

SIHLE

Sisters Informing, Healing, Living, and Empowering: A Peer-Led, Group-Level HIV Prevention Intervention for Sexually Active, African American Teenage Females

FACT SHEET

Program Overview

SIHLE (Sisters Informing Healing Living and Empowering) is a peer-led, social-skills training intervention aimed at reducing HIV sexual risk behavior among sexually active, African American teenage females, ages 14-18. It consists of four 3-hour sessions, delivered by two peer facilitators (ages 18-21) and one adult facilitator in a community-based setting. The sessions are designed for 10-12 African American teenage females. The sessions are gender-specific, culturally relevant and include behavioral skills practice, group discussions, lectures, role-playing, and take-home exercises.

Core Elements

1. Conduct small-group sessions that meet the session goals.
2. Implement SIHLE with female, heterosexual teens who have had sexual intercourse and are between the ages of 14-18 (inclusive).
3. Use one skilled adult female facilitator, who is knowledgeable about youth culture, and two peer female facilitators (ages 18-21) to implement SIHLE group sessions.
4. Use materials that are age, gender, and culturally appropriate to motivate gender and ethnic pride and to maintain teens' interest throughout the sessions.
5. Train teens in assertive communication skills to demonstrate care for their partners and to negotiate abstinence or safer sex behaviors.
6. Teach teens proper condom use. SIHLE is designed to foster positive attitudes and norms towards consistent condom use and to provide teens the appropriate instruction for placing condoms on their partner.
7. Discuss triggers that make negotiating safer sex for teens challenging.
8. Emphasize the importance of partner involvement in safer sex; the homework activities are designed to involve the male partner.
9. Deliver intervention to teens in community-based settings, not in a school-based setting or during school hours.

Target Population

This HIV/STI risk-reduction intervention is intended for use with sexually active, African American teenage females who are at risk for acquiring or transmitting HIV/STIs.

Determine whether your agency is required to obtain parental consent for teens' participation by contacting your local health department HIV prevention office.

Program Materials

- Implementation Manual
- Evaluation Field Guide and Instruments

Research Results

Results indicated that teenage females in the experimental group reported increased condom use, a decrease in Chlamydia, and a decrease in pregnancy as compared to those in the control group.

More Information on SIHLE

For more information about SIHLE or to get your name on a list for future training, please visit our web site at www.effectiveinterventions.org. You may also call us at (800) 462-9521 or email us at interventions@aed.org

DiClemente, R. J., & Wingood, G. M., (1995). A randomized controlled trial of an HIV sexual risk reduction intervention for young African American women. *Journal of the American Medical Association*, 274, 1271-1276.

Revised 3/17/2009