

# Evidence-based and Promising Programs That Prevent Pregnancy, STIs and HIV Among Adolescents



massachusetts alliance  
on teen pregnancy

<p><b>Aban Aya Youth Project</b></p> <p>Pregnancy, HIV, STI prevention</p> <p>✓Community based settings ✓Middle schools</p>	<p><b>Cost:</b> \$660 (www.socio.com), \$375 download, \$150-200 individual grade level pieces  <b>Audience:</b> Urban African American youth in middle school, grades 5 through 8. May be used in community based organizations as well.  <b>Main Message:</b> This program was developed to address multiple problem behaviors such as violence, substance abuse, delinquency and sexual activity, simultaneously in a long-term intervention by encouraging abstinence, protection from unsafe sex, and avoidance of drugs and alcohol.  <b>Length:</b> 16-21 45-minute lessons during a school year.  <b>Group Size:</b> Classroom  <b>Components:</b> Written curriculum, videos  <b>Science-based Program:</b> Listed in <i>Emerging Answers, What Works</i></p>
<p><b>Adolescents Living Safely: AIDS Awareness, Attitudes &amp; Actions</b></p> <p>HIV prevention</p> <p>✓Residential settings ✓Community based settings</p>	<p><b>Cost:</b> \$360 program package (www.socio.com), \$18 user's guide, \$170 download  <b>Audience:</b> Can be implemented in a variety of community-based settings serving high risk youth, especially runaways, providing that case management and counseling services are available. Developed for Black and Hispanic runaway youth ages 11-18.  <b>Main Message:</b> HIV risk reduction for youth at high risk of STI/HIV/AIDS. Program encourages skill building and self efficacy in an environment of peer support.  <b>Length:</b> 20 small group discussions, each session 90-120 minutes. Ongoing case management &amp; counseling services.  <b>Group Size:</b> 6-10 youth, facilitated by 2 leaders  <b>Components:</b> Written curriculum, video, evaluation tools  <b>Science-based Program:</b> Listed in <i>Science and Success</i></p>
<p><b>AIDS Prevention for Adolescents in School</b></p> <p>HIV, STI prevention</p> <p>✓High schools</p>	<p><b>Cost:</b> \$252 program package (www.socio.com), \$18 user's guide, \$170 download  <b>Audience:</b> Urban Black, Hispanic, White, and Asian high school students ages 12-20.  <b>Main Message:</b> This school-based curriculum for urban high school students seeks to increase knowledge about HIV/AIDS, build skills to recognize and prevent behaviors that put youth at risk of HIV infection, and encourage youth to make healthy decisions.  <b>Length:</b> Six one-hour lessons, implemented on consecutive school days.  <b>Group Size:</b> Classroom  <b>Components:</b> Written curriculum, video, evaluation tools  <b>Science-based Program:</b> Listed in <i>Science and Success</i></p>
<p><b>ALL4YOU!</b></p> <p>HIV,STI, pregnancy prevention</p> <p>✓High schools</p>	<p><b>Cost:</b> Basic Set \$280, program package, ETR Associates  <b>Audience:</b> Male and female alternative high school students, 14 through 18 years old  <b>Main Message:</b> The All4You program is an adaptation of the <i>Be Proud! Be Responsible!</i> and <i>Safer Choices</i> curricula. Through classroom sessions and service learning, the program aims to reduce frequency of unprotected sex among students in alternative high schools.  <b>Length:</b> 14 sessions (26 hours). 9 classroom based sessions are followed by five service-learning sessions  <b>Group Size:</b> Classroom, 12 to 62 students  <b>Components:</b> Classroom-based lessons, visits to schools, senior centers and other community-based organizations for service learning activities  <b>Science-Based Program:</b> Listed in U.S. Department of Health and Human Services, Teen Pregnancy Prevention "Programs for Replication"</p>
