

Evidence- Based Teen Pregnancy Prevention Programs at a Glance



This table provides a brief overview of the program models on the *HHS Teen Pregnancy Prevention Evidence Review* website that are implementation ready and is intended to be used in conjunction with other resources when selecting a program model for implementation. For additional information, please visit http://www.hhs.gov/ash/oah/oah-initiatives/tpp_program/db/.

Note: Grantees may propose to implement an evidence-based TPP program with a population or in a setting other than those identified in the program's original evaluation; however, as a reminder, proposed adaptations must be shared with OAH and may require approval.

Program Name	Program Type	Outcomes							Duration of Outcomes	Activities				Train-the-trainer	Train-the-facilitator	# of Sessions	Session Length	Program Duration	Setting	Target Population	Age	Languages
		Recent Sexual Activity	# Sexual Partners	Frequency of Sexual Activity	Contraceptive Use and or/Consistency	Sexual Initiation & Abstinence	Pregnancy or Birth	STDs (Including HIV)		Technology (audio-visual//internet)	Parent Engagement	Service Learning Project	Condom Demonstration									
Aban Aya Youth Project	SE	●							post-intervention	✓	✓					16-21	45 min	4 years	S*, Cm	♀/♂*, AA*	10-14*	En
Adult Identity Mentoring (Project AIM)	YD	●							3 mos					✓		12	50 min	6 weeks	S*, Cm	♀/♂*, All (AA)*, Lw	11-14 (12-14)*	En, Sp
AIM 4 Teen Moms	YD, P				●				12 mos.	✓		✓		✓	7 (+ 2 group sessions)	60-90 min	12 weeks	Cm*, Hm*	♀, All (AA, H)*	14-20 (15-19)*	En	
All4You!	YA			●	●				6 mos	✓		✓	✓	✓	14	70-140 min	7 weeks	Sp*	♀/♂*, All*	14-18 (14-17)*	En	
Be Proud! Be Responsible!	SE	●	●	●	●				3-12 mos	✓		✓	✓	✓	6	60 min	6 days	C, S, As*, Cm*	♀/♂*, All (AA)*	11-18 (11-13)*	En	
Be Proud! Be Responsible! Be Protective!	Pp		●						12 mos	✓		✓	✓	✓	8	60 min	8 days	S, Sp*, As, Cm	♀, All (H, AA)*	12-18 (14-20)*	En	
Children's Aid Society (CAS) Carrera Program	YD	●					●		3 yrs after program start for girls	✓	✓	✓			Daily	2-3 hours	7 years	S, As*, Cm	♀/♂*, All (H, AA)*	10-12 at program entry	En, Sp	
iCuidate!	SE	●	●	●					3-12 mos	✓		✓	✓	✓	6	60 min	2 days +	S, As*, Cm*	♀/♂*, H*	13-18*	En, Sp	
Draw the Line/Respect the Line	SE	●				●			12 mos post-intervention; boys only	✓	✓	✓	✓	✓	19	45 min	3 years	S*	♀/♂*, All*	11-14*	En, Sp	
Families Talking Together (FTT)	F			●	●				9 mos		✓			✓	11 modules	Varies	Varies	C*, As*, Cm*	♀/♂*, H*, AA*	10-14 (11-14)*	En, Sp	
FOCUS	SE		●						11 mos	✓		✓			4	120 min	8 hours	S, Sp*, Cm	♀, All*	16+ (17+)*	En	

Program Type

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 SD - Substance dependent
 RA - Runaway youth
 IY - Incarcerated youth
 Pp - Pregnant/parenting
 P - Parenting

Outcomes

● Evidence of effect

Settings

S - School
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Target Population

♀/♂ - Female/Male
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Available Languages

