

***SENORITAS:
HIV/STD Prevention
For Latina College
Students***

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PROJECT NAME: SENORITAS

- *Student*
- *Education*
- *Needed in*
- *Order to*
- *Reduce*
- *Infection &*
- *Transmission of*
- *AIDS/HIV &*
- *STDs*



SENORITAS Project Co-investigators: *College of Nursing:* Paula Delpuch, RN, MSN, Assoc. Director, Nursing Program, Biscayne Bay Campus; Margaret Hamilton, DNS, RN, Assoc. Director, Undergraduate Nursing Program, University Park Campus; Mary Louise Jorda, MPH, RN, Asst. Professor, Undergraduate Community Health Nursing; Carol “Pat” Patsdaughter, Graduate Faculty, Nurse Educator Tract; *AIDS Prevention Program, School of Public Health:* Robert Malow, PhD;

Funded by Office on Women's Health

- *Prevention of HIV/AIDS among Young Women Attending Minority Institutions Program* is a national OWH HIV/AIDS/STD prevention education program designed to ↑ knowledge, promote prevention & reduce risk of HIV infection among minority women aged 18-25 attending Hispanic Serving Institutions (HSIs)



FIU

FLORIDA INTERNATIONAL UNIVERSITY
Miami's public research university

FIU: No. 1 university in USA for Hispanics !!!

- FIU @ top in its ranking of the Top 100 Colleges for Hispanics (# of Hispanics = graduated with Bachelor's degrees & # graduated with Master's degrees)
- **Variety of Hispanic ethnicities: Cuban; Central American (Panama, Honduras, Guatemala); South America (Peru, Colombia, Brazil & Ecuador)**

HIV & Latinos

- *“The HIV/AIDS epidemic among Latinos is as complicated as Latinos are diverse...”*
- **USA: AIDS case rate/adult Hispanic females: 12.4 per 100,000 population**
- **Florida: AIDS case rate/adult Hispanic females: 19.0 per 100,000 population; HIV case rate/adult Hispanic females was 24.0 per 100,000 population**

HIV/AIDS Among Hispanics

- **Florida: Hispanic women were more than 3 times as likely as white women to be reported with HIV**
- **Miami-Dade County 2004: An estimated 1 in 193 Hispanics is currently living with HIV**

Risk Factors & Barriers to Prevention;

- **Women, 16–21y, & minorities are increased HIV risk**
- **HIV prevalence of young women 50% higher than the young men**
- **Women at higher HIV sex. trans. Risk because of biologic vulner, naïve partners' risk & sex with older men who are more likely to be HIV+**



Being La Señorita

- Time between being *la nina* (little girl) & being *la senora* (married woman)



Being La Senorita



- Expected to remain a virgin until marriage
- Male in this same age group expected to be sexually experienced (machismo)
- Female may not condone male's sexual activity, but it is quietly accepted & even expected

