

Adaptation

SHLE



Health Workshops for  
Young Black Women

*Facilitator's Manual*  
*Workshop 2:*  
*It's My Body*



## Introducing OPRaH

**Purpose:**

To refine women's knowledge of HIV/STI prevention.

Display Poster 10: OPRaH and refer to Handbook page 22: OPRaH. Introduce the group to OPRaH by talking them through what the five letters mean, demonstrating as you talk.

**Materials Needed:**

Poster 10:  
OPRaH

Handbook page  
22: OPRaH

Penis models or  
other proxies

Condoms

**Time:**

20 minutes

**Peer Educator:**

OPRaH consists of:

Four Simple Steps -- Open, Pinch, Roll, and Hold!

- O = Open package and remove rolled condom without twisting, biting, or using your fingernails. This could damage the condom and allow fluid to leak out.
- P = Pinch the tip of the condom to squeeze the air out, leaving 1/4 to 1/2 inch extra space at the top.
- R = Roll condom down on penis as soon as the penis is hard, **before** you start to make love.
- a = and after sex is over...
- H = Hold the condom at the rim or base while partner pulls out after ejaculation but before the penis goes soft. You could lose protection if the condom comes off inside you.

Hand out the condoms and penis models. Allow participants a few moments to handle the condoms and get over the giggles. After they have settled down, have participants pair up and demonstrate OPRaH for one another. Provide modeling as needed. Supervise the pairs as they demonstrate for one another, giving feedback and further instructions, as necessary.

# O P R a H

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**a** = **and** after sex is over...

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# ***OPRaH***

**O = Open**

**P = Pinch**

**R = Roll**

**a = and**

**H = Hold**