



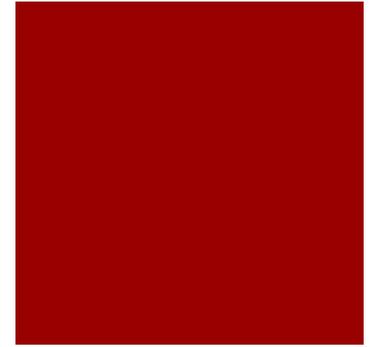
We are responsible for each other and ourselves.

Sister to Sister

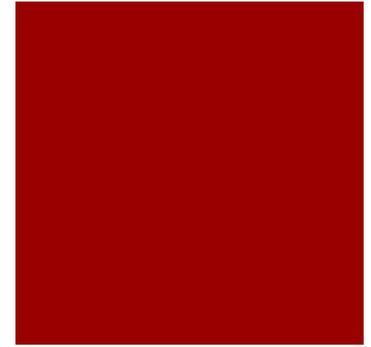
Respect Yourself, Protect Yourself, Because You are worth it!

What is Sister to Sister?

- ‡ HIV risk reduction intervention:
 - ‡ Theory-driven and shown effective
 - ‡ Gender-specific
 - ‡ 20 minute one-on-one patient-provider session
 - ‡ Skill-based safer sex
- ‡ Designed for use in healthcare settings
- ‡ Easily integrated into normal practice
- ‡ Build excitement, confidence and skills to engage in safer sex behaviors as part of a woman's normal life patterns
- ‡ Provide knowledge, beliefs, motivation, confidence and skills necessary to change behavior that will reduce risk for STDs, especially HIV

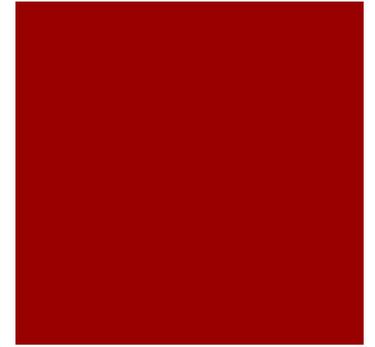


Benefits for You



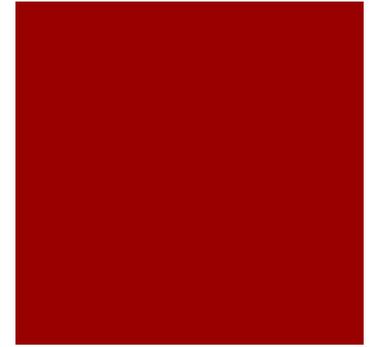
- i Opportunity to reduce women's risk for HIV infection
- i Gives you tools to change HIV-related behaviors and STD incidence through an effective intervention
- i Opportunity to make a difference and share vital information and skills
- i Expands your role and expertise in HIV prevention
- i Increases your skills in building a patient's sense of self worth and respect

Benefits for Women



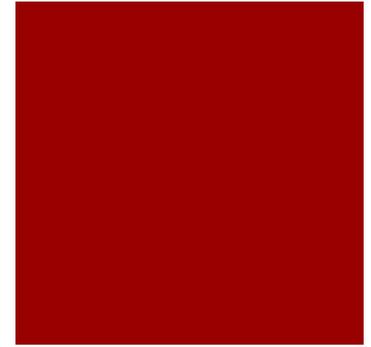
- More knowledge of HIV/STDs
- More positive attitudes and beliefs regarding condom use
- Stronger self-efficacy
- Skills to use condoms correctly and negotiate condom use with partner(s)
- Stronger sense of pride, self-worth and belief that they can protect themselves from HIV/STDs
- Additional opportunities to talk with you about their sexual health issues and concerns

Intervention Goals



- | Increase knowledge & perceived vulnerability to HIV/STDs
- | Build self-efficacy and skills to use condoms correctly & consistently
- | Build self-efficacy and skills to negotiate condom use or abstinence with their partner(s)
- | Bolster positive attitudes and beliefs about engaging in safer sex behaviors:
 - | Sexual pleasure belief
 - | Partner reaction belief
 - | Prevention belief

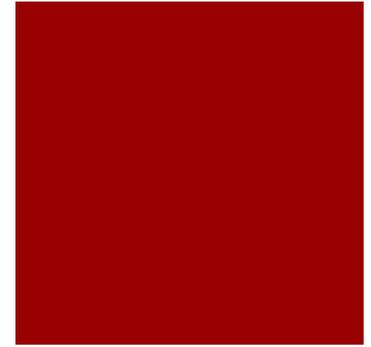
Intervention Objectives



Women who participate will be able to:

