
SSK Manual: Reducing Sexual Risks

If you have questions, please call:

County of Los Angeles
Department of Health Services, Public Health
STD Program—Health Education Unit
1-800-758-0880

Your STD Health Education Unit
Clinic Liaison is:



 COUNTY OF LOS ANGELES
DEPARTMENT OF HEALTH SERVICES
Public Health
LOS ANGELES COUNTY STD PROGRAM REV 2006



**Using the Safer Sex Kit (SSK)
to make safer sex achievable
for your clients**

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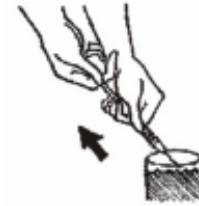
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Bleach Kit Demonstration:

STEP 1: Water - Do this 3 times



A. Fill syringe to the top with clean water.



B. Shake the syringe.



C. Squirt out. Repeat steps 1A-1C two more times.

Step 2: 100% Bleach - Do this 3 times



A. Fill syringe to the top with clean 100% bleach

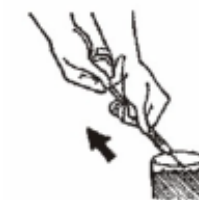


B. Shake the syringe. Leave the bleach in for at least 30 seconds



C. Squirt out. Repeat steps 2A-2C two more times.

Step 3: Water - Do this 3 times



A. Fill syringe to the top with clean water.



B. Shake the syringe.



C. Squirt out. Repeat steps 3A-3C two more times.

Bleach kit

What is it?

The bleach kit contains two empty vials (one labeled bleach and one labeled water), two caps (i.e. “cookers”), cotton balls, and a syringe (without the needle) for demonstration purposes.

How should I use it?

Use the bleach kit to demonstrate to clients the proper way to clean needles and syringes.

Client Education Tips:

Follow the illustrated step-by-step directions for cleaning needles and syringes. Remind clients to:

1. Never share cookers, cottons, rinse water, bleach, or any other equipment with others.
2. Store bleach in a container that light cannot penetrate because bleach loses its effectiveness when exposed to sunlight.
3. Clean needles and syringes completely and thoroughly before using them and do not share needles, syringes, and materials in the bleach kit with other people. Remember to do each step **three times** before moving onto the next.

Additional Tips:

Clients can also exchange dirty needles for clean, unused needles through needle-exchange programs. Providers can refer clients to appropriate needle-exchange programs or drug treatment programs. Clients can call the STD hotline for more information about such programs.

Introduction to the Safer Sex Kit (SSK)

Who should use this kit?

This kit can be used by any health professional or provider (e.g. physicians, physician assistants, nurses, health educators, pre-post test counselors). Store the kit where all staff will have easy access.

Who will benefit from demonstrations with the Safer Sex Kit?

- Clients without a sexually transmitted disease (STD), but who are at risk of acquiring an STD.
- Clients diagnosed with an STD, including HIV.
- Any client who needs or wants information about the symptoms, transmission, and prevention of STDs.

Why use the Safer Sex Kit?

- The visual aids can enhance a provider’s ability to educate clients about STD prevention.
- It is effective for use with clients of low English literacy.
- It can increase a client’s awareness and comfort level with the many STD/HIV risk reduction methods available.
- Clients will have the opportunity to gain skills and confidence in their ability to use condoms, lubricant, dental dams, and/or clean needles.

Purpose of SSK Manual

The purpose of the SSK Manual is to:

- ✓ Describe each item contained in the SSK.
- ✓ Provide health professionals and other providers with instructions on how to use each item in the SSK.
- ✓ Provide health professionals and other providers with important tips and reminders for client education.

The materials in the Safer Sex Kit are visual aids intended for demonstration use in educating clients about STD/HIV risk reduction.



“Use/Don’t Use” card

What is it?

The “Use/Don’t Use” card is a laminated card which shows clients not to use commonly available household items or beauty products (i.e. cooking oil, petroleum jelly, baby oil and hand lotion) as lubricants because they are oil-based.

How should I use it?

Remind patients what types of lubricants not to use. Display this card with the lubricant during male and female condoms, and latex barrier demonstrations.

