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WHAT WORKS FOR ADOLESCENT REPRODUCTIVE HEALTH: Lessons from Experimental Evaluations of Programs and Interventions

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OVERVIEW

The reproductive health of American adolescents has been, and continues to be, a matter of serious concern. America's teen birth rate – already the highest among developed nations^{1,2} – is again on the rise, and rates of sexually transmitted diseases among American teens are very high.^{3,4} As such, the development and identification of effective interventions to help youth avoid negative reproductive health outcomes is of great importance.

WHAT WORKS

To identify programs that work and isolate the components of programs that contribute to programs' success, we have synthesized findings from the Child Trends database of experimental evaluations of social interventions for children and youth - LINKS.⁵ LINKS currently includes more than 50 programs whose effects on reproductive health have been experimentally evaluated. An analysis of these programs revealed the following themes:

- **Many different types of programs have been shown to positively affect reproductive health outcomes.** Not only school- and community-based sex education programs, but also clinic-based programs, youth development programs, service-learning programs, early childhood programs, and programs for young mothers have been found to improve reproductive health outcomes. (See table.)
- **Comprehensive sex education can improve adolescent reproductive health.** Of the 21 comprehensive sex education programs that have been experimentally evaluated, 11 had a significant positive impact on the behavior of the youth studied or important subgroups of the sample.⁶
- **High-quality, intensive early childhood interventions can positively affect reproductive health outcomes later in life.** The long-term impacts on reproductive health of two early childhood programs – the [Carolina Abecedarian Program](#) and the [High/Scope Perry Pre-School Program](#) – have been experimentally evaluated. Both programs had positive impacts years after the programs ended. Abecedarian participants were found less likely to become teen parents and Perry Pre-School participants had fewer non-marital births. Additionally, the [Nurse-Family Partnership](#) – a program providing assistance to young mothers – was found to have long-term impacts on the children of mothers involved in the program. These children had fewer sexual partners over a decade after services were provided to their mothers.

- **Providing adolescent mothers with guidance and support while their children are young appears to decrease subsequent pregnancies and births.** The impacts on reproductive health outcomes of two programs designed to assist adolescent mothers were experimentally evaluated. Both programs led to decreases in repeat pregnancies and birth and more time between births by the mothers.⁷
- **Programs that incorporate community service have been shown to positively affect participants' reproductive health.** The impacts on reproductive health outcomes on two programs involving community service were experimentally evaluated. Both programs had positive impacts. [Reach For Health](#) led to delays in the initiation of sexual intercourse, and the [Teen Outreach Program](#) led to decreased rates of pregnancy.
- **At-risk youth are reachable. Many of the most successful reproductive health interventions specifically target minority youth from low-income areas.** Successful interventions targeting high-risk youth include [Becoming A Responsible Teen](#), [Reach For Health](#), [SiHLE](#), and the [Be Proud! Be Responsible!](#) family of programs.
- **Several sex education programs involving fewer than 15 hours of contact time have been found to positively affect reproductive health outcomes,** including initiation of sexual intercourse, frequency of intercourse, and use of condoms. Programs include [Becoming A Responsible Teen](#), [Be Proud! Be Responsible!](#), and [Making Proud Choices](#).
- **Several programs are successful for one gender, but not the other.** Two sex education curricula – [Draw the Line/Respect the Line](#) and [Teen Talk](#) – have been found to have greater impacts on males than on females. Three other programs – [Postponing Sexual Involvement](#), [CAS-Carrera](#), and [Youth Corps](#) – have been found to have greater impacts on females than on males.
- **Several programs are successful at one site or in one evaluation, but not in another, indicating that curriculum and programming are not the sole elements of a successful intervention. Implementation methods, staffing, and tailoring programs to meet the needs of the population being served are all important considerations.** Programs that have had differential success at different sites or in different evaluations include [Be Proud! Be Responsible!](#), [Postponing Sexual Involvement](#), Washington State Client Centered Pregnancy Prevention Programs, the Teenage Parent Demonstration, and the Quantum Opportunities Program.

