



## *Sistas, Informing, Healing, Living, Empowering (SiHLE) Overview*

### Program Components

- Community-based HIV prevention program for use in family medicine and health clinics
- SiHLE is an acronym for Sistas, Informing, Healing, Living, Empowering.
- Gender-specific and culturally tailored program
- Four, four-hour interactive group sessions
- Sessions utilizing poetry and artwork of African American women, role plays, and discussions, demonstrating use of a condom
- It is highly recommended to have one adult health educator and two peer educators (all trained, African American, and female)

### Intended Participants

- Sexually active African American females, ages 14 to 18
- Urban and suburban youth

### Evaluation Findings

- Reduced number of new sexual partners
- Reduced incidence of unprotected sex
- Increased condom use
- Long-term: Reduced incidence of STIs
- Long-term: Reduced incidence of pregnancy

Workshops	Objectives
<p>Workshop 1: My Sistas...My Girls</p> <ul style="list-style-type: none"> <li>• Activity A – Icebreaker</li> <li>• Activity B – Program Introduction</li> <li>• Activity C – Who are SiHLE Sistas?</li> <li>• Activity D – The SiHLE Pact</li> <li>• Activity E – Young Black &amp;</li> <li>• Activity F – A Room Full of Sisters</li> <li>• Activity G – Strong Black Woman</li> <li>• Activity H – A Taste of Culture</li> <li>• Activity I – Values – What Matters</li> <li>• Activity J – Thought Works</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss topics relevant to African-American adolescent life</li> <li>• Create a positive relationship between educators and participants</li> <li>• Briefly discuss African-American female role models.</li> </ul>
<p>Workshop 2: It's My Body</p> <ul style="list-style-type: none"> <li>• Activity A – Icebreaker</li> <li>• Activity B – SiHLE Motto</li> <li>• Activity C – Call Me Black Woman</li> <li>• Activity D – Thought Works – Visualize 25</li> <li>• Activity E – SiHLE Sistas are Special</li> <li>• Activity F – Speaking of STIs...</li> <li>• Activity G – Card Swap Game</li> <li>• Activity H – HIV/AIDS – What Every SiHLE Woman Should Know</li> <li>• Activity I – Can you See an STI?</li> <li>• Activity J – Consider This....</li> <li>• Activity K – Taken' Care of You</li> <li>• Activity L – OPRaH</li> <li>• Activity M – SiHLE Jeopardy</li> </ul>	<ul style="list-style-type: none"> <li>• Review values, goals and dreams</li> <li>• Introduce concept of risk</li> <li>• Introduce STI/HIV knowledge</li> </ul>
<p>Workshop 3: Communication....and Condom Skills</p> <ul style="list-style-type: none"> <li>• Activity A – Icebreaker</li> <li>• Activity B – SiHLE Motto</li> <li>• Activity C – Who ae SiHLE Sistas?</li> <li>• Activity D – Luv &amp; Kisses (Risk Review)</li> <li>• Activity E – What's In It For You</li> <li>• Activity F – Why Don't People Use Condoms?</li> <li>• Activity G – KISS</li> <li>• Activity H – 3 Ways to Say It</li> <li>• Activity I – Talking the Truth</li> <li>• Activity J – OPRaH "Rehearsal"</li> <li>• Activity K – Alcohol &amp; Sex</li> <li>• Activity L – Condom Consumer Report</li> <li>• Activity M – Thought Works Assignment</li> </ul>	<ul style="list-style-type: none"> <li>• Increase the women's skills in resisting partner pressure to engage in unsafe sex</li> <li>• Enhance the women's ability to recognize the difference between assertive, aggressive, and nonassertive behavior</li> <li>• Teach a model of assertive communication</li> <li>• Increase the women's skills in negotiating safer sex</li> <li>• Dispel common myths about using condoms</li> <li>• Increase the women's proper condom use skills</li> <li>• Teach a model to put condoms on properly and consistently</li> </ul>
<p>Workshop 4: Relationships and Power</p> <ul style="list-style-type: none"> <li>• Activity A – Icebreaker</li> <li>• Activity B – SiHLE Motto</li> <li>• Activity C – What Have We Learned?</li> <li>• Activity D – What Do Healthy &amp; Unhealthy Relationships Look Like?</li> <li>• Activity E – Pieces and Parts</li> <li>• Activity F – What Does Abuse Look Like?</li> <li>• Activity G – The Power Pie</li> <li>• Activity H – Your Options</li> <li>• Activity I – Your Time to Shine</li> <li>• Activity J – Graduation</li> </ul>	<ul style="list-style-type: none"> <li>• Improve the women's ability to distinguish healthy from unhealthy relationships.</li> <li>• Enable the women to recognize the difference between abuse and respect.</li> <li>• Increase the women's ability to cope with an abusive partner.</li> </ul>

Source: <http://www.advocatesforyouth.org/publications/1147?task=view>

Source: Sistas, Informing, Healing, Living, Empowering (SiHLE) Facilitator's Manual 2<sup>nd</sup> Edition, 2011