<p><b>Be Proud! Be Responsible!</b></p> <p>HIV prevention</p> <p>✓High schools ✓Community based settings</p>	<p><b>Cost:</b> \$358 program package (www.selectmedia.org), \$145 without videos  <b>Audience:</b> Recommended for use with urban, Black male youth ages 13-18.  <b>Main Message:</b> To reduce the risk for HIV/AIDS through behavioral change, adolescents not only need information on perception of personal vulnerability, but they also need the skills and confidence in their ability to act safely.  <b>Length:</b> Six hours of content divided into six 1-hour modules.  <b>Group Size:</b> 6-12 participants  <b>Components:</b> Written curriculum, activity set, 4 videos  <b>Science-based Program:</b> Listed in <i>Science and Success, What Works</i></p>
<p><b>Becoming a Responsible Teen (BART)</b></p> <p>HIV prevention</p>	<p><b>Cost:</b> \$55 (www.etr.org)  <b>Audience:</b> Black high school students and/or Black youth age 18-24.  <b>Main Message:</b> Program provides teens with HIV/AIDS prevention information and training on communication/negotiating skills regarding sex. Abstinence is the best way to prevent HIV infection, but other preventive measures such as condom use are also important.</p>

<p>✓Community based settings</p>	<p><b>Length:</b> Eight 90-120 minute sessions  <b>Group Size:</b> 8-15 participants  <b>Components:</b> Written curriculum, teacher guide, CD and teacher and student masters  <b>Science-based Program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>Children's Aid Society-Carrera Program</b></p> <p>Pregnancy prevention</p> <p>✓High schools  ✓Community based settings</p>	<p><b>Cost:</b> <a href="http://stopteenpregnancy.childrensaidsociety.org/">http://stopteenpregnancy.childrensaidsociety.org/</a>  <b>Audience:</b> Targets high-risk youth, male and female, offered to youth from 11 years old up through high school age  <b>Main Message:</b>  <b>Length:</b> year round, after school program running 5 to 6 days a week for 3 hours a day  <b>Group Size:</b> up to 50  <b>Components:</b> Job Club, Academic Assistance, Family Life/Sex Education, Self-Expression, Lifetime Individual Sports, Comprehensive Medical Care, Mental Health  <b>Science-Based Program:</b> Listed in U.S. Department of Health and Human Services, Teen Pregnancy Prevention "Programs for Replication"</p>
<p><b>iCuidate!</b></p> <p>HIV prevention</p> <p>✓Community based settings</p>	<p><b>Cost:</b> \$240 (<a href="http://www.selectmedia.org">www.selectmedia.org</a>)  <b>Audience:</b> Latino youth ages 13-18.  <b>Main Message:</b> Latino cultural beliefs are used in a positive way to frame abstinence and condom use as culturally-appropriate ways to prevent pregnancy, STIs, and HIV.  <b>Length:</b> Six 1-hour modules delivered over the course of at least 2 days.  <b>Group Size:</b> 6-10 participants  <b>Components:</b> Written curriculum in English or Spanish, posters, video, music CD, DVD of reproducibles  <b>Science-based Program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>Draw the Line/Respect the Line</b></p> <p>Pregnancy, HIV, STI prevention</p> <p>✓Middle schools  ✓Community based settings</p>	<p><b>Cost:</b> \$56 program package (<a href="http://www.etr.org">www.etr.org</a>), \$21 individual grade level pieces  <b>Audience:</b> Hispanic or multicultural junior high school students grades 6 through 8. This program can be used for both boys and girls but is more effective for boys.  <b>Main Message:</b> Postponing sexual activity is the best plan. The program covers setting limits to prevent HIV, STI and pregnancy, social pressures, challenges to personal limits, and communication and refusal skills.  <b>Length:</b> 20 lessons given to 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders  <b>Group Size:</b> Classroom  <b>Components:</b> Written curriculum (3 books)  <b>Science-based Program:</b> Listed in <i>Emerging Answers, What Works</i></p>