WHAT DOESN'T WORK

- **Three programs involving job training and placement have had their impacts on reproductive health outcomes evaluated.** None of these programs had a positive impact on any behavioral outcome.⁸
- **No abstinence-based interventions have yet been shown to positively affect any behavioral outcomes.** Six abstinence-based interventions have had their impacts on behavioral outcomes experimentally evaluated. None has had an impact on initiation of sexual intercourse, frequency of sexual activity, number of sexual partners, use of condoms, use of contraceptives, pregnancies, births, or STD contraction.⁹
- **None of these six abstinence-based interventions have been shown to negatively affect any behavioral outcomes, either.** In particular, in spite of their exclusive focus on abstinence, none have served to significantly decrease condom or contraceptive use.

- **Programs that fail to teach condom use skills do not appear to have an impact on condom use.** Some 31 programs have had their impact on condom use experimentally evaluated. The seven programs that have been found to positively affect this outcome are all sex education curricula that specifically teach condom use skills.¹⁰

MIXED REVIEWS

- **Though many programs have been shown to positively affect condom use, very few experimentally evaluated programs have been shown to have a positive impact on the acquisition of STDs.** To some extent, this reflects the fact that relatively few studies have assessed this outcome.¹¹
- **Programs that have impacts on knowledge, beliefs, attitudes, and/or intentions do not necessarily have an impact on behavior.** The impact on both behavioral and psychosocial outcomes of 26 programs has been experimentally evaluated. Ten of the 18 programs that positively affected at least one psychosocial outcome failed to have an impact on any behavioral outcomes. Most often, this was the result of programs that increased student knowledge failing to result in changes in behavior.¹²

Based on this analysis, it seems that the ideal reproductive health program is one that understands the realities and needs of its participants. The success that several programs have had with at-risk populations provides evidence that tailoring program content for specific communities can reap rewards.

Additionally, the ideal sex education program will teach its participants the specific skills and behaviors necessary to achieve positive reproductive health outcomes. The fact that only those programs that teach condom use skills have had an impact on condom use provides support for programs focusing on specific skills and behaviors; and the existence of so many programs that affect participant knowledge and attitudes but *not* behavior further underscores this point. On the other hand, early childhood programs' focuses on school success and positive development have also been found to have positive impacts on reproductive health years later. Programs that *combine* youth development with specific knowledge and skills can also be successful.

As yet, there is no one "ideal" program model when it comes to positively affecting adolescent reproductive health. A variety of program models, and intervening at a variety of times across the life course, have been proven successful to some extent for some outcomes and some populations. As noted, several of these programs are those that do not explicitly focus on reproductive health issues, but instead seek to improve development in general. The success of these programs suggests the value of high-quality interventions across the life course as a means to improve *all* youth outcomes, including reproductive health.

NEEDED RESEARCH

The existence of programs that have been proven successful with only one gender of participant indicates the need for further efforts to render program content relevant and appropriate for all program participants. Future research needs to address:

- Culturally appropriate and more highly effective approaches,
- Programs that effectively engage high-risk adolescents, and
- Programs that prevent both pregnancy and STDs.

ENDNOTES

¹ Centers for Disease Control and Prevention. (2007). *Adolescent Reproductive Health*. Department of Health and Human Services. Retrieved, from the World Wide Web: <http://www.cdc.gov/reproductivehealth/adolescentreprohealth/index.htm>

² *Teen Births* (2008). Child Trends. Retrieved, from the World Wide Web:

<http://www.childtrendsdatabank.org/indicators/13TeenBirth.cfm>

³ Centers for Disease Control and Prevention. (2008). *Nationally Representative CDC Study Finds 1 in 4 Teenage Girls Has a Sexually Transmitted Disease*. Retrieved, from the World Wide Web: <http://www.cdc.gov/stdconference/2008/media/release-11march2008.htm>

⁴ Centers for Disease Control and Prevention. (2007). *Sexually Transmitted Diseases*. Department of Health and Human Services. Retrieved, from the World Wide Web: <http://www.cdc.gov/nchs/fastats/stds.htm>

⁵ <http://www.childtrends.org/links>

⁶ Those comprehensive sex education programs that have been successful include Becoming A Responsible Teen, Reach For Health, Be Proud! Be Responsible!, Safer Choices, Draw the Line/Respect the Line, Postponing Sexual Involvement, Teen Talk, ¡Cuídate!, Making Proud Choices!, FOCUS, Focus on Kids, and SiHLE.[want to say what that is?]

