



# HIV/AIDS & STDs Prevention

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

The program on the prevention of HIV/AIDS and STDs is aimed primarily at youth, but is also available to parents' groups, schools, churches, civic and community groups. Presentations are tailored for:

**Parents** - covers the types of STDs, signs and symptoms of sexually transmitted diseases, suggests communication strategies between parent and child, how to model behavior, and offers opportunities to practice the strategies and messages shared in the session. This session is recommended for any parent looking to help his/her child(ren) adopt personal responsibility and respect for themselves and others.

**Youth** - in addition to the education already mentioned in the parent training, the youth component adds information on the long term consequences of delaying treatment, how and why sexual activity should be delayed, and the reality of unplanned pregnancy and parenthood. This component relies heavily on peer education, the creation of messages developed by youth for youth, skits and role-playing as a way to practice the skills learned. In order to maximize the learning experience, youth are asked to commit to at least three basic training sessions. At the completion of the three sessions, selected youth are invited to be volunteer peer educators to be available for other youth who request information. Continuing education and training are provided on an ongoing basis to the youth educators and are open to the public.

**Adults** - covers most of the information shared in the parent session and includes information on what kinds of sexual behavior increase risks and what you can do to lower that risk. **For more information please call promotora de salud, Blanca Acosta.**



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