



Sister to Sister: TCYH Worksheet

Original Study

Reminder: The original study¹ for Sister to Sister identified that:

- It is important to be culturally sensitive;
- The short and tailored nature of Sister to Sister helps patients feel more confident in the skills they learn;
- The skills the women developed for condom use and negotiation can reduce HIV and STD risk taking behaviors; and
- Nurses can be very effective in empowering women to change their behavior.

Study Findings: What one finding did you find exciting or surprising? Why did it interest you?

Social Cognitive Theory

Reminder: According to Social Cognitive Theory², changing our behavior means more than simply understanding why and how we need to change—it means addressing our social support and barriers, our environment, our perceived risk and our perceived self-worth.

Social Cognitive Theory: What is one aspect of Social Cognitive Theory that informed Sister to Sister development that you find most interesting, and why?

¹ Jemmott, L. S., Jemmott, J. B., 3rd, & O'Leary, A. (2007). Effects on sexual risk behavior and STD rate of brief HIV/STD prevention interventions for African American women in primary care settings. *American journal of public health*, 97(6), 1034–1040.
<https://doi.org/10.2105/AJPH.2003.020271>

² Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Englewood Cliffs, NJ: Prentice-Hall.



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Core Elements

Reminder: When we deliver Sister to Sister: TCYH, we should maintain a supportive and caring environment using facilitator skills, such as:

- Respect
- Eye contact when culturally appropriate
- Supportive Feedback
- Active Listening
- Non-Judgmental or neutral statements and attitude

Facilitator Skills: Which of these skills are you most uncomfortable with? What do you want to do to improve on this skill prior to implementing Sister to Sister: TCYH?

Tailoring the Session & Managing Your Time

Reminder: Tailoring your session and managing your time will help you to successfully implement the Sister to Sister: TCYH intervention at your agency. You and your agency have flexibility with these four key characteristics:

- The trained **staff** delivering the intervention can vary.
- The **setting** can include any confidential room available at your agency.
- The **handouts** should reflect the patients you serve.
- The **messages** should reflect the communities where your patients live and work.

You also want to pay attention to time constraints during the session and within your agency as a whole to set yourself up for success.

Consider the following questions and how you can tailor the session for you and your agency.

Staff: How can you tailor Sister to Sister: TCYH through your staff? What do you and your site need to do to make this happen?



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Handouts: How can you use local data and resources to tailor Sister to Sister: TCYH for your patients? What do you and your site need to do to make this happen?

Handouts: Who can you work with at your local health department? Who can you talk to at your agency about creating handouts with up-to-date local data?

Setting: Do you have a consultation room for private and confidential discussions? What do you and others at your site need to do to make this happen?

Messages: How can you tailor Sister to Sister: TCYH through additional handouts to reflect the patients you serve? What steps do you or someone else at your site need to do to ensure that all materials have the appropriate reading and comprehension level? What do you and others at your site need to do to make this happen?

Managing Time: How can you make up time when you have gone off schedule without sacrificing essential core elements of Sister to Sister: TCYH?



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Managing Time: How can you help transition your patient from asking unrelated questions or getting off track without making her feel dismissed or disrespected?



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Sister to Sister: TCYH Values Reflection

Instructions: Type your responses in the fields provided. You can add entries and edit them as you gain experience.

Sister to Sister: TCYH Values Reflection Activity

1. What messages did you receive about sex or sexuality from any of the following sources? (Write down your responses for each section).
 - a. From family?
 - b. From friends?
 - c. From school and/or place of worship?
 - d. From partners?
 - e. From clinical training?
 - f. From society?



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2. **Consider:** How might these messages impact your ability to speak with women about their sexuality and sexual behavior in an unbiased, non-judgmental way? What might you need to do to address or overcome any potential barriers?