⁷ Those programs include the Nurse-Family Partnership and an untitled health care program for first-time adolescent mothers and their infants.

⁸ Those job training/placement programs that have been unsuccessful include Job Corps, JOBSTART, and STEP.

⁹ The six experimentally evaluated abstinence-based programs are My Choice, My Future!, ReCapturing the Vision, Teens in Control, Families United to Prevent Teen Pregnancy, Heritage Keepers Life Skills Education, and Making a Difference.

¹⁰ The seven programs that have had an impact on condom use are Becoming A Responsible Teen, Be Proud! Be Responsible!, Safer Choices, ¡Cuídate!, Making Proud Choices, Focus on Kids, and SiHLE.

¹¹ SiHLE was found to increase condom use and reduce chlamydia; impacts were not found for gonorrhea or trichomonas.

¹² The 10 programs that positively affected a psychosocial outcome, but failed to affect a behavioral outcome, are All4You, Project SNAPP, YAPP, Project CHARM, My Choice, My Future!, Heritage Keepers Life Skills Education, Making a Difference, Enhanced Managing Pressures Before Marriage, ASSESS, and AIDS-Preventive Intervention.[want to say what the acronyms stand for?]

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Note: As funds become available, Child Trends will be expanding this line of work to conduct meta-analyses.

Experimental Evaluations of Social Programs that Examined Impacts on One or More Reproductive Health Outcomes and Whether They Were Found to Work, Not Proven to Work, or Had Mixed Findings
 (Source: <http://www.childtrends.org/links>)

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
<p>Initiation of Sexual Intercourse</p>	<p>-Abstinence education programs: -My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders -ReCapturing the Vision, a one-year program for 8th grade girls -Teens in Control, a two-year program for 5th and 6th graders -Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8-13 year-olds -Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students</p> <p>-Sex education programs: -All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities - Be Proud! Be Responsible!, an HIV education and skills training program for African American adolescents - Healthy For Life Project (HFL), a risky behavior prevention program for middle school students -McMaster Teen Program, a pregnancy prevention program for middle school students -Project SNAPP, an AIDS and pregnancy prevention program for middle school students -Safer Choices, a sexuality education program for high school students</p> <p>-Programs designed to increase parent-child communication about sex: -Enhanced Managing Pressures Before Marriage, a series of homework assignments for middle school students to complete with their parents -Facts & Feelings, a series of sexuality-related videos for adolescents to watch with their parents</p> <p>-A program designed to reduce antisocial behaviors: -The Montreal Prevention Experiment, an intervention for parents and antisocial boys</p>	<p>-Abstinence education programs: -Making A Difference, an abstinence-based program for African American adolescents, delayed the initiation of sexual intercourse in the short-term, but not in the long-term.</p> <p>-Sex education programs: -Draw the Line/Respect the Line, an STD and pregnancy prevention program for middle school students, delayed initiation of sexual intercourse among males, but not females. -Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity, has had some success with females, but not males. -Project Taking Charge, a pregnancy prevention program for high-risk 7th graders, appeared to delay the initiation of sexual intercourse, but this trend did not achieve significance. -Teen Talk, a pregnancy prevention program for teens, delayed initiation of intercourse among males, but not females.</p> <p>-Adult Identity Mentoring (AIM), a program designed to help at-risk adolescents articulate future goals, led to less frequent increased rates of abstinence in the short-term, but not in the long-term.</p> <p>-REAL Men, a program designed to provide fathers with the skills necessary to communicate with their sons about HIV prevention, led to increased rates of abstinence at the 6-month follow-up, but not the 3-month or 12-month follow-ups.</p>	<p>-Sex Education Programs: -Becoming A Responsible Teen (BART), an HIV education and skills training program for African American high school students</p> <p>-Supplementing sex education with community service: -Reach For Health, a program for African American and Hispanic middle school students</p>
<p>Frequency of Sexual Activity</p>	<p>-Abstinence education programs: -Making a Difference, an abstinence-based program for African American adolescents</p> <p>-Sex education programs: -ARREST, a program for inner-city, minority adolescents -Postponing Sexual Involvement</p>	<p>-Sex education programs: -All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities, led to initial decreases in frequency of sexual activity that were no longer significant at the 12-month or 18-month follow-up points.</p>	<p>-Sex education programs: -Becoming A Responsible Teen (BART), an HIV education and skills training program for African American high school students -¡Cuidate!, an HIV risk-reduction curriculum for Latino adolescents</p>

