



INTRODUCTION

- ◆ The CDC estimates that youth ages 15-24 accounted for almost half of the 26 million new sexually transmitted infections (STIs) that occurred in the United States in 2018.
- ◆ Inequities in the burden of STIs for African American female youth not explained by individual or population-level behavior continue to persist in the United States.
- ◆ Despite prevention and intervention efforts African American female youth continue to be at high risk for HIV and other STIs.
- ◆ Therefore, culturally tailored interventions are needed to reduce the risk behaviors associated with STIs and HIV for this population.

OBJECTIVES

- ◆ New HORIZONS, an adaptation of the intervention HORIZONS (DiClemente, Wingwood, et al.2004), is a group-level, gender and culturally tailored STI/HIV sexual health, behavioral skills intervention for African American female youth ages 15-24.
- ◆ Objectives
 - ✦ Increase HIV/STI knowledge
 - ✦ Decrease in sexual risk behaviors
 - ✦ Increase in partner communication about safer sex
 - ✦ Increase in knowledge of healthy romantic relationships

SESSION OVERVIEW

- ◆ Based on the Social Cognitive Theory and Theory of Gender and Power the interactive group session (5-6 hours, 8-10 participants) fosters a sense of cultural and gender pride while focusing on the factors contributing to sexual risk behavior (STI/HIV knowledge, peer norms regarding condom use), attitudes towards safer sex and abstinence, healthy romantic relationships, and safer sex skills negotiation.
- ◆ **The Session**
 - ✦ Participants are welcomed to the program and a discussion of African- American female role models, cultural and gender pride and poetry ensues to foster a sense of sisterhood
 - ✦ Values and how they shape decisions are discussed along with abstinence, and safer sex
 - ✦ HIV and STI's including myths, symptoms, impact and treatment are discussed
 - ✦ Sexual behavioral choices (abstinence or safe sex) are reinforced
 - ✦ Overall, the session provides participants with the appropriate tools to communicate effectively with sexual partners about abstinence or safer sex.
 - ✦ The session ends with participants developing goals for their life.



DEMOGRAPHICS

N=291 Mean Age: 17.4	Percentage
Self-Identified Sexual Orientation	74
Straight	7
Lesbian	15
Bisexual	4
Other	
Education	
8 th - 10 th Grade	35
11 th - 12 th Grade	30
High School Graduate	13
Some College	16
Not in School	6
Employed	
Yes	38
No	62
Children	
Yes	18
No	82

METHODS

- ◆ The intervention was delivered to African American female youth residing in the Detroit metropolitan area.
- ◆ Participants were recruited from social media (Facebook, Instagram), field outreach events, high schools, shelters, and child care agencies by two community health workers who also served as group facilitators.
- ◆ Groups were held at Wayne State University, community-based agencies, and at our outreach center.
- ◆ Participants engaged in group discussions, skill building activities, and role-plays.
- ◆ Pre-test and post-test were obtained from a few participants. Consumer satisfaction was assessed.
- ◆ Data was collected between December 2014 - February 2019.
- ◆ There were a total of 31 groups.



RESULTS: SATISFACTION

	% "Excellent/Very Good"
Session rating	97
Facilitator rating	96
Degree to which activities encouraged participation	97
Time for discussion	100
Questions answered	97
Condom demonstration activity	93
Talking about sexual choice	93

RESULTS: INTERVENTION COMPONENTS

	Mean	SD	t	df	p-value
HIV Knowledge	7.18 8.81	2.58	-10.83	295	.000
Abstinence	10.86 11.74	2.40	-6.26	291	.000
Attitudes Towards Condoms	14.91 15.34	2.93	-2.50	290	.013
Sexual Discussions with Partners	19.43 20.30	3.19	-4.67	291	.000
Healthy Relationships	13.28 13.61	3.32	-1.66	291	.098
Ethnic Pride	18.05 18.89	2.75	-5.26	291	.000
Gender Pride	11.61 11.65	1.56	-0.41	291	.681

CONCLUSIONS

- ◆ The intervention seems to be acceptable for African American female youth.
- ◆ The intervention had an immediate impact on HIV knowledge, and attitudes regarding ethnic pride, abstinence, and safe sex discussions with partners.
- ◆ Additional exploration is needed to determine the long-term impact of the intervention on the components that emerged with immediate impact.
- ◆ Additional exploration is needed to determine the appropriateness of intervention on components related to attitudes towards gender pride and condom use, and perceptions of healthy romantic relationships.
- ◆ Targeted, culturally-relevant interventions are needed to address the sexual health needs of African American female youth to achieve positive sexual health outcomes.