

Sweetheart

By Tiffany Midge (Lakota)

when we make love
press brown skins
& lovely bones
together
& are two half-
breed hearts
grooving
to the same fullblood
dance
we create not only
a whole Indian song
(your Chippewa chants
to my Lakota tune)
but sweetheart
in the dark
we become the
entire tribe.



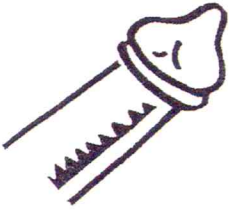
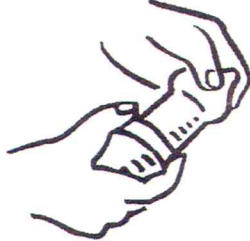

Source: http://www.nativewiki.org/Tiffany_Midge

SISTER Proactive Communication Model

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| S | <p>I need to think about my SELF first.</p> <p>What do I value?</p> <p>Being a Proud Native American woman</p> |
| I | <p>I need to use the INFORMATION I have about sex and STIs, including HIV/AIDS.</p> <p>What is safe for me to do?</p> <p>HIV/AIDS Education</p> |
| S | <p>I need to think about the SITUATION I am in.</p> <p>What trouble does it put me in?</p> <p>HIV/AIDS Education & Cultural Resilience</p> |
| T | <p>I need to state the TROUBLE to my partner.</p> <p>What are my options? What are the consequences?</p> <p>Sexual Communication</p> |
| E | <p>I need to have an EQUAL voice and tell my partner in a proactive manner what I would like to do.</p> <p>Sexual Negotiation</p> |
| R | <p>I need to RETHINK the situation and suggest an alternative.</p> <p>Can I live with the consequences of the alternative?</p> <p>Sexual Negotiation</p> |

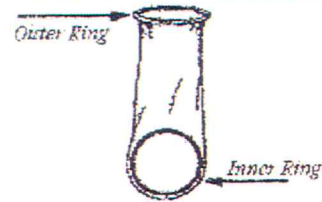
**15 Steps
To
Correct Condom Use**

1. Discuss having safer sex with your partner.
2. Get latex condoms.
3. Store condoms in a cool dry place until you are ready to have sex.
4. Check expiration date.
5. Penis must be erect.
6. Open condom package carefully to avoid tearing the condom.
7. Visually inspect the condom for holes, tears, discoloration of condom, or brittle texture.
8. If needed, add a small amount of water-based lubricant to the inside of condom.
9. Hold tip of condom and place it on the erect penis leaving room at the tip for ejaculate.
10. While gently smoothing out the air bubbles, unroll the condom to the base of the penis.
11. Engage in safer anal, oral, or vaginal sexual activity.
12. After ejaculation, hold the condom at the base of the penis and withdraw the penis.
13. While the penis is still erect and point away from you, carefully remove the condom without spilling any fluids.
14. Discard the used condom in a tissue and throw it in a trashcan. Do not flush condoms down toilet.
15. Use a new condom with each act of vaginal, oral, or anal intercourse.

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| <p>1.</p>  <ul style="list-style-type: none"> • If you decide to have sex, use a latex condom with each act of sex. • Check the expiration date on the condom. • Do not use expired condoms or condoms that are yellow, brittle, or sticky. | <p>2.</p>  <ul style="list-style-type: none"> • Handle the condom carefully so as not to damage it with fingernails, teeth or other sharp objects. |
| <p>3.</p>  <ul style="list-style-type: none"> • Put on the condom when the penis is erect and before any genital contact with partner. | <p>4.</p>  <ul style="list-style-type: none"> • Hold the tip of the condom so that air will not be trapped; and unroll the condom all the way down the erect penis. |
| <p>5.</p>  <ul style="list-style-type: none"> • To ensure adequate lubrication during sex, use a water-based lubricant on the outside of the condom so that it will be less likely to break. This lubricant should not be used inside the condom. • Do not use oil-based lubricants which can cause a latex condom to break. These lubricants include petroleum jelly, shortening, mineral oil, massage oils, and body lotions. | <p>6.</p> <ul style="list-style-type: none"> • To remove the condom, hold it firmly at the base of the penis and withdraw while the penis is still erect to prevent slippage. Throw the condom away. • Leave condoms in cool, dry places where they will be used. <p>Remember: Abstinence is the only sure way to prevent the sexual transmission of HIV.</p> <p><i>Source: MMWR, August 8, 1993</i></p> |

1. Open End (Outer Ring)

The open end covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place.



2. How to Hold the Sheath

A. Hold the inner ring between the thumb and middle finger. Put your index finger on pouch between the other two fingers.

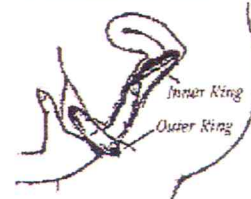
OR

B. Just squeeze



3. How to Insert the Condom

Squeeze the inner ring. Insert the sheath as far as it will go. It's in the right place when you can feel it. Don't worry – it can't go too far and it won't hurt!