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
	<p>(PSI), a middle school program that focuses on delaying sexual activity</p> <p>-Project SNAPP, an AIDS and pregnancy prevention program for middle school students</p> <p>-Safer Choices, a sexuality education program for high school students</p> <p>-Clinic-based programs:</p> <p>-ASSESS, a safe-sex education program for young teens</p> <p>-Reproductive health counseling for young men</p> <p>-Adolescents who participated in extended HIV counseling had sex no less frequently than adolescents who participated in standard counseling (AIDS Education and Counseling in an Office Setting).</p>	<p>-Be Proud! Be Responsible!, an HIV education and skills training program for African American adolescents, significantly decreased frequency of sexual activity at one project site, but not another.</p> <p>-Draw the Line/Respect the Line, an STD and pregnancy prevention program for middle school students, significantly decreased frequency of sexual intercourse among males, but not females.</p> <p>-Making Proud Choices, a safe-sex program for African American adolescents, significantly decreased frequency of sexual activity among students who were sexually experienced before entering the program.</p> <p>-Adult Identity Mentoring (AIM), a program designed to help at-risk adolescents articulate future goals, led to less frequent intercourse among males, but not among females.</p>	
<p>Number of Sexual Partners</p>	<p>-Abstinence education programs:</p> <p>-My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders</p> <p>-ReCapturing the Vision, a one-year program for 8th grade girls</p> <p>-Teens in Control, a two-year program for 5th and 6th graders</p> <p>-Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8- to 13- year-olds</p> <p>-Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students</p> <p>-Sex education programs:</p> <p>-All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities</p> <p>-ARREST, a program for inner-city, minority adolescents</p> <p>-Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity</p> <p>-Project SNAPP, an AIDS and pregnancy prevention program for middle school students</p> <p>-Safer Choices, a sexuality education program for high school students</p> <p>-The Youth AIDS Prevention Project (YAPP), a prevention program for African American middle school students</p> <p>-Clinic-based programs:</p> <p>-ASSESS, a safe-sex education Program for young teens</p> <p>-Adolescents who participated in extended HIV counseling had no fewer partners than adolescents who participated in standard counseling (AIDS Education and Counseling in an Office Setting).</p>	<p>-Sex education programs:</p> <p>-Be Proud! Be Responsible!, an HIV education and skills training program for African American adolescents, significantly decreased number of sexual partners at one project site, but not another.</p> <p>-Draw the Line/Respect the Line, an STD and pregnancy prevention program for middle school students, significantly decreased number of sexual partners among males, but not females.</p> <p>-FOCUS, a curriculum for female youth, led to lower numbers of sexual partners for subjects who were sexually inexperienced at baseline, but not for subjects who were sexually experienced at baseline.</p> <p>-Project CHARM, an HIV risk-reduction program for pregnant adolescents, significantly decreased number of sexual partners in the short-term, but not in the long-term</p>	<p>-Sex education programs:</p> <p>-¡Cuidate!, an HIV risk-reduction curriculum for Latino adolescents</p> <p>-A study on Varying the Timing of an HIV-Prevention Intervention found that delivering intervention content during seven 1.5 hour sessions worked better than delivering it during three 3.5-hour sessions.</p> <p>-Group therapy for recently divorced mothers and their children:</p> <p>-New Beginnings</p> <p>-Children of poor, unmarried women who participated in the Nurse-Family Partnership (NFP) (a home-visiting program for low-income first-time mothers) had significantly fewer sexual partners than children of poor, unmarried control group women.</p>

