

# HIV Risk Activity: Higher Risk, Lower Risk, No Risk

**Recommended Age: 12+**

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

- **Lower 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 them to the appropriate level of risk.
- Debrief each card under Higher Risk by asking, “**How could this be made lower or no risk?**”
- Highlight the activities under Lower and No Risk to show that there are many low-risk 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.

<b>No Risk:</b>	<b>Lower Risk:</b>	<b>Higher Risk:</b>
Grinding (with clothes on) Kissing Massage Holding hands Using your own sex toys Touching breasts/chests 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)	Sex with a condom Cleaning and re-using needles Oral sex without a sex dam* Oral sex without a condom*	Sex without a condom with someone you love Sex without a condom and pulling out before you cum Penis-vagina sex without a condom Penis-anus 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

## Additional Activities

Ideally, this activity can be followed by:

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