Theoretical Foundation
Social Cognitive Theory (SCT) and Theory of Gender and Power (TGP)

- Provision of peer support and influence (i.e. social support from adolescents) (SCT)
- Discuss positive outcomes of abstaining and reducing risky sexual behavior (SCT)
- Provide opportunities for decision making, problem solving and goal setting (SCT)
- Demonstrate proper condom use and communication skills (SCT)
- Allow opportunity for participants to role play condom use & communication skills to enhance self-efficacy (SCT)
- Practice condom use and communication skills in emotionally arousing situations (i.e., older partner) (TGP)
- Discuss "triggers" that make it challenging to practice safer sex (i.e. stereotypical media messages that display limited and negative roles of African American adolescent females; peer pressure) (TGP)
- Enhance self-worth in being an African American female adolescent (TGP)

Intervention Activities
Small group discussions among African American adolescent females which include:
- Information on HIV/AIDS highlighting African American adolescent female’s HIV risk
- Modeling decision making, problem solving and goal setting
- Modeling, role play and practice refusing sex, negotiating safer sex, and communicating assertively.
- Discussion of gender norms and dating violence in adolescent heterosexual relationships and its impact on adolescents female’s ability to negotiate risk reduction
- Fostering gender/ethnic pride via music, poetry, identification of African American female role models
- Using skilled African American female adult facilitators to co-facilitate the intervention
- Administering 4 brief telephone contacts to reinforce information presented in group sessions
- Providing vouchers to participants to give their male sexual partners to facilitate access to STD screening/treatment
- Modeling, role play and practice discussing STD testing and treatment

Behavioral Determinants of Risk
- Inadequate skills to use condoms (SCT)
- Inadequate skills to negotiate abstaining from sex and risk-reduction (SCT)
- Lack of knowledge about HIV transmission, personal risks and safer sex (SCT)
- Lack of knowledge about power imbalances in adolescent heterosexual relationships (TGP)
- Gender norms and peer pressure impacting female adolescent’s ability to practice risk-reduction (TGP)

Risk Behaviors
- No condom use or Inconsistent condom use

Outcomes
- Increased knowledge about HIV transmission and risk reduction strategies
- Intention to use condoms or risk-reduction strategies
- Enhanced self-efficacy for negotiation and use of condoms and risk reduction strategies
- Consistent condom use and other risk-reduction strategies