

# *¡Cuidate!*

A culturally-based, group-level intervention to reduce HIV sexual risk behavior among Latino youth  
FACT SHEET

## **Program Overview**

*¡Cuidate!*, which means “take care of yourself,” is a culturally-based, group-level intervention to reduce HIV sexual risk behavior among Latino youth. It is based on Social Cognitive Theory, Theory of Reasoned Action, and Theory of Planned Behavior, and incorporates cultural beliefs that are common among Latino subgroups and associated with sexual risk behavior. *¡Cuidate!* consists of six 1-hour modules delivered over a minimum of 2 days to groups of 6 to 10 youth. *¡Cuidate!* can be delivered in community centers, schools, etc. by health educators, counselors, health care providers, etc. HIV/AIDS knowledge, condom negotiation, refusal of sex, and correct condom use skills are taught through interactive games, group discussion, role-plays, video, music, and mini-lectures.

## **Core Elements**

The Core Elements of *¡Cuidate!* are:

- Incorporating the theme of *¡Cuidate!*—taking care of oneself and one’s partner, family and community— throughout the program.
- Using culturally- and linguistically-appropriate materials and activities to show and emphasize core Latino cultural values, specifically *familialism* and gender-roles, and how those are consistent with safer sex behavior.
- Incorporating activities that increase knowledge and influence positive attitudes, beliefs, and self-efficacy

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Villarruel, A.M., Jemmott, J.B. III, and Jemmott, L.S. (2006). A randomized controlled trial testing an HIV prevention intervention for Latino youth. *Archives of Pediatric & Adolescent Medicine*, 160, 772–777.

Gallegos, E.C., Villarruel, A.M., Loveland-Cherry, C., Ronis, D.L., and Zhou, Y. (2008). Intervención para reducir riesgo en conductas sexuales de adolescentes: Un ensayo aleatorizado y controlado [Intervention to reduce sexual risk behavior in adolescents: A randomized controlled trial]. *Salud Pública de México*, 50(1): 59-66.

regarding HIV sexual risk-reduction behaviors.

- Modeling and practicing the effective use of condoms.
- Building participants’ skills in problem solving, negotiation of safe sex, and refusal of unsafe sex.
- Delivering sessions in highly participatory, interactive small groups.

## **Target Population**

Spanish and non-Spanish speaking Latino youth aged 13 to 18 years.

## **Program Materials**

- *¡Cuidate!* Implementation Manual with a Facilitator’s Curriculum (available in English and Spanish)
- CD-ROM with posters, music, handouts, game boards, forms and worksheets
- DVD with *¡Cuidate!* video

## **Research Results**

In the original research, youth were less likely to report sexual intercourse, multiple partners, and days of unprotected sexual intercourse, and were more likely to report using condoms consistently.

## **For More Information on *¡Cuidate!***

To place your name on a list for a future training, please visit our website

[www.effectiveinterventions.org](http://www.effectiveinterventions.org). If you do not have access to the web, you may also call (866) 532-9565 or email [interventions@danya.com](mailto:interventions@danya.com).