# Evidence-Based Teen Pregnancy Prevention Programs at a Glance

This table was developed by Child Trends under contract number GS-10F-0030R for the Office of Adolescent Health, U.S. Department of Health and Human Services as a technical assistance product for use with OAH grant programs.

This table provides a brief overview of the program models on the HHS Teen Pregnancy Prevention Evidence Review website that are implementation ready and is intended to be used in conjunction with other resources when selecting a program model for implementation. For additional information, please visit [http://www.hhs.gov/ash/oah/resources-and-publications/db/](http://www.hhs.gov/ash/oah/resources-and-publications/db/).

Note: Grantees may propose to implement an evidence-based TPP program with a population or in a setting other than those identified in the program’s original evaluation; however, as a reminder, proposed adaptations must be shared with OAH and may require approval.

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Program Type</th>
<th>Outcomes</th>
<th>Duration of Outcomes</th>
<th>Activities</th>
<th>Train-the-trainer</th>
<th>Train-the-facilitator</th>
<th># of Sessions</th>
<th>Session Length</th>
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<th>Setting</th>
<th>Target Population</th>
<th>Age</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aban Aya Youth Project</td>
<td>SE</td>
<td></td>
<td>post-intervention</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>16-21</td>
<td>45 min</td>
<td>4 years</td>
<td>S*, Cm</td>
<td>(H, AA)*, Lw</td>
<td>10-14*</td>
<td>En</td>
</tr>
<tr>
<td>Adult Identity Mentoring (Project AIM)</td>
<td>YD</td>
<td></td>
<td>3 mos</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>12</td>
<td>50 min</td>
<td>6 weeks</td>
<td>S*, Cm</td>
<td>(H, AA)*, Lw</td>
<td>11-14 (12-14)*</td>
<td>En, Sp</td>
</tr>
<tr>
<td>All4You!</td>
<td>YA</td>
<td></td>
<td>6 mos</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>14</td>
<td>70-140 min</td>
<td>7 weeks</td>
<td>Sp*</td>
<td>(H, AA)*, Lw</td>
<td>14-18 (14-17)*</td>
<td>En</td>
</tr>
<tr>
<td>Be Proud! Be Responsible!</td>
<td>SE</td>
<td></td>
<td>3-12 mos</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>6</td>
<td>60 min</td>
<td>6 days</td>
<td>C, S, As*, Cm*</td>
<td>(H, AA)*, Lw</td>
<td>11-18 (11-13)*</td>
<td>En</td>
</tr>
<tr>
<td>Be Proud! Be Responsible! Be Protective!</td>
<td>Pp*</td>
<td></td>
<td>12 mos</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>8</td>
<td>60 min</td>
<td>8 days</td>
<td>S, Sp*, As*, Cm*</td>
<td>(H, AA)*, Lw</td>
<td>12-18 (14-20)*</td>
<td>En</td>
</tr>
<tr>
<td>Becoming a Responsible Teen (BART)</td>
<td>SE</td>
<td></td>
<td>12 mos</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>8</td>
<td>90-120 min</td>
<td>8 weeks</td>
<td>C*, As*</td>
<td>(H, AA)*, Lw</td>
<td>14-18*</td>
<td>En</td>
</tr>
<tr>
<td>Children’s Aid Society (CAS) Carrera Program</td>
<td>YD</td>
<td></td>
<td>3 yrs after program start for girls</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>Daily</td>
<td>2-3 hours</td>
<td>7 years</td>
<td>S, As*, Cm</td>
<td>(H, AA)*, Lw</td>
<td>10-42 at program entry</td>
<td>En, Sp</td>
</tr>
<tr>
<td>iCuidate!</td>
<td>SE</td>
<td></td>
<td>3-12 mos</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>6</td>
<td>60 min</td>
<td>2 days +</td>
<td>S, As*, Cm</td>
<td>(H, AA)<em>, H</em></td>
<td>13-18*</td>
<td>En, Sp</td>
</tr>
<tr>
<td>Draw the Line/Respect the Line</td>
<td>SE</td>
<td></td>
<td>12 mos post-intervention; boys only</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>19</td>
<td>45 min</td>
<td>3 years</td>
<td>S*</td>
<td>(H, AA)<em>, All</em></td>
<td>11-14*</td>
<td>En, Sp</td>
</tr>
<tr>
<td>Families Talking Together (FTT)</td>
<td>F</td>
<td></td>
<td>9-mos</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>11 modules</td>
<td>Varies</td>
<td>Varies</td>
<td>C*, As*, Cm*</td>
<td>(H, AA)*, Lw</td>
<td>10-14 (11-14)*</td>
<td>En, Sp</td>
</tr>
<tr>
<td>FOCUS</td>
<td>SE</td>
<td></td>
<td>11-mos</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>4</td>
<td>120 min</td>
<td>8 hours</td>
<td>S, Sp*, Cm*</td>
<td>(H, AA)*, Lw</td>
<td>16+ (17+)*</td>
<td>En</td>
</tr>
<tr>
<td>Get Real</td>
<td>SE</td>
<td></td>
<td>post-intervention</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>27</td>
<td>45 min</td>
<td>3 years</td>
<td>S*</td>
<td>(H, AA)<em>, All</em></td>
<td>11-14*</td>
<td>En</td>
</tr>
</tbody>
</table>

