

7th ANNUAL IRIS HOUSE SUMMIT

Women As
The Face
of AIDS



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**KID S.I.S.T.A.
HIV/AIDS PREVENTION
INTERVENTION**

Women In Need, Inc.





THE CONTEXT

46% of NYC high school students reported having had sex, including 41% of 9th graders.

Approximately 17% of high school students reported having sex for the first time before age 13.

Nationally, the CDC estimates 1 in 4 teen girls, ages 15-19 have an STD.



THE CONTEXT (CONT'D)

- African Americans account for more than two thirds of all new HIV diagnoses among females in New York City.
- Hispanic/Latina women account for an additional 25% of all new HIV diagnoses among females in New York City living with HIV/AIDS.



THE NEED

Focus groups with African American and Hispanic girls living within WIN's transitional family residence revealed:

Concern about the sexual lives of their “friends”, proposition for prostitution, teen pregnancy, gender-based violence, and the impact of pop-culture on their lives.

Limited, if any, knowledge about HIV/AIDS and the associated high risk behaviors such as homelessness, drug use and sexual abuse.



THE NEED (CONT'D)

These girls are at risk of being caught in the intergenerational cycle of high-risk behaviors:

- Many of their mothers were teenagers at the time of the girls' births.
- A December 2005 assessment of WIN clients showed that more than 40% of those clients surveyed reported engaging in unprotected heterosexual sex and injection drug use.
- Many of WIN's female clients have suffered childhood sexual abuse/ trauma; experienced intimate partner violence; and traded sex for food/money/shelter.
- They generally have little education (nearly two-thirds did not complete high school) and little or no employment history.



DEVELOPMENT OF KID S.I.S.T.A.

Identified target population, girls ages 10-16 years old residing in WIN's family shelters, which are located in East New York and East Harlem

A curriculum was designed based on the CDC Intervention S.I.S.T.A. to meet the educational needs of this population

Focus groups were conducted at the family shelter to obtain feedback on the curriculum, evaluation tools, and relevant language

The curriculum was presented to a Program Review Panel made up of professionals with experience working with this population

The feedback from the Program Review Panel and the Focus Groups were incorporated in the final draft of the Kid S.I.S.T.A. curriculum



PROGRAM GOAL

To break the cycle of high risk behaviors in African American and Hispanic/Latina girls to reduce HIV transmission among young women of color.



PROGRAM OBJECTIVES

- To increase the participants' knowledge about preventing HIV and other STIs
- To increase the participants' positive attitudes towards themselves and their gender
- To increase effective refusal/negotiation skills
- To increase the participants' intention to reduce/avoid high risk sexual behaviors



PROGRAM OVERVIEW

The intervention cycle included four, one and a half hour sessions for four weeks

- Session 1: Ethnic/gender pride
- Session 2: HIV/AIDS education
- Session 3: Assertiveness skills training
- Session 4: Enhancing coping skills



PROGRAM OVERVIEW (CONT'D)

- Pre-test evaluation completed at the first session
- Post-test evaluation completed at the final session
- Songs, games, vignettes and role plays used to highlight focal points of each lesson
- At the end of each session the girls recited the Kid S.I.S.T.A. motto
- Dinner and other incentives, including Kid S.I.S.T.A. paraphernalia, provided to participants





RESULTS

- 88 participants completed the intervention over a two year period
- 95% of participants said they enjoyed the Kid S.I.S.T.A. Program
- 84% of participants said they talked to their families about what they learned in Kid S.IS.T.A.



RESULTS (CONT'D)

- 63% of the participants said they talked to their friends about what they learned in Kid S.I.S.T.A.
- 99% of the participants said Kid S.I.S.T.A. helped them make better decisions about sex
- 95% of the participants said Kid S.I.S.T.A. helped them understand what puts them at risk for HIV and other STIs
- 82% of participants said that Kid S.I.S.T.A. helped them communicate better



LESSONS LEARNED

Recruitment and engagement took more time than originally planned

Incentives proved to be essential to the recruitment and participation of the girls and their parents

Facilitating group sessions later in the evenings after school was necessary to accommodate the long commute from school to shelter

Momentum and consistency are important in working with this transient population.

The program assisted in building camaraderie and a safe place for the girls to talk



THE KID S.I.S.T.A GIRLS!!



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~THANK YOU~

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