



THE UNIVERSITY OF ARIZONA
COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES

Southwest Institute for Research on Women

The SIROW Voice

Community-based collaborative research, working toward a society in which the wellbeing of women and families is paramount, resulting in their equity, empowerment, and prosperity since 1979.

SIROW SPECTRUM'S SUMMER RECAP

As we gear up for the Back-to-School season, we would like to look back and highlight Spectrum's in-person summer camps. Spectrum is a wellness program for youth ages 13-24, with a focus on those who identify as LGBTQ+. Located at the Southern Arizona Aids Foundation's (SAAF) Thornhill Lopez Center on 4th (526 N 4th Ave.), youth attended week-long interactive summer camps in June and July.

A word from our collaborator at SAAF describes how it felt to teach and learn with our youth over the summer, **"It is so meaningful to help youth create a safe space where they can be themselves unapologetically"** – Maizie Dunlap.

AGENDA

- 10:00-10:30 Welcome, icebreaker & intro activities
- 10:30-12:00 Interactive lesson on sex and sexuality topic
- 12:00-12:30 Lunch – activities available while you eat
- 12:30-1:00 Spotlight discussion

Breaks will be provided. Snacks available throughout the day. A quiet space will also be accessible.

EXTRAS:

- Welcome Box
- Graduation Backpack
- Raffle Giveaway
- Safer Sex Supplies

Each day started with a welcome and breakfast, and the day then progressed into a lesson about anatomy, healthy relationships, and STIs. Each lesson was accompanied by a fun and interactive activity for the youth.

"I loved that we created an opportunity not only for youth to learn but also to come together and build relationships with one another." – SIROW Health Educator, Monica Davis.

The week allowed youth to get to know each other and discuss important topics with the Spectrum teaching team and support staff.

Some quotes from youth are as follows:

"I had fun plus I got the opportunity to help my anxiety and talk more"

"I think you all did well explaining the topics on hand! Thanks so much."

"I learned a lot more about STIs!"

"I absolutely adored the participants and instructors here :) I'll definitely be coming back".

The Spectrum program also involves an evaluation component where youth are invited to complete surveys and meet at baseline and once more 6-months post summer camp. Spectrum enrolled 18 youth and provided 2 in-person HIV tests, 2 take-home HIV tests, and 6 mental health referrals during camp.

To learn more about Spectrum, be sure to follow them on Instagram [spectrum_program](#) and check out their website <https://spectrumtucson.org/> for more information.

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