



**PROJECT TITLE: AFFECTING THE EPIDEMIOLOGY OF HIV IN UGANDA THROUGH OLDER ADOLESCENTS**

**PI NAMES: MICHELE YBARRA MPH PHD**

**SPONSOR: NATIONAL INSTITUTES OF HEALTH**

### **CONTENT ADVISORY TEAM ONLINE DISCUSSION GUIDE**

***[Note: This is a template. Questions will evolve based on the content of the discussions.]***

*Main Goal, Day 1: Confirm tone and content of healthy sexuality and HIV prevention messages*

*Main Goal, Day 2: Collect ideas for G2Genie messages; Get feedback on SMS Buddy messages*

#### **DAY 1, MORNING SESSION**

Welcome to our online discussion!

Our names are Edgar and Emmanuel, and we will be leading the discussion. Over the next 1.5 days, we will be asking you your thoughts about the ITG program content that you reviewed this past week. We also would like your feedback on a few other parts of ITG that are still in the developing stages.

We want to start by thanking you all for the fantastic and helpful feedback that you have already given us about the program messages. Your ideas are really important and help us make an HIV prevention program that will hopefully be interesting and relevant for other Ugandan young adults like you.

As you can probably see, you are one of many other young men taking part in this discussion. You all live in Uganda, and you care about doing what you can to help curb HIV in Uganda because you are here. You all have many things in common, so we anticipate a lively discussion!

Here is some basic information about how the next 1.5 days will go:

Please look at the entire list of topics for the day. Please answer all the questions, if you can, using the "REPLY TO THREAD" button. You can also reply to other people's remarks.

Also:

1. Each day, two sets of questions will be posted: one set at 8 AM and the other at 1 PM.

2. You can also reply to other people's comments. To do so, click the orange button "Reply to this post" on the specific post you are addressing. Type your comment in the Quick Reply box, then click "Submit."
3. Please drop by and check this Board at least twice per day (more if you want to!). Throughout the day, we will be reading your posts, responding, and asking follow-up questions. We will keep it short but please check back and answer any follow-up questions we might add during the day.
4. If you have any problems at all with using this Board, or have questions, please let me know by calling the study coordinator Edgar at 0703902809 or emailing [edgar@iskuganda.com](mailto:edgar@iskuganda.com)
5. You will receive 5,000 shillings in data if you participate in all 1.5 days. **Participation means posting in both the morning and afternoon session's each day.**

Okay, let's get started!

**Thread title: Let's break the ice**

Before we get into today's discussion, let's begin with a fun question:

1. To break the ice - tell us your favourite hobby!
2. What answer from someone else here do you like and why?

**Thread title: Overall program feedback**

Thanks for sharing a bit about yourself. Now, let's talk about the sms message content that you read.

1. What were your overall thoughts about the tone of the messages?
2. How clear were the messages? Were they generally clear? Where did they get confusing?
3. Were there sections that seemed repetitive? Messages that you thought were too similar to earlier ones?

**Thread title: Helpful program messages**

1. How much did you feel like the messages were talking about you and things that you have experienced in your life? Provide ideas and solutions that might work for you and your friends?
2. What are things that we did not talk about in the program content that you think we should add?
3. What is one suggestion for how we can make the messages even better?

**Thread title: Feedback about information about HIV prevention**

Ok, thanks for that.

Next, we would like to ask you about each week of messages. We will ask the same questions for each section to make things easier.

First, we'd like to hear about what you thought about the messages that talk about HIV prevention information. Here are some example messages from that week:

- a. Pulling out doesn't work. The skin on your penis is still touching her vaginal fluid. Pre-cum (the fluid on your penis) can have HIV. So you both are at risk
- b. HIV and AIDS are diseases. It does not mean that people who have them are good or bad. They are just people who deserve love, respect, and caring like all of us
- c. During anal sex (when the penis goes into the butt), the lining of the anus is thin and easily torn. This gives HIV a way to pass into the body easily

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable (we mean, you have enough information to know how to use the skills that the program talks about)? Is there a way to make the messages clearer?

