

Section 3 Service Requirements

3.1 Introduction

In recent years, the field of adolescent pregnancy prevention and sexual health has been dramatically strengthened by accurate, persuasive, research-based information on what works to impact important outcomes connected to teen pregnancy prevention, including postponement of sexual initiation, condom and contraceptive use, and reduced number of sexual partners. According to the National Campaign to Prevent Teen and Unplanned Pregnancy's report **Emerging Answers 2007**, "to reduce teen pregnancy and STDs dramatically, communities . . . need programs that focus on the *sexual*/risk and protective factors, for these are the most highly related to sexual risk behavior, and programs that address *nonsexual* factors that are also related to sexual risk behavior." In this new funding cycle, the CAPP grant program significantly reflects this recommendation. Further, in this new funding cycle, there is the expectation that all projects utilize science-based approaches in program development, implementation, and evaluation. Finally, there is an expectation to address adolescents' access to family planning services, including contraceptives.

3.2 Required Components

All funded projects will have at least three components. When packaged together as a community's adolescent pregnancy prevention project, the components will create a comprehensive, science-based approach that is sensitive to the unique considerations of diverse communities. The three required components are:

3.2.1 A curriculum-based comprehensive sex education program that focuses on the *sexual*/risk and protective factors of your target population.

Successful bidders are required to implement with reasonable fidelity a curriculum from the list below. Each curriculum listed utilized the 17 Characteristics of Effective Curriculum-Based Programs in its design and implementation; has been rigorously evaluated to show positive changes in teen sexual behaviors; and, is included on at least two of the lists of recommended evidence-based programs available to practitioners in the field of adolescent pregnancy prevention.

- Becoming a Responsible Teen (English)
- Draw the Line (English)
- Reducing the Risk (English; student materials available in Spanish as well)
- Safer Choices (English)
- Making Proud Choices! (English)
- SiHLE (English)

3.2.2 At least one program strategy that addresses the *nonsexual*/risk and protective factors of your target population.

As explained in **Emerging Answers 2007**, because teen pregnancy is a complicated issue with many causes, it is unreasonable to expect any single curriculum to prevent teen pregnancy on its own. To make a long-term impact in teen pregnancy prevention calls for a combination of educational programs as well as efforts to engage parents and schools, address values and popular culture, improve economic conditions, and more. Successful bidders will select at least one proven-effective, promising, or new strategy, but it must be designed, implemented, and evaluated using science-based approaches. Examples include service learning programs, comprehensive and intensive youth development programs, programs to enhance school performance, and programs that facilitate strong connections to family, school, and faith communities.

3.3.3 A collaborative effort to increase access to family planning services, including condoms and contraceptives, for your target population.

Sexually active teens and those who intend to become sexually active in the near future must have access to contraceptives, condoms, and reproductive healthcare services in order to prevent pregnancy and the transmission of STDs. To increase a target population's access to family planning services, successful bidders will implement a plan to remove at least one barrier that limits that access. Examples include organizing a local committee to coordinate a twice-a-month teen-friendly clinic; training area clinicians on effective communication with adolescents; and working with local doctors, clinics and pharmacies to ensure teens' access to emergency contraception.

3.3.4 In addition, funded projects may include additional components that fit the following description.

One or more non-curricular program strategies that address *sexual* risk and protective factors.

While each funded project will implement a proven-effective curriculum to address the *sexual* risk and protective factors for pregnancy with their target population, communities may choose to employ additional strategies to further address *sexual* risk and protective factors. Your strategy can be a proven-effective, promising, or new strategy, but must be designed, implemented, and evaluated using science-based approaches. Examples include regular individual meetings between a teen and trusted adult to discuss reproductive health; workshops to improve parent-child communication about sexuality; community events that address adolescent sexual health, pregnancy, and/or parenting; the development of an educational brochure to distribute to area teens; and the use of Baby Think It Over infant simulators.