

"GEMS IN THE SPIRIT"

A CASE STUDY IN ADAPTING AND TAILORING AN HIV PREVENTION EDUCATION PROGRAM FOR ADOLESCENT GIRLS IN FAITH-BASED ORGANIZATIONS

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“TRAIN UP A CHILD IN THE WAY SHE SHOULD GO: AND WHEN SHE IS OLDER, SHE WILL NOT DEPART FROM IT.
PROVERBS 22:6

THE GEMS PROGRAM DESCRIPTION

Girls Empowered and Motivated to Succeed (GEMS) is a self-esteem and self-empowerment program designed to help pre-adolescent and adolescent girls make better decisions about life and relationships.

THE GEMS PROGRAM HAS FIVE (5) OVERALL OUTCOMES

GIRLS WILL:

- 1) Have a better sense of who they are and what they value about themselves
- 2) Have more knowledge about sexually transmitted infections, including HIV
- 3) Have better skills for interacting with their peers, particularly when faced with conflict
- 4) Have a better understanding of the settings and situations that lead to poorer health outcomes
- 5) Strengthen their ability to develop and act upon personal goals that serve as protective factors



HOW BIBLE TRUTHS COMPLEMENT THE GEMS PROGRAM

THE GEMS PROGRAM'S CORE CURRICULUM MODULES

MODULE NO. & TITLE	CORE LEARNING OBJECTIVES	BIBLICAL REFERENCES
1 CAN YOU RELATE?	<ol style="list-style-type: none"> 1) To inform girls and caregivers about the program (<i>recruitment and enrollment</i>) 2) To get to "know" the girls and their primary caregiver in terms of risk and protective factors 3) To begin the process of building group solidarity through a group-level orientation 4) Apply the relate module: Reality, Empathize, Listen, Action, Touch-base, Empower 	<p>Jarius' Daughter Luke 8: 42-56</p> <p>Woman of Canaan's Daughter Matthew 15: 22-28</p> <p>Girl Possessed The Acts 16: 16</p>
2 SELF ESTEEM AND SELF EMPOWERMENT	<ol style="list-style-type: none"> 1) Learn how to define self-esteem 2) Develop a positive life statement 3) Become aware of six different aspects of the "total self concept" The thinking self; The social self; The future self; The active self; The physical self; The "looking glass" self 	<p><i>The spiritual Seeds of Self-esteem</i></p> <p>For God has not given us the spirit of fear, but of power, and of love, and of a sound mind 2 Timothy 1: 7</p>
3 ANGER ISSUES AND SELF CONTROL	<ol style="list-style-type: none"> 1) Identify and define anger as a normal emotion for adolescent girls 2) Assess healthy and unhealthy aspects of anger 3) Build skills for coping with people and situations using self control techniques 	<p><i>The Fruits of the Spirit as a code of Conduct</i></p> <p>But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance, against such there is no law. Galatians 5: 22-23</p>

THE GEMS PROGRAM'S CORE CURRICULUM MODULES

MODULE NO. & TITLE	CORE LEARNING OBJECTIVES	BIBLICAL REFERENCES
4 COMMUNICATIONS AND CONFLICT RESOLUTION SKILLS	<ol style="list-style-type: none"> 1) Learn how conflict is part of our society 2) Learn how unresolved conflicts lead to violence and other risky behaviors 3) Discuss how ones attitudes and behaviors can cause conflict 4) Discuss strategies for conflict resolutions 	<p>How Christians Solve Conflict</p> <p>Moreover, if they sister shall trespass against thee, go and tell her her fault between thee and her alone: if she shall hear thee, thou has gained a sister. Matthew 18: 15</p>
5 HEALTHY RELATIONSHIPS	<ol style="list-style-type: none"> 1) Define teen dating violence 2) Learn the difference between healthy and unhealthy relationships 3) Recognize warning signs of dating violence 4) Understand how teen dating violence victims are at greater risk for HIV and other negative consequences due to unwanted and unprotected intercourse 5) Learn how to take action when either observing or experiencing teen dating violence 	<p>How God Defines Love</p> <p>Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, doth not behave itself unseemingly, seeketh not her own, is not easily provoked, thinketh no evil. 1 Corinthians 13: 4-5</p>
6 EXPLORING MY HIV RISK AND PROTECTIVE FACTORS	<ol style="list-style-type: none"> 1) Provide each girl an opportunity to explore her risk for HIV in a private one-on-one session 2) Identify one's own risk and protective factors 3) Learn to develop an individualized HIV risk reduction plan based on goal setting 4) Learn to develop an individualized sexual safety planning 	<p>All have sinned, and come short of the glory of God. Romans 3: 23</p>