



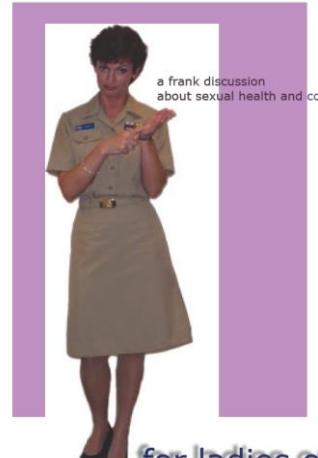
TRAINING COURSE FACT SHEET “FOR LADIES ONLY”



Background: Navy survey data suggest that 6 of 10 pregnancies among female enlisted sailors are mistimed or not wanted (i.e. unplanned). About 1 in 6 Navy and Marine Corps women aged 21-25 say she had an unplanned pregnancy in the past 12 months. Over 7500 gonorrhea or Chlamydia infections occur in Navy and Marine women each year. Only 1 of 3 Navy women and 1 of 4 Marine Corps women who are not married or living as married used a condom the last time she had sex. Of those Navy and Marine Corps women who are having sex outside of a monogamous relationship, less than half use a condom every time.

Objective: Increase future condom use among young women, married and unmarried, sexually-active or abstinent, by increasing their self-efficacy to control condom-use decisions in sexual relationships and increase their condom-use skills and condom-negotiation skills.

Course Overview: Adapted by the Navy and Marine Corps Public Health Center from an intervention recommended by the Centers for Disease Prevention and Control as an intervention of promising-evidence in the 2008 Compendium of Evidence-Based HIV Prevention Interventions, “For Ladies Only” is intended as an optional, 1-hour educational offering for small groups (10-30 women). To encourage planning for sexual health and safety, a female instructor discusses sexuality and gender issues. A presentation on symptoms, prevalence, and transmission of gonorrhea and Chlamydia and the incidence of unplanned pregnancies (UPP) is provided to increase perceived susceptibility to these potential consequences of sex. The effectiveness of male condoms is discussed and proper condom use is demonstrated. Women are taught how to be assertive in discussing condom use with their partner, and how to deal with partner resistance to condoms. Through videos, presentations, role play, discussions and practice, women learn how to increase their sense of control over their sexual encounters, increase their STI and UPP awareness and perceived susceptibility, and increase self-efficacy for condom use. The theoretic basis of this intervention is the Psychosocial Model of Condom Use and the Health Belief Model. The underlying research (Bryan, Aiken and West, 1996) demonstrated that a brief, single session led by a female graduate student produced significant increases in condom use at most-recent sexual encounter among female college students (average age 19 years) at six-months post-intervention.



for ladies only

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Target Audience: Young female Sailors, married and unmarried, sexually-active or abstinent.

Technical Assistance: is available from NMCPHC-SHARP at:
usn.hampton-roads.navmcpubhlthcenzors.list.nmcphc-sharp@mail.mil

Materials required: Classroom to comfortably accommodate 20-40 students. SHARP Toolbox DVD from NMCPHC-SHARP. Printed handouts and PowerPoint presentation from the Sharp Toolbox DVD, PowerPoint projection system with sound. Female instructor. Male condoms (2 per student).

