

Evidence-Based Programs To Prevent Teen Pregnancy, HIV, and STI

Produced by the Healthy Teen Network
in partnership with the Alabama Campaign
to Prevent Teen Pregnancy and the
Alabama Department of Public Health

Faculty

Mary Martha Wilson
Director
Training & Technical Assistance
Healthy Teen Network
Baltimore, MD

Objectives

- Define what is meant by an evidence-based teen pregnancy prevention program
- Identify at least three evidence-based teen pregnancy prevention programs
- Identify at least one evidence-based program that could “fit” with their youth and community

Evidence-Based Approaches

- Evidence-Based Approaches include both
 - Evidence-Based Programs
 - Been proven to be effective in changing behavior
 - Published in peer-reviewed journals

Evidence-Based Approaches

- Promising Programs
 - Have not been through rigorous evaluation
 - Contain most if not all of the characteristics of effective programs

Evidence-Based Programs

- Evidence-based programs are those that have been proven through rigorous evaluation to be effective in changing sexual risk-taking behavior

What Are Those Behaviors?

- Increase age of first sexual intercourse
- Increase the correct and consistent use of condoms and contraception
- Decrease numbers of sexual partners
- Decrease frequency of sex

What Else About Evidence-Based Programs?

- Evaluation study identified same results among different populations over time, many in multiple areas.
- Evaluation study also used a comparison group
- Evaluation study was published in a peer-reviewed journal

What Do These Programs Look Like?

- Framed around behavior change theory
 - Social Learning Theory
 - Knowledge
 - Skills
- Environmental support
 - Family
 - Peer groups
 - Community (school, neighborhood)

What Do These Programs Look Like?

- Written curricula
- Learning objectives and activities clearly written with timing indicated
- Include instructions for facilitators and educators

What Do These Programs Look Like?

- Include materials needed to conduct program
- Some include adaptation information

Variations Among Programs

- Priority population
- Duration
- Setting
- Focus
- Cultural frame

A Moment on Adaptation

- Why would you make changes to an evidence-based program to begin with?
- What changes or adaptations could be considered “safe” and would not compromise integrity or effectiveness of program?
- What adaptations would not be considered “safe”?

Green, Yellow, and Red Light

- Adaptation guidelines with kits for the the following evidence-based programs
 - Safer choices
 - Becoming a responsible teen
 - Reducing the risk
 - Making proud choices
 - Making a difference

Lists of Evidence-Based Programs

- Science and Success
 - www.advocatesforyouth.org
- What Works and What Helps
 - www.teenpregnancy.org

Lists of Evidence-Based Programs

- Diffusion of Evidence-Based Interventions
 - www.effectiveptograms.gov
- Programs on Adolescent Sexual Health Archives
 - www.socio.com

Let’s Explore Science and Success

- Programs were includes that
 - Were published in peer-reviewed journals
 - Used an experimental or quasi-experimental evaluation design, with treatment and comparison conditions
 - Included at least 100 young people in treatment and control/comparison

Behavior Outcomes

- Programs demonstrated at least two positive behavior changes among program youth three months or later
- Postponement or delay of sexual initiation
- Reduction in the frequency of sexual intercourse

Behavior Outcomes

- Reduction in the number of sexual partners/increase in monogamy
- Increase in the use, or consistency of use, of effective methods of contraceptive and/or condoms
- Reduction in the incidence of unprotected sex

26 Programs Total

- 23 included information about abstinence and contraception
- 14 programs delayed incidence of first sex
- 14 programs increased use of condoms
- 9 programs increased use of contraception

26 Programs Total

- 13 programs reduced the number of sex partners and/or increased monogamy
- 7 programs reduced the frequency of sex
- 10 programs reduced the incidence of unprotected sex

Program Reference Tables

- Tables on pages 3-4
 - Identify behavior outcomes for each program
- Tables on pages 14-15
 - Identify priority population of evaluation study, including age, race, geographic setting, gender

Program Reference Tables

- Programs are divided between school-based, community-based and clinical settings

If you want to increase the use of condoms and decrease the numbers of sexual partners among urban Latino high school youth, what programs might you consider?

- AIDS Prevention
- Get Real About AIDS
- Carrera
- CA Sibling Pregnancy Prevention Project
- Cuidate!

Program Descriptions

- Includes
 - Brief outline of program with number of sessions, program setting, kind of activities included in program
- Detailed contact information
 - How to order program materials

Sex Ed. Curricula with Strong Evidence for Behavior Change

- Safer Choices: Preventing HIV, Other STDs, And Pregnancy
 - School-based
 - Delayed sex for Hispanics
 - Increased condom and contraceptive use
 - Reduced unprotected sex for 31 months or more

Sex Ed. Curricula with Strong Evidence for Behavior Change

- Making Proud Choices: A Safer Sex Approach to STD, Teen Pregnancy, and HIV/AIDS Prevention
- Not school-based
- Targeted African-American youth
- Increased condom use for one year

HIV/AIDS Curricula with Strong Evidence for Behavior Change

- Becoming a Responsible Teen: An HIV Risk Reduction Program for Adolescents
 - Not school-based
 - Targeted African-American youth
 - Focused primarily on HIV/AIDS

HIV/AIDS Curricula with Strong Evidence for Behavior Change

- Increased abstinence, reduced the number of sexual partners, increased condom use and reduced unprotected sex

HIV/AIDS Curricula with Strong Evidence for Behavior Change

- SIHLE: Sistas, Informing, Healing, Living, Empowering
 - Not school-based
 - Targeting African-American youth
 - Focused primarily on HIV/AIDS

HIV/AIDS Curricula with Strong Evidence for Behavior Change

- Increased condom use for one year, decreased pregnancy rate for 6 months and decreased STD rates for one year

Program Publishers/Distributers

- Sociometrics
- Select Media
- TOP: Wyman Center
- ETR Associates

Selection Process

- Assess priority population for behaviors
- Establish program goals for population
- Examine evidence-based programs that might fit
- Select program based on good “fit” and organizational resources
- Implement and evaluate program

Faculty

Mary Martha Wilson
Director
Training & Technical Assistance
Healthy Teen Network, Baltimore, MD

marymartha@healthyteennetwork.org

Healthy Teen Network is a national membership organization focused preventing teen pregnancy and also supporting young families