

African American Prevention Intervention Network

SANKOFA FACT SHEET

June, 2001

No. 24

Research Synthesis

REDUCTIONS IN HIV RISK-ASSOCIATED SEXUAL BEHAVIORS AMONG BLACK MALE ADOLESCENTS: EFFECTS OF AN AIDS PREVENTION INTERVENTION

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JOURNAL: *AMERICAN JOURNAL OF PUBLIC HEALTH*, 82 (3), 372-377

Intervention Goal(s): To determine the effects of a small group intervention to reduce HIV risk behaviors and increase condom use.

Intervention Setting: A local school on a Saturday.

Population: Of the 157 African-American male adolescents who participated in the study, the average age of participants was 15 years; almost all (97%) were enrolled in school.

Description of Intervention: Be Proud! Be Responsible!

The intervention consisted of one five-hour session held on a Saturday morning in a local school in Philadelphia, Pennsylvania. The session was led by African-American men and women with backgrounds in human sexuality education, nursing, social work, and small group facilitation. The leaders received six hours of training for this intervention. The intervention included information about risks associated with injection drug use and specific sexual activities. The intervention used videos, games, exercises, and other culturally and developmentally appropriate materials to reinforce learning and to encourage active participation. For example, one video was narrated by an African-American woman and had a multi-ethnic case.



In another activity, "AIDS Basketball," participants formed into teams to earn points for correctly answering factual questions on AIDS. In the exercise, "Uncle Bill's Advice Column," pairs of adolescents wrote a response to a letter to Uncle Bill about AIDS or risky behavior and then read it to the rest of the group for discussion.

A condom exercise focused on the correct use of condoms. The participants also engaged in role-playing situations depicting potential problems in trying to implement safer sex practices, including abstinence.

Behavioral Findings: Adolescents who participated in the intervention reported more frequent use of condoms and fewer sex partners than adolescents in the comparison condition.



Source: *Compendium of HIV Prevention Interventions with Evidence of Effectiveness, 1999.*
Centers for Disease Control and Prevention HIV/AIDS Prevention Research Synthesis Project. Atlanta, Ga.

