

¡Cúídate!

Potential Adaptations

This document includes examples of adaptations that have been previously implemented by OAH grantees. Grantees should keep in mind that all potential adaptations should be discussed with their project officer, and may need OAH approval. Potential adaptations involving medical information will require a medical accuracy review and need to be approved by OAH.

[Adaptation Kit](#) (from ETR) for individuals/organizations implementing ¡Cúídate!

Program Content

- *Activities that are directly related to the program’s content*
 - Anatomy/STD information
 - Add a lesson on anatomy and puberty prior to presenting information about contraceptives and sexually transmitted diseases (STDs).
 - Provide information about HIV and other STDs to module 2a.
 - Community context
 - Include an overview of local and national teenage pregnancy statistics.
 - Cultural relevance
 - Add music that is fitting for the target population being served (e.g., adding Spanish music for Latino participants).
 - Language
 - For the LGBTQ adaptation, use gender neutral language in role plays and in all modules.
 - Add a worksheet, which provides step by step directions for module 4, activity C. Youth may initially be very confused by this activity.
 - Replace the phrase “group rules” with “group agreement” to seem less restrictive.
 - Engagement
 - Add a storyboard activity for Activity C: “A Romance.” This can make the program more engaging for participants.
- *Activities that are not directly related to the program’s content*
 - Opportunity to belong
 - Add icebreakers and energizers.

Program Delivery

- *Materials*
 - Display hanging posters of STD facts, birth control facts, and additional information about local and national teen pregnancy statistics.
- *Population*
 - Implement *¡Cuidate!* with single gender populations if implementing in juvenile detention centers.*
- *Length/class size/other*
 - Deliver the program in various formats: three 2-hour sessions over 3 days; 1-hour sessions over multiple weeks; 1-hour sessions during a single week.*
 - Deliver the program over the course of three days and add “Talking Circles” at the beginning and end of each day for a total of six talking circles.*
 - Add one module from *Be Proud! Be Responsible!*, “Consequences of Sex: Teen Pregnancy,” to incorporate content specific information to preventing teen pregnancy.
 - Add an orientation module at the beginning for data collection, pre-test, and introductions. It can be difficult to accomplish these activities in conjunction with the implementation of Module One.

- **Minor adaptations** are those that do not significantly affect the core components.
- **Major adaptations** are those that significantly change the core components. Major adaptations can compromise fidelity and may reduce the impact of the program on intended outcomes.

**Indicates a major adaptation*