<p><b>Family Growth Center</b></p> <p>Secondary pregnancy prevention</p> <p>✓Community based settings</p>	<p><b>Cost:</b> \$234 (<a href="http://www.socio.com">www.socio.com</a>), \$18 user's guide, \$144 download  <b>Audience:</b> Adolescent mothers  <b>Main Message:</b> Promote healthy development of teen mothers and their children and provide resources/supports to families.  <b>Length:</b> Intensive, multi-year intervention.  <b>Group Size:</b> Community (individual case management services for families)  <b>Components:</b> Written curriculum, adult involvement, case management  <b>Promising Program:</b> Some evidence of effectiveness at preventing repeat pregnancy and reducing school dropout.</p>
<p><b>FLASH</b></p> <p>Comprehensive sexuality education</p> <p>✓School based settings</p>	<p><b>Cost:</b> FREE for download, \$55 - \$80 (<a href="http://www.metrokc.gov/health/famplan/flash/">http://www.metrokc.gov/health/famplan/flash/</a>)  <b>Audience:</b> Youth in diverse communities, grades 4-12.  <b>Main Message:</b> Addresses issues of physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, gender roles.  <b>Length:</b> 19-30 lessons  <b>Group Size:</b> Classroom  <b>Components:</b> Written curriculum  <b>Promising Program:</b> Incorporates the 17 characteristics of effective programs. High School FLASH is undergoing a longitudinal, randomized, behavioral evaluation in 2011-2014 - with results expected in 2015 - by Mathematica Policy Research.</p>
<p><b>Focus</b></p> <p>Pregnancy, HIV, STI prevention</p> <p>✓Community based settings  ✓Clinic based settings</p>	<p><b>Cost:</b> Program Package, \$430 Digitized Program Package, \$315 (<a href="http://www.socio.com">www.socio.com</a>)  <b>Audience:</b> Adolescent girls/young women, originally designed for female U.S. Marine Corps recruits  <b>Main Message:</b> Cognitive-behavioral group intervention designed to prevent sexually transmitted infections and unintended pregnancies among young women.  <b>Length:</b> Four session intervention implemented in two-hour segments  <b>Group Size:</b> Classroom  <b>Components:</b> Group discussion, lectures, role play, video, power point slide presentations</p>

	<p><b>Science-Based Program:</b> Listed in U.S. Department of Health and Human Services, Teen Pregnancy Prevention “Programs for Replication.”</p>
<p><b>Focus on Youth with IMPACT</b></p> <p>HIV, STI prevention</p> <p>✓Community based settings</p>	<p><b>Cost:</b> \$50 curriculum (<a href="http://www.etr.org">www.etr.org</a>), parent component available at trainings only</p> <p><b>Audience:</b> Urban African-American youth ages 12-15.</p> <p><b>Main Message:</b> The program trains youth in assertive communication and refusal skills, condom use, and contextualization of abstract concepts related to sexual risk taking and decision making. Uses social networks to strengthen peer effect of curriculum content and contains unintended pregnancy prevention information.</p> <p><b>Length:</b> 8 sessions over 8 weeks and one parent session</p> <p><b>Group Size:</b> 6-10 participants</p> <p><b>Components:</b> Written curriculum, one-session parental component, teacher guide and CD with teacher and student masters, community projects</p> <p><b>Science-based Program:</b> Listed in <i>What Works</i></p>
<p><b>Get Real: Comprehensive Sex Education that Works</b></p> <p>Comprehensive sexuality education</p> <p>✓Middle schools</p> <p>✓High schools</p>	<p><b>Cost:</b> Sliding scale (contact: Jane Maine at 617-616-1673/<a href="mailto:jmaine@pplm.org">jmaine@pplm.org</a>)</p> <p><b>Audience:</b> Students in grades 6-12</p> <p><b>Main Message:</b> Most sexual behavior occurs in the context of relationships, therefore relationship skills are highlighted in the curriculum. While abstinence from sex is the healthiest choice for avoiding STIs and pregnancy, adolescents need to have a comprehensive understanding of sexual health, sexuality, and protection methods, which they can use when they become sexually active.</p> <p><b>Length:</b> 27 45-minute lessons spread over 3 years for the middle school component; 8 core and 3 optional lessons delivered over one year for the high school component</p> <p><b>Group Size:</b> Classroom</p> <p><b>Components:</b> Written curriculum, posters, teaching materials, teacher training and support, family activities</p> <p><b>Promising Program:</b> Incorporates the 17 characteristics of effective programs/some evidence of effectiveness. Preliminary results of an independent, long-term impact evaluation show that intervention students exposed to one year of <i>Get Real</i> are 45% less likely to report becoming sexually active than students in control classes. This finding holds for both boys and girls, across age, and for African American and Latino youth.</p>
