Men Having Sex with Men  Picture Codes
How to use PICTURE CODES

Introduction

• Picture codes are materials that are used to stimulate a discussion about specific issues like behavior which puts people at risk of HIV infection.

• The picture code has a photograph on one side showing people in different situations and on the other side has questions for the field worker to ask to stimulate a discussion.

• Underneath the questions are “talking points” or information the field worker can share with participants.

• Picture code stories are basically the same as picture code except that there are several pictures that should be shown and discussed one after the other. They usually tell a story of people in different situations who make different behavior choices.

Getting started

• Bring together a group of one to 15 participants for a session and have participants sit in a circle or in a way they can see the picture.

• It is best not to stand in front of the participants like a teacher since the idea is to get the participants to talk about themselves.

• The field worker should lead the discussion by asking questions and not talk too much.

Asking questions

• Show the picture to the participants and start with the general question “what is happening in this picture?” That should be enough to get the discussion started.

• Ask other questions to stimulate further discussion.

• Skip questions that have already been discussed.

• Ask follow-up questions to encourage the participants to offer more detail about their behavior.

• Try to ask open-ended questions that don’t take a single word answer like “yes” or “no” such as “What do you think about that?”
**Being a good listener**

- Don’t be judgmental or moralistic about the discussion.
- There is no right or wrong answer to the questions.
- The idea is to get participants to think about their behavior choices.
- A good field worker is a good listener who is very interested in the answer to the questions.
- Get the participants to relate what is happening in the photos with themselves or people they know.
- Correct any misinformation at the end of the session, not during the session.

**Getting everyone to participate**

- Don’t let one or two people talk all the time.
- Ask a question directly to a different person each time.
- Re-ask the same question to different people.
- Ask other if they agree with the responses given.

**Organizing sessions**

- Discuss one or two picture codes or flip chart pages in a half-hour session. Take as long as the group wants to discuss each picture code.
- Discussing many pictures in one session not recommended unless it is doubtful the field worker will see the participants again.
- Use the information under the “Talking Points” section to answer questions or make points that haven’t already come up in the discussion.
- If specific questions arise find a suitable picture to use to stimulate a discussion on the topic.
Alcohol and Unsafe sex picture 1

- What is happening in this picture?
- Why are these men drinking so much?
- How can drinking too much (binge drinking) lead to having sex with someone you just met?
- What are other dangers of binge drinking?

Key Messages:

- Binge drinking is drinking too much at one time.
- Binge drinking can lead to risky sexual behaviour, like having sex without a condom, and possible infection with HIV.
- Drinking alcohol in large quantities can destroy your brain cells and other organs.
- Binge drinking can also cause you to miss work, lose your job and can cause violence, injury or even death.
Alcohol and Unsafe sex picture 2

- What is happening in this picture?
- Why is the man holding his head and looking at the unopened condom box and lubricant packet?
- What are the dangers of having sex with someone you just met while you are drunk?
- What does being drunk have to do with condom and lubricant use?

Key Messages:

- Getting drunk can lead to risky behaviours such as having sex without a condom and lubricant, and having sex with someone who’s HIV status you don’t know.
- Getting Drunk can reduce your ability to think clearly and take responsibility of using condoms and lubricants consistently and correctly.
Negotiating Condom and Lubricant Use

- What is happening in this picture?
- Why does the partner not want to use a condom and lubricant?
- How can the man convince his partner to use a condom and lubricant?
- What is correct and consistent condom and lubricant use?
- What are the risks of not using condoms and lubricants during anal sex?
- What kind of lubricant can be used?

Key Messages:

- Condoms and Lubricants should always be used together every time you have sex. Condoms should only be used once.
- Always use a water-based lubricant. Vaseline or oil will cause the condom to break.
- Condoms and lubricants help with smooth penetration and reduce pain when having anal sex.
- Using condoms can protect you from HIV and STI infection.
- Always use condoms and lubricant together.
Multiple Concurrent Partnerships Picture 1

• What is happening in this picture?
• How does the man and the woman feel about their family?
• How would you describe the relationship between the man and the woman?
• How would you describe a healthy relationship within this family?

Key Messages :

• Children are happier when their parents are happy.
• Healthy relationships begin with couple communication, honesty, trust and sharing of responsibilities.
Multiple Concurrent Partnerships Picture 2

- What is happening in this picture?
- What do you think will happen next?
- Is it possible that the married man may have sex with the other man?
- How common is this in your community?
- What are the risks involved?

Key Messages:

- Many men are fearful of having a relationship with other men so they also have relationships with woman, because it is more accepted in the community.
- Being unfaithful can lead to HIV infection for both the men and woman involved.
Multiple Concurrent Partnerships Picture 3

• What is happening in this picture?
• What is going to happen next?
• What are the dangers of having more than one partner during the same time period?
• What are the risks involved with having anal sex?
• Do you think these men have other partners beside one another?

