



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
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What is HIV?

- **H**uman **I**mmunodeficiency **V**irus
- 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 through an accidental needle stick or splash
 - Through blood or body part donations
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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**
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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:

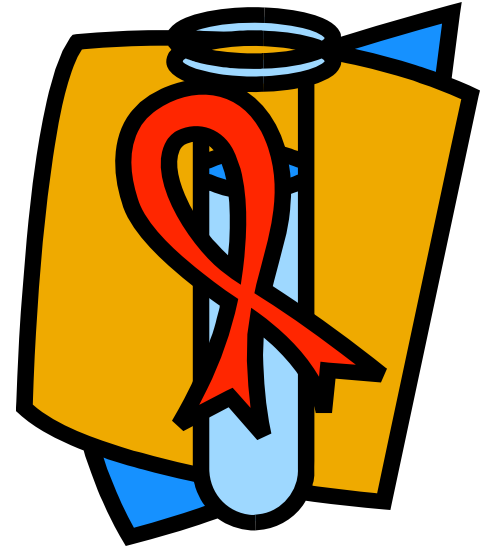
- Swollen lymph nodes, oral thrush, shingles, frequent fevers
 - For Women: Yeast infections, abnormal pap smears, infections of sex organs
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HIV Antibody Testing

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

- Test Results:
 - Negative
 - Positive
 - Indeterminate





Safe Sex: Condoms



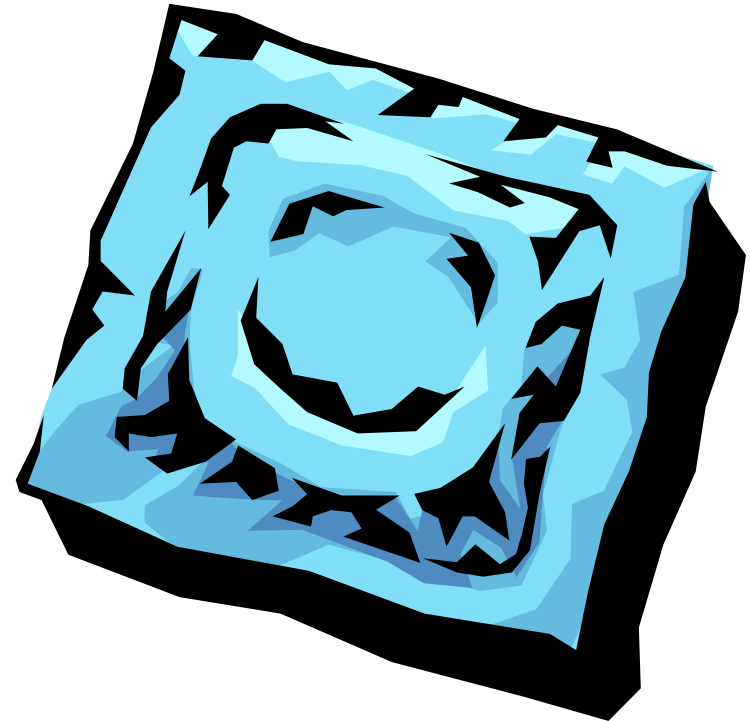
- Latex condoms form a barrier and prevent contact with semen, blood, and vaginal fluids.
- Latex condoms are the best way to reduce the risk of infection from HIV and STDs.
- Latex condoms are also an effective means of birth control.





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

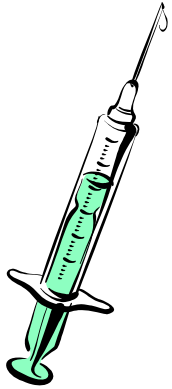
Condom Negotiation Exercise: Break into teams of two and role play negotiation



**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?

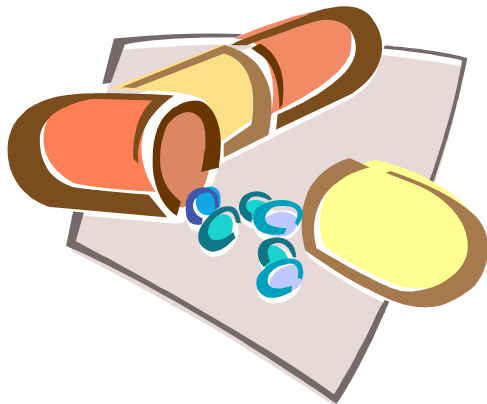
- Boredom
- Stressed
- Dealing with personal problems
- To fit into a group or environment
- To feel accepted by a mate, spouse or friend
- To be rebellious





Commonly Used Drugs

- Alcohol
- Marijuana
- Cocaine



- Heroin
- Prescription Drugs
- MDMA (Ecstasy)





Q&A?