Being La Senorita



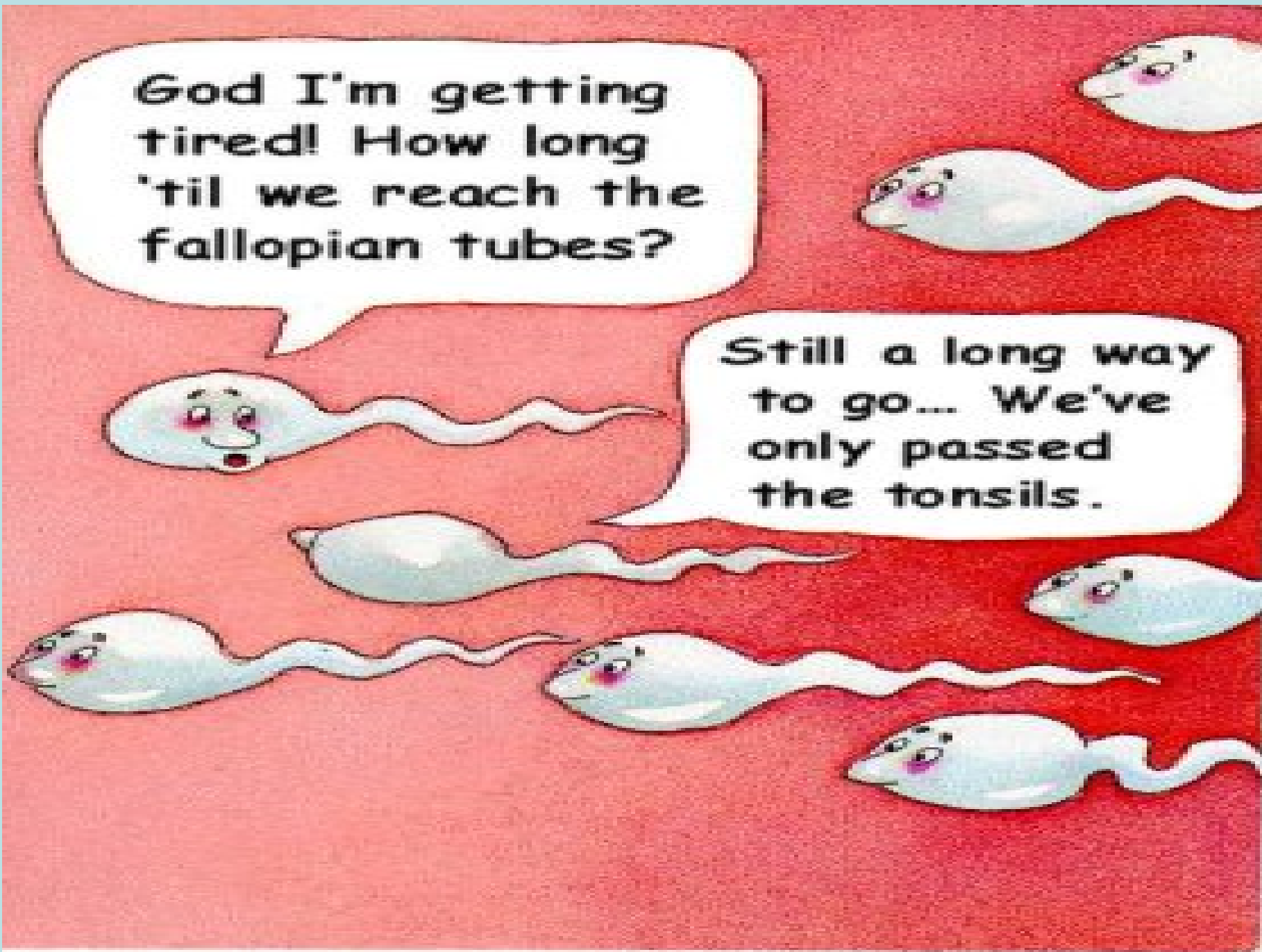
- *Dual expectations for La Senorita: Remain a virgin while attracting & keeping a sexually active male to become her husband*
- *Potentially competing expectations, can lead to unsafe sexual practices, such as anal sex (Remains a technical “virgin” while satisfying male’s desire to have sex)*

IMPLICATIONS

- *NEED*: HIV prevention messages aimed at Hisp students with high levels of acculturation living in an urban metro (gender-specific; age-specific; region-specific)
- *Hispanic values* must be integrated into HIV prevention efforts
- *Tailor* prevention messages to meet needs of diverse Hispanic comm. & different subgroups.

La Senorita-Pilot

- *Conducted* focus groups with Hispanic nursing students to gather data & get input
- *Used* data to develop curriculum
- *Piloted* program 2004 with 50 senior nursing students; feedback used to revise curriculum
- *Trained* 32 students who volunteered to be Peer Educators to teach program to other students; teaching met the students' requirement to conduct a Community Health project to Peer Educators received college credit

