

## **CURRICULUM GUIDE**

### **Families Talking Together:**

This curriculum will be an addition for Utah Abstinence Education programs. It will meet a need to provide quality education to parents and focus on parent-child communication. Several community partners are successfully implementing the program and it comes highly recommended. It is essentially the only evidence-based teen pregnancy prevention program targeted towards families as a whole. There is a strong evidence base for the program, as well. It has been tested multiple times in a high-quality randomized trial and found to decrease recent sexual activity and sexual initiation and promote the maintenance of abstinence.

See <http://www.clafh.org/resources-for-parents/parent-materials/> for more information regarding content and purchasing.

### **Making A Difference:**

This program model is being implemented by two current Utah Abstinence Education sub-awardees, both in a community setting. Because of some of the program content, it would possibly be more feasible to continue to implement it in a community setting, as Utah public schools might express some hesitancy to approve its use in schools. The program has a strong evidence base. It was tested in a high-quality randomized trial and was shown to decrease recent sexual activity.

See <http://www.etr.org/ebi/programs/making-a-difference/> for more information regarding content and purchasing.

### **Promoting Health Among Teens:**

This curriculum will be an addition for Utah Abstinence Education programs. However, it is very similar to the previously used Choosing the Best curriculum in content and lesson length/structure. As such, this curriculum would be a good option for programs being implemented in public schools. The program has a strong evidence base. It was tested in a high-quality randomized trial and was shown to decrease recent sexual activity and sexual initiation and promote the maintenance of abstinence.

See <http://www.etr.org/ebi/programs/promoting-health-among-teens-abstinence-only/> for more information regarding content and purchasing.

### **Teen Outreach Program:**

A current Abstinence Education sub-awardee is implementing this program model. The community service learning component of the program has made it extremely popular among youth, parents, and stakeholders in the community. Because of its longer length, it is best implemented within a youth-serving agency where staff have long term relationships with participants and longer length programming is more feasible. The program has a strong

evidence base. It was tested in a high-quality randomized trial and was shown to decrease teen pregnancies and births.

See <http://wymancenter.org/top/> for more information regarding content and purchasing.

**For more information regarding programs and the research supporting them, go to: <http://tppevidencereview.aspe.hhs.gov/EvidencePrograms.aspx> or see the chart on the following three pages.**