



Training of Facilitators

Training Manual Module II Handouts

Handout 2-1: Benefits of Working in Groups*

The value of peer interaction:

- ★ Small group interventions bring people with a common risk history (peers) together.
- ★ Peers influence each other in ways that others, regardless of education or counseling knowledge and experience, cannot.
- ★ Peers can influence both risk-taking and preventive behaviors.
- ★ The experience of being part of a group can have powerful effects of a person's behavior.

The value of teachable moments:

- ★ Individuals can observe other group members, share experiences, practice new skills, and receive feedback from their peers.
- ★ When people who face similar challenges meet in a group, there are opportunities for shared learning.

The value of the group environment:

- ★ A group can be a slice of a community; it can also become a community.
- ★ Groups challenge perceptions that promote risk and shift attitudes to support less risky behaviors.
- ★ Many community services already recognize the value of working in groups. Interventions can be incorporated into existing groups or otherwise built on the services being provided through groups.

* Adapted from "HIV-AIDS Prevention in Groups: A Guide for Community-Based Services" by Seth C. Kalichman, Ph.D.

Handout 2-2: Nia Behavior Change Logic Model

Problem Statement

Nia is designed for adult African American males 18 and older who have sex with women.

This population is at risk of transmitting or acquiring HIV due to having unprotected sex with female partners.

Major risk factors for HIV include: membership in a demographic group highly impacted by HIV, lack of condom use as a means of protection, sex while under influence of drugs/alcohol, and lack of comfort talking about HIV risk and condom use with female sex partners.

Nia Behavior Change Logic

Behavioral Determinants <i>Factors from behavioral theory that impact behavior</i>	Activities <i>To address behavioral determinants</i>	Outcomes <i>Expected changes as a result of activities targeting behavioral determinants</i>	
		Immediate Outcomes	Intermediate Outcomes
<ul style="list-style-type: none"> ★ HIV/AIDS knowledge ★ Risk perception regarding self ★ Intentions regarding risk reduction options ★ Identifying triggers to unsafe sex in risky sexual situations skills ★ Identifying triggers to unsafe sex in risky sexual situations self-efficacy ★ Managing risky sexual situations skills ★ Managing risky sexual situations self-efficacy ★ Risk reduction decision-making skills ★ Risk reduction decision-making self-efficacy ★ Condom use attitudes ★ Condom use/safer sex skills ★ Condom use/safer sex self-efficacy ★ Sexual communication skills ★ Sexual communication self-efficacy 	<ul style="list-style-type: none"> ★ Review personalized Personal Feedback Report (PFR) -1 form on HIV knowledge. ★ Identify HIV information as myth or fact and discuss. ★ Review personalized PFR-2 form on HIV risk behaviors. ★ Place sexual risk behaviors on a risk continuum banner from very high risk to very low risk and discuss. ★ Build skills in identifying triggers to unsafe sex and making risk reduction/safer sex decisions. ★ Review personalized PFR-3 form on condom attitudes. ★ Generate list of pros & cons of condom use and discuss. ★ View demonstration of condom skills and practice these skills. ★ View and discuss culturally relevant videos; <ul style="list-style-type: none"> ○ HIV 101 video ○ HIV community impact video ○ “Edutainment” video ○ Condom skills video ★ View culturally relevant movie clips and practice identifying triggers, safer sex decision making, and sexual communication. 	<ul style="list-style-type: none"> ★ Levels of correct knowledge will increase. ★ Risk perception will increase. ★ Intentions to use condoms will increase. ★ Trigger identification self-efficacy will increase. ★ Managing risky sexual situations self-efficacy will increase. ★ Risk reduction decision-making self-efficacy will increase. ★ Negative attitudes toward condoms will decrease and positive attitudes will increase. ★ Condom use skills will improve. ★ Condom use/safer sex self-efficacy will increase. ★ Sexual communication self-efficacy will increase. 	<ul style="list-style-type: none"> ★ Increased condom use/ decreased unprotected vaginal/anal intercourse ★ Increased talking with partner about HIV risk and condom use ★ Decreased drug/alcohol use before or with sex ★ Improved management of risky sexual situations, e.g., <ul style="list-style-type: none"> ○ Planned ahead to practice safer sex ○ Refused unsafe/unprotected sex ○ Increased condom carrying

