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# HIV Interactive Risk Assessment Reaction Paper

The HIV Interactive Risk Assessment has been designed to privately help you to:

- Evaluate the beliefs and behaviors you have chosen that protect your sexual health and self-esteem.
- Assess your skills for protecting your sexual health and for creating healthy intimate relationships.
- Offer you resources to strengthen your skills for developing healthy close relationships in your life.
- Provide you with accurate information on HIV including its affect on the body, transmission and prevention.

***Directions: Look over the following questions. Pick the three that interest you most. On a separate sheet of paper, write about each of your selections.***

- 1) Discuss the strengths and weaknesses of your behaviors regarding stress, diet, exercise, alcohol and tobacco. How do you believe these behaviors affect your overall health and your risk for contracting infections? What behaviors might be your first priority for change? What steps could you take to make these changes?
- 2) How are your sexual and relationship choices consistent or inconsistent with the goals and values you hold most dear? What has prompted you to make these choices? What, if anything, about these choices have you noticed that might concern you? What reasons do you have for making healthy, protective sexual choices in the future?
- 3) Discuss the characteristics that you value and cherish in a loving relationship with another person. What skills do you have that would help you attract and create close loving relationships in your life? How do these skills affect the quality and safety of your current relationships? What skills do you need to strengthen? What steps could you take to do this and what might be the results?
- 4) Please reflect on the following statement by discussing what it means to you and how you could apply it to your life:

*“Life is precious. Think for yourself and do what is safe, no matter what you see. Help to create a culture in which we will not exploit, hurt, endanger, rape, oppress, or addict each other.”*

