

A WORD FROM THE EXPERTS

Being a Responsible Teen (BART)

Interviews with Developers of Evidence-Based Programs for Teen Pregnancy Prevention



This webinar was developed by Child Trends under contract #GS-10F-0030R for the Office of Adolescent Health; US Department of Health and Human Services as a technical assistance product for use with OAH grant programs.



Inclusion on the HHS Teen Pregnancy Prevention Evidence Review does not indicate HHS or OAH endorsement of a program model.

Becoming a Responsible Teen (BART)



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Becoming a Responsible Teen (BART)



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Program goals:

- Delay sexual debut
- Reduce unprotected sex among sexually-active youth
- Increase condom use for sexually-active youth

Target population:

- 15-18 year olds

Delivery methods:

- Facilitator-led sessions in community settings
- Youth active engagement

Key components:

- Skill instruction
- Role modeling of skills
- Skill practice role plays
- Problem-solving
- Positive social norms
- Self-efficacy
- Practice of skills outside of sessions
- Sharing information with family and peers

Previous evaluation results

■ Study¹

✓ Population:

- Rural and urban African American youth in Mississippi

✓ Findings:

- Delayed the onset of intercourse after 12 months among sexually inexperienced students by 65%
- Reduced unprotected intercourse for both boys and girls
- Increased condom use for youth who were sexually active
- Increased ability to refuse unwanted sexual initiations
- Increased ability to negotiate safer alternatives if they were sexually active
- Increased sharing of information with family and with peers
- Increased teens' knowledge, positive attitudes toward condom use if they were to have sex, and self-efficacy



¹ St. Lawrence, J.S., Brasfield, T.L., Jefferson, K. W., Alleyne, E., O'Bannon, R.E., & Shirley, A. (1995). Cognitive-behavioral intervention to reduce African-American adolescents' risk for HIV infection. *Journal of Consulting and Clinical Psychology*, 63 221-237.

Target population

- Evaluated populations
 - Originally developed for low-income African American adolescents
 - Evaluated with single gender groups

- Target populations served
 - Mixed gender groups
 - Has been effective with ethnically and racially diverse groups
 - Urban, suburban, rural, low-income



- Evaluated settings
 - Urban and rural community settings and health clinics
- Other settings
 - Urban, suburban, and rural communities
 - After school programs
 - Community-based organizations
 - Health clinics
 - Juvenile justice facilities



■ Potential adaptations

○ Settings

- In school (yellow light)

○ Cultural relevance

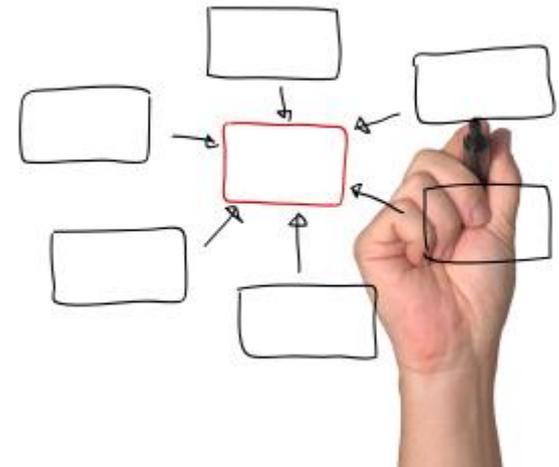
- Specific ethnic/racial groups (green light)

○ Language

- Translate to other languages (green light)

○ Target population

- Younger or older youth (yellow light)
- LGBTQ youths (yellow light)



Note: TPP grantees must obtain prior approval OAH for any adaptations

- Staffing considerations
 - 2 facilitators per small group
 - Trained facilitators (mixed gender with heterosexual youth, matched gender for LGBTQ youths)
 - Characteristics of educators:
 - Able to connect with youth
 - Excellent role models for youth
 - Experience with interactive activities (role plays)
 - Comfort with sexuality education
 - Trained to implement BART with fidelity



■ ETR Distributive Learning Process



■ Training services (packages or a la carte)

- Training of Educators (TOEs)
- EBP Boosters
- Training of Trainers (TOTs)
- Program Enrichment Training
- Tailored TA/Consultation
- More information: <http://www.etr.org/ebi/training-ta/>

- Common challenges
 - Allowing adequate time for role play practice
 - Engaging youth rather than lecturing
 - Fidelity to the intervention
 - Scheduling all of the sessions
- Strategies for success
 - Training provides educators rationale for each role play
 - Prompt or reminder call one day before session
 - Be prepared for each session well before the first youth arrives!



- Recent or planned curriculum revisions
 - Updated BART manual (last revised 2012)
 - Will be updating facts and their source citations soon.

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?id=3&sid=23&mid=1>
- **ETR's Becoming a Responsible Teen (BART)**
 - <http://www.etr.org/ebi/programs/becoming-a-responsible-teen/>
- **ETR's Evidence-Based Program Center**
 - <http://www.etr.org/ebi/>
- **ETR's Training and TA Packages**
 - <http://www.etr.org/ebi/training-ta/#packages>

Thank you!

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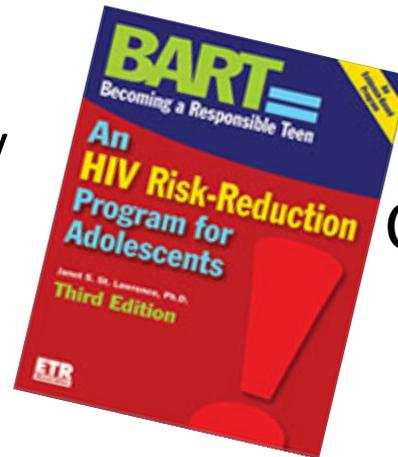
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