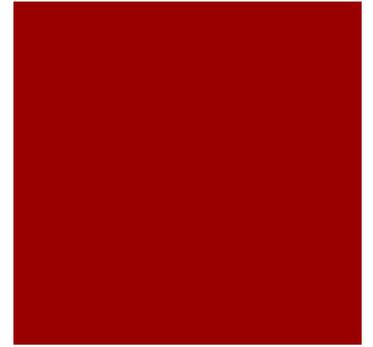
- § Identify the correct HIV transmission and prevention information
- § Identify their feelings about being personally vulnerable to HIV infection
- § Identify & demonstrate correct use of condom
- § Describe ways to make using condoms fun and pleasurable
- § Negotiate with a partner about using condoms or abstain from sex
- § Demonstrate stronger sense of pride, self respect and responsibility in practicing safer sex

Core Elements



- | Curriculum activities & materials crucial in the overall success of the intervention
- | Content Core Elements:
 - | # 1: Bolster three outcome expectations regarding condom use
 - | # 2: Teach, demonstrate & practice negotiation & refusal skills
 - | # 3: Condom use demonstration
 - | # 4: Build self-efficacy to empower women to want to be safe sexually
- | Implementation Core Elements:
 - | # 1: Demonstrate a caring attitude
 - | # 2: Integrate & use core intervention materials
 - | # 3: Implement by trained female healthcare staff who provides direct services to women.

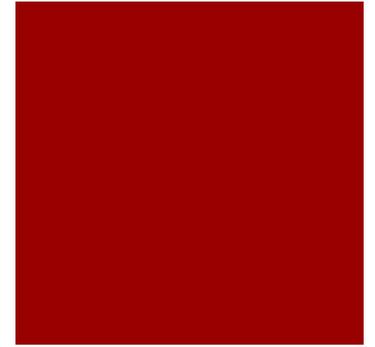
Activities & Intervention Strategies



Strategies that facilitate behavioral change:

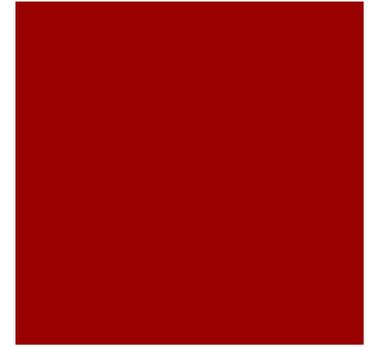
- i Modeling
- i Role-Playing
- i Performance Feedback
- i Processing
- i Video Methodology

Modeling



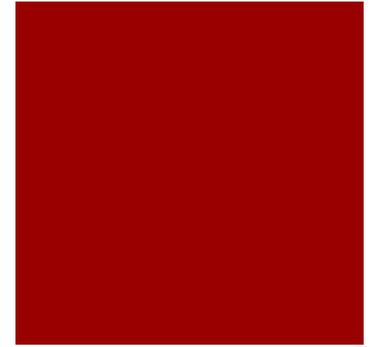
- i Process of setting an example for others through our own behavior
- i Role models in the community that participants will relate to and respect
- i E.g.: Facilitator (you) performs a behavior effectively

Role-Playing



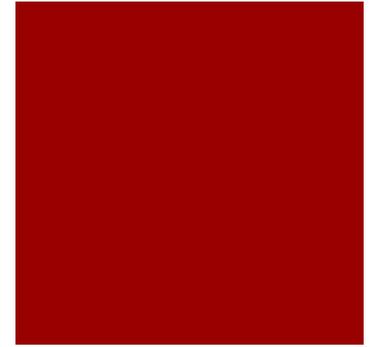
- ; Opportunity to practice skills acquired during one-on-one session
- ; Facilitator assigns a scenario to act out (role-play cards or based on participant's choosing)
- ; Facilitator provides help, coaching and encouragement
- ; Participant stays in role until instructed to stop
- ; Role reversal also a potential strategy

Performance Feedback



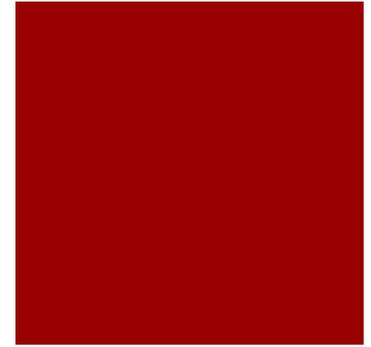
- | Follows each role-play
- | Helps participant to understand how well she followed behavioral steps
- | Examines psychological impact of enactment
- | Provides encouragement to use role-play behaviors in real life
- | Steps:
 - | Ask participant about her reactions
 - | Comment on following behavioral steps
 - | Provides social reinforcement (praise, approval, encouragement)
- | Negative comments should be followed by constructive comment (at least praise as "a good try.")

