



WHAT IS SEPA?

SEPA is an evidence-based HIV prevention intervention for Hispanic women/Latinas at risk of HIV infection due to unprotected sex with male partners.

WHAT IS THE EVIDENCE BASIS OF SEPA?

Based on Social Cognitive Theory, **SEPA** produced significant outcomes among low-income Mexican and Puerto Rican women between the ages of 18 and 44 in Chicago where the intervention was tested. Compared to members of the control group, **SEPA** participants showed significant increases in:

- HIV knowledge
- Communication with partners about HIV issues
- Risk-reduction behavioral intentions
- Condom use

In addition, **SEPA** participants had significant decreases in perceived barriers to condom use.

WHO IS THE AUDIENCE FOR SEPA?

SEPA was developed to educate Hispanic women/Latinas between the ages of 18 and 44 about HIV and other STDs and to help them build the skills necessary for behavioral changes that lead to more healthy relationships and safer sex.

Although the intervention's efficacy trial included Mexican and Puerto Rican women, researchers believe **SEPA** can be of benefit to at-risk women of diverse races and ethnicity if their prevention needs can be addressed by **SEPA**'s activities.

"Everyone needs a strong sense of self. It is our base of operations for everything that we do in life."

Julia T. Alvarez
Writer, Poet, and Diplomat

WHAT HAPPENS DURING SEPA?

SEPA consists of six two-hour sessions that include presentations, group discussions, and practice exercises on male and female condom use, condom negotiation, and assertive communication. Session content covers HIV and STD transmission and prevention, male and female reproductive anatomy, human sexuality, interpersonal communications, and domestic and intimate partner violence.

"I change myself, I change the world."

Gloria Anzaldua
Writer and Poet

WHO SHOULD IMPLEMENT SEPA?

Agencies that serve the Latino community should employ a female facilitator who speaks and understands the language of participants to implement **SEPA**. The facilitator is not a peer of participants but someone who is an experienced professional in health education, disease prevention, and risk reduction.

WHAT ARE THE BENEFITS OF SEPA?

Agencies, clients, and the Latino community can all benefit from **SEPA**. By implementing **SEPA**, agencies know they provide HIV prevention that works to reduce risky sexual behavior. Clients benefit because they learn how to protect their health and improve relationships with partners. When women in the community are healthy and there are reduced rates of HIV and STDs, the entire Latino community benefits.

"Deserve your dream."

Octavio Paz
Writer, Poet, and Diplomat

For more information on **SEPA**, contact: