



Evidence-Based Programs

<u>Title</u>	<u>Description</u>	<u>Audience</u>
<i>Becoming A Responsible Teen (B.A.R.T.)</i>	HIV risk reduction program. Curriculum with eight 1-2 hour sessions. A manual designed for community-based organizations who want to provide prevention programs for adolescents.	Ages 14-18
<i>Be Proud! Be Responsible!</i>	A six-module curriculum that provides adolescents with knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of contracting HIV and other sexually transmitted diseases.	Males, Ages 13-18
<i>¡Cuidate!</i>	The word <i>¡Cuidate!</i> means “take care of yourself,” which is the theme of this culturally-based program designed to reduce HIV sexual risk among Latino youth. This program is an adaptation of the Be Proud! Be Responsible! program. <i>¡Cuidate!</i> helps Latino youth develop the knowledge, attitudes, and skills to reduce their risk for HIV.	Teenagers
<i>Draw the Line - Respect the Line</i>	Curriculum helps students develop personal sexual limits and practices the skills needed to maintain those limits when challenged.	7 th & 8 th Grade
<i>Making A Difference!</i>	An abstinence-based approach to HIV/STDs and teen pregnancy prevention. This manual is designed for use by school educators, family life educators, HIV/STD and pregnancy prevention educators, and staff working with youth in community-based programs.	Teenagers & Anyone working with teenagers



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Making Proud Choices!

A safer-sex approach to HIV/STDs and teen pregnancy prevention. This manual is designed for use by school educators, family life educators, HIV/STD and pregnancy prevention educators, and staff working with youth in community-based programs.

Teenagers &
Anyone working
with teenagers

*Postponing Sexual
Involvement (PSI)
(Preteens, Young Teens,
and Teens)*

This program provides teens with the knowledge, attitudes, and skills they need to postpone sexual involvement. Both the Middle School and High School versions of the *Postponing Sexual Involvement Series* consist of five skill-building sessions designed to help youth manage social and peer pressures that might lead to sexual involvement before marriage.

Anyone working
with teenagers

Reach for Health

Reach for Health is an intervention designed to help youth develop the skills and knowledge they need to make positive health choices and avoid high-risk behaviors, such as early sexual initiation. The program consists of classroom health lessons and service learning, where students perform weekly community service and reflect on the experience in the classroom as a group.

7th & 8th Grade



*Reducing the Risk:
Building Skills to Prevent
Pregnancy, STD, & HIV*

Reducing the Risk presents a powerful, active approach to prevention of teenage pregnancy and protection against HIV and other STDs that motivates students to change their high-risk behaviors. This program clearly emphasizes teaching refusals, delaying tactics, and alternative actions students can use to abstain or use protection.

Older Teenagers &
Anyone working
with teenagers

Safer Choices

Safer Choices is a two-year, school-based, HIV/STI and teen pregnancy prevention program with the primary goal of reducing unprotected sexual intercourse by encouraging abstinence and, among students who report having sex, encouraging condom use.

Parents &
Teenagers

SiHLE

SiHLE was developed to address the STI/HIV/AIDS prevention needs of African-American adolescent girls. Participants explored issues related to ethnic and gender pride, risk reduction strategies (including correct and consistent condom use), negotiating safer sex, and healthy relationships as they relate to practicing safer sex.

Females,
Ages 14-18

*TOP: Teen Outreach
Program – Changing
Scenes (Spanish Version
Also Available)*

The *Teen Outreach Program* is designed to prevent adolescent problem behaviors by enhancing normative processes of social development. The program seeks to engage young people in a high level of structured, volunteer community service that is closely linked to classroom-based discussions of future life options, such as those surrounding future career and relationship decisions.

6th – 9th Grade