Supplementary Online Content


eAppendix. Risk reduction curriculum outline.

This supplementary material has been provided by the authors to give readers additional information about their work.
Appendix
Risk Reduction Curriculum Outline

Session 1. (Group Session) Preparing for the Journey
Preparation for the journey Couples group
Introducing the journey
Introducing the talking circle
Introducing the Eban symbol
Group rules for participation
Itinerary for the journey
Introducing the 7 principles
Single-gender group
Reviewing the purpose of the journey
Enhancing gender pride
STD and HIV facts
Barriers to risk reduction
Homework

Session 2. (Couple session) Enhancing couple communication
Opening and welcome*
Review last session*
Overview of current session*
Review homework*
Patterns of communication
Talk and Listen technique
Problem-solving skills
Risk behaviors and barriers to risk reduction

Couple goal setting

Homework

Session 3. (Couple session) Tools for the journey

Male and female anatomy
Using barrier methods correctly
Making safer sex fun

Homework

Session 4. (Couple session) Sharing the load

Identifying triggers to unsafe sex and barriers for safer sex
Things that affect decision making
Working together to make decisions
Working together to improve our health
Working together to make better sexual decisions
Moving back to the village

Homework

Session 5. (Group session) It takes a village

Forming a village
Enhancing ethnic pride
Overcoming social adversity
Social support and HIV disclosure

Homework

Eban closing circle ritual
Session 6. (Group session) Strengthening the village

Sharing the reality of HIV
Confronting triggers
Homework
Eban closing circle ritual

Session 7. (Group session) Expanding the village

Reviewing safer sex skills
Self-assertiveness skills
Reframing your requests
Building your village
Homework
Saying good-bye to the village

Session 8. (Couple session) Celebrating our relationship

Review progress on couples goals
Relapse prevention
Commitment to staying safe
Closing ceremony

*These elements were present in Sessions 2–8.