**Program Type**
- SE - Sexual health education
- AE - Abstinence education
- YD - Youth development
- CB - Clinic based
- F - Program for families

**Available Languages**
- En - English
- Sp - Spanish
- O - Other

**Setting**
- H - High school
- A - After school

**Target Population**
- AS - Asian
- LL - Low income
- MA - Male
- FA - Female
- AI/AN - American Indian/Alaska Native
- W - White
- All - All races/ethnicities

**Outcomes**
- Evidence of effect
- Evidence of contrast

**Program Type**
- YA - Youth in alternative schools
- HIV - Parent with history of HIV
- STD - History of STD
- SD - Substance dependent

**Frequency of Sexual Activity**
- IY - Incarcerated youth
- PP - Pregnant/parenting

**Technology (Audio-visual/Internet)**
- C - Computer

**Parent Engagement**
- Cm - Community based
- C - Clinic
- S - School
# Evidence- Based Teen Pregnancy Prevention Programs at a Glance

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Program Type</th>
<th>Outcomes</th>
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<th>Activities</th>
<th>Train-the-Trainer</th>
<th>Train-the-facilitator</th>
<th># of Sessions</th>
<th>Session Length</th>
<th>Program Duration</th>
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<th>Target Population</th>
<th>Age</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Improvement Project for Teens (HIP Teens)</td>
<td>SE</td>
<td></td>
<td>6-mos</td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>120 min</td>
<td>8 hours</td>
<td>C*, As*, Cm*</td>
<td>All</td>
<td>15-19*</td>
<td>En</td>
</tr>
<tr>
<td>Heritage Keepers Abstinence Education</td>
<td>AE</td>
<td></td>
<td>12 mos</td>
<td></td>
<td></td>
<td></td>
<td>5 or 10</td>
<td>45 or 90 min</td>
<td>5-10 days</td>
<td>(AA)<em>, All</em></td>
<td>11-18 (12-15)*</td>
<td>En, Sp</td>
<td></td>
</tr>
<tr>
<td>HORIZONS</td>
<td>SE</td>
<td></td>
<td>12 mos</td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td>4 hours</td>
<td>8 hours</td>
<td>C*, Cm</td>
<td>All</td>
<td>15-21*</td>
<td>En</td>
</tr>
<tr>
<td>It’s Your Game: Keep it Real (IYG)</td>
<td>SE</td>
<td></td>
<td>12 mos</td>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td>50 min</td>
<td>2 years</td>
<td>S*, As*</td>
<td>12-14 (12-13)*</td>
<td>En</td>
<td></td>
</tr>
