Sister to Sister Behavior Change Logic Model

Theoretical Foundation

Self efficacy

- Participant believes that practicing condom use is easy
- Participant believes that getting one's partner to use a condom is easy.
- Participant believes that talking to her partner about condom use is easy.

Skills Acquisition:

- Participants learn and practice negotiation and condom use skills.

Knowledge, self worth and perceived risk

- Participant realizes that by having unprotected sex she is at risk for HIV/STDs and that the proud and responsible thing to do is to protect herself.

Outcomes expectations

- Partner reaction - Participant perceives that partner will not leave them, abuse them or cheat on them if condoms are introduced into the relationship
- Hedonistic beliefs - Participant perceives that her partner believes that condoms will not ruin sexual pleasure
- Prevention beliefs – Participant feels that HIV is preventable by using condoms, consistently and correctly

Influencing Factors (optional)

- Concept of Caring for the client is demonstrated by the provider
- Building Self-Pride and Self-Worth by emphasizing, "Respect Yourself! Protect Yourself: Because You Are Worth It!

Intervention Activities

- Discuss and practice culturally relevant and gender-based role plays to reinforce negotiation and refusal skills and self-efficacy
- Model and practice correct condom use skills to reinforce knowledge and self-efficacy
- "Myths and Facts Activity" to reinforce knowledge
- "Risk Assessment Activity" to reinforce knowledge and perceived risks
- Using videos and skills practice to reinforce self-efficacy and personal risk
- Intervention activities and teaching guide to reinforce knowledge, self-efficacy, and skills

Behavioral Determinants of Risk

- *Don't perceive self at risk*
- *Fear partner's reaction to negotiation of condoms*
  Negative attitudes/beliefs towards using condoms (hedonistic prevention, partner reaction)
- *Lack self-efficacy and skills to negotiate condoms*
- *Lack of correct condom use skills*
- *Limited knowledge about HIV (transmission and prevention strategies)*

Immediate Outcomes

- Increase negotiation skills
- Reduce the incidence of unprotected sex
- Increased knowledge
- Increase consistent and correct condom use
- Increase negotiation skills

Behaviors

- Having unprotected sex
- Decreased unprotected vaginal sex,
- Greater proportion of condom-protected sex acts
- Less number of sexual partners

Intermediate Outcomes

- *Reduction in the incidence of STDs and HIV.*