

Modified AIDS Risk Reduction Model (M-ARMM)

- Original AARM Component
- Modified AARM Component

Feel Susceptible

- Label oneself "at risk"
- Understand how risk is related to intimate, loving relationships with men

Prioritize

- Make safer sex a priority
- Link safer sex to long-term goals and connect helping self to helping others

Intend

- Make a commitment to change risky behaviors
- Affirm women's sexual rights and the importance of sexual pleasure

Enact

- Seek and implement solutions to reduce risk
- Gain the knowledge and skills to use a range of risk-reduction strategies

Maintain

- Continue safe behaviors over the long-term
- Explore how to make safer sex erotic and how to handle slips

Behavior Change

Gender Scripts