

Name of Intervention	Project SAFE (Sexual Awareness For Everyone)
Based on Behavioral and Social Science Theory(ies)	AIDS Risk Reduction Model
Summary of Intervention	<p>Project SAFE is a three session small group intervention aimed at reducing incidence rates of STD and HIV infection among African American and English speaking Hispanic women ages 18-44. The 3-4 hour sessions are held once a week for three consecutive weeks with 4-12 participants. The groups are generally led by a highly trained female facilitator, preferably of the same ethnicity. Facilitators do not impose their personal values on the participants; they encourage realistic risk-reduction strategies within the constraints of their clients' own lives and values. Preventive strategies discussed include abstinence, mutual monogamy, correct and consistent use of condoms, full compliance with medical treatment, and reduction in the number of partners. The sessions are standardized with scripts and easel charts.</p> <p>The sessions specifically focus on: 1) increasing the participants awareness of STD/HIV symptoms, transmission and treatment, 2)increasing skills for condom negotiation, 3)condom usage via condom demonstration, 4)building interpersonal relationship skills and 5)empowerment through cultural pride messages. The sessions are interactive, educational and entertaining and use a variety of methods including: skits (role plays), games, videos, easel charts, handouts and discussions to involve the participants.</p>
Clearly Defined Audience	African American & English speaking Hispanic Women ages 18-44 at high risk for an STD
Goals and Objectives of the Intervention	<p><i>Goal:</i> To reduce rates of STD infection by reducing high risk sexual behaviors.</p> <p><i>Objectives:</i></p> <ul style="list-style-type: none"> • To increase awareness and perception of risk associated with contracting or transmitting STDs or HIV • To reduce high risk sexual behaviors • To build skills around sexual behavior change
Risk Behaviors the Intervention focuses on:	<ul style="list-style-type: none"> • Unprotected vaginal sex with main or non main partner(s) • Unprotected anal sex with main or non main partner(s)

<p>Factors Influencing Behaviors (FIBs)/ Behavioral Determinants</p>	<ul style="list-style-type: none"> • Communication and negotiation skills • Cultural norms about sexuality and gender roles • Intentions • Interpersonal power dynamics • Peer Pressure • Perceived susceptibility (low risk perception) • Perceived severity • Self- esteem (low) • Self-efficacy • Social support • Knowledge (lack) • Fatalism • Shame and guilt • Misconception about who at risk/how HIV is spread • Environmental barriers (condom availability)
<p>Core Elements</p>	<p>Multi-component sessions led by a trained female facilitator preferably from the same race/ethnic group as the participants.</p> <p><i>Session 1:</i> Recognition of risk with culture and sex specific information and interactive discussion designed to educate participants about STDs and their transmission; correct misinformation; and enhance awareness of personal risk.</p> <p><i>Session 2:</i> Commitment to change using culture and sex specific information and interactive discussion designed to educate participants about prevention of STDs; enhance communication skills; develop skills for condom use and eroticizing condom use; discuss barriers to condom use, including low self-esteem, cultural norms, and interpersonal power dynamics, and strategies for overcoming these barriers</p> <p><i>Session 3:</i> Acquisition of skills using culture and sex specific information and interactive discussion and role playing designed to: enhance skills in eroticizing condom use; increase self-efficacy in communication about condom use; identify triggers for unsafe sex; set goals; and develop social support networks for risk reduction.</p>
<p>Setting</p>	<p>Public health clinics</p>
<p>Duration</p>	<p>3 sessions over three consecutive weeks</p>
<p>Outcomes</p>	<p>Those who participated in the intervention had significantly decreased rates of chlamydial and gonorrheal infection at both 6 and 12 months post intervention. Mexican-American and African-American women at high risk for sexually transmitted</p>

	disease.
Type of Intervention	GLI

Journal Citation(s):

Shain, R.N., Piper, J.M., Newton, E.R., Perdue, S.T., Ramos, R., Champion, J.D., Guerra, F.A. (1999). A randomized, controlled trial of a behavioral intervention to prevent sexually transmitted disease among minority women. *The New England Journal of Medicine*, 340(2), 93-100.

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