**Goals**

Goal 1: Community members will adopt behaviors and practices to reduce risky sexual behaviors in youth and increase healthy choices.

Objectives:

* 1. During the camp of Sirve con Fuerza 60 females will be provided with the skills needed to prevent sexually transmitted infections and HIV/AIDS
  2. 60 females will learn to identify misconceptions of sexually transmitted infections and HIV/AIDS

Goal 2: Community members will lead a healthy lifestyle, will demonstrate a caring, responsible attitude and will be leaders in their communities

Objectives:

2.1 60 females will demonstrate leadership qualities by showing improvement in key life skills such as positive identity, positive communication, goal setting skills and leadership behaviors.

**Activities**

The project is targeted for females under the ages of 24 to participate in a volleyball camp. The camp will include volleyball games between the communities, training on sportsmanship, leadership skills, and sexual health education. The volleyball camps is intended to enhance positive communication among community members, promote female empowerment within the participants and in their communities, and discuss topics on how to handle conflict in relationships within females and the opposite sex. The scoring of the teams will not only be based off the volleyball games, but also with the behavior the teams have during the competition. All the teams will be paired with a “sister” team from another community that will bring support and cheer the community that is competing. In addition, the camp will include a session to talk about relationships with the males and how to make healthy sexual decisions. Discussions on how to have a supportive, healthy and productive relationship with females will also be included. The camp will enforce how the cooperation and support the participants give each other, all serves as a purpose to promote female empowerment and the presence of females in sports in their communities. As part of the application the participants will be expected to fundraise up to R.D.$1,000, complete a service project and do a presentation of the service project during the camp

**Time Frame**

Month 1 (November) : Coordinate the budget with the local who will hold the camp and the prizes for the food. Send out applications for Volunteers interested in participating.

Month 2 (January): Budget for transport for all the participants

Month 3(February): Look for referees, implement rules of the camp, and bracket

Month 4 (March): Supervise progress of the applicants who will be participating. Hold a planning meeting with the volunteers to distribute lectures.

Month 5 (May): Pick up sports equipment, prizes for the camp.

Month 6 (June): Review applicants who will be participants. Have the camp

**Indicators**

Knowledge Indicator: The participants will take a pre/pos questionnaire that include HIV/AIDS prevention, and sexual health.

Behavior Indicator: The participants will take a pre/post questionnaire that include topics of self-esteem, goal planning and sportsmanship.