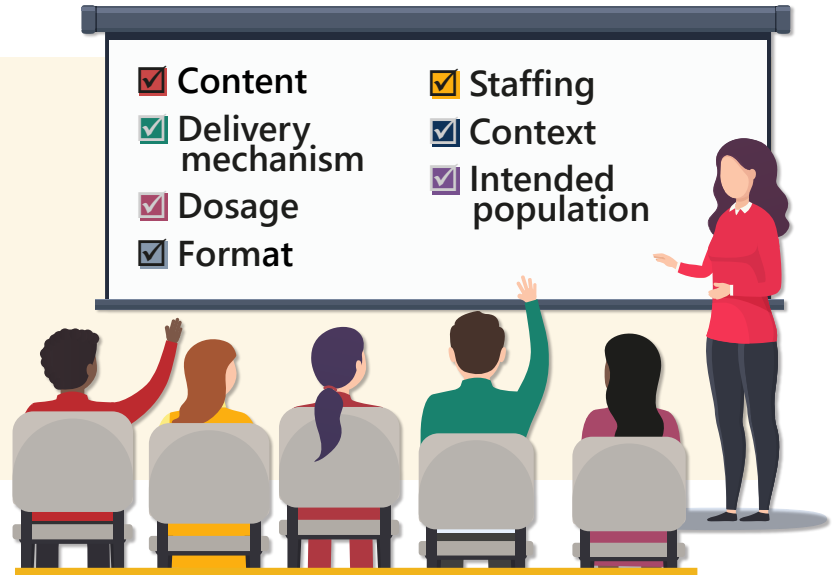


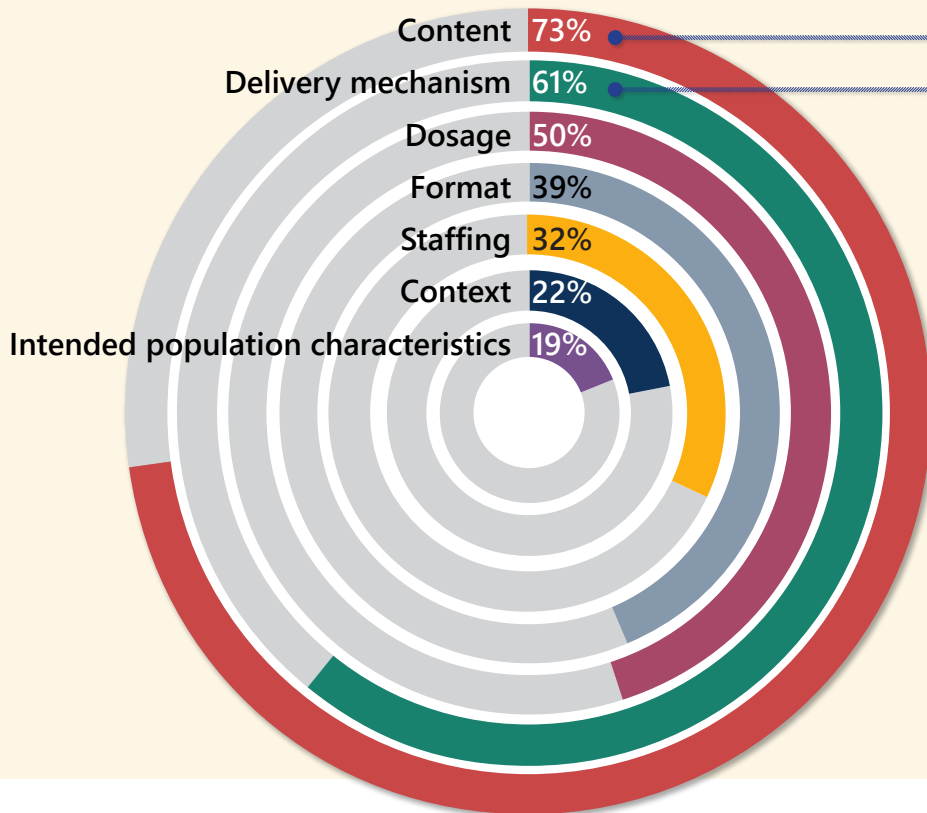


Common and core components of teen pregnancy prevention programs

A new ASPE brief presents findings from a study that broke down evidence-based TPP programs into **seven types of program components.**



Which types of TPP program components are core?



Most TPP program developers or distributors consider the **content and delivery mechanism** to be core components, meaning that they might be important to a program's ability to produce outcomes.

Which content components are most common in TPP programs?



Social health

Content that addresses interpersonal skills, relationships, and belief systems.



Emotional health

Content that addresses intrapersonal processes and strengths.



Sexuality

Content that addresses non-physical healthy sexual behaviors and experiences.



Sexual behavior

Content that addresses behaviors, preconditions, and consequences related to sexual activity.

Which delivery mechanism (or activity) components are most common in TPP programs?

Demonstration: method that includes using examples or experiments to explain things or make them clear.

Role play: method that includes participants assuming and acting out roles based on various situations, or practicing skills in various situations.

Introduction: method that includes activities to establish group norms, goals for the program, and icebreaker activities.

In-session assignment: method that includes assignments completed in the implementation setting.

Are there other common components across TPP program formats, staffing, context, and intended populations?



Program **formats** are often in person and rely on full group or small group activities.



Program **staff** often include one or two facilitators in the health education or community health fields, who receive developer-led training.



Most programs are designed to be delivered in a specific **context** and to a specific **intended population**, but most settings and population characteristics are not considered core to the program, meaning there is generally flexibility in where programs can be offered and to whom.



Program **dosages** vary widely from program to program.

Sexual health education programs and positive youth development programs had different common components:

- ▶ Both program types included social and emotional health content. Sexual health education programs consistently include **sexuality** and **sexual behavior** content, whereas positive youth development programs include more **individual values** and **academic success content**.
- ▶ Positive youth development programs include more **delivery mechanisms (or activities)** overall.