Respecting and Protecting our Relationships

OVERVIEW
Respecting and Protecting our Relationships (Respeto/Proteger in Spanish) is a community-based HIV prevention program. Couples participating in the program discussed HIV prevention, gender and power, and healthy relationships using a culturally-based curriculum. The program’s curriculum stems from culturally rooted concepts of Hispanic and Native American peoples. Participating couples demonstrated safer sexual behaviors, increased condom use intentions, and a better knowledge of HIV/AIDS.

See Elements of Promising Practice in Teen Fatherhood Programs: Evidence-Based and Evidence-Informed Research Findings on What Works for more information.

Focus
Healthy Marriage and Relationship Education

PROGRAM DESCRIPTION

Target Population
Latino adolescent parenting couples

Service Delivery Unit
Couples

Curriculum
- National Latino Fatherhood and Family Institute (NLFFI) program, Con los Padres
- Be Proud! Be Responsible!

Dosage
Six, 2-hour sessions

Setting
Community centers

Location
Los Angeles, CA

Adapted and/or Created for Hispanic Population
Culturally-based curriculum

Demographics of Population Served
92% Latino
PROGRAM EVALUATION

Evaluated Population
- 49 couples (98 mothers and fathers)
- Experimental group (n=26 couples)
- Control group (n=23 couples)

Study Design
- Quasi-experimental, control group design

Outcomes
Sexual behaviors; Behavioral intentions to use condoms; and AIDS knowledge

Results
- Sexual risk behavior
  - Couples in the treatment group had a significantly reduced probability of having unprotected sex over time compared to couples in the control group (p<.001), with an estimated effect size of 0.73 for the observed difference.
- Behavioral intentions to use condoms
  - Condom intent significantly improved over time in the treatment group (p<.001) but not in the control group (p=.16), with an estimated effect size of 0.64 for the observed difference.
- AIDS knowledge
  - AIDS knowledge in both the treatment and control groups significantly increased over time (p<.001). There was no significant difference between the two groups.

Results for Hispanic Subgroups
None reported

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