<p><b>Get Real About AIDS</b></p> <p>HIV prevention</p> <p>✓High schools</p> <p>✓Community based settings</p>	<p><b>Cost:</b> \$792 program package (<a href="http://www.socio.com">www.socio.com</a>), \$18 user’s guide, \$675 download</p> <p><b>Audience:</b> Urban, suburban, and rural youth in grades 9-12. The evaluation primarily involved White and Latino youth, but also included Black and Asian students.</p> <p><b>Main Message:</b> This program emphasizes behavioral skill development. Students learn and repeatedly practice skills to help them identify, manage, avoid and leave risky situations, and apply what they have learned in the program to their own lives.</p> <p><b>Length:</b> Fourteen class sessions; sessions can be scheduled to suit your own needs.</p> <p><b>Group Size:</b> Classroom</p> <p><b>Components:</b> Written curriculum, public service announcements, video</p> <p><b>Science-based program:</b> Listed in <i>Science and Success, What Works</i></p>
<p><b>Health Care Program for First-Time Adolescent Mothers and their Children</b></p> <p>Secondary pregnancy prevention</p> <p>✓Clinics</p>	<p><b>Cost:</b> \$240 program package (<a href="http://www.socio.com">www.socio.com</a>), \$18 user’s guide, \$140 download</p> <p><b>Audience:</b> Low-income, unmarried, African American teens who are first-time mothers.</p> <p><b>Main Message:</b> Program aims to help first-time mothers prevent repeat pregnancies, return to school, improve immunization rates for their infants and reduce their use of hospital emergency room services for routine infant care.</p> <p><b>Length:</b> Until child reaches 18 months of age</p> <p><b>Group Size:</b> Community</p> <p><b>Components:</b> Written curriculum, evaluation instruments, video</p> <p><b>Promising Program:</b> Some evidence of effectiveness at preventing repeat pregnancy</p>
<p><b>Healthy Oakland Teens</b></p> <p>HIV, STI prevention</p> <p>✓Middle schools</p>	<p><b>Cost:</b> FREE (<a href="http://www.caps.ucsf.edu/projects/HOT">www. http://www.caps.ucsf.edu/projects/HOT</a>)</p> <p><b>Audience:</b> Ethnically diverse, urban, junior high students.</p> <p><b>Main Message:</b> The project’s goal was to reduce adolescents’ risk for HIV infection by using peer role models to advocate for responsible decision making, healthy values and norms, and improved communication skills.</p> <p><b>Length:</b> One semester, daily class schedule</p> <p><b>Group Size:</b> Classroom</p> <p><b>Components:</b> Facilitator manual, peer education component, evaluation instruments</p> <p><b>Science-based program:</b> Listed in <i>What Works</i></p>
<p><b>Making Proud Choices!</b></p>	<p><b>Cost:</b> \$535 (<a href="http://www.selectmedia.org">www.selectmedia.org</a>), \$145 without videos</p> <p><b>Audience:</b> Developed for Black urban youth in middle school.</p>

