

# HIV Risk Activity: High Risk, Low Risk, No Risk

## Goals:

- To teach high risk behaviours.
- To teach what activities are safest and why.
- To highlight ways of making higher risk activities safer.

## Have Ready:

- At least 5 youth
- “High Risk”, “Low Risk”, and “No Risk” signs
- Activity cards (create large cards using the list below)
- Tape for posting signs and cards on the wall

## Instructions:

- Use the sample list below and make activity cards. Write or type out one activity (e.g. kissing) per paper.
- Make and post the “High Risk”, “Low Risk”, and “No Risk” signs around the room.
- Pass out the cards.
- Instruct the youth to read their card then post it under the sign they think best describes the level of risk.
- You might read one card out loud to the group as an example and ask, “**Where should this card go?**”
- If any of the youth are unsure about where the cards should go, encourage them to take their best guess.

## Debrief:

- Starting with High Risk, debrief the activity by reading each of the cards.
- **High Risk:** When unsafe bodily fluids are transmitted: sex fluids (semen, pre-ejaculate, vaginal fluid, rectal fluid), blood, or breastmilk.

- **Low Risk:** When condoms, sex dams, or clean needles (as opposed to *new* needles) are used.
- **No Risk:** Where there is no exchange of unsafe bodily fluids.
- If any cards are in the wrong category, move into to the appropriate level of risk.
- Debrief each card under High Risk by asking, “**How could this be made lower or no risk?**”
- Highlight the activities under Low and No Risk to show that there are many low or no risk activities to do with a partner.
- Clarify that while oral sex is low or no risk for HIV transmission, it is a high risk activity when it comes to other STIs. (Oral sex with a condom is considered no real risk for HIV).
- By doing this activity we can practice assessing risk when it comes to HIV transmission and learn how high risk activities can be made lower risk by using condoms or new needles.

## **Additional Activities:**

Ideally, this activity can be followed by:

- Condom Demo
- Internal Condom Demo
- Sex Dam Demo
- Condom Competition
- Condom Play Stations

<b>No Risk:</b>	<b>Low Risk:</b>	<b>High Risk:</b>
<p>Grinding (with clothes on)            Kissing            Massage            Holding hands            Using your own sex toys            Touching Breasts            Heavy petting (above the waist, under the waist above the clothes)            Watching each other masturbate            Masturbating on your own            Using new needles            Mutual masturbating (without exchanging bodily fluids)</p>	<p>Sex with a condom            Cleaning and re-using needles            Oral sex without a condom            Oral sex without a sex dam*            Oral sex without a condom*</p>	<p>Sex without a condom with someone you love            Sex without a condom and pulling out before you cum            Vaginal sex without a condom            Anal sex without a condom            Sharing needles for drug use            Sharing sex toys            Cumming near partner's genitals            Sharing needles for steroids            Sharing tattoo/piercing needles</p>

\*Unprotected oral sex is not considered a high risk activity for HIV transmission.<sup>1</sup> These cards can go in between No and Low Risk.

# Endnotes

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<sup>1</sup> [www.catie.ca/en/basics/hiv-and-aids?utm\\_source=google&utm\\_medium=cpc&utm\\_content=en&utm\\_campaign=hiv%20and%20aids%20basics#how](http://www.catie.ca/en/basics/hiv-and-aids?utm_source=google&utm_medium=cpc&utm_content=en&utm_campaign=hiv%20and%20aids%20basics#how), accessed July, 2016.