



# AIDS Risk Reduction for College Students

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## 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
- Lectures
- Peer Counseling/Instruction

## SUMMARY

Originally designed as a workshop for college students, this program consists of three two-hour sessions incorporating information, motivation, and behavioral strategies for AIDS risk reduction. The motivation component is addressed through small-group discussions led by a peer health educator and a video narrated by persons who contracted HIV through unsafe heterosexual intercourse. Finally, behavioral skills development is encouraged through role plays of safe sex communication. In a field study of the program with 744 college students, participants showed significant gains in knowledge, motivation, and behavior; in particular, sexually active participants were more likely than similar control students to purchase and use condoms during a two- to four-month period following the intervention.

## SUITABLE FOR USE IN

This program can be implemented in a variety of school or community settings with college-aged participants.

## ORIGINAL INTERVENTION SAMPLE

### Age, Gender

The original sample included 744 college students with an average age of 20 years; 51% of the students were female.

### Race/Ethnicity

88% White, 4.3% Asian, 3.9% Latino, 2.7% African-American.

## PROGRAM LENGTH

Three two-hour sessions are held one week apart.

## STAFFING REQUIREMENTS/TRAINING

A professional health educator should lead the sessions in collaboration with a team of peer

- Public Service Announcements
- Role Play
- Video
- Other

educators, preferably health education students. For the small-group discussions, one peer educator is recommended for groups of up to six students. An intensive training workshop for the peer educators is also suggested, followed by a supervised practice session.

## **PASHA PROGRAM PACKAGE**

**The PASHA Program Package for this program includes:**

*PASHA* User's Guide  
AIDS Risk Reduction for College Students Session Guides  
A Set of Handout Masters for Session Guides  
AIDS Risk Reduction for College Students Peer Educator Training Manual  
A Set of Handout Masters for Peer Educator Training  
Just Like Me... videotape  
The Stakes are High... videotape  
Knowing the Facts... videotape  
Changing AIDS Risk Behavior... article reprint  
25 HIV Infection and AIDS... pamphlets  
25 Know Your Status pamphlets  
25 Making Safer Sex pamphlets  
25 Condom Basics pamphlets  
American Red Cross HIV/AIDS Education Instructor's Manual  
Condom Educator's Guide  
*Transitions* (March 2003), newsletter reprint  
A Set of Original Evaluation Instruments  
Prevention Minimum Evaluation Data Set (PMEDS)  
Local Evaluator Consultant Network Directory

Telephone technical support on implementation and evaluation for 1 year

### **REFERENCE**

This package was produced as part of an overall program of research by Fisher, J.D., Fisher, W.A., Misovich, S.J., Kimble, D.L., & Malloy, T.E. (1996). Changing AIDS risk behavior: Effects of an intervention emphasizing AIDS risk reduction information, motivation, and behavioral skills in a college student population. *Health Psychology*, 15(2A), 114-123.