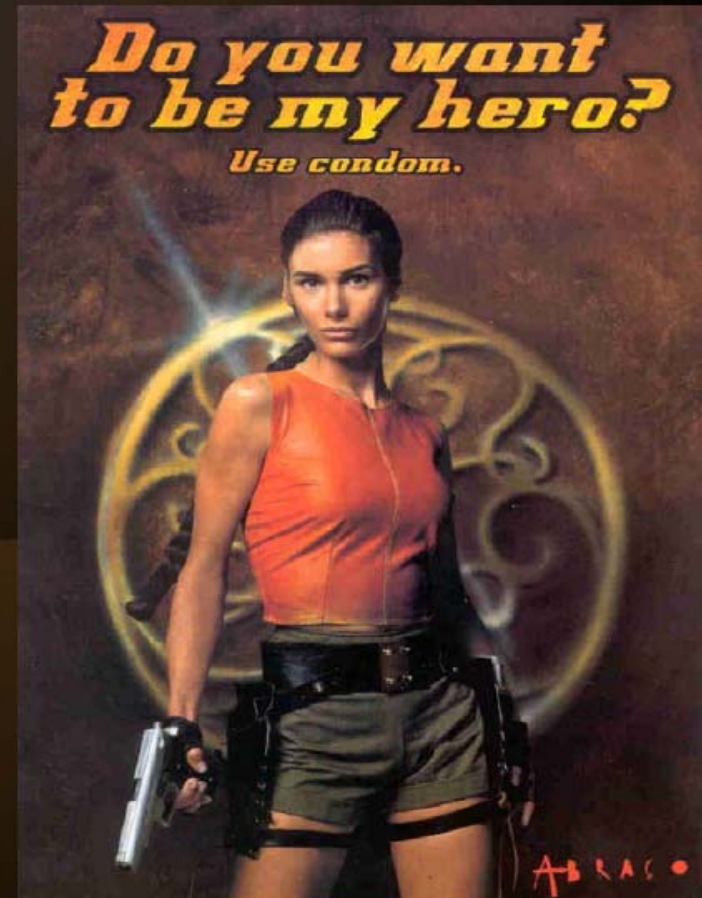
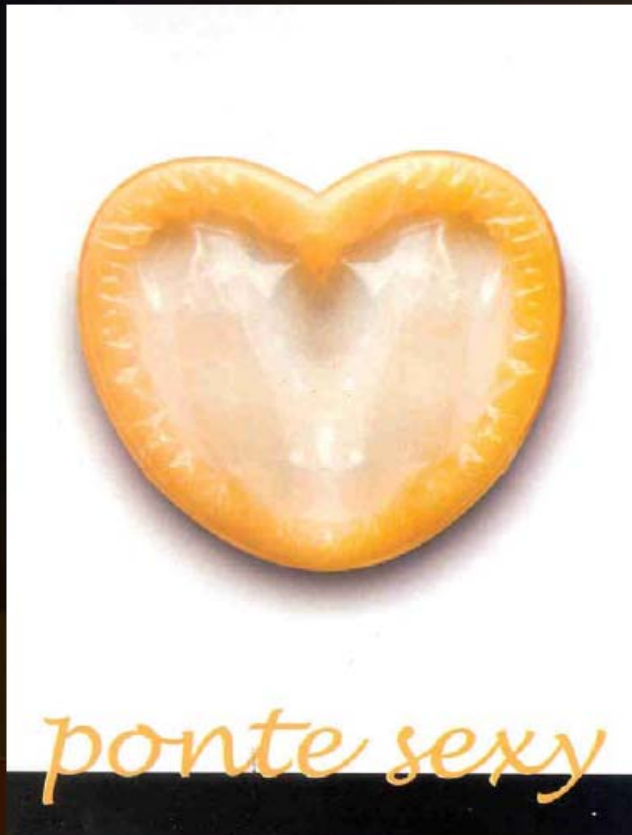


God I'm getting tired! How long 'til we reach the fallopian tubes?

Still a long way to go... We've only passed the tonsils.