<p>Pregnancy, HIV, STI prevention</p> <p>✓Middle schools ✓Community based settings</p>	<p><b>Main Message:</b> To empower young adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STIs and their risk for pregnancy. The curriculum emphasizes that adolescents can reduce their risk for STIs, HIV and pregnancy by using a condom, if they choose to have sex. <b>Length:</b> Eight 1-hour modules. <b>Group Size:</b> 6-12 participants <b>Components:</b> Facilitator manual, activity set, 5 videos <b>Science-based program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>Poder Latino</b></p> <p>HIV prevention</p> <p>✓Community based settings</p>	<p><b>Cost:</b> \$288 program package (www.socio.com), \$18 user's guide, \$145 download <b>Audience:</b> Urban Latino youth ages 14-20 at high risk for HIV/AIDS <b>Main Message:</b> To increase awareness of HIV/AIDS by saturating target neighborhoods with public service announcements broadcasting risk reduction messages and to encourage sexually active teens to use condoms. <b>Length:</b> 18 month program (there is no requisite length for the program) <b>Group Size:</b> Community wide <b>Components:</b> Education workshops and awareness activities, public service announcements, peer educators and condom distribution <b>Science-based program:</b> Listed in <i>Science and Success, What Works</i></p>
<p><b>Power Through Choices</b></p> <p>Pregnancy, HIV prevention</p> <p>✓Community based settings</p>	<p><b>Cost:</b> Available to Teen Living Programs through a special arrangement between the Alliance and the program developers. Contact Erica at fletcher@massteenpregnancy.org. <b>Audience:</b> Foster youth ages 14-18. <b>Main Message:</b> Help youth prevent pregnancy, HIV, and other STIs by engaging youth in interactive exercises to build self-empowerment and increase decision-making skills. <b>Length:</b> 10 sessions <b>Group Size:</b> 8-20 students <b>Components:</b> Written curriculum, optional video <b>Promising Program:</b> Incorporates the 17 characteristics of effective programs. Currently undergoing a rigorous evaluation to determine its impact on behaviors.</p>
<p><b>Project SAFE</b></p> <p>HIV, STI prevention</p> <p>✓Clinics</p>	<p><b>Cost:</b> \$1182 program package (www.socio.com), \$18 user's guide, \$890 download <b>Audience:</b> Black and Latina youth ages 15-24 at high risk for HIV/AIDS. <b>Main Message:</b> This gender-based and culture-specific behavioral intervention covers abstinence, mutual monogamy, condom use, compliance with STI treatment protocols, and reducing the number of one's sex partners. <b>Length:</b> Three sessions, each 3-4 hours long <b>Group Size:</b> 5-10 <b>Components:</b> Facilitator manual, evaluation tools, videos, pamphlets, posters <b>Science-based program:</b> Listed in <i>What Helps, Science and Success</i></p>
<p><b>Queens Hospital Center's Teenage Program</b></p> <p>Pregnancy prevention</p> <p>✓Clinics</p>	<p><b>Cost:</b> \$228 (www.socio.com), \$18 user's guide, \$130 download <b>Audience:</b> Urban Black and Latino first-time mothers. <b>Main Message:</b> Based upon the premise that a teen's first pregnancy may stem from underlying, unmet needs, this program provides a comprehensive set of services including medical care, psychosocial support and education to the adolescent, her partner and her family. <b>Length:</b> Bi-weekly family classes until mothers reach age 20 <b>Group Size:</b> Families <b>Components:</b> Counseling, health education classes, support from a team of providers, access to services <b>Promising Program:</b> Some evidence of effectiveness at preventing repeat pregnancy, increasing contraceptive use and decreasing school drop out.</p>
<p><b>Reach for Health Community Youth Service</b></p> <p>Pregnancy, HIV, STI prevention</p> <p>✓Middle schools ✓Community based settings</p>	<p><b>Cost:</b> \$360 (www.socio.com), \$205 download, \$18 user's guide <b>Audience:</b> African-American and Hispanic youth living in urban areas. <b>Main Message:</b> The intervention provides opportunities for middle school students to participate in service activities while reducing early and unprotected sexual activity. <b>Length:</b> Taught over the course of a full school year in grades 7 and 8. <b>Group Size:</b> Classroom <b>Components:</b> Written curriculum, video, community component, evaluation tools included in program package <b>Science-based program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>Reducing the Risk</b></p>	<p><b>Cost:</b> \$81 (www.etr.org), student workbooks available separately <b>Audience:</b> Sexually inexperienced urban, suburban, and rural youth – White, Black, Hispanic,</p>

