

Dear Experts

We want to learn more about how to talk about safer sex with people your age--and who better to tell us how we can do that than you!?!

You can answer these questions as yourself, or pretend you are one of your friends, or anybody else. We are so excited to learn more about this topic from your perspective and how we can talk about this better.

Thanks for your help!

Dr Wilkinson and Dr Kottke

WHAT YOU NEED TO KNOW:

1

This workbook is for a study being done by Dr. Tracey Wilkinson at Indiana University School of Medicine and Dr. Melissa Kottke at Emory University.

The goal is to create messages about dual protection that you can get without a prescription.

You will be 1 of about 50 people who will be filling out workbooks just like this.

2

We want to know what you are thinking, but it's okay if you want to think of things from the point of view of your best friend, sister, or brother. There are no wrong answers!

3

Fill out as much of this workbook as you can. Try to write clearly so we can read your answers.

LET'S
DO
THIS

If you have questions, need help sending the book back, or lose the envelope call (317) 278-6920 or email bcstudy@iu.edu.

Attn: Dr. Tracey Wilkinson
410 West 10th St.
Indianapolis, IN 46202
HITS Building, Suite 2000

safe sex champion

CIRCLE THINGS THE SAFE SEX CHAMPION WOULD DO



CROSS OUT THINGS THE SAFE SEX CHAMPION WOULD NOT DO



- learns about birth control options
- gets tested regularly
- has a back-up plan for accidents
- has decided if they're ready
- goes to pharmacy to pick up the pill
- feels in control
- asks for what they want
- is firm about boundaries
- lets people talk them into things
- is embarrassed buying condoms
- knows how the pill works
- knows how pregnancy works
- knows how STDs are spread

- uses birth control + condoms
- uses hormonal birth control
- uses condoms
- has unprotected sex
- has a plan
- is embarrassed talking about sex
- is embarrassed discussing sex w/ partner
- buys condoms
- takes birth control on a schedule
- talks to partner about birth control
- asks partner to use a condom
- plays "just the tip"
- lies to partners about birth control

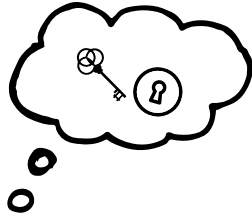
WHAT DID WE MISS?

what do you think a safe sex champion would do?

what do you think a safe sex champion would not do?



in your opinion...



What does the word PROTECTION make you think of when it comes to sex?

What do you think DUAL PROTECTION means?

I would trust _____ to give me advice about birth control.

I would never trust _____ to give me advice about birth control.

The best place to get advice about birth control is _____.

The worst place to get advice about birth control is _____.

What would make learning about birth control easier for you?

ok, but what's dual protection for real?

Health experts recommend that during sex, a male uses a condom and a female uses birth control for best protection against diseases and pregnancy. Some people call this "dual protection," but we don't know if that's the best name for it. What would you call it?

Q what would you call using a condom when you or your partner is also using hormonal birth control? list any ideas you can think of.

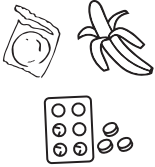


A

read this
write here...

draw us some pics...

You don't have to be an artist. Stick figures and scribbles are perfect. We want you to think about what dual protection means to you and draw us some pics. What are some things that go together? Think apple pie and ice cream... Here's some more inspo:



what would you think?

You and your best friend, Sam, are checking out the candy selection at a pharmacy when you notice birth control is right there on the shelf. You don't need a prescription, or to even talk to a doctor. You know Sam has been having sex for a while...

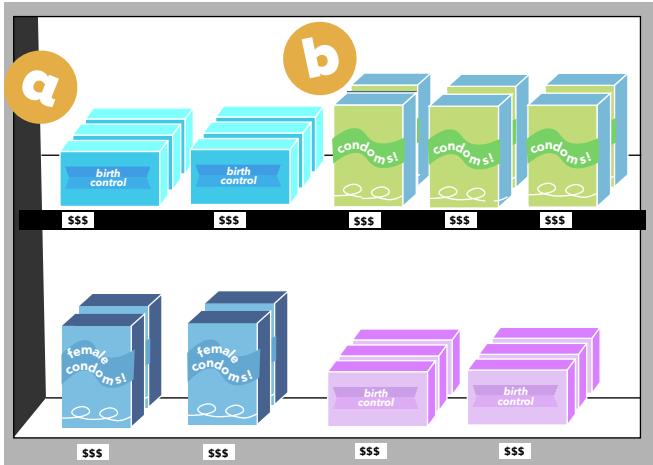


If you walked into the pharmacy today, and saw birth control pills on a shelf, what would you think? Where would you look for more info?

When you see this, what are you most excited about?

But you aren't sure about...

this or that?



Sam is already taking hormonal birth control. She picks up some condoms while she's getting a new pack.

You're curious about why Sam would buy both hormonal birth control and condoms, so you ask, "What are the top 3 reasons you need both?" What does Sam say?

1

2

3

Would being able to buy birth control without a prescription change the way you think about condoms? Why or why not?

What do you think could happen if your friend was on birth control but didn't use a condom?

it goes down in the group chat



YOUR FRIEND JAMIE, the curious one

has decided to take it to the next level with their new love interest, and lets you know in the group chat between the two of you and Sam...

YOU, the practical one

are the person in your friend group who is practical. People tend to come to you when they need advice

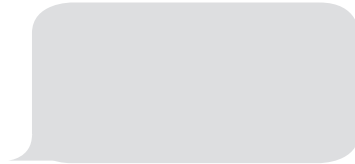


YOUR BEST FRIEND SAM, the knowledgeable one

has been sexually active for a while and is seen as the person in your group who is knowledgeable about sex



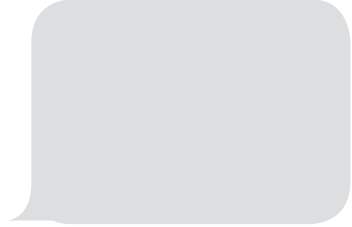
Jamie sends a text to tell you about something they did and you think it's a little risky... what did Jamie tell you?



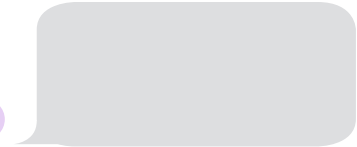
How do you break the news that you think Jamie isn't following the safest sex practices?



Sam weighs in and agrees with you. Why does Sam think it's risky?



What does Sam recommend Jamie do instead?



After your trip to the pharmacy, you have a pretty good grasp on this dual protection thing. How do you explain it to Jamie?



it's ok, baby

After learning about dual protection, Jamie is convinced and wants to practice safer sex, but their partner is resisting..How should Jamie respond?

don't worry
about condoms.
i'm on the pill.

let's ditch this
condom. don't
you trust me?
we've been
going out for a
year!