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Workshop Session 1: Awareness and Perception of Risk:

The first workshop session focuses on helping participants realize they are at risk of serious and even deadly infection. It builds on cultural strengths of young people and their concerns about achieving their goals, living up to expectations and helping their friends and younger siblings. This session addresses disease transmission, protecting oneself and one another from becoming infected with STIs, and reducing the risk of HIV. Participants are encouraged to recognize the important roles they play, take control of their lives, and start protecting themselves, their families and their future children.

Workshop Session 2: Commitment to Change: Strategies to Reduce Risk Behavior

The second workshop session provides participants with basic information on sex, drugs, STI, HIV, contraception and ways to prevent infection and unintended pregnancy. Participants learn how to use condoms properly and for pleasure. They also learn how to obtain information about a partner's history, how to make decisions about sex, and the tools for communication to keep themselves safe from STI/HIV, unintended pregnancy and emotionally unhealthy relationships. Participants evaluate how they are taking care of their bodies and what they think about their bodies. This session encourages participants to see what they can do to live a healthy lifestyle, whom they can ask for help, and how what they do now will affect them as well as their families and future children, now and in the future.

Support Group Session 1

The first support group session addresses the following topics: (1) prior violence at the hands of family, strangers or men participants knew; (2) current hurtful relationships; (3) male need to control (machismo); (4) how violent relationships prevent implementing safer sex; (5) coping-skills information; (6) information on where to go for help; (7) violence by gangs, and (8) giving up (if hurt too often, some learn they cannot control their lives and stop resisting).

Support Group Session 2

The second support group session includes: (1) discussion of male and female social roles and substance use, emphasizing cultural determinants within communities; (2) male and female sexual roles, including needs, common misunderstandings and double standards; (3) proving masculinity and femininity; (4) how to ask a partner about prior sexual experience, and (5) importance of a community for support.

Support Group Session 3

The third support group session includes: (1) discussion on why young women might settle for less intimacy than they want, including shared love; (2) reasons for multiple partners (for men and women); (3) what is trust, can partners ever be trusted, once burned how does one trust again, (4) long-term dangers resulting from having multiple partners, and (5) serious consequences of substance use, including violence, unintended pregnancy and STI/HIV.

Individual Counseling Sessions

Individual sessions are provided tailored to individual needs of participants, and are anticipated to include psycho-educational as well as psychotherapeutic content. Individual interventions focus on developmental and situational mechanisms involved in protective processes. More specifically, individual counseling focuses on (1) the dynamics of violent relationships, substance use and STI/HIV so that participants understand that they are not "bad," with sole responsibility for violence, (2) interpersonal, problem solving and decision-making skills to assist in coping more effectively with life, and (3) support for and information on substance use treatment, job training, alternative employment opportunities, and agencies that help adolescents, so that participants can maximize their chances of extricating themselves from or avoid violent relationships, unintended pregnancy and STI/HIV.