



## Health is Wealth for Foreign Domestic Workers

*Title*

Safe Sex Relationships

*Target Audience*

Foreign domestic workers, NGO workers, members of civil society, other organisations

*Objectives*

1. To help participants understand safe sex.
2. To exercise skills in saying no if women refuse to engage in sex.

*Time Needed*

1-2 hours maximum

*Activity*

### THE YES/NO GAME

1. Divide the group into two teams. The facilitator asks one person from the first team to come forward. That person is not allowed to say Yes or No. The facilitator asks questions in quick succession to try to trick the person into saying Yes or No.

**Examples of questions:**

- a. Where do you come from? Indonesia. Ah so you are Indonesian?
  - b. Is Indonesia a nice country?
  - c. What food do you like? So you don't like...? But do you like...? Etc.
2. If the person does not say Yes or No within 2 minutes, she wins. If she says Yes or No within the two minutes, she is out and a person from the second team comes forward and the games continues—try to make the participant from the second team say yes or no.
  3. After the game, discuss why some people said yes or no and why some people did not. Possible answers will be:
    - a. We were tricked into saying it.
    - b. We started to get interested in the conversation and forgot.
    - c. We were manipulated.
    - d. Our defences were broken down.



4. Discuss whether this ever happens in real life. Do we sometimes get tricked into saying yes to something that we do not want to do? Do we sometimes get manipulated?
5. Open the discussion for general discussion on this topic.

### **SAYING NO!**

1. Have the participants sit in pairs. Tell them you are going to practice saying "No."
2. One person in the pair will ask for something, the other person must refuse. Example:
  - a. One person will ask for some money, the other person must refuse. The person asking for money should then try and persuade the other person.  
**or**
  - b. One person should ask the other to go to movie, the other person must refuse.  
**or**
  - c. Any other situation the pairs decide on.
3. Have participants switch roles.
4. Ask the pairs who was successful in saying NO. How did they feel? Was it easy? If you broke down and eventually said YES, what made you do that? What was the trigger that changed your will?

### **REFUSING**

1. Divide the group in half. Give each person in one group a slip of paper with a request written on it. Each participant with a request slip will ask someone from the other group to do what the slip requests without asking directly. For example:

The request on the slip of paper may say: Please do my work on Sunday. I want the day off.

The person requesting may say: "Oh, what are you doing on Sunday? I really want to go and visit my mother on Sunday but I have to work..."

The other person must try and refuse whatever request is made, but must not use the word NO. She must find other ways to refuse.

2. Discuss how easy or difficult it was to indirectly request something and to indirectly refuse.
3. Did the people asking become devious and try to trick the other person into agreeing?
4. Did the requestor eventually get the requestee to agree? If so, why did the requestee agree?

### **Through the discussions you might find that:**

- If you allow yourself to be drawn into a discussion you will less likely be able to say NO to a request. Once you have to start justifying your position and arguing your case you are allowing the other person to start influencing you.
- If you have decided you are not ready to have sex with your partner then your decision should be respected. If you have to start finding reasons, and start discussing those reasons, you may find that you are being persuaded/coerced into agreeing to something you do not really want to do.
- Or, if you have decided that you want to have sex, but only using a condom and your partner does not want to use a condom, you are going to have to refuse to have sex without a condom. Your partner may try to make you say yes. You are going to need to learn how to say no.
  - o Now, in pairs role play this discussion: One partners wants to use a condom, the other partner does not want to use a condom.

### **Discuss this activity. What did you learn?**

Through the discussions you might find that:

- a) It is important to have a condom handy. One argument that a man may make is that he doesn't have a condom. If your culture prohibits women from having condoms, what should you do? You should make sure to have a discussion about sex before you have sex, in a place where you cannot have sex (i.e. a coffee shop). If you cannot discuss sex and condoms, then you are not ready to have safe sex.

- b) The longer a discussion lasts, the more likely it is for the man to convince you that he is right. You should maintain your reasons for having safe sex, whatever they are, and stick to them. Some women find it easier to use pregnancy as a reason for having safe sex. But this can lead to discussions about the pill or other contraceptive methods. If you use HIV as a reason for having safe sex, stating, "Condoms will protect us against HIV, STIs and pregnancy, we should use one!" Your partner may become defensive and say that he does not have HIV or STIs. He may become angry and feel accused. Do not feel pity for him. Stick by your reason for wanting to use a condom. Again, it is better to have these discussions before you are alone together. If he is angry in a tea shop you can walk out. If he is angry in a room you may be in a difficult position.
- c) You should be informed about safe sex and help inform your partner.
- d) To insist on safe sex, women need the confidence to say what they think and want. Women need to know that they have the right to refuse.