

## PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

<b>Intervention Name</b>	<i>Safer Choices</i>
<b>Developer</b>	Karin K. Coyle, Ph.D.; Joyce V. Fetro, Ph.D., C.H.E.S.; Richard P. Barth, M.S.W., Ph.D.
<b>Program Description</b>	<i>Safer Choices</i> is a multi-component STD, HIV, and teen pregnancy prevention program for high school students. The program aims to reduce the frequency of unprotected sex among high-school-age students by reducing the number of sexually active students and by increasing condom use among students who are sexually active. It seeks to motivate behavioral change by increasing students' knowledge about HIV and STDs as well as by promoting more positive norms and attitudes toward abstinence and condom use at the student, school, and community levels.

### **Component 1: School Organization**

The program begins with schools establishing a Health Promotion Council, composed of teachers, students, parents, administrators, and community members. The Council has lead responsibility for organizing and planning the other four components of the program.

### **Component 2: Curriculum**

The two-year curriculum consists of 11 lessons in level 1, taught during 9th grade, and 10 lessons in level 2, taught during 10th grade. The curriculum uses interactive activities to provide information about HIV and STDs; teach effective condom use, refusal skills, and decision-making skills; and promote positive attitudes and norms about refusing sex and using condoms. Peer leaders, selected by their classmates, facilitate several activities.

### **Component 3: Peer Resources and School Environment**


Each school convenes a student organization to reinforce the curricular messages in the broader school environment through school-wide activities, events, and services. Suggested activities include publishing articles in the school newspaper, presenting dramatic skits, or organizing speakers and assemblies.

### **Component 4: Parent Education**

Schools engage parents in the program's goals through newsletters, child-parent discussions on sexuality topics, and parent education workshops or speakers.

## Component 5: School-Community Linkages

This component seeks to connect students with community resources such as local information hotlines, clinics, and testing services. Students receive homework assignments that require them to find out more about the services available in the community.

<b>Target Population</b>	Available information describes the target population as high school students.
<b>Curriculum Materials</b>	Program materials can be purchased online through <a href="http://pub.etr.org/ProductDetails.aspx?id=400000&amp;itemno=H556">http://pub.etr.org/ProductDetails.aspx?id=400000&amp;itemno=H556</a> . 
<b>Training and TA</b>	First-time teachers participate in a three-day training session. After their first year, teachers receive updated training. Peer leaders receive two to three hours of in-school training.

### Research Evidence

<b>Study Citation</b>	Kirby, D. B., Baumler, E., & Coyle, K. K. (2011). The impact of “Safer Choices” on condom and contraceptive use among sexually experienced students at baseline. Unpublished manuscript.
<b>Study Setting</b>	20 high schools in southeastern Texas and northern California
<b>Study Sample</b>	3,869 9th grade students <ul style="list-style-type: none"><li>• 30.5% white, 17.9% Asian, 17.0% black, 27.4% Hispanic, 7.2% other race/ethnicity</li><li>• 52% female and 48% male</li></ul>
<b>Study Design</b>	Cluster randomized trial. Ten schools were randomly chosen to implement the Safer Choices program and 10 were randomly chosen to implement a standard five-session knowledge-based curriculum about the consequences of unprotected sex, contraception, STDs, and HIV. Surveys were administered to incoming 9th grade students in fall and spring of their 9th grade year and spring of their 10th and 11th grade years.
<b>Study Rating</b>	The study met the review criteria for a <b>high</b> study rating.

**Study Findings**

When the curriculum ended in spring of 9th and 10th grades:

- Students participating in the intervention who were sexually experienced at baseline were more likely to have used a condom the last time they had sex.
- Students participating in the intervention who were sexually experienced at baseline were more likely to have used an effective contraceptive method the last time they had sex.

A year after the curriculum ended in the spring of 11th grade:

- Program impacts on condom use and contraceptive use were no longer statistically significant.