

### Why use 3MV for black gay men?

3MV is designed to address the unique social, cultural, and personal factors that influence the risk behaviors of black gay men. Among black gay men, 3MV has also been shown to be effective in:

- Reducing rates of unprotected sex
- Increasing consistent condom use
- Reducing numbers of sex partners
- Increasing HIV testing rates

### How is 3MV implemented?

3MV is a seven-session intervention delivered to 6–12 participants. Sessions last from 2 to 3.5 hours and build on the discussion and exercises of prior sessions. Sessions are delivered by two culturally appropriate facilitators, one of whom needs to be a black gay man. 3MV can be delivered over a 7-week period or as a weekend retreat. Sessions use role-play activities, group exercises, facilitated discussions, and skills-building activities. Participants are encouraged to share personal experiences, attitudes, beliefs, and feelings. 3MV should be implemented in a private setting where participant feel safe.

### How do I find out more about 3MV?

[www.cdc.gov/hiv/effective-interventions/](http://www.cdc.gov/hiv/effective-interventions/)



# I deserve to be **Happy**



# I deserve to be **Healthy**



## **What is Many Men, Many Voices?**

Many Men, Many Voices (3MV) is a small, group-level behavioral intervention that decreases the HIV and STD risk behaviors and increases health promotion behaviors (e.g., HIV testing, STD screening) among black gay men. 3MV helps black gay men better understand the social and behavioral factors that put them at increased risk for HIV and other STDs. Through 3MV, participants:

- Learn about the unique factors (racism, homophobia) that put them at risk for STDs/HIV
- Learn about how to prevent and reduce their risk
- Discuss their intentions to change risk behaviors
- Practice behavioral skills that focus on risk prevention and reduction
- Learn basic information about the transmission, signs, symptoms, and treatment of HIV and STDs
- Provide and receive positive support for making healthy behavior changes

## **Who is 3MV for?**

3MV is designed for black gay men. This includes men who have sex with men (MSM) who identify as gay and those who do not, but have sexual and/or emotional attractions to other men. 3MV is not appropriate for MSM who do not have sexual and/or emotional attractions for other men (e.g., inmates who have “situational sex,” men who trade sex for money or drugs). 3MV was not specifically designed for other racial/ethnic minority groups, but could be adapted for these populations.

## **What is needed to implement 3MV?**

To implement 3MV, agencies will need:

- Culturally appropriate facilitators and program administrative staff
- 3MV implementation materials (e.g., manuals, handouts, slides, monitoring tools, recruitment/marketing posters, and flyers)
- Easily accessible meeting space to fit 15 people
- Supplies and equipment ( e.g., masking tape, markers, easel charts, newsprint, LCD projector, and laptop)

## **What are the benefits of 3MV?**

### **Benefits to Participants**

- Establishes and builds supportive relationships with other black gay men who are also working to change their HIV/STD risk behaviors

### **Benefits to Your Agency**

- Establishes positive relationships with black gay men
- Increases support among black men within LGBT communities
- Enhances reputation among black gay men
- Increases opportunities to be involved in other prevention activities targeting black gay men

### **Benefits to Communities**

- May reduce HIV and STD incidence and prevalence among its most vulnerable members
- Raises awareness about the importance of STD and HIV prevention, testing, and treatment among those at risk