



# Safer Sex Efficacy Workshop

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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

## SUMMARY

This three-hour workshop is designed to increase college students' self-efficacy, or belief in their own ability to act successfully to prevent HIV/AIDS and other sexually transmitted diseases. Drawing upon social learning theory, the program includes numerous role-play and skill-building exercises, and is led by peer educators who are trained to serve as persuasive models. To give students the knowledge necessary to practice preventive behaviors, the leaders begin by facilitating a group discussion about HIV/AIDS and STDs, including transmission and prevention. During the next section, participants discuss personal experiences of and feelings about AIDS and other STDs. Finally, the students role play safe-sex discussions and learn about correct condom use, gaining confidence in their abilities in the process. A field study of the workshop was conducted with 209 undergraduate students enrolled in a health education class at the University of Texas. Compared to comparison groups of their peers, program participants showed significant increases in self-efficacy at the two-month follow-up assessment. Sexually active students also showed an increase in their frequency of condom use.

## SUITABLE FOR USE IN

Although it was originally implemented in a college setting, this program is also suitable for use with young adults ages 18-22 in other educational settings or community-based organizations.

## ORIGINAL INTERVENTION SAMPLE

### Age, Gender

Among the 209 college students participating in the study, the average age was 22 years. 67% were female.

### Race/Ethnicity

82% White

## PROGRAM LENGTH

- ☐ Lectures
- ☒ Peer Counseling/Instruction
- ☐ Public Service Announcements
- ☒ Role Play
- ☐ Video
- ☐ Other

The single-session workshop is designed to last between 2 1/2 and 3 hours.

## STAFFING REQUIREMENTS/TRAINING

Two peer educators are recommended to lead each ten- to fifteen-person group. During the original field study, a 20-hour training program was held to introduce the peer educators to basic concepts of the curriculum, as well as HIV/AIDS, STDs and group process skills.

## PASHA PROGRAM PACKAGE

The PASHA Program Package for this program includes:

- ▶ PASHA User's Guide
- ▶ Instructor's Handbook
- ▶ *Transitions* (March 2003), newsletter reprint
- ▶ 3 Pamphlets for use as handouts (25 copies each):
  - Making Sex Safer
  - Sexually Transmitted Diseases: What Everyone Should Know
  - HIV Infection and AIDS: What Everyone Should Know
- ▶ 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