To explore the benefits and risks of casual relationships (hook-ups, one night stands, public sex).
- ▽ To educate members on harm reduction techniques concerning casual sex.

Casual Relationships (Harm/Risk Reduction) Instructions

Agenda

Welcome & Check-in
Review of established
Ground Rules
QAF Screening
Discussion / Debrief
Last Words / Summary
Announcements

Activity:

1) Watch Queer As Folk Season 1, episode 18, in which “Dr. David” is discovered having sex at the local bath house by Brian Kinney. Brian “encourages” Dr. David to inform his boyfriend, Michael, that he has sex outside of their relationship. Michael and Dr. David then struggle with this new dynamic and have to renegotiate the boundaries of their relationship.

2) After viewing the episode, invite participants to share their reactions to the episode. In debrief, explore the following:
* Personal reactions to Open Relationships
* Risks and benefits of casual sex (Pro’s & Con’s)
* Ways to be safe when engaging in casual sex (harm reduction)

Possible Con’s of Casual Sex

Increased chances of STDs and HIV
Less fulfilling form of intimacy and “feeling close”
Reputation of being slutty
Negative reputation impedes getting a boyfriend
Trouble with the law if having sex in public
Public venues where people have sex are often unsanitary

Possible Pro’s of Casual Sex

Possibility of More Sex
Possibility of more sexual partners
Immediate gratification
“Thrill or high” from public sex
Multiple sex partners makes one feel attractive
People feel less obligated to share HIV status (thus less rejection, embarrassment)
Sex without strings attached

Supplies:

QAF Season 1 Episode 18
DVD/VCR and TV

Time Requirement:: 1.5–2+ hrs
(depending on group size)

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Key Talking Points / Questions to ask:

What are your reactions to the episode?

What can you do to keep yourself safe when having casual encounters?

What are the risks involved in casual sex? How can we protect ourselves from these risks?

What can you do to protect your health and safety if choosing to have sex in public places like the bath house?

What is the relationship to casual sex and HIV/STD transmission?

How does the intimacy level involved in casual sex differ from other relationships?

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Healthy Relationship Part 3: Casual Relationships - Sample Questions heard at Guardian Mpowerment Group 2005

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Public/Bath House Harm Reduction Tips generated by the men of Guardian (August 8, 2005)

- Never go alone so that you are not stuck in situations you don't want to be in.
- Wear flip-flops; you never know what's on the floor. Public showers and saunas can easily spread plantar warts and other skin-contact diseases.
- Ask around about the reputation of the facility. Find out from others how clean and safe it is before you go.
- Always bring your own condoms and lube. Do not trust that other people properly store their safer sex supplies or that they are in good condition.
- For all forms of sex (**ORAL AND ANAL**) use condoms **100%** of the time. Bath houses and public sex venues are known to be the sources for STD outbreaks such as syphilis.
- If you are NOT sensitive to mouth wash, bring mouth wash and rinse before and after all unprotected oral sexual encounters, but DO NOT brush or floss.
- Shower before and after each sexual encounter. Showering with your sexual partner also allows you an opportunity to quickly inspect their body for signs of STDs.
- Bring along a small flashlight if the location is going to be dark. This also allows you to inspect your partner's body.
- Lock your belongings in a safety box. Professional bath houses should provide these.
- Assume that your sexual partner was just having sex with someone else or has already had multiple sex partners that evening and protect yourself accordingly.

About the Guardian Project

The Guardian Project is an intensive, coordinated social marketing campaign designed to promote safer sex practices among young men who have sex with men (MSM) and to decrease the spread of HIV and STDs. One component, the **Guardian Mpowerment Groups**, are social discussion groups designed to bring out the best in our community. They provide Guardian Members with quality social events, and the information necessary to keep our minds and bodies healthy, and our sex lives **SAFE** and **ALIVE**. The Guardian Project is administered by the AIDS Foundation of St. Louis. Guardian Mpowerment Groups are organized by Project ARK.



CONDOM: TOOL OF MASS PROTECTION

CONSISTANT CONDOM USE PREVENTS HIV AND STDS

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