<p>Pregnancy, HIV, STI prevention</p> <ul style="list-style-type: none"> <li>✓High schools</li> <li>✓Community based settings</li> </ul>	<p>and/or Asian – in high-school, especially grades 9 &amp; 10.  <b>Main Message:</b> This is a sex education curriculum that uses experiential activities to build skill refusal, negotiation, and communication.  <b>Length:</b> 16 45-minute sessions  <b>Group Size:</b> Classroom  <b>Components:</b> Written curriculum, student workbook, evaluation tools  <b>Science-based program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>Reproductive Health Counseling for Young Men</b></p> <p>Pregnancy prevention</p> <ul style="list-style-type: none"> <li>✓Clinics</li> </ul>	<p><b>Cost:</b> \$210 (www.socio.com), \$110 download, \$18 user's guide  <b>Audience:</b> White urban and suburban male high-school students age 15-18.  <b>Main Message:</b> The program is designed to meet the needs of sexually active and inactive teens, and to promote abstinence as well as contraception.  <b>Length:</b> One 1-hour session  <b>Group Size:</b> Classroom, one-on-one  <b>Components:</b> Program manual and script, video, evaluation tools, private counseling  <b>Science-based program:</b> Listed in <i>Emerging Answers</i></p>
<p><b>Rikers Health Advocacy Program</b></p> <p>HIV/AIDS prevention</p> <ul style="list-style-type: none"> <li>✓Community based setting</li> <li>✓Youth detention facilities</li> </ul>	<p><b>Cost:</b> Program Package, \$180 Digitized Program Package, \$115 (www.socio.com)  <b>Audience:</b> High risk youth, particularly drug users and youth in correctional facilities  <b>Main Message:</b> Designed to produce problem-solving skills, featuring a "Problem-Solving Therapy" approach for HIV/AIDS prevention  <b>Length:</b> 4 one-hour sessions  <b>Group Size:</b> Classroom  <b>Components:</b> Group discussion, lectures  <b>Science-Based Program:</b> Listed in U.S. Department of Health and Human Services, Teen Pregnancy Prevention "Programs for Replication"</p>
<p><b>Safer Choices</b></p> <p>Pregnancy, HIV, STI prevention</p> <ul style="list-style-type: none"> <li>✓High schools</li> <li>✓Community based settings</li> </ul>	<p><b>Cost:</b> \$190 (www.etr.org), workbooks available separately  <b>Audience:</b> Hispanic, White, Black, and Asian urban and suburban high school students.  <b>Main Message:</b> To reduce the number of students engaging in unprotected sexual intercourse by reducing the number of students who initiate or have sex during their high school years, and by increasing the use of latex condoms and other birth control methods among those students who do have sex.  <b>Length:</b> 10 sessions in 9<sup>th</sup> grade and 10 sessions in 10<sup>th</sup> grade, 45 minute sessions  <b>Group Size:</b> Classroom  <b>Components:</b> Whole school organization, written curriculum, video, parent education  <b>Science-based program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>Safer Sex</b></p> <p>Pregnancy, STI prevention</p> <ul style="list-style-type: none"> <li>✓Clinics</li> </ul>	<p><b>Cost:</b> Program package \$405 (www.socio.com)  <b>Audience:</b> high risk female adolescents  <b>Main Message:</b> Clinic-based intervention intended to reduce the incidence of STDs and improve condom use among high-risk female adolescents  <b>Length:</b> 6 months  <b>Group Size:</b> small group  <b>Components:</b> Video, education session with health educator, and at one, three and six months participants are invited to return to the clinic to attend booster sessions, condoms are given out  <b>Science-Based Program:</b> Listed in U.S. Department of Health and Human Services, Teen Pregnancy Prevention "Programs for Replication"</p>