Processing



- | Allows facilitator to draw out key points
- | Allows participant to reflect on what she learned/experienced
- | 4 different strategies:
 - | Ask a series of questions
 - | Encourage participant to contribute
 - | Sentence stems technique ("The most important thing I learned was...")
 - | Encourage the use of "I" statements

Video Methodology



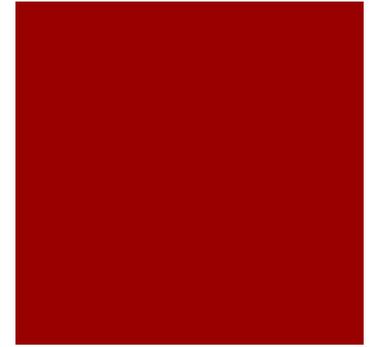
- | Dramatize specific topic and involve women in the actions
- | Good way to present information accurately and concisely
- | Allows women to analyze and discuss what they have seen
- | Tips for using video effectively:
 - | Introduce topic and purpose
 - | Use post-video open-ended discussion questions:
 - | What do you think of the video?
 - | How did you feel about...?
 - | What questions do you have?

8 Intervention Activities

- | Welcome & introduction (30 sec.)
- | Video clip 1 & acknowledging threat of HIV (2 min.)
- | Risk assessment (2 min.)
- | HIV transmission information (4 min.)
- | Condom information & condom use (3 min.)
- | Negotiation skills & Video clip 2 (3 min.)
- | Role-Play (4 min.)
- | Positive closing summary (30 sec.)



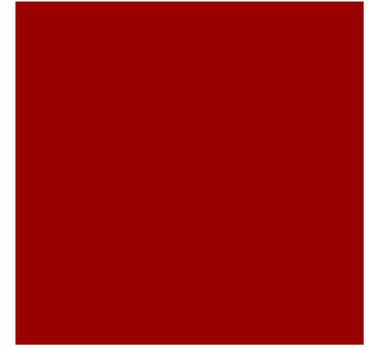
Welcome & Intro



Provide general overview by:

- i Introducing yourself
- i Allowing your participant to introduce herself
- i Presenting the purpose of Sister to Sister
- i Explaining goals of session

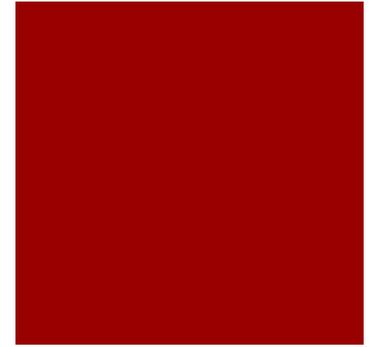
Video1 & Threat of HIV



Reinforces information about women and HIV/AIDS to increase participant's perceived risk of HIV infection:

- i Introducing video clip
- i Showing the video clip: "He said he loved me: A portrait of personal vulnerability of HIV."
- i Analyzing & discussing video clip
- i Providing HIV infection statistics

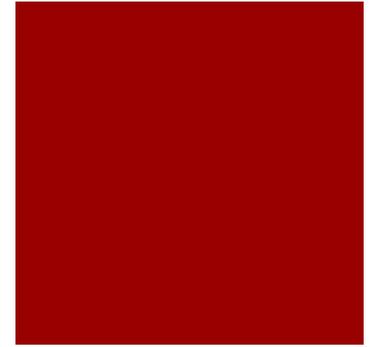
Risk Assessment



Assesses participant's personal risk of HIV infection to increase perception of vulnerability by:

- ¡ Using risk assessment inventory handout
- ¡ Having participant complete the form
- ¡ Collecting and reviewing the form with the participant
- ¡ Discussing the assessment:
 - ¡ Did you learn anything new that you did not realize?
 - ¡ What are some things that we can do to avoid some of the risky behaviors on the handout?