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
<p>Use of Condoms for STD and/or Pregnancy Prevention</p>	<p>-Abstinence education programs: -My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders -ReCapturing the Vision, a one-year program for 8th grade girls -Teens in Control, a two-year program for 5th and 6th graders -Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8-13 year-olds -Making A Difference, an abstinence-based program for African American adolescents -Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students</p> <p>-Sex education programs: -ARREST, a program for inner-city, minority adolescents -Draw the Line/Respect the Line, an STD and pregnancy prevention program for middle school students -FOCUS, a curriculum for female youth -Healthy For Life Project (HFL), a program to prevent risky behavior for middle school students -Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity -Project CHARM, an HIV risk-reduction program for pregnant adolescents -Project SNAPP, an AIDS and pregnancy prevention program for middle school students -Neither a didactic nor a discussion-based AIDS prevention program worked to increase condom use among delinquent and abused adolescents (AIDS-Preventive Intervention).</p> <p>-An intensive after-school youth development program with sex education component: -CAS-Carrera</p> <p>-Clinic-based programs: -PARTNERS Project, a prevention program designed for sexually active Hispanic women and their partners -Adolescents that participated in extended HIV counseling were no more likely to use condoms than adolescents that participated in standard counseling (AIDS Education and Counseling in an Office Setting).</p>	<p>-Clinic-based programs: -ASSESS, a safe-sex education program for young teens, had an early impact on condom use, but no long-term impact. -A health belief model intervention for high-risk adolescent females increased condom use, but clients remained inconsistent users.</p> <p>-Sex education programs: -All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities, led to initial increases in condom use that were no longer significant at the 12-month or 18-month follow-up points. -Youth AIDS Prevention Project (YAPP), a prevention program for African American middle school students, did not increase the use of condoms among students, but did increase the use of condoms in conjunction with contraceptive foam.</p> <p>-Condom Promotion Videos for College Students had mixed success promoting condom use.</p> <p>-REAL Men, a program designed to provide fathers with the skills necessary to communicate with their sons about HIV prevention, led to increased condom use at the 12-month follow-up, but not the 3-month or 6-month follow-ups.</p>	<p>-Sex education programs: -Becoming A Responsible Teen (BART), an HIV education and skills training program for African American high school students -Be Proud! Be Responsible!, an HIV education and skills training program for African American adolescents -Cuidate!, an HIV risk-reduction curriculum for Latino adolescents -Focus on Kids, an AIDS-prevention program from low-income African American children -Making Proud Choices, a safe-sex program for African American adolescents -Safer Choices, a sexuality education program for high school students -SiHLE, an HIV-prevention intervention for African American female adolescents -A study on Varying the Timing of an HIV-Prevention Intervention found that delivering intervention content during seven 1.5 hour sessions worked better than delivering it during three 3.5-hour sessions.</p>
<p>Use of Contraception</p>	<p>-Abstinence education programs: -My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders -ReCapturing the Vision, a one-year program for 8th grade girls -Teens in Control, a two-year program for 5th and 6th graders</p>	<p>-Sex education programs: -Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity, significantly increased use of contraception among females in one study. -Teen Talk, a pregnancy prevention</p>	<p>-Sex education programs: -Safer Choices, a sexuality education program for high school students</p> <p>-Clinic-based programs: -Reproductive Health Counseling for Young Men</p>

