

# The SISTA Project

## COURSE FACT SHEET

*"We survive because of what I call the secret of Black Women; we've always had to cope, and history and circumstance have only strengthened us."*

Buchi Emecheta  
~Nigerian Author

### Course Description:

This course is designed to train community facilitator candidates on the SISTA Project intervention.

### Course Objectives:

- ◆ Participants will be able to implement and facilitate the intervention effectively.
- ◆ Participants will identify and describe the theoretical framework for the intervention.
- ◆ Participants will identify and describe the core elements of the intervention.
- ◆ Participants will be able to identify and use effective communication and facilitation skills to implement the intervention.
- ◆ Participants will identify and use culturally specific session enhancements with the intervention.

### Course Overview:

The SISTA project is a social skills training intervention for African-American women aimed at reducing risky sexual behavior. It consists of five two-hour sessions delivered by peer facilitators in a community-based setting. These sessions are gender relevant and culturally sensitive and include behavioral skills practice, group discussions, lectures, role-play, a prevention video and take-home exercises.

This course is designed for a four-day delivery from 8:30 a.m. to 5:00 p.m. Course size is limited to a minimum of six and a maximum of 20 participants representing various community-based organizations. Teaching strategies include facilitation skills, lecture, group activities, group discussion and some nontraditional methods.

### Course Materials:

- ◆ Community Facilitator's manual
- ◆ *It's Like This...* videotape



### To successfully complete the course, participants must:

- ◆ Be present for the entire training course.
- ◆ Actively participate in the training, including group discussions, exercises and practices.
- ◆ Be able to effectively conduct a teach-back activity.

### Who should attend?

- ◆ Community-Based Organizations (CBOs)
- ◆ Community Stakeholders
- ◆ HIV/AIDS Service Providers