<tr>
<td>Making a Difference!</td>
<td>AE</td>
<td></td>
<td>3 mos</td>
<td></td>
<td></td>
<td></td>
<td>8</td>
<td>60 min</td>
<td>8 hours</td>
<td>S, As*, Cm*</td>
<td>(AA)<em>, All</em></td>
<td>En</td>
<td></td>
</tr>
<tr>
<td>Making Proud Choices!</td>
<td>SE</td>
<td></td>
<td>12 mos</td>
<td></td>
<td></td>
<td></td>
<td>8</td>
<td>60 min</td>
<td>8 hours</td>
<td>S, As*, Cm*</td>
<td>(AA)<em>, All</em></td>
<td>En</td>
<td></td>
</tr>
<tr>
<td>Prime Time</td>
<td>YD</td>
<td></td>
<td>12 mos</td>
<td></td>
<td></td>
<td></td>
<td>Varies</td>
<td>Varies</td>
<td>18 mos</td>
<td>C*</td>
<td>All*</td>
<td>13-17*</td>
<td>En</td>
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<tr>
<td>Project IMAGE</td>
<td>STD*</td>
<td></td>
<td>12 mos</td>
<td></td>
<td></td>
<td></td>
<td>7-9</td>
<td>1-4 hours</td>
<td>2-5 weeks</td>
<td>C*</td>
<td>All*</td>
<td>14-18*</td>
<td>En</td>
</tr>
<tr>
<td>Project TALC</td>
<td>F, HIV*</td>
<td></td>
<td>4 yrs after program start</td>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td>2-3 hours</td>
<td>12 weeks to 4-6 years</td>
<td>Cm*</td>
<td>(AA)<em>, All</em></td>
<td>11-18*</td>
<td>En, O</td>
</tr>
<tr>
<td>Promoting Health Among Teens! Abstinence-Only Intervention</td>
<td>AE</td>
<td></td>
<td>3-24 mos</td>
<td></td>
<td></td>
<td></td>
<td>8</td>
<td>60 min</td>
<td>8 hours</td>
<td>S, As*, Cm*</td>
<td>(AA)<em>, All</em></td>
<td>En</td>
<td></td>
</tr>
<tr>
<td>Promoting Health Among Teens! Comprehensive Abstinence and Safer Sex Intervention</td>
<td>SE</td>
<td></td>
<td>3-24 mos</td>
<td></td>
<td></td>
<td></td>
<td>12</td>
<td>45-60 min</td>
<td>8-12 hours</td>
<td>S, As*, Cm*</td>
<td>(AA)<em>, All</em></td>
<td>En</td>
<td></td>
</tr>
<tr>
<td>Raising Healthy Children (formerly known as the Seattle Social Development Project)</td>
<td>YD</td>
<td></td>
<td>Ranges from when participants were 18 yrs - 27 yrs old</td>
<td></td>
<td></td>
<td></td>
<td>Varies</td>
<td>Varies</td>
<td>7 years</td>
<td>S*</td>
<td>(AA)<em>, All</em></td>
<td>5-12 (6-12)*</td>
<td>En</td>
</tr>
</tbody>
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**Program Type**
- SE - Sexual health education
- AE - Abstinence education
- YD - Youth development
- CB - Clinic based
- F - Program for families

