



Sister to Sister

Take Control of Your Health

Sister to Sister: TCYH Glossary

Reminder: When reviewing Sister to Sister: TCYH, you may see some new terms or terms you have used in other ways. To help you as you deliver Sister to Sister: TCYH, please check out this list of definitions.

Terms and Definitions

- **Self-efficacy:** An individual's belief in their own ability to successfully complete certain tasks or implement behaviors. Self-efficacy reflects an individual's confidence and belief in their capability to exercise control over their own motivations, behaviors, and social environment.
- **Skill building:** A way to teach that helps the person practice the skills they need to make behavior change. By practicing, the person is more likely to feel comfortable doing it, so is more likely to do it.
- **Perceived vulnerability:** Someone's understanding of their own susceptibility to risk. For example, when you see a person who looks like you and lives where you do who has similar risk behaviors to you, you may realize that you are at risk.
- **Fidelity:** Delivering the program as intended and in a way that is faithful to the core elements.
- **Core elements:** Those parts of Sister to Sister: TCYH that must be delivered as they are written and are very important to your successful delivery of the intervention. Core elements cannot be changed.
- **Key characteristics:** Those parts of an intervention or program that we can tailor to the setting or to suit our patients' needs.
- **Internal condoms:** Also referred to as a female condom, a thin, protective, soft, loose-fitting pouch with a ring on each end, that can be inserted into the vagina or anus to protect against HIV, STDs, and pregnancy during sex.
- **External condoms:** Also referred to as a male condom, a thin, protective sheath that fits snugly (like tights, not sweatpants) over the penis or sex toy to protect against HIV, STDs, and pregnancy during sex.
- **PrEP:** Pre-exposure prophylaxis is a medication that can be taken to prevent transmission of HIV.
- **PEP:** Post-exposure prophylaxis is a medication that can be taken within 72 hours of a potential HIV exposure in order to prevent transmission of HIV.