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Generations	CB, P				●				12 mos	✓					✓	varies	varies	varies	C*	♀*, All (AA)*, Lw	13-19*	En
Get Real	SE					●			post-intervention		✓	✓	✓	✓	✓	27	45 min	3 years	S*	(♀/♂)*, All*	11-14*	En
Health Improvement Project for Teens (HIP Teens)	SE	●	●	●	●				6 mos	✓			✓			4	120 min	8 hours	C*, As*, Cm*	♀*, All	15-19*	En
Heritage Keepers Abstinence Education	AE					●			12 mos	✓	✓			✓		5 or 10	45 or 90 min	5-10 days	S*	(♀/♂)*, All*	11-18 (12-15)*	En, Sp
HORIZONS	SE				●		●		12 mos				✓			2	4 hours	8 hours	C*, Cm	♀*, AA*	15-21*	En
It's Your Game: Keep it Real (IYG)	SE			●	●	●			12 mos	✓		✓	✓	✓		24	50 min	2 years	S*, As	(♀/♂)*, All*	12-14 (12-13)*	En
Love Notes	SE	●		●	●	●	●		6 mos	✓				✓		13	60 min	varies	Cm*, As*, Sp	(♂/♀)*, All (AA)*	15-24 (14-19)*	En, Sp
Making a Difference!	AE	●							3 mos	✓				✓	✓	8	60 min	8 hours	S, As*, Cm*	(♀/♂)*, All (AA)*	11-18 (11-13)*	En
Making Proud Choices!	SE				●				12 mos	✓		✓	✓	✓		8	60 min	8 hours	S, As*, Cm*	(♀/♂)*, All (AA)*	11-18 (11-13)*	En
Nu-CULTURE (Healthy Futures)	SE					●			immediate post-intervention	✓	✓		✓	✓		24 (+ optional summer, optional 10 week afterschool)	50 min	3 years	S*	♂♀*, All (H)*	11-14	En
Positive Potential Be The Exception	YD	●				●			12 mos					✓		5	45-50 min	5 days	S*	(♀/♂)*, All (W)*, R	11-12*	En
Positive Prevention PLUS	SE	●			●	●			6 mos		✓	✓		✓		11	45 min.	11 days	Cm, S*	♀/♂)*, All, (H)*	14-18 (14-15)*	En, Sp
Prime Time	YD	●							12 mos		✓	✓				Varies	Varies	18 mos	C*	♀*, All*	13-17*	En

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Project IMAGE	STD							●	12 mos				✓			7-9	1-4 hours	2-5 weeks	C*	♀, AA*, H*	14-18*	En
Project TALC	F, HIV							●	4 yrs after program start			✓	✓			24	2-3 hours	12 weeks to 4-6 years	Cm*	♀/♂*, All (H, AA)*	11-18*	En, O
Promoting Health Among Teens! Abstinence-Only Intervention	AE	●						●	3-24 mos	✓	✓			✓	✓	8	60 min	8 hours	S, As*, Cm*	♀/♂*, All (AA)*	11-18 (11-13)*	En
Promoting Health Among Teens! Comprehensive Abstinence and Safer Sex Intervention	SE		●						3-24 mos	✓				✓	✓	12	45-60 min	8-12 hours	S, As*, Cm*	♀/♂*, All (AA)*, Lw	11-18 (11-13)*	En
Raising Healthy Children (formerly known as the Seattle Social Development Project)	YD		●					●	Ranges from when participants were 18 yrs - 27 yrs old			✓		✓	✓	Varies	Varies	7 years	S*	♀/♂*, All*	5-12 (6-12)*	En
Reducing the Risk	SE				●				18 mos					✓	✓	16	45 min	5-8 weeks	S*	♀/♂*, All*	13-18 (14-18)*	En, Sp
Respeto/Proteger	P				●				3-6 mos	✓				✓	✓	6	120 min	12 hours	C*, Cm*	♀/♂*, H*	14-24*	En, Sp
Safer Choices	SE				●				2 yrs after program start			✓		✓	✓	21	45 min	2 years	S*	♀/♂*, All*	14-16 (14-15)*	En
Safer Sex Intervention	CB, STD		●						6 mos	✓				✓		4	10-50 min	6 mos	C*, Cm	♀, All*	13-23 (<24)*	En
Seventeen Days	CB	●						●	6 mos	✓					✓	1+	45 min+	45 min+	C*, Cm	♀, All (AA, W)*	14-18*	En

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Sexual Health and Adolescent Prevention (SHARP)	IY			●					12 mos	✓		✓			1	3.5-4 hours	1 day	Sp*	♀/♂)*, All*	15-19*	En	
SiHLE	SE			●		●			12 mos			✓			4	4 hours	16 hours	C*, Cm	♀*, AA*	14-18*	En	
Sisters Saving Sisters	SE	●		●			●		12 mos	✓		✓	✓	✓	1	4.5 hours	4.5 hours	C*, Cm	♀*, AA*, H*	11-18 (12-19)*	En, Sp	
STRIVE	RA	●							12 mos		✓				5	90-120 min	5 weeks	Cm*	♀/♂)*, All (H, AA)*	12-17*	En	
Teen Health Project	SE				●				12 mos	✓	✓	✓	✓		5	90-180 min	6 mos	Cm*	♀/♂)*, All*, Lw*	12-17*	En	
Teen Outreach Program (TOP)	YD					●			immediate post-intervention		✓		✓	✓	25	varies	9 mos	S*, Sp, As, Cm	♀/♂)*, All*	12-19 (14-18)*	En, Sp, O	
TOPP	CB, Pp			●					6 mos post-enrollment					✓	varies	varies	18 mos	Hm*	♀*, All (AA, W)*	10-19*	En	

Program Name	Explanation
Assisting in Rehabilitating Kids (ARK)	Not available for implementation.
Becoming a Responsible Teen (BART)	Evidence of favorable impacts is more than 20 years old.
Rikers Health Advocacy Program (RHAP)	The only impact study conducted for this program is more than 20 years old

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