

## Safe or not?

### Objectives:

1. Catalogue the extent to which participants have knowledge of safer sex techniques and supply lacking information.
2. Raise awareness regarding the fact that there are more safe than unsafe sexual techniques.

**Duration:** 30 to 45 minutes

**No. of participants:** Minimum 6, maximum 20

**Material needed:** 3M post-it notes (the little yellow selfadhesive pads), pens, 4 flipchart sheets of a naked man and woman one flipchart with two columns titled 'safe' and 'unsafe'

### Exercise outline:

- Split the group in two or more smaller groups.
- Supply each group with post-it notes, a pen and the instruction to write down as many variations as possible on lovemaking (techniques, positions, acts). On each little sheet another technique. Sheets are stuck on the table for the time-being. (10 min.)
- Put the 4 prepared flipchart sheets on the wall. On the flipchart, the naked front and back of man and woman
- The participants have 5 minutes to put the post-it sheets on those parts of the body where they think a certain variation belongs.
- Then, put the 5th flipchart sheet against the wall. This flap-over sheet has two columns: one labelled 'safe', the other 'unsafe'.
- Let each participant take some attached post-it notes and read aloud the variation written down. Then the participant puts the sheet in the right column.
- To conclude, discuss the result and give additional information if necessary.