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
	<p>-Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8-13 year-olds</p> <p>-Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students</p> <p>-Sex education programs:</p> <p>-All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities</p> <p>-McMaster Teen Program, a pregnancy prevention program for middle school students</p> <p>-Project SNAPP, an AIDS and pregnancy prevention program for middle school students</p> <p>-Clinic-based programs:</p> <p>-PARTNERS Project, a prevention program designed for sexually active Hispanic women and their partners</p> <p>-Family planning clinic support services</p>	<p>program for teens, significantly increased use of contraception among males, but not females.</p> <p>-Youth development programs with sex education component:</p> <p>-CAS-Carrera significantly increased use of contraception among females, but not males.</p> <p>-The Washington State Client-Centered Pregnancy Prevention Program significantly increased use of contraception among teenagers at one of three sites.</p>	
<p>Pregnancies and Births</p>	<p>-Abstinence education programs:</p> <p>-My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders</p> <p>-ReCapturing the Vision, a one-year program for 8th grade girls</p> <p>-Teens in Control, a two-year program for 5th and 6th graders</p> <p>-Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8-13 year-olds</p> <p>-Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students</p> <p>-Sex education programs:</p> <p>-All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities</p> <p>-McMaster Teen Program, a pregnancy prevention program for middle school students</p> <p>-Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity</p> <p>-Project SNAPP, an AIDS and pregnancy prevention program for middle school students</p> <p>-Clinic-based programs:</p> <p>-Family planning clinic support services</p> <p>-Programs combining job placement with education and support services:</p> <p>-Job Corps, a program for disadvantaged youth and young adults</p> <p>-JOBSTART, a program for high school dropouts</p> <p>-STEP, a summer program for low-achieving adolescents.</p>	<p>-Sex education programs:</p> <p>-SiHLE, an HIV-prevention intervention for African American female adolescents, led to marginally significant decreases in pregnancies.</p> <p>-Youth development programs:</p> <p>-CAS-Carrera significantly decreased pregnancies and births among females, but not males.</p> <p>-Quantum Opportunities Program, an intensive, multi-component intervention for disadvantaged high school students, significantly decreased childbearing at one of five sites.</p> <p>-Programs combining job placement with education and support services:</p> <p>-The Teenage Parent Demonstration (TPD) significantly decreased pregnancies and births at one of three sites.</p> <p>-Youth Corps, a program for young adults out of school, significantly decreased pregnancies among African American females, but not among white or Hispanic females.</p>	<p>-Sex education programs:</p> <p>-FOCUS, a curriculum for female youth</p> <p>-Youth development programs:</p> <p>-Teen Outreach Program</p> <p>-Early childhood programs:</p> <p>-Carolina Abecedarian Program, a child-care and pre-school program for high-risk children</p> <p>-High/Scope Perry Pre-School Program for poverty-stricken African American children</p> <p>-Programs for young mothers:</p> <p>-Low-income first-time mothers assigned to the Nurse-Family Partnership (NFP) home-visiting program significantly decreased subsequent pregnancies and births relative to mothers in a control group.</p> <p>-Adolescent mothers assigned to receive special health care were significantly less likely to have another child than were mothers in a control group (Untitled Health Care Program for First-Time Adolescent Mothers and their Infants).</p>

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
<p>Contracting STDs</p>	<p>-Abstinence education programs: -My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders -ReCapturing the Vision, a one-year program for 8th grade girls -Teens in Control, a two-year program for 5th and 6th graders -Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8-13 year-olds -Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students</p> <p>-Sex education programs: -Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity -Project SNAPP, an AIDS and pregnancy prevention program for middle school students</p> <p>-Clinic-based programs: -A health belief model intervention for high-risk adolescent females</p>	<p>-Sex education programs: -SiHLE, an HIV-prevention intervention for African American female adolescents, led to decreases in the acquisition of chlamydia, but not trichomonas or gonorrhea.</p> <p>-Clinic-based programs: -ASSESS, a safe-sex education program for young teens, showed some evidence of reducing STD contraction.</p>	<p>-Sex education programs: -FOCUS, a curriculum for female youth</p>

Experimental Evaluations of Social Programs that Examined Impacts on One or More Reproductive Health Outcomes and Whether They Were Found to Work, Not Proven to Work, or Had Mixed Findings
 (Source: <http://www.childtrends.org/links>)

