



Sister to Sister

Take Control of Your Health

Sister to Sister: TCYH Building Self-Efficacy and Confidence Checklist

Reminder: Having self-efficacy means you believe you can be successful in the task before you - that you believe you can do it! Research tells us that you are MUCH more likely to be successful in a specific task if you believe you will be able to do the task AND if you have the knowledge and skills to do it, versus if you only have the knowledge and skills alone.

Self-efficacy is an important and powerful tool in Sister to Sister: TCYH. Here is a checklist of ways you can build the self-efficacy and confidence of your patients.

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- ☐ Use words that support her and build her confidence while she is trying an activity.
 - ✓ “That was GREAT!”
 - ✓ “I know this can be hard. Most women have difficulty with this. Let’s try again. It’s OK.”
- ☐ Use positive reinforcement, support, and constructive feedback throughout the session.
 - ✓ “I believe in you.”
 - ✓ “You can do it!”
 - ✓ “You did it! Great job!”
 - ✓ “Let’s try again.”
 - ✓ “We’ll get better.”
- ☐ Incorporate the Sister to Sister: TCYH theme “Take Control, Protect Yourself, Because You Are Worth It” throughout the session.
- ☐ Model the activities for the patient and demonstrate confidence in her ability to do them.
 - ✓ “I understand that you may have had a hard time discussing condoms with your partner in the past. But let’s try this together. I’ll do it first; then you can do it next time.”