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