4. Make Sure Placement is Correct

Make sure the sheath is not twisted. The outer ring should be outside the vagina.



5. Removal

Remove before standing up. Squeeze and twist the outer ring. Pull out gently. Dispose with trash, not in the toilet.



Use More Lubricant if –

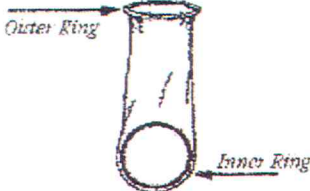

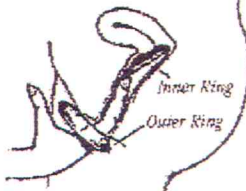


- The penis does not move freely in and out.
- You feel the outer ring is pushed inside
- There is noise during sex
- You feel *The female condom*TM when it is in place
- *The female condom*TM comes out of the vagina during use

Remove and Insert a New *female condom*TM if –

- *The female condom*TM rips or tears during insertion or use
- The outer ring is pushed inside
- The penis enters outside the pouch
- *The female condom*TM bunches inside the vagina
- You have sex again

Add lubricant to inside of sheath or to the penis. Start with drops and add more if desired.

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| <p>1. Open End (Outer Ring)</p> <p>The open end covers the area around the opening of the vagina. The inner ring is used for insertion and to help hold the sheath in place.</p> |  |
| <p>2. How to Hold the Sheath</p> <p>A. Hold the inner ring between the thumb and middle finger. Put your index finger on pouch between the other two fingers.</p> <p>OR</p> <p>B. Just squeeze</p> |  |
| <p>3. How to Insert the Condom</p> <p>Squeeze the inner ring. Insert the sheath as far as it will go. It's in the right place when you can feel it. Don't worry – it can't go too far and it won't hurt!</p> |  |
| <p>4. Make Sure Placement is Correct</p> <p>Make sure the sheath is not twisted. The outer ring should be outside the vagina.</p> |  |
| <p>5. Removal</p> <p>Remove before standing up. Squeeze and twist the outer ring. Pull out gently. Dispose with trash, not in the toilet.</p> |  |
| <p>Use More Lubricant if –</p> <ul style="list-style-type: none"> • The penis does not move freely in and out. • You feel the outer ring is pushed inside • There is noise during sex • You feel <i>The female condom™</i> when it is in place • <i>The female condom™</i> comes out of the vagina during use | <p>Remove and Insert a New <i>female condom™</i> if –</p> <ul style="list-style-type: none"> • <i>The female condom™</i> rips or tears during insertion or use • The outer ring is pushed inside • The penis enters outside the pouch • <i>The female condom™</i> bunches inside the vagina • You have sex again |

Add lubricant to inside of sheath or to the penis. Start with drops and add more if desired.

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Negotiating Safer Sex

Situation A:

Bonita and JR have been married for 16 years. They have two beautiful girls, Celeste age 13 and Cecilia age 11. JR is a good man who sometimes finds it hard to keep a decent job. When he gets laid off or loses his job, he begins to use alcohol to cope with his stress. It's during these times that JR and Bonita's relationship gets on shaky ground. Bonita knows JR loves her and the girls, but she also remembers in the past, especially when he's been drinking, she's caught him messing around with other women.

Recently, Bonita attended the community health fair with the girls where she visited some booths that had information on sexually transmitted diseases (STDs), including HIV/AIDS. After reading the material, Bonita learned a lot about how a person can get an STD. Being married for so long, she didn't think she needed to use condoms, but after talking more to the health educator and thinking back to some of JR's "flings" over the years, she decides that using condoms would be a good idea. Though she's been with JR for so long, she knows that condoms would keep her safe from getting STDs, including HIV.

Bonita's next step is to discuss using condoms with JR.

Situation B:

Melissa and James have been high school sweet hearts since their freshman year in high school. James, the once all-star football player, loves Melissa and has no plans to leave her, but tends to mess around with other girls in their small community. Melissa loves James but she's not sure she wants to stay with him. About a year ago, James gave Melissa chlamydia and ever since then, it has made it difficult for her to trust him.

Melissa attended a STD education and prevention workshop through her work. After learning that condoms can reduce the risk of becoming infected with HIV and other STDs, Melissa decided she and James should start using condoms.

When Melissa approaches James about using condoms, he becomes very angry and starts to question why they needed condoms and whether she is seeing someone else. He tells her that if she brings up the subject again he would hurt her bad.

Situation C:

It's Saturday night and you're ready to get your party on! You and your friends hear about a house party taking place down the street from your house. As you pull up to the house, you can see a lot of cute guys there, including Michael. You begin to flirt with him and he flirts back. It's almost midnight, and Michael asks if you would like to come back to his place. Once there, things start to get heated. Before you go any further, you ask him "Do you have a condom?" His response is "No, I don't need condoms. Don't worry, I don't have anything."