The SISTA Project consists of five two hour sessions which build upon one another with a booster session a few weeks after the completion of the fifth session. The booster session is to talk about and see how the program has helped each woman in her life. The five sessions, in the order in which they would be taught, include:

- **Ethnic/Gender Pride**: Learning the value in being a woman, learning to value self, and learning a woman's worth.
- **HIV/AIDS Education**: Learning the basics of how to prevent contracting the HIV virus and other STDs.
- **Assertiveness Skills Training**: Different types of communication and how to communicate what you would and wouldn’t like effectively.
- **Behavioral Self Management**: Identifying behaviors and environments that could put you in risky situations.
- **Coping Skills**: Talking with other women about healthy ways of coping with stressful situations.

**Sistas Informing Sistas about Topics on AIDS**

SISTA Love is Strong, SISTA Love is Safe, SISTA Love is Surviving