



SHARP – Sexual Health and Adolescent Risk Prevention

Program Components

- Intensive, interactive single-session STI/HIV prevention intervention
- Five segments, lasting 3.5-4 hours total plus 1 hour for adult preparation subjects
- It incorporates videos, lecture, group discussion and activities
- Research groups were organized by gender, either all male or all female with no more than 10 per group, but partners have done mixed gender groups with success
- It is required that the trainer has been trained in Motivational Interviewing (MI) and Motivational Enhanced Therapy (MET). We provide some training in MI/MET.
- Overall goals are to deepen STI/HIV knowledge, improve correct condom use, reduced sexual risks and alcohol use and set long-term goals to utilize knowledge and skills learned during the session

Intended Participants

- Temporary adolescent detention facility
- Other detention or in-patient facilities
- Community-based and clinical settings like foster care agencies
- Multi-ethnic populations – white, Latino, Asian, and black youth

Evaluation Findings

- Reduced incidence of unprotected sex – increased condom use

Curriculum	Objectives
Section 1: HIV/STD Transmission Knowledge	<ul style="list-style-type: none"> • Understand how HIV/STIs are transmitted • Identify behaviors that place people at risk for HIV/STIs • Understand the relative risk of different sexual behaviors • Identify local AIDS prevention resources that are personally available to them
Section 2: Condom Self-Efficacy and Decision Making Skills	<ul style="list-style-type: none"> • Understand the decisions involved in having safer sex • Know where to obtain condoms locally • Know how to carry condoms correctly • Effectively communicate with a partner about condoms • Effectively communicate their intentions to use condoms by learning how to successfully negotiate a sexual encounter • Effectively communicate their intentions to protect themselves from HIV/STIs, either by abstaining from sexual intercourse, or by consistently using condoms • Be familiar with the characteristics of condoms • Know how to use condoms correctly
Section 3: Attitudes and Norms	<ul style="list-style-type: none"> • Increase their awareness about consequences of condom decisions • Increase their perceptions of the benefits of condom use • Increase positive attitudes about condoms and their use • Have increased normative support for condom use • Have well-informed condom use intentions
Section 4: Alcohol Use and Alcohol Related Sexual Risk Behavior Reduction	<ul style="list-style-type: none"> • Understand their drinking behavior in relationship to other adolescents • Understand potential consequences of alcohol use • Be aware of alcohol use harm reduction strategies • Be able to approach problem solving around their own drinking risk situations
Section 5: Condom & Alcohol Use Interventions/Future Orientation	<ul style="list-style-type: none"> • Have well-formed condom use and alcohol intentions • Understand potential consequences of condom decisions • Increase future orientation • Have long-term condom use or abstinence goals