Individual Determinants

Shorter Term

A. Increased capacity to form & sustain healthy relationships; decrease unhealthy relationships

B. Increased knowledge about sexual issues (beyond health) and personal sexual values clarification

C. Increased self-efficacy & skills to use contraception and condoms, if sexually active.

D. Increased self-efficacy & skills to abstain or to wait longer in any relationship to have sex

E. Increased motivation to avoid pregnancy

F. Increased communication between trusted adults and youth about relationships and sex

Behavior Changes

Longer Term

Program recipients are more likely to:
1. Have ended an unhealthy relationship
2. Have made healthier choices in their intimate relationships
3. Use contraception and/or condoms consistently if sexually active.
4. Have fewer numbers of sexual partners.
5. Return to abstinence or continue to remain sexually abstinent.
6. Have discussed relationship and sexual topics with a trusted adult.
7. Use non-violent alternatives during conflicts.

Ultimate Goals

- Enhance youth’s social and emotional well-being
- Establish permanent connections
- Decrease in Intimate Partner Violence
- Improve school completion/employment
- Develop healthy family engagement strategies.