Teaching HIV Transmission



Provides correct HIV transmission information to enhance & reinforce participant's knowledge by:

- ¡ Asking do you know that...
- ¡ Providing information about HIV/AIDS definitions, transmission, risk factors for infection provided in the participant guide
- ¡ Discussing two to three reasons why women get HIV
- ¡ Discussing five to six myths and facts based on the risk assessment
- ¡ Praising the participant

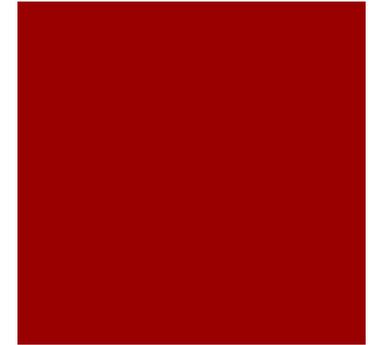
Condom Info & Use



Provides opportunity for the participant to become more comfortable touching condoms & demonstrating how to use them correctly by:

- | Asking questions about condom access and use
- | Discussing how to get condoms
- | Demonstrating how to put on a male condom
- | Discussing how to make condoms fun and pleasurable
- | Having the participant demonstrate how to put on a condom
- | Discussing good things about condoms & possible barriers to using condoms

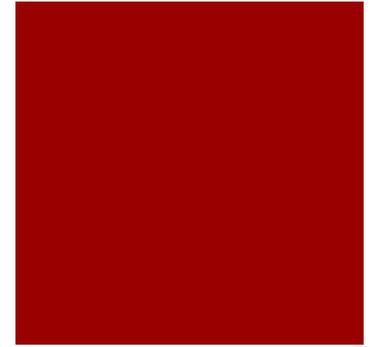
Negotiation Skills & Video 2



Teaches negotiation strategies & skills for talking about to sexual partners about using condoms by:

- | Using the SWAT technique:
 - | S = Say NO to Unsafe Behavior
 - | W = Be prepared to explain WHY you want to be save
 - | A = Provide ALTERNATIVES
 - | T = Talk it Out
- | Introducing & showing video 2: "Let's try something new: Negotiating condom use with your partner."
- | Discussing the SWAT technique used in video 2
- | Providing other ideas about how to talk to a partner
- | Using role-play to practice discussing condom use with a partner

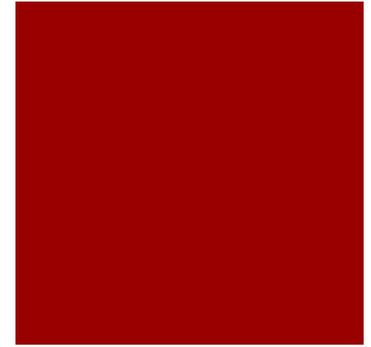
Positive Closing



Creates a sense of sisterhood between facilitator & participant by:

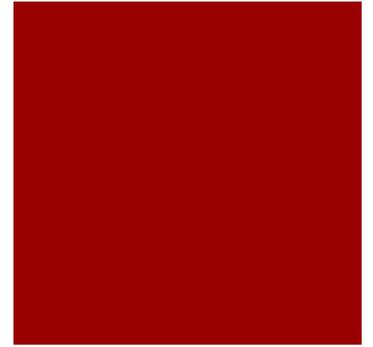
- ¡ Reinforcing Respect Yourself, Protect Yourself, Because you are worth it!
- ¡ Discussing how participants can avoid getting HIV by:
 - ¡ Abstaining from sex
 - ¡ Always using latex condoms
 - ¡ Never having sex while high on drugs or alcohol
 - ¡ Never sharing or renting injection drug needles and works
 - ¡ Practicing mutual monogamy
- ¡ Discussing the key points of Sister to Sister
- ¡ Providing resources for HIV/STD and other related services

Resources Needed



- Facilitator Teaching Guide
- Participant Guide
- SWAT poster
- Role-play Guidelines poster
- Risk Assessment handout
- Video Clips
- TV/DVD player, laptop
- Penis model
- Lubricated condoms
- Lubricants
- Pens/pencil
- Compact mirror
- Clock
- Paper towels
- Location selected & room set-up

THANKS!



QUESTIONS?
COMMENTS?

Contact

Connie Jessen, MA

Alaska Native Tribal Health Consortium

STD Program Manager

729-3955, cmjessen@anthc.org

www.selectmedia.org

