

# SISTAS Assertiveness Model



**S** I need to think about my **SELF** first. What do I value?  
(ETHNIC AND GENDER PRIDE)

**I** I need to use the **INFORMATION** that I have about sex and HIV/AIDS. What is safe for me to do?  
(HIV/AIDS EDUCATION)

**S** I need to think about the **SITUATION** that I am in. What trouble does it put me in?  
(HIV/AIDS EDUCATION)

**T** I need to state the **TROUBLE** to my partner. What are my options? What are the consequences?  
(SEXUAL COMMUNICATION)

**A** I need to tell my partner in an **ASSERTIVE** manner what I would like to do.  
(SEXUAL NEGOTIATION)

**S** I need to **SUGGEST** an alternative. Can I live with the consequences of the alternative?  
(SEXUAL NEGOTIATION)