Individual Determinants

Shorter Term

A. Engage youth to increase capacity to form & sustain healthy relationships; decrease unhealthy relationships.

B. Increased knowledge of sexual issues (including social and emotional) and personal sexual values clarification.

C. Increased self-efficacy and relationship skills to abstain or support return to abstinence.

D. Increased self-regulation and motivation to avoid pregnancy and support healthy behaviors.

E. Increased interpersonal communication knowledge and skills.

F. Increased positive connections and communication between parents/trusted adults and youth about relationships and sex.

Behavior Changes

Longer Term

Program recipients are more likely to:
1. Experience optimal health.
2. Return to abstinence or continue to remain sexually abstinent.
3. Have discussed relationship and sexual topics with a parent or caregiver.
4. Use non-violent alternatives during conflicts.
5. Avoid other risk factors associated with teen sex.

Ultimate Goals

- Prevent teen pregnancies
- Promote healthy adolescent development
- Increase healthy relationships
- Decrease intimate partner violence
- Give youth a sense of purpose and positive view of their future