

T-SISTA FOR LATINA TRANSWOMAN

TSISTA is a program adapted from the SISTA (DEBI) from the CDC, TSISTA has being adapted for Latina Transwoman.

After this program participants will be able to:

SESIÓN 1: ETHIC AND GENDER PRIDE.

Ethic and gender pride are used as tools to build confidence and promote healthy sexual behaviors. Participants have a n opportunity to learn about Tran's identities, Tran's history, identify positive role models in their life and learn about the importance of having and prioritizing personal values, and how they affect decision-making. This session empathizes the importance of self-love, pride, and positive qualities of being a transgender woman of color.

SESIÓN 2: HIV/AIDS, STIS AND SEX DRUGS

Provides participants with basic information on HIV/AIDS, sexually transmitted infections (STIs), and their relationships with sex and drugs.

SESIÓN 3: CONDOM NEGOTIATION AND COMMUNICATIONS

Focuses on effective communications and sexual negotiation skills. This session will teach participants the distinction between assertive, non-assertive, and aggressive communication style and behaviors.

SESIÓN 4: SAFE SEX BEHAVIOR SKILLS

Provides information on safer sex behaviors, correct condom usage skills, and practice using assertive communications skills (learn in sesión 3) in negotiating safe sex. This sesión also provides and opportunity for Transwoman to learn Tran's specific risk reduction behaviors.

SESIÓN 5: SKILLS REVIEW

Review the skills discussed in the previous four sessions. Participants learn how to alcohol and drugs affect safe sex behaviors.



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