

# **SECTION 1**

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## **The Survive Outside Project**



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Youth in juvenile facilities are at high-risk for contracting HIV. Before entering the system, they are likely to have practiced unsafe sex or experimented with injection drugs without believing their behaviors could result in HIV infection.

Ironically, many have irrational fears of contracting HIV from being near other residents who are HIV positive. These two factors make juvenile detention and correctional facilities important settings for providing HIV education to youth. Education, Training, and Research (ETR) Associates in collaboration with the National Partnership for Juvenile Services (NPJS) have been contracted by the Centers for Disease Control and Prevention to provide juvenile justice staff with free trainings, materials and technical assistance in a variety of interventions to help youth reduce their risk of contracting and spreading HIV.

Currently the Survive Outside program offers three different training options for juvenile justice staff:

## **HIV Counseling Session**

This training is designed for health educators and youth workers who interact with youth in one-on-one situations (such as release counseling and home visits). The HIV Counseling Session provides a tool and guided practice for staff who work with youth in juvenile justice settings, so they can more effectively help each youth protect him or herself from HIV risks. As a result of this training, participants will:

- learn a step-by-step process to assist youth in identifying his/her own risk for HIV or other sexually transmitted diseases;
- identify what helps and hinders use of risk-reducing behaviors;
- develop a plan for overcoming barriers to using safer behaviors; and
- learn information and tools to assist youth in carrying out their personal risk reducing plan.

## Using Video to Lead Discussions about HIV and Risk Reduction

This training is designed to prepare participants to lead discussions about HIV prevention through the use of a video. Video discussion groups work well with youth that are incarcerated for a short period because it can be implemented in one session. As a result of this training, participants will:

- learn basic HIV information including transmission, prevention and testing;
- learn a step-by-step process for leading a discussion about the video; and
- learn guidelines for facilitating effective group discussions.

## Multi-Session HIV Prevention Curriculum

This training is designed to educate participants to implement a multi-session HIV prevention program effectively and with a high degree of fidelity. Multi-session curricula are most effective when implemented with youth that are incarcerated for a longer period, and would be available to attend all program sessions. The multi-session curricula include videos, role-plays, group discussions, and other activities fostering safer behaviors by building pride and self-respect. The curriculum used with Survive Outside is *Making Proud Choices!*, an eight-session HIV/STD and pregnancy prevention curriculum. As a result of this training, participants will:

- learn to effectively implement the curriculum;
- learn guidelines for answering sensitive questions regarding sexuality and HIV prevention;
- understand the positive impact of the curriculum on reducing sexual risk-taking behaviors; and
- create action plans for implementing the curriculum in their own juvenile justice facility.



For more information about the Survive Outside Program contact Stephanie Witt of ETR Associates at (831) 438-4080, extension 101 or email at [stephaniew@etr.org](mailto:stephaniew@etr.org).