<p><b>School/Community Program for Sexual Risk Reduction among Teens</b></p> <p>Pregnancy prevention</p> <ul style="list-style-type: none"> <li>✓Middle schools</li> <li>✓High schools</li> <li>✓Community based settings</li> </ul>	<p><b>Cost:</b> \$204 (<a href="http://www.socio.com/paspp01.php">http://www.socio.com/paspp01.php</a>)  <b>Audience:</b> Black and white rural students (kindergarten through 12<sup>th</sup> grade)  <b>Main Message:</b> To prevent adolescent pregnancy by incorporating multiple forms of outreach in an entire community.  <b>Length:</b> The full program takes a year to implement.  <b>Group Size:</b> Entire community involvement  <b>Components:</b> Adult involvement, group discussion, lectures, public service announcements, role play, peer education training program  <b>Science-based program:</b> Listed in <i>Science and Success, What Works</i></p>
<p><b>Self Center</b></p> <p>Pregnancy prevention</p> <ul style="list-style-type: none"> <li>✓School based clinics</li> <li>✓School linked clinics</li> </ul>	<p><b>Cost:</b> \$234 (www.socio.com), \$140 download, \$18 user's guide  <b>Audience:</b> Urban, Black, and economically disadvantaged high school students.  <b>Main Message:</b> This school-linked program offers free reproductive and contraceptive health care to participating youth from nearby junior and senior high schools and also provides sex education lessons once or twice a year in each homeroom.  <b>Length:</b> Year-round</p>

	<p><b>Group Size:</b> Homeroom classrooms  <b>Components:</b> Lectures by participating nurse and/or social worker, counseling/clinic based services  <b>Science-based program:</b> Listed in <i>Science and Success, What Helps</i></p>
<p><b>SHARP – Sexual Health and Adolescent Risk Prevention</b></p> <p>HIV prevention  ✓Youth detention facilities</p>	<p><b>Cost:</b> Program package \$205 (www.socio.com)  <b>Audience:</b> High risk adolescents in juvenile detention facilities  <b>Main Message:</b> Reduce sexual risk behaviors, increase condom use  <b>Length:</b> single session intervention  <b>Group Size:</b> small group &lt;10  <b>Components:</b> Sexual Risk Reduction Intervention and Motivational Enhancement Therapy  <b>Science-Based Program:</b> Listed in U.S. Department of Health and Human Services, Teen Pregnancy Prevention “Programs for Replication”</p>
<p><b>SiHLE</b></p> <p>Pregnancy, HIV, STI prevention  ✓Clinics</p>	<p><b>Cost:</b> \$294 (www.socio.com), \$160 download, \$18 user’s guide  <b>Audience:</b> Sexually active African American teenage women.  <b>Main Message:</b> <i>SiHLE</i> was developed to address the STI/HIV/AIDS prevention needs of African-American teenage women and is grounded in social cognitive theory and the theory of gender and power.  <b>Length:</b> Four 4-hour sessions for a total of 16 contact hours  <b>Group Size:</b> Classroom size  <b>Components:</b> Written curriculum, evaluation tools  <b>Science-based program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>Tailoring Family Planning Services</b></p> <p>Pregnancy prevention  ✓Clinics</p>	<p><b>Cost:</b> \$210 (www.socio.com), \$140 download, \$18 user’s guide  <b>Audience:</b> White suburban or rural teen women under the age of 18.  <b>Main Message:</b> Regular contraceptive use by teens can be increased by offering information, social support, and counseling, in addition to health and medical services.  <b>Length:</b> A six-week period is required for two part visit and follow-up appointment. Additional visits as necessary.  <b>Group Size:</b> One-on-one and family/supporters  <b>Components:</b> Private counseling, visual aids, evaluation tools, adult involvement  <b>Science-based program:</b> Listed in <i>Science and Success, What Helps</i></p>
