

# Healthy Relationships

## *What is Healthy Relationships?*

Healthy Relationships is a program for small groups of men and women living with HIV/AIDS. Knowing that the lives of persons living with HIV/AIDS are stressful, the program aims to build coping skills to reduce stress. The skills involve:

- Solving problems
- Making decisions
- Negotiating choices

The skills are applied to three life areas:

- Disclosing HIV-status to family and friends
- Disclosing to sex partners
- Building healthy and safer relationships

Healthy Relationships does not tell people that they should disclose. Class members use the skills to make informed decisions about disclosure and sexual behaviors.

## *Healthy Relationships is:*

- Interactive
- Fun
- Educational
- Stress-reducing
- A time to share common experiences and learn decision-making skills

## *Healthy Relationships is not:*

- Lectures
- Support group
- Forums
- 12-step program

## *How can I take part?*

Contact Lexie Rae, MA at (614)340-6711 or via email at [lexierae@catf.net](mailto:lexierae@catf.net) to talk about how the program might benefit you. If you decide you want to take part, Lexie will help you complete a survey. You will then be able to join a class with 5 to 12 people who share a similar background.

## *When are the classes held?*

Classes will meet for two hours, once a week, for 5 weeks. Please call for information about how to sign up for the next scheduled class.

## *What happens during a class session?*

At each meeting you and the other class members will watch short movie clips, participate in active discussion, partake in activities and you might even walk away with a prize at the end of each class.

All the clips are about times when disclosure or safer sex decisions might need to be made. You can think about, discuss, and act out how you might do things differently from the movie characters.

Snacks and other incentives may be provided.

## **For more information on Healthy Relationships contact:**

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