

*a TCU/DATAR Training Module*

# *Time Out!* *For Me*

*an Assertiveness/Sexuality Workshop*  
*Specially Designed for Women*

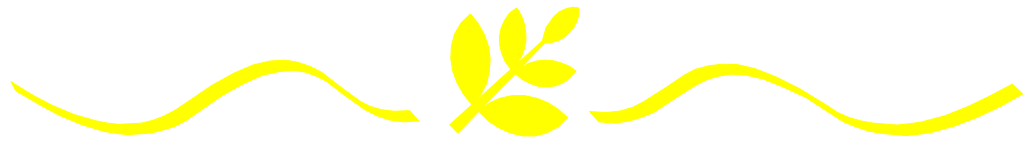


Institute of Behavioral Research  
Texas Christian University

# *Time Out!*

# *For Me*

*a Training Module from the  
TCU/DATAR Project*



*Developed by  
Norma Bartholomew, M.A.*

*Lois R. Chatham, Ph.D.  
Project Manager*

*D. Dwayne Simpson, Ph.D.  
Principal Investigator*

This module was developed as part of NIDA Grant DA06162, *Improving Drug Abuse Treatment for AIDS-Risk Reduction (DATAR)*.

The ***Time Out! For Me*** training module and data collection forms may be used for personal, educational, research, and /or information purposes. Permission is hereby granted to reproduce and distribute copies of these materials (except reprinted passages from copyrighted sources) for nonprofit educational and nonprofit library purposes, provided that copies are distributed at or below costs and that credit for author, source, and copyright are included on each copy. No material may be copied, downloaded, stored in a retrieval system, or redistributed for any commercial purpose without the express written permission of Texas Christian University.

For more information on ***Time Out! For Me***, please contact:

Institute of Behavioral Research  
Texas Christian University  
TCU Box 298740  
Fort Worth, TX 76129  
(817) 257-7226  
(817) 257-7290 FAX  
Email: [ibr@tcu.edu](mailto:ibr@tcu.edu)  
Web site: [www.ibr.tcu.edu](http://www.ibr.tcu.edu)

© Copyright 2002 Texas Christian University, Fort Worth, Texas. All rights reserved.

# Contents

<b>Acknowledgments</b>	<b>iv</b>
<b>Preface</b>	<b>v</b>
<b>Introduction</b>	<b>1</b>

---

## **Sessions**

<b>1</b>	<b><i>A New Outlook on Sexuality</i></b>	<b>3</b>
	seeks to to increase participants' awareness and understanding of the multidimensional nature of sexuality and to improve self-esteem.	
<b>2</b>	<b><i>My Personal Rights</i></b>	<b>25</b>
	explores the basic principles of effective communication and allows participants the opportunity to rehearse using them.	
<b>3</b>	<b><i>Getting Through to People</i></b>	<b>51</b>
	helps women explore the impact of nonverbal messages and words and phrases that hamper communication. Refusal skills are introduced and practiced.	
<b>4</b>	<b><i>Woman-Care Self-Care</i></b>	<b>81</b>
	provides a foundation of reproductive health information and teaches breast self-examination.	
<b>5</b>	<b><i>Choices for Today's Woman</i></b>	<b>101</b>
	allows participants to gain knowledge of human sexual behavior and response and to practice discussing safer sex choices that may be appropriate for their intimate relationships.	
<b>6</b>	<b><i>Talking About Sexuality</i></b>	<b>127</b>
	helps participants explore issues and strategies for improving honest communication with a partner about sex and uses role play and communication skills to help gain comfort in discussing safer sex practices.	

---

## **Appendices**

<b>A</b>	<b><i>How to Use this Manual</i></b>	<b>139</b>
<b>B</b>	<b><i>Human Sexuality</i></b>	<b>147</b>
<b>C</b>	<b><i>FACTS Reference Section</i></b>	<b>159</b>
<b>D</b>	<b><i>Client Survey</i></b>	<b>201</b>

<b>References</b>	<b>205</b>
-------------------	------------

<b>Resources for Teaching Materials</b>	<b>207</b>
---	------------

# Acknowledgments

---

As with all projects, many people have contributed their time, energy, and expertise to the development of this manual. Special thanks to Charlotte Pevoto for her creative layout and design of the manual; to Dianne Nixon for her illustrations of reproductive anatomy and physiology; to Jim Morgan with the American Cancer Society, Texas Division, for permission to adapt and reprint instructions for breast self-examination; and to Peter Brownlie with Planned Parenthood of North Texas, for permission to reprint the FACTS Reference Manual. Thanks also to Carolyn McClellan for her involvement and suggestions during the initial field testing of this module, and to DATAR counselors Frances Feist, Lara Hulin, Victoria Hinojosa, Kenna Roberts, and Pamela Vickers for their help in fine tuning the final draft.



