

Name of Intervention	Sistering, Information, Healing, and Empowering (SiHLE)
Based on Behavioral and Social Science Theory(ies)	Social Cognitive Theory Theory of Gender and Power
Summary of Intervention	Sistering, Information, Healing, and Empowering (SiHLE) is a group level intervention that consists of four 4-hour interactive group sessions. Each session has an average of 10 to 12 participants and is implemented by a trained African American female health educator and 2 African American female peer educators. Peer educators are instrumental in modeling skills and creating group norms supportive of HIV prevention. Session 1 emphasizes ethnic and gender pride by discussing the joys and challenges of being an African American adolescent female and acknowledging the accomplishments of African American women, reading poetry written by African American women, and framing artwork created by African American artists. Session 2 enhances the awareness of HIV risk reduction strategies such as abstaining from sex, using condoms consistently, and having fewer sex partners. Session 3, via role plays and cognitive rehearsals, enhances adolescent's confidence in initiating safer-sex conversations, negotiating safer sex and refusing unsafe sexual encounters. Additionally, peer educators discuss the importance of abstinence and proper and consistent condom use and model condom skills. Session 4 emphasizes the importance of healthy relationships. Health educators describe how unhealthy relationships make it difficult to practice safer sex.
Clearly Defined Audience	Sexually experienced African American adolescent girls aged 14-18 years
Goals and Objectives of the Intervention	<ul style="list-style-type: none"> <li>• To increase knowledge of HIV risk behaviors</li> <li>• To increase consistent condom use (every episode of vaginal intercourse)</li> <li>• To improve attitudes toward consistent condom use</li> <li>• To reduce the perception of barriers to consistent condom use</li> <li>• To improve condom use skills and self-efficacy</li> <li>• To reduce the incidence of sexually transmitted infections (STIs)</li> <li>• To reduce pregnancy</li> </ul>

Risk Behaviors the Intervention Focuses on	Unprotected vaginal sex with main and casual sex partners
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> <li>• Knowledge (lack)</li> <li>• Communication and negotiation (low)</li> <li>• Group norms</li> <li>• Self-efficacy (low)</li> <li>• Perceived barriers</li> <li>• Intentions</li> <li>• Attitudes</li> <li>• Cultural norms about sexuality and gender roles</li> <li>• Sense of community (low)</li> </ul>
Core Elements	PENDING CDC APPROVAL
Setting	Family or community health clinic
Duration	Four 4-four hour interactive group sessions implemented on consecutive Saturdays with an average of 10 to 12 participants in each session
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> <li>• Communication and negotiation skills</li> <li>• Refusal skills</li> <li>• Condom demonstration and usage skills</li> <li>• Role plays</li> </ul>
Outcomes	Research has indicated that after participating in the SiHLE intervention, women were more likely to consistently use a condom during every episode of vaginal intercourse. Other outcomes include evidence of reducing chlamydia infections.
Type of Intervention	GLI

Journal Citations:

DiClemente, RJ, Wingood, GM, Harrington, KF, Lang, DL, Davies, SL, Hook III, EW, Oh, MK, Crosby, RA, Hertzberg, VS, Gordon, AB, Hardin, JW, Parker, S, Robillard, A, (2004), Efficacy of an HIV prevention intervention of African American adolescent girls, JAMA, 292(2), pp. 171-79

Contact:

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