

FIO Key Characteristics

The Key Characteristics of FIO are:

- Project FIO was designed for HIV-negative, young adult (18-30) women who are living in high HIV-prevalence, urban neighborhoods and attending a clinic for family planning services.
- Project FIO was designed for ethnically diverse women. The research population was 72% Black (African American or Caribbean), 17% Latina, and 11% white and other ethnicities. The effect of the intervention did not differ among groups.

1. Target Audience:

- Young women (18-30 years)
- Ethnically diverse women
- At-risk women who have sex with men
- Women living in communities where rates of HIV and other STDs are high

2. Session Structure and Logistics:

- Create groups of eight to twelve women to build group cohesion and support
- Conduct sessions in an enclosed space that is conducive to confidentiality, but large enough to allow the participants to move around
- Conduct sessions once a week to allow women time to practice the material

3. Techniques and Tools:

- Use a variety of tools for skill-building including demonstration, practice, discussions, and goal setting
- Use a variety of techniques to help women change their thoughts including sharing of personal experiences, letter writing, the Feeling Thermometer and relaxation
- Build group cohesion through “Thanks” Chips which allow participants to get and give positive reinforcement
- Use multi-cultural role-plays to stimulate discussion