Key Messages:

• Having more than one sexual partner during the same period of time, referred to as multiple concurrent partnerships, increases the chance of getting HIV and infecting others.
• If one partner gets infected with HIV he or she can infect their other sexual partners.
• Anal sex carries a higher risk of contracting HIV than vaginal sex, a condom and lubricant should always be used together when having anal sex.
Transactional Sex

- What is happening in this picture?
- Why is the one man giving the other man a gift (phone/sunglasses)?
- Why do men engage in transactional sexual relationships?
- What is going to happen next?
- What risks are involved in giving sex in return for a gift?

Key Messages:

- For some people money and gifts are reasons to have sex with someone even if they know that person has other sexual partners.
- Many men may have sex with men because that partner takes care of them.
- It is important to know the risks involved when engaging in this relationship, such as HIV and STI infection.
- The person giving the gift often has power and control over the one receiving the gift.
**HIV Counseling and Testing: Client Registration**

**HCT : Client Registration**

- What is happening in this picture?
- What do you need to take with for HCT?
- Why do people go for HIV counselling and testing?
- What makes it difficult for MSM to go for an HIV test?
- Can you mention any sites where you can go for HCT?

**Key Messages :**

- The registration process is confidential and the client file and name is kept in a safe place.
- At new start you can give a fake name at MoHSS clinics you need a passport or id.
- HCT is accessible at any health facility with trained counsellors.
- Many MSM don’t know where to access HCT services.
- Many MSM fear discrimination therefore don’t access HCT.
- Mention HCT sites in the area offering MSM friendly services.
Pre Test Counselling

- What is happening in this picture?
- How do you think the man feels about disclosing his sexual preference?
- Why should MSM go for HIV counselling and testing?

Key Messages:

- The counsellors at a HCT are trained to provide counselling to everyone and don’t discriminate against sexual orientation.
- The counselling helps in discussing risk reduction issues in a supportive way and gives you the choice to go for testing.
- Many MSM don’t know the risks involved with anal sex or how to protect themselves from risky behaviours.
- Everyone has the right to access health services without discrimination against sexual orientation and gender identity.
HIV Counseling and Testing: Rapid Test

Rapid Test

• What is happening in this picture?
• What does the rapid test process entail?
• What does the rapid test, test for?

Key Messages:

• The tester will prick the finger of the client and use a few drops of his blood on the rapid test device.
• The blood is tested for anti bodies that your body has developed against HIV.
• The results can be provided within 15-20 mins.
• This test is reliable.
Waiting for Results

- What is happening in this picture?
- How does the man feel while waiting for his test results?
- What can you do to relax during this time?
- Why is it important to wait to receive your result?

Key Messages:

- Being afraid about the test is normal, but by getting tested for HIV and receiving your results, you will know your HIV status.
- The waiting period may feel long but it is important to get your results.
- Take a book to read or a friend with to make up time while you are waiting.
Receiving Results

- What is happening in this picture?
- What do you think a negative or a positive result will mean to you?
- If you test negative does it mean you are HIV negative?
- After knowing your results what can you do differently?

Key Messages:

- If your results are negative, you need to maintain your status by using condoms and lubricants consistently and correctly every time you have sex. Get a HCT after 3 months.
- If you test positive you will be linked to health facility for further assistance. You can still live a healthy life if you test positive.
Couple Testing

- What is happening in this picture?
- Why is the man and his partner receiving counselling?
- What are the advantages of testing with your partner?
- What makes it difficult for two men to test together?

Key Messages:

- Knowing your HIV status can help a couple plan for the future and discuss a realistic risk reduction plan.
- As a couple your results may be different.
- Couple testing can help you make a plan if one partner has a positive result.
- You can get referral to services to help you discuss your future.
Sexually Transmitted Infections

• What is happening in this picture?
• Why do you think the man has pain?
• How do you know you have an STI?
• What are some of the reasons that will prevent the man from going to a health facility for a STI test?
• Why is it important to get early treatment for STIs

Key Messages:

• STI symptoms may include, pain or burning when urinating, penile or anal discharge, abdominal pain and swelling of the glands in the groin.
• Not all STIs have symptoms.
• The passive (receptive) partner may not be aware of an STI in his anus.
• Men may be hesitant and unwilling to test for STIs as many men don’t access health services.
• Always seek health advice from a health professional and do not treat STI’s yourself.
• When having an STI, you are at higher risk of contracting HIV.
• There is treatment for STIs and you need to finish your treatment.