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
<p>Psychosocial Variables <i>Communication</i></p>	<p>-Sex education programs: -Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity, did not increase likelihood of parent-teen communication about sex. -Project Taking Charge, a pregnancy prevention program for high-risk 7th graders, did not increase the likelihood of parent-teen communication about sex, nor teens' comfort level with such communication.</p> <p>-Clinic-based programs: -ASSESS, a safe-sex education program for young teens, did not increase the likelihood of parent-teen communication about sex. -Family planning clinic support services did not increase teens' comfort level with parent-teen communication about sex.</p> <p>-A youth development program with sex education component: -The Washington State Client-Centered Pregnancy Prevention Programs did not increase the likelihood of parent-teen communication about sex.</p>	<p>-Programs specifically designed to increase parent-child communication about sex: -Enhanced Managing Pressures Before Marriage, a series of homework assignments for middle school students to complete with their parents, increased the likelihood of parent-teen communication about sex, but did not increase teens' comfort level with such communication. -Facts & Feelings, a series of sexuality-related videos for adolescents to watch with their parents, initially increased the likelihood of parent-teen communication about sex, but this increase did not persist over time.</p> <p>-Sex education programs: -Safer Choices initially increased the likelihood of parent-teen communication about sex, but this increase did not persist over time.</p>	<p>-Programs specifically designed to increase parent-child communication about sex: -The Family/Media Approach to HIV Prevention increased teens' sexual communication skills. -REAL Men, a program designed to provide fathers with the skills necessary to communicate with their sons about HIV prevention, led to increased discussion of sex-related topics. -Saving Sex For Later increased parent-child communication about risky behaviors.</p> <p>-Sex education programs: -Becoming A Responsible Teen (BART), an HIV education and skills training program for African American high school students, increased teens' sexual communication skills. -Youth AIDS Prevention Project (YAPP), a prevention program for African American middle school students, made students more comfortable talking to their parents about sex and related issues.</p>
<p><i>Knowledge & Beliefs</i></p>	<p>-Abstinence education programs: -ReCapturing the Vision, a one-year program for 8th-grade girls -Teens in Control, a two-year program for 5th and 6th graders -Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8- to 13- year-olds -Heritage Keepers Life Skills Education, a character-based program for 6th- to 12th-grade students</p> <p>-Sex education programs: -Focus on Kids, an AIDS-prevention program from low-income African American children</p> <p>-Clinic-based programs: -A health belief model intervention for high-risk adolescent females</p> <p>-Programs designed to increase parent-child communication about sex: -Enhanced Managing Pressures Before Marriage, a series of homework assignments for middle school students to complete with their parents</p>	<p>-Abstinence education programs: -Making A Difference!, an abstinence-based program for African American adolescents, increased students' knowledge about HIV, but not about condoms.</p> <p>-Sex education programs: -In some studies, Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity, increased students' knowledge in the short term, but, in no studies did it increase students' knowledge in the long term. -Project Taking Charge, a pregnancy prevention program for high-risk 7th graders, increased students' knowledge about anatomy and STDs, but not about complications caused by adolescent pregnancy.</p>	<p>-Abstinence education programs: -My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders</p> <p>-Sex education programs: -All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities -Becoming A Responsible Teen (BART), an HIV education and skills training program for African American high school students -Be Proud! Be Responsible!, an HIV education and skills training program for African American adolescents -Draw the Line, Respect the Line, an STD and pregnancy prevention program for middle school students -Making Proud Choices!, a safe sex program for African American adolescents -Project CHARM, an HIV risk-reduction curriculum for pregnant adolescents -Project SNAPP, an AIDS and pregnancy prevention program for middle school students -Safer Choices, a sexuality</p>

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
			<p>education program for high school students</p> <ul style="list-style-type: none"> -Teen Talk, a pregnancy prevention program for teens -Youth AIDS Prevention Project (YAPP), a prevention program for African American middle school students -A discussion-based AIDS prevention program for delinquent and abused youth (AIDS-Preventive Intervention) <p>-An intensive out-of-school time youth development programs with sex education component:</p> <ul style="list-style-type: none"> -CAS-Carrera -Summer Training and Education Program (STEP), a summer program for low-achieving adolescents <p>-Clinic-based programs:</p> <ul style="list-style-type: none"> -ASSESS, a clinic-based safe-sex education program for young teens -Clinic-Based AIDS Education Programs for Adolescent Females -Reproductive Health Counseling for Young Men <p>-Programs designed to increase parent-child communication about sex:</p> <ul style="list-style-type: none"> -Family/Media Approach to HIV Prevention
<i>Attitudes</i>	<ul style="list-style-type: none"> -Sex education programs: <ul style="list-style-type: none"> -Project SNAPP, an AIDS and pregnancy prevention program for middle school students -Project Taking Charge, a pregnancy prevention program for high-risk 7th graders -Teen Talk, a pregnancy prevention program for teens -Clinic-based programs: <ul style="list-style-type: none"> -Clinic-Based AIDS Education Programs for Adolescent Females -A health belief model intervention for high-risk adolescent females -Programs designed to increase parent-child communication about sex: <ul style="list-style-type: none"> -Enhanced Managing Pressures Before Marriage, a series of homework assignments for middle school students to complete with their parents 	<ul style="list-style-type: none"> -Sex education programs: <ul style="list-style-type: none"> -All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities, had mixed success impacting attitudes. -In some studies, Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity, improved students' attitudes in the short term, but, in no studies did it improve students' attitudes in the long term. -Safer Choices, a sexuality education program for high school students, did not have a positive impact on students' attitudes toward sex, but it did have a positive impact on their attitudes toward condom use. -Both a didactic and a discussion-based AIDS prevention program worked to improve attitudes among delinquent and abused youth in the short term, but neither had a lasting impact (AIDS-Preventive Intervention). -Clinic-based programs: <ul style="list-style-type: none"> -ASSESS, a safe-sex education program for young teens, did not have a positive impact on students' attitudes toward abstinence, but it did have a positive impact on their attitudes toward condom use. 	<ul style="list-style-type: none"> -Abstinence education programs: <ul style="list-style-type: none"> -Making A Difference!, an abstinence-based program for African American adolescents -Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students -Sex education programs: <ul style="list-style-type: none"> -Be Proud! Be Responsible!, an HIV education and skills training program for African American adolescents -Clinic-based programs: <ul style="list-style-type: none"> -Reproductive Health Counseling for Young Men

