

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

Program Contact Info:

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