

Promoting Health Among Teens! Abstinence–Only Intervention (PHAT-AO)

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 Kits (from ETR) for individuals/organizations implementing PHAT-AO!

Adaptation Kit 1: [Grantee Guide](#)

Adaptation Kit 2: [School Edition Grantee Guide](#)

Program Content

- *Activities that are directly related to the program’s content*
 - Technology
 - Shorten the length of PHAT-AO’s videos to ensure that they fit within school’s time requirements.*
 - Anatomy/STD information
 - Add a lesson on anatomy and puberty prior to module 1 of PHAT-AO.
 - Opportunity to belong
 - Replace daily talking circle activities with a guided question and answer session.
- *Activities that are not directly related to the program’s content*
 - Opportunity to belong
 - Add icebreakers and energizers at the start of each module when appropriate.

Program Delivery

- *Length/class size/other*
 - Reduce the session length of PHAT-AO from 60 minutes to 45 minutes to fit within school periods.*
 - Increase the number of sessions for PHAT-AO from 8 to 12 sessions.*
 - Provide makeup sessions due to inclement weather related school cancellations more than two weeks after the first session.

- **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*