OUTCOME AREA	NOT PROVEN TO WORK	MIXED FINDINGS	FOUND TO WORK
<i>Intentions</i>	<p>-Abstinence education programs: -My Choice, My Future!, a three-year program for 8th, 9th, and 10th graders -ReCapturing the Vision, a one-year program for 8th grade girls -Teens in Control, a two-year program for 5th and 6th graders</p> <p>-Sex education programs: -All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities -Making Proud Choices, a safe sex program for African American adolescents -Project Taking Charge, a pregnancy prevention program for high-risk 7th graders</p> <p>-Clinic-based programs: -ASSESS, a clinic-based safe-sex education program for young teens</p> <p>-Programs designed to increase parent-child communication about sex: -Facts & Feelings, a series of sexuality-related videos for adolescents to watch with their parents</p>	<p>-Abstinence education programs: -Families United to Prevent Teen Pregnancy (FUPTP), an abstinence-focused after-school program for 8-13 year-olds, had mixed impacts on students' intentions to remain abstinent. -Heritage Keepers Life Skills Education, a character-based program for 6th-12th grade students, had mixed impacts on students' intentions to remain abstinent.</p> <p>-Sex education programs: -In some studies, Postponing Sexual Involvement (PSI), a middle school program that focuses on delaying sexual activity, had a short-term positive impact on students' intentions, but, in no studies did it have a long-term positive impact. -Youth AIDS Prevention Project (YAPP), a prevention program for African American middle school students, did not have a positive impact on students intentions to have sex or to use condoms, but it did have a positive impact on their intentions to use condoms in conjunction with contraceptive foam.</p> <p>-Youth development programs with a sex education component: -Students in Adult Identity Mentoring (AIM), a program designed to help at-risk adolescents articulate future goals, were more likely to report an intention to abstain from intercourse at a short-term follow-up, but not a long-term follow-up. -The Washington State Client-Centered Pregnancy Prevention Program had a positive impact on students' intentions at one of three teenage sites.</p>	<p>-Abstinence education programs: -Making A Difference!, an abstinence-based program for African American adolescents</p> <p>-Sex education programs: -All Stars, a risk reduction program for middle school students -Be Proud! Be Responsible!, an HIV education and skills training program for African American adolescents -Project CHARM, an HIV risk-reduction curriculum for pregnant adolescents -A discussion-based AIDS prevention program for delinquent and abused youth (AIDS-Preventive Intervention)</p> <p>-Programs designed to increase parent-child communication about sex: -Enhanced Managing Pressures Before Marriage, a series of homework assignments for middle school students to complete with their parents</p> <p>-Condom Promotion Videos for College Students</p>
<i>Self-Efficacy</i>	<p>-Sex education programs: -Project SNAPP, an AIDS and pregnancy prevention program for middle school students</p>	<p>-Sex education programs: -All4You, a program for students in alternative high schools that includes classroom curriculum as well as service-learning activities, had mixed success impacting self-efficacy. -Safer Choices, a sexuality education program for high school students, did not have a positive impact on students' self-efficacy in refusing sex, but it did have a positive impact on students' self-efficacy for condom use.</p>	<p>-Enhanced Managing Pressures Before Marriage, a series of homework assignments for middle school students to complete with their parents</p> <p>-Condom Promotion Videos for College Students</p>