<p><b>Teen Health Project (HIV Prevention for Adolescents in Low-Income Housing Developments)</b></p> <p>HIV, STI Prevention  ✓Community based settings</p>	<p><b>Cost:</b> \$370 (http://www.socio.com/passt25.php)  <b>Audience:</b> Adolescents ages 12 to 17 living in low-income housing developments.  <b>Main Message:</b> A community-level HIV reduction intervention targeting change in individual-level risk reduction beliefs and skills as well as change in the social and peer normative environment.  <b>Length:</b> Two 3-hour workshops, with two follow-up workshops, 90-120 minutes, offered over the four to five months after the initial workshops. One 90-minute parent workshop.  <b>Group Size:</b> Classroom  <b>Components:</b> Facilitator manual, videos  <b>Science-based program:</b> Listed in <i>What Works</i></p>
<p><b>Teen Outreach Program</b></p> <p>Pregnancy prevention  ✓High schools  ✓Community based settings</p>	<p><b>Cost:</b> Must be a licensed TOP affiliate to purchase curriculum. Contact Erica Fletcher at fletcher@massteenpregnancy.org if you are interested in operating a TOP site under the Alliance’s license.  <b>Audience:</b> Urban, suburban, and/or rural high school youth at risk of teen pregnancy, academic problems, and school drop-out.  <b>Main Message:</b> Youth development model to strengthen school performance and reduce pregnancy via a student-led service learning project  <b>Length:</b> Weekly classes and service learning project over 9-month school year  <b>Group Size:</b> Classroom  <b>Components:</b> Written curriculum, facilitator manual, service learning component (minimum 20 hours), structured reflections on service learning  <b>Science-based program:</b> Listed in <i>Emerging Answers, Science and Success, What Works</i></p>
<p><b>What Could You Do?</b></p> <p>Pregnancy prevention, HIV/STI prevention  ✓High schools  ✓Community based settings  ✓Clinics</p>	<p><b>Cost:</b> Program package, \$170 Digitized Program Package, \$120 (www.socio.com)  <b>Audience:</b> Adolescent girls  <b>Main Message:</b> Increasing a young woman’s ability to make less risky sexual health decisions  <b>Length:</b> 45min video  <b>Group Size:</b> Classroom  <b>Components:</b> Video  <b>Science-Based Program:</b> Listed in U.S. Department of Health and Human Services, Teen Pregnancy Prevention “Programs for Replication”</p>

<p><b>Wise Guys/Jóvenes Sabios</b></p> <p>Pregnancy prevention</p> <p>✓Community based settings</p> <p>✓High schools</p>	<p><b>Cost:</b> \$160 (www.wiseguysnc.org)</p> <p><b>Audience:</b> Males ages 11-29 (separate curricula for ages 11-17 and 18-29).</p> <p><b>Main Message:</b> To prevent adolescent pregnancy by communicating openly with adolescent males about issues concerning values, future goals, and sexuality. Jovenes Sabios is a Spanish-language adaptation of Wise Guys designed for Latino youth.</p> <p><b>Length:</b> 8-12 classes over 2-3 months</p> <p><b>Group Size:</b> Classroom</p> <p><b>Components:</b> Written curriculum, evaluation tools available in English or Spanish.</p> <p><b>Promising Program:</b> Some evidence of effectiveness. In a longitudinal study, sexually active participants reported significantly higher rates of condom use at six-month follow-up, and a significantly higher percentage of sexually active participants reported using contraception “every time” they have sexual intercourse.</p>
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**How these programs were selected for inclusion:**

The programs on this list are considered “evidence-based” or “promising.” Evidence-based programs have strong evidence of effectiveness in changing participant behavior and are included in well-regarded lists of programs such as Doug Kirby’s *Emerging Answers 2007*, the National Campaign’s *What Works* and *What Helps* brochures, Advocates for Youth’s *Science and Success*, or the U.S. Office of Adolescent Health Teen Pregnancy Prevention *Programs for Replication* list.

Promising programs have not yet been rigorously evaluated but have some evidence that they change the indicated behaviors and/or they incorporate most or all of the 17 characteristics of effective curriculum-based programs.

All programs on this list were commercially available as of **March 2011**.