

Positive Prevention Intervention Center  
**SANKOFA FACT SHEET**

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No. 6

## Healthy Relationships

### Description of Intervention

This is a five-session, small-group intervention for men and women living with HIV/AIDS. It is based on the Social Cognitive Theory and focuses on developing skills and building self-efficacy and positive expectations about new behaviors through modeling behaviors and practicing new skills.

The intervention addresses building skills to reduce stress in three life areas: disclosure of HIV status to family and friends, disclosure to sex or needle-sharing partners, and adoption of safer sexual behaviors. Decision-making and problem-solving skills are developed to enable the participants to make informed and safe decisions about disclosure and behaviors. In each of the three life areas, a series of exercises is repeated to create and develop decision-making and problem-solving skills. The primary exercise is role-playing based on scenarios that are established by viewing short clips from popular movies. The intervention is adaptable to different populations by varying the choice of movie clips and providing flexibility in implementing role plays to allow for cultural influences. *Healthy Relationships* is intended to create a positive, engaging and creative atmosphere that can be integrated into existing support groups or can be introduced as a new program.



### Core Elements

- I. Defining stress and reinforcing coping skills with HIV-positive people across the three life areas: a) disclosing to family and friends, b) disclosing to sexual partners, and c) building healthier and safer relationships
- II. Using modeling, role-play, and feedback to teach and practice skills related to coping with stress
- III. Teaching decision-making skills around the issue of disclosure of HIV status
- IV. Providing participants with personal feedback reports to motivate change of risky behaviors and continuance of protective behaviors
- V. Using popular movie clips to set up scenarios around disclosure and risk reduction to stimulate discussions and role-plays



### Target Population

Both men and women living with HIV and AIDS

Source: Procedural Guidance for Selected Strategies and Interventions for Community-Based Organizations funded Under Program Announcement 04064, Dec. 2003, 156-162, Centers for Disease Control and Prevention's National Center for HIV, STD, and TB Prevention, Atlanta, Ga. This intervention will not be available from the Centers for Disease Control and Prevention until July 2004.

For more information, call the technical assistance analyst at the Mississippi Urban Research Center, 1-866-JSU-MURC (578-6872).