Condoms are only one part of the solution



Drugs & Sexual Partner

**Relaxes me so I can talk to a woman
(opiates, sedatives, alcohol)**

**Disinhibits my partner so she is more open
to sexual advances (all)**

**Increases sex desire of my partners
(stimulants, but women rarely report this)**

Partner are willing to have sex if I get drugs

Ways Drugs Make It Harder to Obtain a Sexual Partner

Non-drug users are less interested in users, limits the field (all)

I say stupid things to women under the influence of drugs (all, especially sedatives & alcohol)

I speak too slow (all except stimulants), too fast (stimulants and alcohol initially), or slur my words (alcohol, sedatives, opiates)

I don't have any money left for dating activities like movies, dinner (all)

Ways Drugs Impair the Sexual Experience

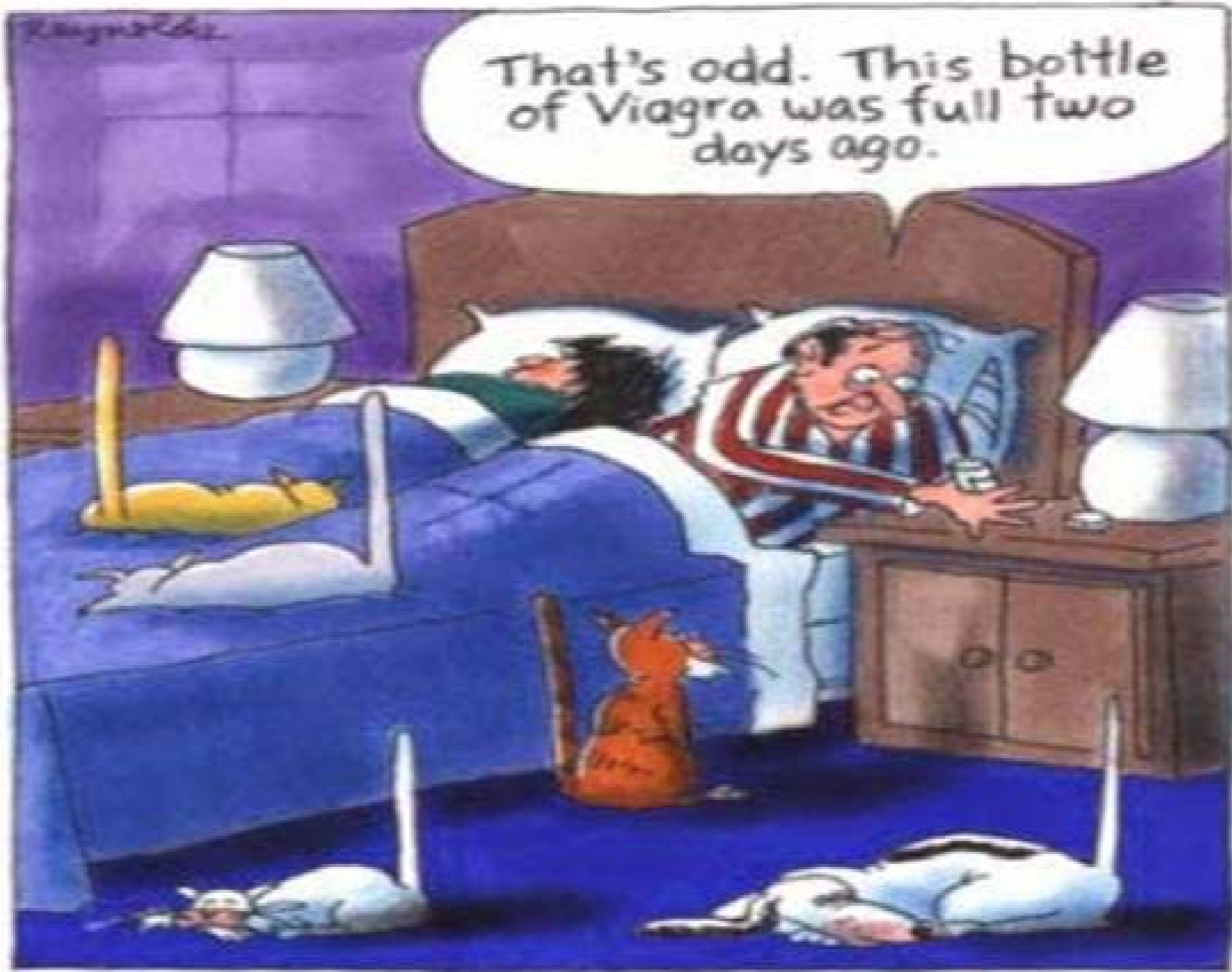
Delays orgasm, makes its difficult to ejaculate (opiates, sedatives, alcohol, stimulants). Sex may become uncomfortable.

