

Experiences of Community Partners

"This class was awesome, and I would take it all over again!"

-Caldwell, ID (Cuidate Student)

"Thank you ladies for helping me be careful and teaching me stuff I didn't know. Thanks again."

-Twin Falls, ID (Cuidate Student)

"I really enjoyed the class and learned more than I had thought. I really liked the facilitators, he was really funny and reminded me of George Lopez."

-Notus, ID (Cuidate Student)

"Super friendly and funny facilitators, I felt really comfortable asking questions that I had."

-Homedale, ID (Cuidate Student)

"...The Cuidate classes were a success. The presenters were excellent and the kids had a really good time."

-Buhl High School, Teacher



**A culturally-based program to
reduce unplanned pregnancy and
HIV sexual risk behavior
among Latino youth**

**For More Information, contact:
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**TAKE CARE
OF YOURSELF!**



*A culturally-based program to
reduce unplanned pregnancy
and HIV sexual risk behavior
among Latino youth*



What Is It?

¡Cuidate! means “take care of yourself.” It is the theme of this culturally-based program designed to reduce HIV sexual risk among Latino youth. Today, all teens, including Latinos, face many health risks related to sexual behavior, such as unplanned pregnancy and sexually transmitted diseases (STDs) including HIV and AIDS.

¡Cuidate! helps Latino youth develop the knowledge, attitudes, and skills to reduce their risk for unplanned pregnancy and HIV. The program emphasizes risk reduction strategies such as sexual abstinence and correct condom use through activities that allow youth to:

- Acquire 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 use condoms correctly
- Reinforce confidence in their ability to practice safer sex

Who Is It For?

Spanish and non-Spanish speaking Latino youth aged 13-18 years. This program has proved to be equally effective with males and females.



How is *¡Cuidate!* Implemented?

¡Cuidate! consists of:

- Eight (8) 1-hour modules delivered over 2 or more days
- Sessions delivered to small groups of 6 to 10 youth
- HIV/AIDS knowledge, condom use negotiation, refusal of sex, and correct condom use skills
- Information regarding abstinence and contraceptives
- Skills for maintaining Healthy Relationships
- Interactive games, group discussions, role-plays, videos, music, and mini-lectures.
- Resources for education and career planning

How Effective

Is *¡Cuidate!*

¡Cuidate! was tested with Latino youth in Philadelphia, Pennsylvania and Monterrey, Mexico. Youth in the *¡Cuidate!* program in Philadelphia reported having significantly:

- Fewer incidents of sexual intercourse
- Fewer sex partners
- Fewer days of unprotected intercourse
- Increase in consistent condom use

All effects continued 12 months after the program ended. Success with *¡Cuidate!* in the U.S. and Mexico provides evidence of the acceptability of the program by Latino parents and effectiveness of the program for:

- Males and females
- English and Spanish-speaking youth

