WOMEN HELPING WOMEN

“A Woman’s Prerogative”

HIV & Substance Abuse 101 Workshop
Agenda

• Introductions
• Short Intake Form & “Pop Quiz!”
• HIV Transmission & Prevention
• HIV Testing
• Condom Negotiation
• Substance Abuse Overview
• Q& A
• Workshop Evaluation
What is HIV?

- **Human Immunodeficiency Virus**

- First discovered in late 1983 and early 1984
What is HIV?

• HIV attacks your **immune system**

• HIV lives in human body fluids:
  - Blood
  - Semen
  - Breast milk
  - Body fluids including pre-cum
Why does HIV make people sick?

- CD4-T cell ("helper")
- HIV attacks and destroys CD4-T cells
- HIV reproduces on its own and spreads through the bloodstream
How is HIV Transmitted?

- During anal, oral, & vaginal sex
- Sharing injection needles
- From mother to baby in the womb, during birth, or during breast feeding
- In medical care settings though an accidental needle stick or splash
- Through blood or body part donations
HIV: The Facts

- More than 100,000 New Yorkers and 30,000+ women in the city are living with HIV
- 24% of all new diagnoses are women, 95% of which are minority and 2/3 are black
- More than 80% of new diagnoses and deaths are among African Americans and Latinos.
- Incidence of HIV is almost 5 times higher among African-American women and 3 times higher among Latinas
HIV: Signs & Symptoms

First Signs:
- Fever, swollen glands, poor appetite, feeling tired

Co-Factors:
- Getting other infections, drug use, age, poor health practices, new contact with HIV, STDs

Symptoms:
- Swollen lymph nodes, oral thrush, shingles, frequent fevers
- For Women: Yeast infections, abnormal pap smears, infections of sex organs
HIV Antibody Testing

- 3 Different Ways to Test:
  - Blood Test
  - Oral Fluid Test

- Test Results:
  - Negative
  - Positive
  - Indeterminate
Safe Sex: Condoms

• Latex condoms form a barrier and prevent contact with semen, blood, and vaginal fluids.
• Latex condoms are the best way to reduce the risk of infection from HIV and STDs.
• Latex condoms are also an effective means of birth control.
Safe Sex: Condoms

- Lubricated or non-lubricated?
- Regular or flavored?
- Reservoir or plain tip?
- Ribbed or non-ribbed?
- Small, medium, large or extra large?
- Colors?
Safe Sex: Condom Negotiation

• **Be prepared** to address common objections to condom use:
  – “What, you don’t trust me?”
  – “Only people with diseases use condoms!”
  – “Condoms kill the mood and don’t feel good!”
    - “You’re on the pill so I don’t need to use one!”
  - “If you make me wear one, I’m leaving!”
Safe Sex: Condom Negotiation

Condom Negotiation Exercise: Break into teams of two and role play negotiation

Respect and love yourself enough not to compromise your health! Don’t take chances!
Substance Abuse: What is it?

**A drug:** Anything a person puts into their body that affects the brain, mood, thought, and perception.

- Drugs can be legal and illegal
Addiction & Denial

• Addiction = Being abnormally tolerant to and dependent on something that is psychologically or physically habit-forming

• Denial = Occurs when users do not admit that their drug use is a problem
Why do people take drugs?

- Boredom
- Stressed
- Dealing with personal problems
- To fit into a group or environment
- To feel accepted by a mate, spouse or friend
- To be rebellious
Commonly Used Drugs

- Alcohol
- Marijuana
- Cocaine
- Heroin
- Prescription Drugs
- MDMA (Ecstasy)