Decreases sexual desire (opiates, sedatives).

Erectile dysfunction. Difficulty obtaining or maintaining erections (all).

Crystal Meth Effects

- **Euphoria, alertness, well-being,**
- **confidence, particularly in sex area**
- **sexual enhancement (despite transient impotence in many users) +/- Viagra**



Psychiatric Effects/Crystal Meth

- At higher doses: hypomania, grandiosity,
- Extreme insomnia, irritability,
- 24-72+hrs without sleep,
- Appetite suppression, weight loss, skin picking
- ~10% : frank psychosis,
- Identical to paranoid schizophrenia
- Violent behavior (physical and sexual)
- Nordahl et al J Neuropsychiatry & Clinical Neuroscience 15:3 317-324

Websites for HIV/Club Drugs

- www.nida.gov
- (National Institute for Drug Abuse)
- www.erowid.org
- (pro-drug website w/ pictures)
- www.hiv-druginteractions.org
- (drug/herb/club-drug interaction charts)

Ways Drugs Improve Sex

Delays orgasm, increases staying power (opiates, sedatives, alcohol, stimulants).

Increases sexual desire (stimulants, pot) & sexual sensation, intensifies the orgasm

Disinhibition in self and partner, increased willingness to be sexually adventurous (all)

Firmer erections (stimulants)

Campus HIV Prevention Strategies²

- **Student Leadership;** Train student leaders to promote the prevention of HIV among other students
- **Prevention Programs;** Adopt effective or model prevention techniques into the credit curriculum; noncredit courses, programs, and services; co-curricular programs; and other education reform initiatives.
- **Attending to Priority Populations;** Direct culturally appropriate health messages, resources, and services to students who engage in high-risk behaviors;

Pilot Program Results

- *End of 2004: 285 college-age students had attended the program*
- **52 Senior nursing students;**
- **32 choose to be Peer Educators & taught:**
- **68 Junior nursing students, who will go on to become Peer Educators in 2005**

KEY THEMES

- – 1. . I discuss **TOUGH** safe sex issues with my partner.
- – 2. I am **CONFIDENT** in my ability to tell my partners to use protection.
- – 3. I was **HONEST** with my partner about my STI and they love me for it.
- – 4. My partner and I think of **CREATIVE** ways to make safer sex fun..
- – 5. Sex is **HAPPNEING** so its important that kids know how to protect themselves.
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PILOT RESULTS

- **Sample: 120 college students**
- **Pre-program to end of session, Significant increase in mean knowledge scores pre- to post-program knowledge (18.26 to 20.53) ($t = 2.346$, $df = 119$, $p = 0.01$)**
- **Follow-up surveys mailed 8 weeks later, 49 students returned the follow-up survey (40% response rate)**

PILOT RESULTS

- **Still significant increase in pre- to follow-up knowledge ($t=2.346$, $df = 48$, $p = 0.023$); ALSO Significant increase in pre- to post group mean scores for subjective norms (28.22 to 31.89) ($t = 2.048$, $df = 48$, $p = 0.05$)**
- **Significance increase in pre- to post follow-up for more positive attitudes toward abstinence (18.53 to 19.91) ($t = 2.392$, $df = 48$, $p = 0.02$)**
- **Non-significant increase in more positive attitudes toward condom use & in behavioral intentions**

SENIORITAS

- ***August 2006 - 2007: Total of 328 students involved in SENORITAS***
- **27 Peer Educators**
- **Taught 301 other students**
- **Results: Non-significant increase in knowledge & more positive attitudes towards condoms & abstinence**
- ***Peer Educators: Significant increase in self-reported comfort levels in teaching HIV Prevention (from 7.0 to 9.56) ($t = 6.305$, $df = 31$, $p = 0.01$)***