Client Education Tips:

1. Remind clients that oil-based lubricants can weaken latex and cause condoms to break easily.
2. Water-based lubricants such as K-Y Jelly™, Astro-Glide™, Aqualube™, Fore Play™, I-D Plus™, or H-R lubricating jelly™ should be used with condoms.
3. Check the label to see if the lubricant is water-based.
4. If allergic to spermicide, check the label to see if the lubricant contains spermicide.
5. Remember that yeast infection suppositories, creams, and medications are oil-based and can weaken condoms.

Lubricant sample

What is it?

Water-based lubricant can be used for extra lubrication with condoms and latex barriers.



How should I use it?

Show clients how water-based lubricant can be used with female condoms, latex condoms, and latex barriers (dental dams).

Client Education Tips:

1. Clients should only use water-based lubricants with female condoms, polyurethane and latex condoms, and latex barriers. Do not use oil-based lubricants like petroleum jelly, lotion, etc. (See “Use/Don’t Use” card). These can weaken the latex.
2. Using water-based lubricant can reduce friction and reduce the likelihood of condom breakage.
3. A small amount of lubricant is sufficient. 1-2 drops of lubricant can be added to the inside or the outside of the condom before having sex.
4. Too much lubricant on the inside of the condom may cause the penis to slip out of the condom accidentally during sex.
5. Not only do lubricants often make sex more comfortable and fun—they also help prevent transmission of skin-to-skin STDs.

SSK Contents

Your SSK should include the following:

- ✓ 1 “STD Facts” pamphlet
- ✓ 1 set of STD picture cards
- ✓ 1 dildo or plastic banana
- ✓ 6 lubricated condoms
- ✓ 6 novelty condoms
- ✓ 1 Reality™ female condom
- ✓ 1 latex barrier (dental dam)
- ✓ 1 lubricant sample
- ✓ 1 “Use/Don’t Use” card
- ✓ 1 bleach kit

Please note that these materials are intended **for demonstration purposes only**. Items may be past their expiration date, and are unsuitable for client use.

If any items are missing or incomplete, please contact your Clinic Liaison at the STD Program Health Education Unit, or call the STD Hotline at 1-800-758-0880.

“STD Facts” pamphlet

What is it?

“STD Facts” is a pamphlet which summarizes STD information in English and Spanish. It also lists the addresses and phone numbers of Los Angeles County Department of Health Services STD clinics, and the number for the L.A. County STD Hotline.

How should I use it?

This pamphlet can be used as a quick way to introduce the topic of STDs or to briefly review the symptoms and prevention message. Each clinic should have copies of this pamphlet available for clients.

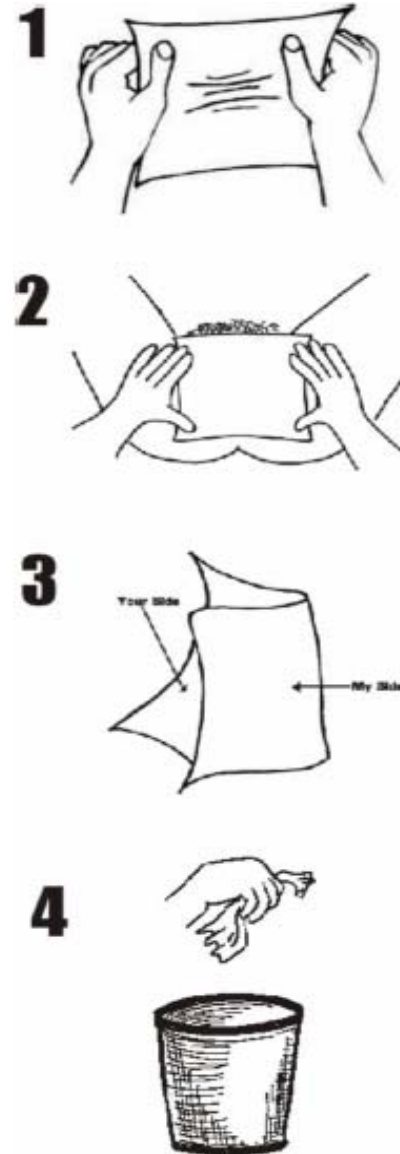
Client Education Tips:

Pamphlets are more effective when the providers take the time to review them with the clients. Key points to emphasize are:

1. STDs are passed during vaginal, oral, or anal sex with someone who has an STD.
2. Many people with STDs have no signs at all and can still pass STDs to their partners even if there are no signs.
3. Most STDs can be cured with the right medicine. Patients should follow treatment prescribed by their physician. They should not share medicine.
4. Recommend to clients that not having sex at all (abstinence) is the best way to prevent STDs.

