

The SISTA Project

COURSE FACT SHEET

“We survive because of what I call the secret of Black Women; we’ve always had to cope, and history and circumstance have only strengthened us.”

Buchi Emecheta
~Nigerian Author

Course Description:

This course is designed to train community facilitator candidates on the SISTA Project intervention.

Course Objectives:

- ◆ Participants will be able to implement and facilitate the intervention effectively.
- ◆ Participants will identify and describe the theoretical framework for the intervention.
- ◆ Participants will identify and describe the core elements of the intervention.
- ◆ Participants will be able to identify and use effective communication and facilitation skills to implement the intervention.
- ◆ Participants will identify and use culturally specific session enhancements with the intervention.

Course Overview:

The SISTA project is a social skills training intervention for African-American women aimed at reducing risky sexual behavior. It consists of five two-hour sessions delivered by peer facilitators in a community-based setting. These sessions are gender relevant and culturally sensitive and include behavioral skills practice, group discussions, lectures, role-play, a prevention video and take-home exercises.

This course is designed for a four-day delivery from 8:00 a.m. to 6:00 p.m. Course size is limited to a minimum of ten and a maximum of 20 participants representing various community-based organizations. Teaching strategies include facilitation skills, lecture, group activities, group discussion and some nontraditional methods.

Course Materials:

- ◆ Implementation manual
- ◆ *It's Like This...* videotape
- ◆ Six activity master packets
- ◆ Evaluation materials



To successfully complete the course, participants must:

- ◆ Be present for the entire training course.
- ◆ Actively participate in the training, including group discussions, exercises and practices.
- ◆ Be able to effectively conduct a teach-back activity.

Who should attend?

- ◆ Community-Based Organizations (CBOs)
- ◆ Community Stakeholders
- ◆ HIV/AIDS Service Providers