#### **Thread title: Feedback about getting and carrying condoms**

Great. Now let's talk about messages that encouraged you to get and carry condoms. Here are some examples:

- a. Some are shy or do not have the confidence to ask for condoms. Maybe you fear being seen buying condoms or asking for them at the health centre.
- b. Always bring a condom with you. Not because a vagina may come flying at you (smile), but because life can be unpredictable and it pays to be prepared.
- c. It never hurts to have a condom in your back pocket (literally). Even if you don't need it, maybe a friend of yours will - your good deed for the day!

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable (we mean, did we give you enough information to know how to use the skills that the program talks about)? Is there a way to make the messages clearer?

#### **Thread title: Thank you! Instructions for the next session**

That's it for this morning. Thanks for your time so far, you're doing a great job! Please log on again this afternoon any time after 1 pm for the afternoon session.

### **DAY 1, AFTERNOON SESSION**

#### **Thread title: Welcome Back! Instructions for this afternoon**

Welcome back!

Please be sure to go to the sections from this morning and check to see if there are posts that you missed.

Also, we may have asked you additional questions on this morning's boards so that we can better understand what you were saying. In the upper right corner, you will see a button that says "Notifications." Check to see if you have any.

And, please feel free to ask others for clarification or for examples, share your reaction to their comments, or add any new ideas that their answers may prompt. Your involvement is important for the success of the research – it ensures we have better, more meaningful conversations.

Let's get started with this afternoon's questions...

#### **Thread title: Feedback on using condoms**

Ok, onward. Let's talk about the messages that stressed the importance of using condoms every round, and what can sometimes get in the way of using them. Here are a few examples:

- a. Even when we're in love, we make mistakes; someone has a side dish. No judgment, just reality. So whether it's the 1st or the 50th time, love is using condoms.
- b. Flavoured condoms = yummy sex. Taste them all to see which is your favourite!
- c. And a sex tip: Use lubrication - it makes sex better! Even though you expect your woman to be wet, lube only helps. Experiment!

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

#### **Thread title: Feedback on reasons young adults do and do not have sex**

Alright. Let's now discuss the messages about reasons men do and do not have sex. Here are some examples:

- a. Sex can be a way to show your girlfriend you care. It is a big step in a relationship. While there are many ways to keep the love going, sex can be one of them.
- b. Maybe someone is trying to convince you that it's ok to do something sexually when you know it's not what you want to do. Trust yourself. Be true to yourself.
- c. (Some of you also received this message) Maybe you find yourself battling on looks and money, but not love. So with that, you can't hesitate to add a sub. Is being a #rooo worth your health though?

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

#### **Thread title: Feedback on communication about healthy sexual decisions**

You are doing great! Let's move on to the section about communication. Here are some example messages:

- a. Sex can also sometimes complicate things. There can be miscommunication during sex, and sometimes you feel awkward around each other afterwards.
- b. Maybe someone is trying to convince you that it's ok to do something sexually when you know it's not what you want to do. Trust yourself. Be true to yourself.
- c. It's almost impossible to live a life without regret so just make the best decisions you can. Give yourself a break when you make mistakes.

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

#### **Thread title: Feedback about healthy relationships**

Ok – last one for today. Thanks for sticking with it. For this last session, we would like to hear your thoughts on healthy relationships. Here are some example messages:

a. 1 guy told me: I look for respect for each other's opinion. This is the ground for solving problems that will likely arise during the course of the relationship

b. Respecting each other's privacy is a key part of healthy relationships. Wanting her social media passwords, going through phone messages, etc is unhealthy.

c. If a man has a sugar mummy, it is hard to say no to sex when you do not want to play sex. Gifts are nice but they cannot buy your health. Health over wealth!

For each message, please tell us:

1. What is your reaction to the sms message? Do you like it, love it, hate it?
2. How does the message sound to you? What is its tone?
3. How do the suggestions compare to things that you or other people you know have found helpful in making healthy sexual decisions (like using condoms, not playing sex, etc.)?
4. Is the information in the message clear? Actionable? (we mean, did we give you enough information to know how to use the skills that the program talks about) Is there a way to make the messages clearer?

**Thread title: Thank you! Instructions for the next session**

That is all of our questions for today. If you have answered them all, please remember to check back later to see if we have further questions for you or to comment on other people's responses.

Tomorrow's questions will be online by 8am, so we'll "see" you then!