If they do have sex, remind clients to: a) use a condom; b) limit their number of sex partners; c) check themselves or their partners for signs of STDs; and d) get tested for STDs every six months.

Latex Barrier Demonstration:



Additional Tips:

1. A few drops of water-based lubricant can be added to the latex barrier on the side that is against the vagina or anus.
2. If the latex barrier breaks or is punctured during use, throw it away and use a new one.
3. DO NOT use the dental dam if it is sticky or brittle.
4. Store all latex barriers in a cool, dry place away from heat or direct sunlight.
5. As an alternative to latex barriers, a piece of plastic wrap such as Saran Wrap can be used as a protective barrier for oral sex. Also, a dry, non-lubricated condom can be used as a protective barrier by cutting off the tip of the condom and then cutting lengthwise along one side to make it into a square. Follow the same directions as the latex barrier.

Disease picture cards

What are they?

The disease picture cards are a set of double-sided laminated index cards with photographs of the most common STDs and their symptoms: chlamydia, gonorrhea, syphilis, hepatitis B, herpes, genital warts, pubic lice, scabies, and vaginitis. The reverse side of each card includes information about STD symptoms, transmission, complications, treatment and prevention. Also included are cards with information about general STD prevention, condom use, and latex barrier (i.e. dental dam) use during oral sex.

How should I use them?

The disease picture cards should be used to show clients the common visible symptoms of each STD and what to look for on themselves or their partners. Use the information on the reverse side of each card to help explain each disease as the client views the photograph. The cards with information about general STD prevention, condom use, or latex barrier (dental dam) use can also be used to educate clients.



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Client Education Tips:

1. When showing the photographs to a client, review the common symptoms that can occur with different STDs.
2. Explain that they may have symptoms which are more or less severe than those shown in the photographs. Also, remind the client that most STDs have no signs or symptoms at all.
3. Emphasize that all STDs are serious diseases, and if not treated early they can cause serious complications such as infertility, pelvic inflammatory disease (PID), ectopic pregnancy, or certain cancers. Pregnant women can develop complications or pass the STD on to their infants.
4. Explain that some STDs are curable (chlamydia, gonorrhea, and syphilis) and some STDs are not curable (hepatitis B, genital warts, herpes, and HIV).
5. Emphasize that using condoms or dental dams consistently and properly every time during vaginal, anal, or oral sex can reduce the risk of transmitting some STDs.
6. Encourage clients to get tested for STDs every six months at any of the Los Angeles County STD clinics or at a private doctor's office.

Latex barrier (dental dam)

What is it?

A Latex barrier (or dental dam) is usually a flat square piece of latex that is placed against the vagina or anus during oral sex to reduce the risk of STD transmission. Latex barriers can be colored or flavored.

How should I use it?

Use the latex barriers to show clients how to protect themselves during oral sex (mouth-to-vagina or mouth-to-anus). If used properly, latex barriers can help reduce the risk of HIV and other STDs.

Client Education Tips:

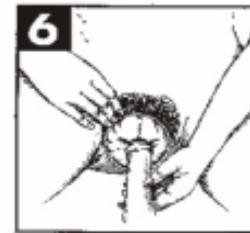
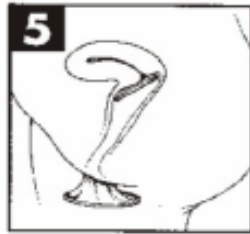
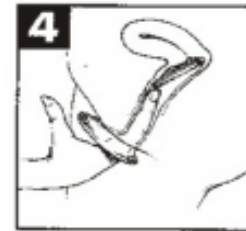
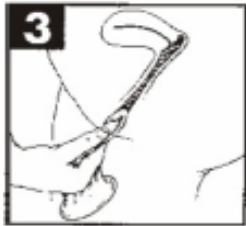
Follow the illustrated step-by-step directions for latex barrier use. Remind the client to:

- Handle the latex barrier carefully so it does not rip.
- Hold the latex barrier firmly with both hands. Place the barrier over the vagina or anus. Either partner can hold the latex in place.
- Always keep the same side to his/her partner the entire time. NEVER switch sides.
- Always throw away the latex barrier after one use. NEVER re-use.