# Preface

The TCU/DATAR project seeks to enhance drug abuse treatment and reduce client dropout and relapse rates. Innovative cognitive mapping techniques and a variety of interventions have been developed for this project including: a structured AIDS/HIV information curriculum; modules for contingency management, relapse prevention, support training, and life skills enhancement; plus an assertiveness workshop for women (**Time Out! For Me**). A central focus of the DATAR intervention is reduction of AIDS/HIV risk among injection drug users, in both sexual and needle use behaviors. The DATAR project is being conducted by the Institute of Behavioral Research at Texas Christian University, in collaboration with three treatment agencies in Texas (Corpus Christi, Dallas, and Houston) which provide methadone maintenance services.

Women injection drug users and their children are the fastest growing population of people infected with HIV. The **Time Out! For Me** manual was developed as a training and reference tool for counselors in the TCU/DATAR project to use with women's groups. Beyond that, this manual would be relevant for any agency or organization wishing to conduct workshops with sexually active women at risk for HIV infection.

The **Time Out! For Me** program has the following objectives:

- ❖ To improve the self-esteem and communication skills of women within their intimate relationships.
- ❖ To help women explore their feelings and attitudes about sexuality and their sexual relationships.
- ❖ To increase women's knowledge about their sexual and reproductive health, including safer sex choices and strategies.

The **Time Out! For Me** program provides a format for treatment agencies to introduce and begin discussions with women around the sensitive topics of sexuality, interpersonal relationships, and self-esteem. The expectation is that counselors will use the introduction provided by the **Time Out!** workshop to enhance their individual counseling sessions with women clients and to help them further explore sexual issues and safer sex choices.

The material in each of the six sessions is, for the most part, self-contained; however, clients who are able to attend all sessions sequentially will gain the most. Each session contains a brief review of material covered in the previous sessions. The program uses prepared flip charts, overhead transparencies, videos, handouts, and small and large group activities to present the information. Suggested discussion questions for each topic area and activity are provided.

---

The **Time Out! For Me** manual uses a step by step format to guide counselors. Materials for producing handouts and overhead transparencies are included in the manual, along with instructions for preparing flip charts. Activity sheets, session evaluation forms, and a pretest/posttest instrument are also included.

With the exception of abstinence, a woman's ability to choose a safer sex option is always linked to her ability to communicate with her partner. Lack of comfort with her sexuality, inability to discuss sexual topics, and a failure to recognize her right to do so are primary hurdles that must be overcome before she can hope to negotiate and implement a safer sex strategy with a sexual partner. This manual seeks to give women the power and the skills necessary to begin such negotiations.





## *Introduction*

### **Getting Started**

The **Time Out! For Me** module was developed for the TCU/DATAR project and designed to help counselors work with sexually active women to improve their self-esteem, interpersonal communication skills, and comfort with sexuality. These are important issues for increasing women's acceptance of safer sex choices and healthier sexual life-styles, and may help reduce their risk of HIV infection from sexual behaviors.

### **Communication Is The Key**

Safer sex. When we hear the expression, we think of condoms, monogamy, abstinence — as though those were simple solutions for reducing sexual risks. But, in practice, it's much more complex. **For women, “safer sex” is primarily a communication strategy which requires knowledge of sexual health, good self-esteem, assertiveness, a sense of body ownership, communication skills, and persuasiveness.** With the exception of abstinence, there are no safer sex strategies that a woman can practice without her partner's involvement and cooperation. Safer sex is much different than other health decisions. If a woman decides to start doing monthly breast examinations, she can implement the decision on her own. However, if she decides to practice safer sex, she must persuade another person to assist her in implementing the decision. Even the new female condom, by its design, requires a partner's acceptance in order to be used effectively.

The **Time Out! For Me** module focuses on communication skills within the situational context of intimate sexual relationships. *I-statements, listening skills, nonverbal communication, and effective refusal* are among the skills discussed and practiced.

In addition, the module provides sexual and reproductive health information for women, including a presentation of safer sex strategies. The importance of the Pap test, prenatal care and breast self-examination are explored, and breast self-examination is taught. Women are provided a forum for discussing and dispelling sexual mythology and stereotypes. Information about human sexual response is also provided.



**Time Out!  
For Me**

The materials are organized for presentation in six two-hour educational group sessions. Coffee or other refreshments may be made available during the meetings. It is strongly recommended that childcare be provided as the subject matter of the workshop is of an adult nature.

***In Session 1***

Sexuality is defined and issues related to sexuality, such as body image, eroticism and intimacy are discussed. The impact of self-esteem on sexuality is discussed along with strategies for improving self-concept.

***In Session 2***

Personal rights of self-expression are introduced and communication skills such as I-Messages, listening, and negotiation are introduced and practiced.

***In Session 3***

Nonverbal communication and body language are explored and roadblocks to communication are identified. The session also introduces refusal skills and allows discussion and practice.

***In Session 4***

Sexual and reproductive health issues are introduced (the Pap test, prenatal care, and breast self-examination). Sexual mythology is explored and breast self-examination is practiced.

***In Session 5***

The female and male human sexual response cycle is explained and discussed. Safer sex strategies (condoms, monogamy, abstinence, and nonpenetrative sex) are presented as choices. Communication skills related to safer sex decisions are reviewed and practiced.

***In Session 6***

Societal constraints about discussing sexual issues are explored, and communication skills are reviewed and practiced within the context of sexual relationships.