## **DAY 2, MORNING SESSION**

### **Thread title: Welcome Back! Instructions for today's session**

Welcome back! Glad to see you. Yesterday was great. We are getting fantastic information and appreciate your detail.

Please be sure to go to the sections from yesterday and check to see if there are posts you missed.

Also, we have asked additional questions of some of you on yesterday's boards so take a quick look to see if there's something there for you. And, feel free to ask others what they mean or ask for ideas and clarification.

### **Thread title: Word choice**

Now, on to today's questions! We would love your feedback on some of the words that we use in the program content:

Sometimes, we talk about "butts". How comfortable are you with this word? Is there another word we should use instead?

We also sometimes use the word "cum" instead of "orgasm" or "ejaculate". How familiar are you with the word "cum"? What word do you think is best for us to use?

We also plan to match people in the actual program with each other and call the groups "Text Buddies". What do you think about this term? Is there a better name we can give these groups?

Finally, are there any other words that you remember being confused by? That you found uncomfortable or thought could be better said with different words?

### **Thread title: Your thoughts about the Text Buddy idea**

We also would like to hear your ideas about the Text Buddy.

You might remember that the content talked about a "Text Buddy" that participants are paired with. This person is someone else in the program the participant can sms back and forth with. Buddies will not know each other face-to-face and will be from different parts of Uganda. The messages will be sent through the program to protect each buddy's privacy. The idea is that the two Buddies, although they will not know each other face-to-face, will provide support to each other and talk about the things that they are learning in the program.

Here are our questions:

1. In the first couple of days of the program, we offer to send an introduction message to your buddy if you do not want to. What information, if any, would you like us to share? For example, we could tell your Buddy how old you are. So something like:  
*Hey buddy - it's [name], your ITG Buddy. Happy to text-meet you! :) A bit about me: I'm [age] years old. You?*

2) Next, here are some example messages we have that encourage people in the program to talk to their Buddy.

- a. Maybe text your Buddy and talk about the things you look for in a girlfriend. Have a great evening!
- b. I think being assertive is the way to go: other people can hear what you're saying and respond in the same way. What do you think? Chat with your Buddy about it
- c. Here is the scenario: You want to have some fun, but don't want to play sex. She wants to play sex and has condoms (she cares about her health!). What do you do? Do you leave? Try to talk it out? Or something else? Text your Buddy and come up with ideas on how to handle the situation.

What is your reaction to these messages that encourage you to text your buddy? How likely do you think you would be to actually sms message him?

3) What other feedback do you have about the Buddy idea that would be helpful for us to know?

**Thread title: Your thoughts on ITGenie**

People who are going through the program will have access to "ITGenie". This feature allows people to sms the program a question, and they will receive an automated sms message that answers their question. Examples of topics that you could message ITGenie about include: how to play sex without risks of STDs and other outcomes, how to impress your girlfriend/boyfriend, the importance of condoms and how to use them, masturbation, and what to do if your partner's parents don't like you.

To help us write these messages, we would like your advice:

1. What are some tips you would give to someone who is trying to get his partner's parents to like him?
2. What are things you suggest to your friends when they are trying to impress their girlfriends?
3. What are things about masturbation that would be helpful to know?

**Thread title: Ways to improve the CAT**

Ok. We are almost done. We know there have been a lot of questions yesterday and today. You are doing great!

We would like to get your ideas on how to improve the CAT. As CAT members, you read all of the program messages last week.

1. Thinking back on the experience, what would be one suggestion you have about how could make the messages / experience better?
2. And what is one thing (if any) that you really liked about the content that we should keep / not change?

**Thread title: Discussion wrap up**

Finally, we would like to get some feedback from you about how the messages affected the way you think about things now.

1. In what ways do you think your views have changed (if at all) as a result of reading through the program messages?
2. In what ways do you think your behavior might change (if at all) as a result of reading through the program messages?
3. Did you participate in this discussion on your phone or on a computer? Or a mix of both?

We have had such a great experience talking with all of you. We are sad to say our discussion is complete!

You have been great! We appreciate the time and effort you put into the discussion over the last couple days. As a last request, please take one final look over all the sections to make sure you did not miss any postings and to see if there are other comments you'd like to respond to. We'll leave the discussion board up through tomorrow so that you have enough time.

If you have participated fully answered all the questions, you will receive your incentive in a few days' time.

Thank you!