**Handout 2-3:
Key to Connecting Activities**

Activity	Related Behavioral Determinants	Related Immediate Outcomes
Review personalized PFR-1 form on HIV knowledge.	HIV/AIDS knowledge Risk perception regarding self	<ul style="list-style-type: none"> ★ Levels of correct knowledge will increase. ★ Risk perception will increase.
Identify HIV information as myth or fact and discuss.	HIV/AIDS knowledge Risk perception regarding self	<ul style="list-style-type: none"> ★ Levels of correct knowledge will increase. ★ Risk perception will increase.
Review personalized PFR-2 form on HIV risk behaviors.	Risk perception regarding self Intentions regarding risk reduction options	<ul style="list-style-type: none"> ★ Risk perception will increase. ★ Intentions to use condoms will increase.
Place sexual risk behaviors on a risk continuum banner from very high risk to very low risk and discuss.	HIV/AIDS knowledge Risk perception regarding self Intentions regarding risk reduction options	<ul style="list-style-type: none"> ★ Levels of correct knowledge will increase. ★ Risk perception will increase. ★ Intentions to use condoms will increase.
Build skills in identifying triggers to unsafe sex and making risk reduction/safer sex decisions.	Risk perception regarding self Identifying triggers to unsafe sex in risky sexual situations skills Identifying triggers to unsafe sex in risky sexual situations skills self-efficacy Managing risky sexual situations skills Managing risky sexual situations self-efficacy Risk reduction decision-making skills Risk reduction decision-making self-efficacy	<ul style="list-style-type: none"> ★ Risk perception will increase. ★ Trigger identification self-efficacy will increase. ★ Managing risky sexual situations self-efficacy will increase. ★ Risk reduction decision-making self-efficacy will increase.
Review personalized PFR-3 form on condom attitudes.	Intentions regarding risk reduction options Condom use attitudes	<ul style="list-style-type: none"> ★ Intentions to use condoms will increase. ★ Negative attitudes toward condoms will decrease and positive attitudes will increase.
Generate list of pros and cons of condom use; discuss.	Intentions regarding risk reduction options Condom use attitudes	<ul style="list-style-type: none"> ★ Intentions to use condoms will increase. ★ Negative attitudes toward condoms will decrease and positive attitudes will increase.

Activity	Related Behavioral Determinants	Related Immediate Outcomes
View demonstration of condom skills; practice skills.	Condom use attitudes Condom use/safer sex skills Condom use/safer sex self-efficacy	<ul style="list-style-type: none"> ★ Negative attitudes toward condoms will decrease and positive attitudes will increase. ★ Condom use skills will improve. ★ Condom use/safer sex self-efficacy will increase.
View and discuss culturally relevant videos (e.g., HIV 101 video, condom skills video).	HIV/AIDS knowledge Risk perception regarding self Condom use/safer sex skills Condom use/safer sex self-efficacy	<ul style="list-style-type: none"> ★ Levels of correct knowledge will increase. ★ Risk perception will increase. ★ Condom use skills will improve. ★ Condom use/safer sex self-efficacy will increase.
View culturally relevant movie clips and practice identifying triggers, safer sex decision making, and sexual communication.	Intentions regarding risk reduction options Identifying triggers to unsafe sex in risky sexual situations skills Identifying triggers to unsafe sex in risky sexual situations skills self-efficacy Managing risky sexual situations skills Managing risky sexual situations self-efficacy Risk reduction decision-making skills Risk reduction decision-making self-efficacy Sexual communication skills Sexual communication self-efficacy	<ul style="list-style-type: none"> ★ Intentions to use condoms will increase. ★ Trigger identification self-efficacy will increase. ★ Managing risky sexual situations self-efficacy will increase. ★ Risk reduction decision-making self-efficacy will increase. ★ Sexual communication self-efficacy will increase.

Handout 2-4: Nia Session Grid

Information-Motivation-Behavioral Skills (IMB*) Model & Group Process (GP*)	Core Elements	#1: Conducting small group sessions with men who have sex with women that are led by culturally competent male and female co-facilitators	#2: Correcting misperceptions and misinformation regarding HIV by using gender and culturally appropriate videos and interactive exercises	#3: Inducing and enhancing motivation to reduce risks for HIV by having men identify themselves and their behavior with the HIV epidemic	#4: Building skills for identifying and managing sexual risk situations	#5: Enhancing motivation and building behavioral skills for condom use or safer sex
Session One Activities						
GP	Introduction to Nia/Welcome/Group Rules	X				
GP	Getting to Know You: Condom Bowl	X				
I	HIV Myths and Facts	X	X			
I	Video #1: "When Men Talk About AIDS"	X	X			
I	PFR-1: HIV Knowledge	X	X	X		
M	Video #2: "HIV/AIDS: Infecting and Affecting our Community"	X		X		
I/M	HIV Risk Continuum Banner of Sex Behaviors	X	X	X		X
I/M	PFR-2: Sexual Behaviors	X		X		
M/B	Identifying Risky Situations	X		X	X	
M/B	Trigger Identification Skills-building	X		X	X	
B	Risk Reduction Decision-making Skills-building	X			X	
M	Video #3: Combination Video	X		X		
I/M/B	Summary and Close	X	X	X	X	X
Session Two Activities						
GP	Welcome Back and Check-in	X				
I/M/B	Review Previous Session	X	X	X	X	X
M/B	Sex Behavior Options That Reduce Risks	X		X	X	X
M/B	Pros and Cons Of Condom Use	X				X
M/B	PFR-3: Condom Attitudes	X		X		X
M/B	Video #4: "It's All About Condoms"	X				X
M/B	Condom Demonstration and Practice	X				X
M/B	Building Skills for Making and Communicating Safer Sex Decisions: Movie Clips #1-6	X			X	X
M/B	Personal Safer Sex Planning	X		X	X	
I/M/B	Summary and Close	X	X	X	X	X

* In the first column, the letters refer to:

I = Information; M = Motivation; B = Behavioral Skills; GP = Group Process