



¡Cuidate! Summary Sheet

What is *¡Cuidate!*?

The *¡Cuidate!* program gives Latino youth the **information, skills** and **confidence** to reduce their risk of HIV, other STDs and unplanned pregnancy. *¡Cuidate!* is a culturally based program that uses discussions, DVDs, games, demonstrations (including a condom demonstration), and roleplays.

The program helps youth:

- Get correct and reliable information about risk and disease
- Develop attitudes that support safe decision making
- Build skills to be able to abstain from sex and to use latex condoms if they choose to have sex
- Build confidence in their ability to abstain from sex or practice safer sex

Does *¡Cuidate!* encourage young people to have sex?

No, *¡Cuidate!* does not encourage sexual activity. It stresses that delaying sex until a later age is the best way to avoid unplanned pregnancy, HIV and other STDs. It encourages young people to build healthy relationships so they can talk with a partner about the decision to abstain or practice safer sex. It provides information about how to prevent pregnancy, HIV and other STDs to help young people avoid these risks if and when they choose to have sex.

The curriculum modules include:

- Module 1: Introduction and Overview
- Module 2: Building Knowledge about HIV, STDs and Pregnancy
- Module 3: Understanding Vulnerability to Pregnancy, STDs and HIV Infection
- Module 4: Attitudes and Beliefs About Pregnancy, STDs, HIV and Safer Sex
- Module 5: Building Condom Use Skills
- Module 6: Building Negotiation and Refusal Skills

Why use *¡Cuidate!*?

¡Cuidate! is on the Office of Adolescent Health's list of approved evidence-based teen pregnancy prevention programs. Since 2009, the U.S. Department of Health and Human Services (HHS) has led a review of the teen pregnancy prevention research to help identify programs with evidence of effectiveness in reducing teen pregnancy, sexually transmitted infections (STIs), and associated sexual risk behaviors. The main purpose of the Teen Pregnancy Prevention (TPP) Evidence Review is to assess programs for demonstrated positive impacts on sexual risk behavior and sexual health outcomes. Programs on the list have been shown to be effective in changing young people's sexual behaviors.