

WORKSHEET FOR PRACTICING SAFER SEX

It's not easy to make a change in your sex practices. If you're like most people, you may not succeed the first time. Setbacks are common. **Each attempt at making a change brings you closer to reaching your goal.** Research shows that when people stay committed to their decision, even if they have relapses, the end result is that they eventually reach their goal. It might be helpful to consider these questions:

What change do I want to make?

Why is this important to me now?

What are my ideas for making the change?

What might get in the way of success?

How can I work around these obstacles?

How will I reward myself when I am successful?

Strategies for making the most of your medical appointment:

1. **Have a clear agenda** before you go to your appointment.

What are my goals for the appt.? _____

2. **Write down questions you might ask your doctor today:**

How can I convince my partner(s) that safer sex is important for both of us?

What can I do to make using condoms less awkward?

3. At the start your appointment, **share your agenda and questions** with your doctor.

4. If your questions are not being addressed, **reframe the discussion** to meet your needs. You might say, "Dr. _____, *can we take some time to talk about my questions?*"

5. **Let your doctor know how he can help** you make those changes.

Resources. For information and support about safer sex, call the CDC National *AIDS Hotline* at (800) 342-2437 or *Stop AIDS Project* at (415) 575-0750.

UCSF Center for Health Improvement and Prevention Studies

www.ucsf.edu/chips email us at chips@ucsf.edu

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