

Table 10-1: Programs with Strong Evidence of Positive Impact on Sexual Behavior or Pregnancy or STD Rates

Type of Program	Impact on behavior replicated in subsequent studies	Primary Focus			Setting		Race/Ethnicity				Grade/Age		Gender		
		Pregnancy	STD/HIV	Both	Schools	Community settings, clinics, or after school	Non-Hispanic white	African-American	Hispanic	Mixed	Junior high or under age 15	Senior High or age 15 and older	Boys only	Girls only	Both
Curriculum-Based Sex and STD/HIV Education Programs															
Becoming a Responsible Teen: An HIV Risk Reduction Program for Adolescents [1]	X		X			X		X				X			X
i Cuidate! (Take Care of Yourself) The Latino Youth Health Promotion Program [2]			X			X			X			X			X
Draw the Line, Respect the Line [3-5] (Implemented with both genders; found effective for boys only)				X	X				X	X	X				X
Making Proud Choices: A Safer Sex Approach to HIV/STDs and Teen Pregnancy Prevention [6]	X			X		X		X			X				X
Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV [7]	X			X	X		X		X	X		X			X
Safer Choices: Preventing HIV, Other STD and Pregnancy [8-11]				X	X		X	X	X	X		X			X
SiHLE: Sistas, Informing, Healing, Living, Empowering [12] (Implemented and effective for girls only)				X		X		X				X		X	
Mother-Adolescent Programs															
Keepin' It R.E.A.L![13] ²						X		X			X				X
Clinic Protocols and One-on-One Programs															
Advance provision of emergency contraception (Implemented and effective for girls only) ³	X	X				X				X					X
Reproductive Health Counseling for Young Men [14]		X				X	X					X	X		
Community Programs with Multiple Components															
HIV Prevention for Adolescents in Low-Income Housing Developments [15]			X			X		X		X		X			X
Service Learning⁴															
Reach for Health Community Youth Service Learning [16]				X	X	X		X	X		X				X
Teen Outreach Program (Implemented with both genders; evaluated and found effective for girls only)[17]				X	X			X		X					X
Multi-Component Programs with Intensive Sexuality and Youth Development Components															
Aban Aya [18](Implemented with both genders; found effective for boys only)				X	X	X		X			X				X
Children's Aid Society Carrera Program [19] (Implemented with both genders; found effective for girls only)		X				X		X	X		X	X			X

Table 10-1: Programs with Strong Evidence of Positive Impact on Sexual Behavior or Pregnancy or STD Rates (Con't.)

Type of Program	Behavioral Outcomes ¹							
	Delayed sex	Reduced frequency of sex	Reduced number of partners	Increased condom use	Increased contraceptive use	Decreased unprotected sex	Decreased pregnancy rate	Decreased STD rate
Curriculum-Based Sex and STD/HIV Education Programs								
Becoming a Responsible Teen: An HIV Risk Reduction Program for Adolescents [1]	X	X		X	X			
¡ Cuídate! (Take Care of Yourself) The Latino Youth Health Promotion Program [2]		X	X	X	X			
Draw the Line, Respect the Line [3-5] (Implemented with both genders; found effective for boys only)	X	X	X					
Making Proud Choices: A Safer Sex Approach to HIV/STDs and Teen Pregnancy Prevention [6]				X	X			
Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV [7]	X			X	X	X		
Safer Choices: Preventing HIV, Other STD and Pregnancy [8-11]				X	X	X		
SiHLE: Sistas, Informing, Healing, Living, Empowering [12] (Implemented and effective for girls only)			X	X		X	X	X
Mother-Adolescent Programs								
Keepin' It R.E.A.L.![13] ²				X				
Clinic Protocols and One-on-One Programs								
Advance provision of emergency contraception (Implemented and effective for girls only) ³					X ³			
Reproductive Health Counseling for Young Men [14]					X			
Community Programs with Multiple Components								
HIV Prevention for Adolescents in Low-Income Housing Developments [15]	X			X				
Service Learning⁴								
Reach for Health Community Youth Service Learning [16]	X	X				X		
Teen Outreach Program (Implemented with both genders; evaluated and found effective for girls only)[17]							X	
Multi-Component Programs with Intensive Sexuality and Youth Development Components								
Aban Aya [18](Implemented with both genders; found effective for boys only)		X		X				
Children's Aid Society Carrera Program ⁵ [19] (Implemented with both genders; found effective for girls only)	X				X		X	