**Available Languages**
- En - English
- Sp - Spanish
- O - Other

**Outcomes**
- Evidence of effect

**Settings**
- S - School
- C - Clinic
- As - After school program
- P - Parenting
- IYG - It Real (IYG)
- RA - Runaway youth
- YD - Parent with history of HIV
- PP - Pregnant/parenting
- P - Parenting
- STD - History of STD
- SD - Substance dependent
- AI/AN - American Indian/Alaskan Native
- W - White
- AS - Asian
- All - All races/ethnicities
- Lw - Low income
- * - Evaluated setting
- ** - Evaluated population
<table>
<thead>
<tr>
<th>Program Name</th>
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<th>Activities</th>
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<th>Train-the-facilitator</th>
<th># of Sessions</th>
<th>Session Length</th>
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<th>Target Population</th>
<th>Age</th>
<th>Languages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reducing the Risk</td>
<td>SE</td>
<td></td>
<td>18 mos</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>16</td>
<td>45 min</td>
<td>5-8 weeks</td>
<td>S*</td>
<td>(13-18)</td>
<td></td>
<td>En, Sp</td>
</tr>
<tr>
<td>Respeto/Proteger</td>
<td>P*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
<td>120 min</td>
<td>12 hours</td>
<td>C*, Cm*</td>
<td>(14-24)</td>
<td></td>
<td>En, Sp</td>
</tr>
<tr>
<td>Rikers Health Advocacy Program (RHAP)</td>
<td>IY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>60 min</td>
<td>2 weeks</td>
<td>S, Sp*, Cm</td>
<td></td>
<td></td>
<td>En</td>
</tr>
<tr>
<td>Safer Choices</td>
<td>SE</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>21</td>
<td>45 min</td>
<td>2 years</td>
<td>S*</td>
<td>(14-16)</td>
<td></td>
<td>En</td>
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<tr>
<td>Safer Sex Intervention</td>
<td>CB, STD*</td>
<td></td>
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<td></td>
<td></td>
<td>4</td>
<td>10-50 min</td>
<td>6 months</td>
<td>C*, Cm</td>
<td>(13-23 &lt;24)*</td>
<td></td>
<td>En</td>
</tr>
<tr>
<td>Seventeen Days</td>
<td>CB</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>1+</td>
<td>45 min</td>
<td>45 min+</td>
<td>C*, Cm</td>
<td>(14-18)</td>
<td></td>
<td>En</td>
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<tr>
<td>Sexual Health and Adolescent Prevention (SHARP)</td>
<td>IY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>3.5-4 hours</td>
<td>1 day</td>
<td>Sp*</td>
<td>(15-19)</td>
<td></td>
<td>En</td>
</tr>
<tr>
<td>SiHLE</td>
<td>SE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>4 hours</td>
<td>16 hours</td>
<td>C*, Cm</td>
<td>(14-18)</td>
<td></td>
<td>En</td>
</tr>
<tr>
<td>Sisters Saving Sisters</td>
<td>SE</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>4</td>
<td>12 mos</td>
<td>4.5 hours</td>
<td>C*, Cm</td>
<td>(11-18 &lt;12-19)*</td>
<td></td>
<td>En, Sp</td>
</tr>
<tr>
<td>STRIVE</td>
<td>RA*</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>90-120 min</td>
<td>5 weeks</td>
<td>Cm*</td>
<td>(12-17)</td>
<td></td>
<td>En</td>
</tr>
<tr>
<td>Teen Health Project</td>
<td>SE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
<td>90-180 min</td>
<td>6 months</td>
<td>Cm*</td>
<td>(12-17)</td>
<td></td>
<td>En</td>
</tr>
<tr>
<td>Teen Outreach Program (TOP)</td>
<td>YD</td>
<td></td>
<td>immediate post-intervention</td>
<td></td>
<td></td>
<td></td>
<td>25</td>
<td>9 mos</td>
<td>45 min</td>
<td>S*, Sp, As, Cm</td>
<td>(12-19 &lt;14-18)*</td>
<td></td>
<td>En, Sp, O</td>
</tr>
</tbody>
</table>

### Program Type
- **SE** - Sexual health education
- **AE** - Abstinence education
- **YD** - Youth development
- **CB** - Clinic based
- **F** - Program for families

### Outcomes
- **YA** - Youth in alternative schools
- **HIV** - Parent with history of HIV
- **STD** - History of STD
- **SD** - Substance dependent
- **RA** - Runaway youth
- **Pp** - Pregnant/parenting
- **P** - Parenting

### Settings
- **S** - School
- **C** - Clinic
- **As** - After school program
- **Cm** - Community based
- **Sp** - Specialized setting
- **+** - Evaluated setting

### Target Population
- **S/f/c** - Female/Male
- **AF** - African American
- **H** - Hispanic
- **AI/AN** - American Indian/Alaskan Native
- **W** - White
- **AS** - Asian
- **All** - All races/ethnicities
- **Lw** - Low income
- **+** - Evaluated population

### Available Languages
- **En** - English
- **Sp** - Spanish
- **O** - Other

### Available Languages
- **En** - English
- **Sp** - Spanish
- **O** - Other