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Female Condom Demonstration:



Dildo or plastic banana

What is it?

A dildo is a model of the male penis that can be used for demonstrating proper condom use.

How should I use it?

Use the dildo to demonstrate the proper way to put on a condom before sex and to remove a condom after sex. Have the client practice putting the condom on the dildo, as well as removing it.

Client Education Tips:

1. Some providers may feel uncomfortable about using a dildo to demonstrate proper condom use. It is important to demonstrate proper condom use on a dildo because it gives clients an opportunity to observe and then practice on a realistic model. The more clients practice, the more likely they will use a condom with their partners. To increase your comfort in demonstrating condom use with dildos, practice this with other clinic staff.
2. Similarly, some clients may feel uncomfortable when they are shown the dildo. This may be an opportunity for providers to discuss other issues with clients such as readiness to have sex, comfort with condom use, or comfort level with talking to partners.
3. If a client or provider is still uncomfortable with the dildo, or if there is no dildo available, a provider can instead use two fingers or an object like a banana to demonstrate proper condom usage.

Condoms (latex or polyurethane)

What are they?

The Safer Sex Kit includes latex and polyurethane condoms. There are a variety of condoms: they can be colored, flavored, non-lubricated, or lubricated. Condoms are used during vaginal, anal, or oral sex.

How should I use them?

Use the condoms in the safer sex kit to demonstrate to clients the proper way to use condoms. Non-lubricated condoms are best to use for demonstrations with a dildo. Show clients the colored, flavored, and lubricated condoms to illustrate the variety of condoms available.



Client Education Tips:

Follow the illustrated step-by-step instructions. When explaining these instructions, it is helpful to have a female pelvic model. If one is not available, make a fist with one hand to represent the vagina. The thumb side is the opening to the vagina.

1. Inform the client that the female condom used for the demonstration is not lubricated. However, those obtained from a drug store or clinic are always lubricated and may look different.
2. 1-2 drops of a water-based lubricant may be added to the inside or outside of the female condom before inserting the condom. Too much lubricant can make it more difficult to insert.
3. Emphasize that female condoms are to be used instead of male condoms; not as a supplement. Using two condoms together can cause one or both to break.



Reality™ female condom

What are they?

The female condom is a soft, loose fitting polyurethane bag which lines the vagina. It has a flexible ring at each end. The inner ring at the closed end is used to insert the female condom inside the vagina and hold it in place. The outer ring stays outside the vagina to prevent the condom from slipping inside the vagina, and partially covers the vulva area. The female condom is usually pre-lubricated, but does not contain spermicide. The female condom can be used for vaginal sex.

How should I use it?

Use the female condom to demonstrate the proper use of the female condom to the client. Emphasize to clients that female condoms are an alternative to the male condom for vaginal sex.



Client Education Tips:

Follow the illustrated step-by-step directions for condom use, shown on the following pages. The information below can also be found on the Condom Demonstration card (within the set of disease picture cards).

1. Demonstrate the correct way to put on a condom.
 - Put the condom on as soon as the penis is hard.
 - Be careful not to tear the condom when opening the package. Squeeze the air out of the tip of the condom to leave space for semen.
 - Hold on to the tip of the condom while putting on the condom to leave space at the end for semen. If uncircumcised, pull back the foreskin.
 - Roll the condom all the way down to the base of the penis.
 - After sex, hold the base of the condom while pulling out.
 - Pull out while penis is still hard.
 - Throw the condom away. Never use the same condom more than once.



2. Explain what to look for when buying condoms.

- Choose latex or polyurethane (not lamb skin.)
- For vaginal or anal sex, use lubricated condoms. Use non-lubricated condoms or flavored condoms for oral sex.
- Choose condoms with a reservoir tip (or be sure to leave room at the tip of condom when putting on).
- Check the expiration date before use. Do not use if expired.
- Use a water-based lubricant such as K-Y Jelly™ (show example).
- Never use oil-based lubricants such as lotion, baby oil, cooking oil, or Vaseline™. They can destroy the rubber and cause the condom to break.
- Store condoms in a cool, dry place, and out of direct sunlight. Don't leave them in a wallet or car because the heat can damage condoms.
- Show samples of different types of condoms and lubricants. For example, colored, ribbed, flavored, female condoms, and polyurethane condoms.
- Encourage clients to try different brands and styles to find ones that they prefer.

Condom Demonstration:

