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**INTRODUCTION**

- ❖ African American women account for 62% of persons infected with HIV (CDC, 2016).
- ❖ Interventions on HIV knowledge, abstinence, condoms, sexual discussion, healthy relationships, gender and ethnic pride are important due to disparities in sexual health among young women.
- ❖ New HORIZONS was developed to increase sexual health skills and knowledge among young African American females.



**SESSION OVERVIEW**

- ❖ This interactive single-session, group-level sexual health intervention focuses on sisterhood, self-awareness, and self-esteem via:
  - ❖ Activities on how values shape decisions and attitudes towards abstinence, safer sex, and healthy relationships.
  - ❖ Discussions and activities on safer sex practices, including abstinence and condom use.
  - ❖ Activities on the symptomology and treatment of HIV and STIs, with an emphasis of their impact on young women.
  - ❖ Participant development of life goals including their approach to their sexual health.

**METHODS**

- ❖ The intervention targeted African American female youth, ranging from 13 to 24 years old, in the metro Detroit area.
- ❖ Participants were recruited from social media (Facebook, Instagram, and Twitter), and field outreach, (high schools, colleges, and community centers).
- ❖ Participants completed pre-post and session evaluation data.
- ❖ Participants were provided transportation, edible incentives and a \$50 gift card for completing the session.
- ❖ Data was collected from December 2014 – February 2019.
- ❖ There were a total of 33 groups.

**PARITCIPANT DEMOGRAPHICS**

<b>Population</b>	N=298
<b>Age</b>	Majority ranged from 14-18 years old
<b>Education</b>	Majority were in or had graduated high school
<b>Employment</b>	Approximately 62% were employed
<b>Children</b>	86% had no children, while 14% had at least one child
<b>Sexual Identity</b>	Approximately 74% identified as straight, while 22% identified as lesbian or bisexual

**RESULTS: PRE/POST ASSESSMENT**

	Mean	SD	t	df	p-value
<b>HIV Knowledge</b>	7.18 8.81	2.581	-10.831	295	<b>.000</b>
<b>Abstinence</b>	10.86 11.74	2.395	-6.255	291	<b>.000</b>
Condoms	14.91 15.34	2.932	-2.499	290	.013
<b>Sexual Discussion</b>	19.43 20.3	3.194	-4.672	291	<b>.000</b>
Healthy Relationships	13.28 13.61	3.317	-1.658	291	.098
<b>Ethnic Pride</b>	18.05 18.89	2.747	-5.262	291	<b>.000</b>
Gender Pride	11.61 11.65	1.563	-0.412	291	.681

**CONCLUSIONS**

- ❖ There were significant increases in HIV knowledge, abstinence, sexual discussions with partners, and ethnic pride.
- ❖ The significant change in HIV knowledge underscores the need for continued education among this impressionable group of youth.
- ❖ Skills building interventions on sexual health for female youth of color must incorporate discussion on self-awareness and self-esteem.
- ❖ Future interventions for female youth of color should include robust dialogue about the interplay of knowledge and communication in relation to sexual health.