BE PROUD! BE RESPONSIBLE!
Best Evidence – Risk Reduction

INTERVENTION DESCRIPTION

Target Population
- Inner-city African American male adolescents

Goals of Intervention
- Increase knowledge and reduce positive attitudes and intentions regarding risky sexual behavior
- Eliminate or reduce sex risk behaviors

Brief Description
Be Proud! Be Responsible! is a small group skills building and motivational intervention to increase knowledge of AIDS and sexually transmitted diseases (STDs) and to reduce positive attitudes and intentions toward risky sexual behaviors among African-American male adolescents. The intervention consists of one 5-hour session delivered to groups of 5-6 males. The intervention includes facts about HIV/AIDS and risks associated with intravenous drug use and sex behaviors; clarifies myths about HIV; and helps adolescents realize their vulnerability to AIDS and STDs. Videos, games, exercises, and other culturally and developmentally appropriate materials are used to reinforce learning and build a sense of pride and responsibility in reducing HIV risk. Adolescents also engage in role-playing situations to practice implementing abstinence and other safer sex practices, including practicing condom use skills.

Theoretical Basis
- Social Cognitive Theory
- Theory of Reasoned Action
- Theory of Planned Behavior

Intervention Duration
- One 5-hour session

Intervention Setting
- Local community building

Deliverer
- African American men and women with backgrounds in human sexuality, education, nursing, social work, and small group facilitation. All facilitators had at least a 4-year college degree.

Delivery Methods
- Exercises
- Games
- Group discussions
- Lectures
- Practice
- Role play
- Video
INTERVENTION PACKAGE INFORMATION

The intervention package and training are available through Select Media, Inc. under the name Be Proud! Be Responsible!

EVALUATION STUDY AND RESULTS

The original evaluation study was conducted in Philadelphia, PA between 1988 and 1989.

Key Intervention Effects
- Reduced risky sex
- Reduced number of sex partners
- Reduced unprotected sex
- Reduced anal sex
- Increased condom use

Study Sample
The baseline study sample of 157 adolescents is characterized by the following:
- 100% black or African American
- 100% male
- 98% heterosexual, 2% homosexual/bisexual
- Mean age of 15 years
- 97% enrolled in high school

Recruitment Settings
Local outpatient medical clinic, high school, and YMCA

Eligibility Criteria
Participants were eligible if they were African American male adolescents.

Assignment Method
Adolescents (N = 157) were randomly assigned to 1 of 2 groups: Be Proud! Be Responsible! (n = 85) or Career-opportunities comparison (n = 72).

Comparison Group
The career-opportunities comparison intervention addressed career planning and opportunities. This intervention was delivered in a single 5-hour session; included small group discussions, exercises, games, and videos; and was facilitated by African-American adults.
Relevant Outcomes Measured and Follow-up Time
- Sex behaviors during past 3 months (including number of days respondent had sex, number of sex partners, number of sex partners involved with other men, and occurrence of anal sex) were measured at the 3-month follow-up. A risky sexual behavior scale was calculated by combining all sexual risk behavior measures.
- Condom use during past 3 months (including frequency of condom use scale and number of days of not using a condom during coitus) were measured at the 3-month follow-up.

Participant Retention
- Be Proud! Be Responsible!
  - 98% retained at 3 months
- Career-opportunities comparison
  - 93% retained at 3 months

Significant Findings
- At the 3-month follow-up, adolescents in the intervention group reported significantly less risky sexual behavior (using the combined scale, \( p < .01 \)) and fewer number of female sex partners (\( p < .003 \)) than adolescents in the comparison group.
- At the 3-month follow-up, adolescents in the intervention group reported a significantly fewer days of having sex (\( p < .008 \)), fewer female sex partners involved with other men (\( p < .05 \)), and fewer days not using a condom during sex (\( p < .003 \)). In addition, adolescents in the intervention group were significantly less likely to report engaging in heterosexual anal sex (\( p < .02 \)) than adolescents in the comparison group at the 3-month follow-up. (While the above findings meet best evidence, these findings meet the good-evidence criteria.)

Considerations
- The adolescents in the intervention group reported significantly higher rates of condom use than those in the comparison group at the 3-month follow-up; however, the sample size was too small for this outcome to meet best-evidence or good-evidence criteria.
- The 3-month follow-up data revealed that the intervention effect was greater with a female facilitator than a male facilitator for four of the six outcomes reported above (all \( p \)'s < .05).
REFERENCES AND CONTACT INFORMATION


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