



# ARREST: AIDS Risk Reduction Education and Skills Training Program

Michele D. Kipke, Ph.D.

## FOCUS

- Primary Pregnancy Prevention
- Secondary Pregnancy Prevention
- STD/HIV/AIDS Prevention

## ORIGINAL SITE

- School-Based
- Community-Based
- Clinic-Based

## APPROACH

- Abstinence
- Behavioral Skills Development
- Community Outreach
- Contraceptive Access
- Contraceptive Education
- Life Option Enhancement
- Self-Efficacy/Self-Esteem
- Sexuality/STD/HIV/AIDS Education

## COMPONENTS

- Adult Involvement
- Case Management
- Group Discussion

## SUMMARY

Principles of the health belief model and social learning theory form the conceptual framework for this program, together with strategies previously found to be effective in changing such adolescent health-risk behaviors as cigarette smoking and early pregnancy. Originally designed for teens between 12 and 16 years of age, the intervention includes three 90-minute, small group sessions, in which participants receive five forms of assistance: (1) information about the transmission and prevention of HIV/AIDS; (2) instruction in purchasing and using condoms with spermicide; (3) guidance in self-assessment of risk behaviors; (4) training in decision-making, communication, and assertiveness skills; and (5) peer group support for HIV/AIDS prevention and risk reduction. In addition to lectures and modeling by instructors, teens complete role plays, skill-building exercises and homework activities. A field study of the program was conducted with 87 African-American and Latino youths, who were recruited from three New York City community-based organizations providing alternative education and after-school programs for high-risk teens. Comparing four week follow-up measures of program participants with a control group of peers, participants showed significant gains in knowledge and attitudes about AIDS, as well as in sexual refusal and negotiation skills. However, no differences were found between the groups' risk-related sexual behaviors.

## SUITABLE FOR USE IN

Although it was originally implemented in a community-based organization, this program is equally suitable for use in schools.

## ORIGINAL INTERVENTION SAMPLE

### Age, Gender

The field study included 87 participants, ages 12 to 16 years (avg.= 13.8). 55% of the participants were female.



Lectures



Peer Counseling/Instruction



Public Service Announcements



Role Play



Video



Other

Peer support groups

### Race/Ethnicity

59% Latino, 41% African-American.

### PROGRAM LENGTH

The 4 1/2 hour program is divided into three 90-minute training sessions.

### STAFFING REQUIREMENTS/TRAINING

One skilled HIV/AIDS educator is recommended to lead each group of 10 to 12 students.

## PASHA PROGRAM PACKAGE

The PASHA Program Package for this program includes:

*ARREST* User's Guide  
 ARREST Curriculum Manual  
 AIDS Awareness Form  
 Set of Original Evaluation Instruments  
*Morbidity and Mortality Weekly Report*, May 10, 2002  
 Prevention Minimum Evaluation Data Set (PMEDS)  
 Local Evaluator Consultant Network Directory

Telephone technical support on implementation and evaluation for 1 year