

## **PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT**

**Program Name:** *iCuídate! (Take Care of Yourself)*

**Developer(s):**

Antonia M. Villarruel, Ph.D., RN, FAAN

**Program Description and Overview**

"*iCuídate! (Take Care of Yourself)*" is a culturally tailored program designed specifically for Latino youth. The program is an adaptation of the Be Proud! Be Responsible! program. *iCuídate!* emphasizes Latino cultural beliefs to frame abstinence and condom use as culturally accepted and effective way to prevent unwanted pregnancy and sexually transmitted diseases, including HIV/AIDS. The focus of *iCuídate!* is to increase each participant's skill level and self-efficacy in communicating and negotiating with sexual partners about abstinence and condom use. The program also helps teens develop the technical skills they need for correct condom use. *iCuídate!* provides important information about the causes, diagnosis, transmission, and prevention of HIV and STDs, as well as the risk of HIV infection for Latino youth.

*iCuídate!* is designed for adolescents 13 to 18 years of age and includes the following:

- Six 1-hour modules delivered over two or more days
- Small mixed gender groups of 6 to 10 adolescents
- Use of culturally relevant role-plays, music, video games, and hands-on practice to allow participants to practice skills they have learned
- Sessions can be conducted in either English or Spanish

The program has three primary goals. They are to:

1. Influence attitudes, behavioral and normative beliefs, and self-efficacy regarding HIV risk-reduction behaviors, specifically abstinence and condom use, by incorporating the theme of *iCuídate!*—taking care of oneself, one's partner, family, and community.
2. Highlight cultural values that support safer sex, and reframe cultural values that are perceived as barriers to safer sex.
3. Emphasize how cultural values influence attitudes and beliefs in ways that affect HIV risk-associated sexual behavior.

**Core Components**

**Content Components**

- Incorporating the theme of *iCuídate!* – taking care of oneself and one's partner, family and community – throughout the program
- Using culturally and linguistically appropriate materials and activities to show and emphasize core Latino cultural values, specifically familialism and gender-roles, and how those are consistent with safer-sex behavior
- Incorporating activities that increase knowledge and influence positive attitudes, beliefs and self-efficacy regarding HIV sexual risk-reduction behaviors
- Modeling and practicing the effective use of condoms
- Building participant's skills in problem solving, negotiation of safer-sex and refusal of unsafe sex
- Delivering sessions in highly participatory, interactive small groups

### **Pedagogy Components**

- One staff member to help organize and facilitate the program implementation
- Facilitators should have a comprehensive understanding of Latino culture (with particular emphasis on sexual relationship dynamics) the developing sexual needs of youth, and the relevance of HIV/AIDS, STD, and pregnancy for Latino youth
- Formal training should be obtained to familiarize facilitators with the goals, purpose, and specific details of the curriculum
- Staff support is responsible for assisting facilitators and program managers. Staff support can include members of the community, current staff members of the implementing agency, or peer advisor/mentors
- Location selection should include several factors, including adequate, safe, secure space, access to material that cannot be transported (e.g., electrical outlets for TV/DVD player), and a central location that is easily accessible to youth
- Development of an Advisory Board made up of community members, which can provide unique insight to the target population

### **Implementation Components**

- Six 60 minute modules delivered over 2 days or more
- Small mixed gender groups of 6 to 10 participants
- Age range of participants 13 to 18 years
- Use of role-plays and scenarios to demonstrate and emphasize specific points
- Allow participants to practice skills learned
- Use of music and videos relevant to the population or community
- Language in which sessions are conducted (English or Spanish)

### **Target Population**

#### **Target population evaluated**

- Mostly Puerto Rican Latino youth ages 13 to 18 years old
- Mixed gender

#### **Potential additional target populations noted by developers**

- Middle and high school youth in grades 7 to 12

### **Program Setting**

#### **Program setting evaluated**

- Saturday program serving neighborhood
- Youth recruited from community-based organizations and school

#### **Potential additional program settings noted by developers**

- Schools
- After school programs
- Community-based youth serving organizations

### **Program Duration**

- Six 1-hour modules delivered over two or more days

### **Curriculum Materials**

Curriculum materials are available from Select Media at <http://selectmedia.org/customer-service/evidence-based-curricula/cuidate/>.

## **Adaptations**

### **Basic allowable adaptations**

- Modules can be delivered in six 1-hour sessions, three 2-hour sessions, and two 3-hour sessions.
- Curriculum can be presented gender specific
- Number of participants (e.g., space or the number of facilitators may limit the number of participants you can include in the program)
- Number of facilitators (e.g., one to two depending on number of participants and length of sessions)
- Sexual experiences of the youth (e.g., more sexually experienced youth may need more information about STD's and contraceptives; sexually inexperienced youth might need more information about anatomy and changes during puberty)
- Special interests of the youth (e.g., participants may want to spend more time role-playing, thus time can be added)

## **Program Focus**

*iCuidate!* focuses on HIV and STD prevention.

## **Research Evidence**

**Study Citation:** Villarruel, A. M., Jemmott, J. B., & Jemmott, L. S. A randomized controlled trial testing an HIV prevention intervention for Latino youth. (2006). *Archives of Pediatrics & Adolescent Medicine*, 160(8), 772-777.

**Study Setting:** Saturday program serving neighborhoods in northeast Philadelphia, PA

**Study Sample:** 684 Latino adolescents recruited from three neighborhood high schools and community-based organizations

- Age ranges from 13 to 18 years
- 55% female and 45% male
- 85% Puerto Rican

**Study Design:** Randomized controlled trial. The study was conducted with multiple groups of youth over a 5-month period. For each group, about half the participants were randomly selected to receive the eight-hour intervention over two consecutive Saturdays, and half were randomly selected for a control group that received a general health-promotion curriculum on diet, exercise, and substance use. Surveys were administered immediately before the program (baseline), immediately after the program (posttest), and at 3, 6, and 12 months after the program.

**Study Rating:** The study met the review criteria for a **high** study rating.

**Study Findings:**

Averaged across the 3-, 6-, and 12-month follow-up surveys:

- Adolescents participating in the intervention were significantly less likely to report having had sexual intercourse and having had multiple sexual partners in the previous three months. They reported significantly fewer days of unprotected sex and were more likely to report using condoms consistently.
- The study found no statistically significant program impacts on condom use at last sex or a measure of the proportion of days of sexual intercourse that were condom protected.

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