

## **CURRICULUM GUIDE**

### **All4You :**

This program model is currently being implemented through Utah PREP at Boys & Girls Clubs of Greater Salt Lake. The community service learning component of the program has made it extremely popular among youth, parents, and stakeholders in the community. Adult preparation subjects are easily integrated. Because of its 14 module 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. This program was also selected because of its proven success in reducing the frequency of sexual intercourse without a condom (across all partner types and specifically with steady partners), reducing the frequency of sexual intercourse, increasing condom use at last intercourse, and increasing HIV and condom knowledge. Several Utah PREP staff are trained as trainers, so local training capacity is available.

See <http://www.etr.org/ebi/programs/all4you/> for more information regarding content and purchasing.

### **Be Proud, Be Responsible:**

This program is also currently implemented across Utah by four grant sub-awardees. It has been used effectively in a number of different settings with a diverse population of youth participants. The 6-module length of the program is ideal for shorter term relationships and classes. It also allows for flexible scheduling because it can be taught in any combination of 6 hour lessons (all in one day; 2 3-hour classes; 3 2-hour classes; or 6 1-hour classes). Supplementary lessons are needed to adequately cover the adult preparation subjects. This model has an extremely strong research basis. It has been tested multiple times with high-quality randomized trials and demonstrated four important outcomes including a decrease in recent sexual activity, a decrease in frequency of sexual activity, a decrease in the number of partners, and an increase in contraceptive/condom use. The state program coordinator is trained as a trainer, so local training capacity is available.

See <http://www.etr.org/ebi/programs/be-proud-be-responsible/> for more information regarding content and purchasing.

### **Be Proud! Be Responsible! Be Protective:**

This model is currently being used by one Utah sub-awardee to reach pregnant and parenting teens and is effective with that population. Supplementary lessons are needed to adequately cover the adult preparation subjects. As an adaptation of Be Proud, Be Responsible, the program also has a very strong evidence-base.

See <http://www.etr.org/ebi/programs/be-proud-be-responsible-be-protective/> for more information regarding content and purchasing.

### **Families Talking Together:**

This curriculum will be an addition for Utah PREP. It will meet a need to provide quality education to parents and focus on parent-child communication. Although no PREP sub-awardees are currently using the curriculum, several community partners are effectively using 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.

### **Get Real:**

This program will be an addition for Utah PREP. Although no current grant sub-awardees are currently using the program, one community partner is successfully implementing. An adaptation would be necessary as this curriculum was created for a school-based implementation. However, it can reportedly be adapted to a community setting as well. It would be a good option for sub-awardees needing to target very specific age ranges because it has different grade level modules. APS would also be built into the curriculum as it covers healthy relationships, youth development, healthy life skills, and parent-child communication. The program has a fairly strong evidence base. It was tested in a moderate quality randomized trial and shown to decrease sexual initiation and promote the maintenance of abstinence.

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

### **Making Proud Choices (Adaptation for youth in out of home care):**

This program will be an addition for Utah PREP. Because youth in out of home care (foster care and juvenile justice) are part of Utah PREP's target population, this curriculum addition will allow sub-awardees to better reach them with trauma-informed education. The program has a strong evidence base. It was tested in a high-quality randomized trial and was shown to increase contraceptive/condom use.

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

### **Sexual Health & Adolescent Risk Prevention (SHARP):**

This program will be an addition for Utah PREP. Because juvenile justice youth are part of Utah PREP's target population, this curriculum addition will allow sub-awardees to better reach them. The program has a fairly strong evidence base. It was tested in a moderate quality randomized trial and was shown to increase contraceptive/condom use. Because it

can be implemented in one day, it would also be ideal for youth who transition quickly in and out of detention centers.

See <https://www.socio.com/passt28.php> for more information regarding content and purchasing.

### **Teen Health Project:**

One current PREP sub-awardee is currently implementing this program model. The long-term youth coalition allows for all APS to be easily incorporated. However, implementation must be conducted with a community-based organization that has the capacity for long-term relationships and programming with youth participants. The *Teen Health Project* curriculum is a community-level intervention designed to help adolescents develop behavior modification skills. The program is designed to reduce sexual activity, increase condom use and negotiation skills, and enable participants to reduce risky sexual behaviors. At the 12-month follow-up, adolescents participating in this intervention who were sexually inexperienced at baseline were significantly more likely to report having remained abstinent at the time of follow-up. Several Utah PREP staff are trained as trainers, so local training capacity is available.

See <https://www.socio.com/passt25.php> for more information regarding content and purchasing.

### **Teen Outreach Program:**

A current PREP 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. Adult preparation subjects are easily integrated. 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://wymancer.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.**