

SUPPLEMENTAL MATERIALS

HARM REDUCTION PRINCIPLES

Harm reduction (HR) is a philosophy that risk reduction strategies should be individualized and based on a client's starting point and readiness to change a risk behavior. In this way, HR philosophy is compatible with stages of change/transtheoretical model of behavior change theory. The following are some of the basic principles of harm reduction as it relates to the Many Men, Many Voices (3MV) intervention.

Harm reduction is a set of practical strategies designed to reduce negative consequences of risk behaviors, including substance use and sexual behaviors, and promote healthy behaviors. In relation to substance use, harm reduction promotes a spectrum of strategies from safe use to managed use to abstinence. In relation to sexual risk behavior, harm reduction strategies may include increasing the frequency of condom use or substituting unprotected oral sex for unprotected vaginal/rectal sex.

Harm reduction strategies meet individuals where they are and promote incremental change. A hierarchy of goals is established, with the more immediate and realistic ones to be achieved as first steps toward greater risk reduction. Any reduction in harm is a step in the right direction.

In 3MV, harm reduction principles are applied to reducing the amount of GERM to which an individual is exposed, reducing the type and number of times an individual is EXPOSED to a GERM, and maintaining the health of an individual's PINK PARTS. In 3MV, a menu of options for HIV/STD prevention is developed on the basis of harm reduction principles.

Harm Reduction Coalition. Principles of harm reduction. New York: Author. Retrieved March 8, 2010, from <http://www.harmreduction.org/article.php?list=type&type=62>

Riley, D. (1993). The Harm Reduction Model: Pragmatic approaches to drug use from the area between intolerance and neglect. Ottawa, ON: Canadian Centre on Substance Abuse. Retrieved March 8, 2010, from http://epe.lac-bac.gc.ca/100/200/300/ccsa-cclat/harm_reduction_model-e/harmred.htm