

# Program Abstract

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## Summary

*Go Grrrls* is a program designed to promote healthy psychosocial development in female adolescents. Building a foundation of information and skills that related to middle school females is a core feature of the program. The program is not just a pregnancy prevention program but a program about empowering adolescent females with pregnancy prevention as one core part. All of the units in the program work together to create the context and motivation for taking actions that can prevent teen pregnancy. The program has been delivered to girls in grades six through nine and is expected to occur as a series of 8 units held outside of traditional school hours. The 8-unit curriculum covers six topics related to female adolescent development: being a girl in today's society (gender role identity), establishing a positive self-image, establishing independence, making and keeping friends, when it all seems like too much (learning to obtain help and find access to resources), and planning for the future.

Sessions are expected to last 90-120 minutes and occur once per week. They are made up of groups of 6-11 female adolescents, led by two group facilitators with appropriate interest, background knowledge (e.g., social work or psychology), and past experience working with young people. The sessions include didactic instruction, class discussion, group exercises, completion of worksheets, role-playing, and weekly journal assignments. The *Go Grrrls* program materials include a *Go Grrrls* curriculum guide for group leaders and a *Go Grrrls* workbook for use by group attendees. In addition, the program developers offer one-day trainings for group leaders on topics such as an introduction to *Go Grrrls* and female adolescent development, being a group leader, and advanced topics related to leading a *Go Grrrls* group.

*Go Grrrls* has been evaluated by multiple research studies beginning with pilot testing and program development. In a randomized controlled trial, data was collected at pre-test and post-test from questionnaires on body image, assertiveness, peer self-esteem, attitude toward attractiveness, self-efficacy, self-liking, hopelessness, and help endorsements (i.e., sources they would turn to for help). Positive program impacts were found at post-test for body image, assertiveness, attractiveness attitudes, self-efficacy, and self-liking.

*Program Abstract (continued)*

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<b>Focus</b>	<input type="checkbox"/> Primary pregnancy prevention	<input checked="" type="checkbox"/> Secondary pregnancy prevention	<input type="checkbox"/> STI & HIV/AIDS prevention
<b>Original Site</b>	<input type="checkbox"/> Home-based	<input checked="" type="checkbox"/> Community-based	<input type="checkbox"/> Clinic-based
<b>Suitable for Use In</b>	The program is suitable for use in after-school session and community settings that work with early adolescent girls in grades 6-9.		
<b>Approach</b>	<input type="checkbox"/> Abstinence <input checked="" type="checkbox"/> Behavioral Skills Development <input type="checkbox"/> Community Outreach <input type="checkbox"/> Contraceptive Access <input checked="" type="checkbox"/> Contraceptive Education <input type="checkbox"/> Life Option Enhancement <input type="checkbox"/> Motivational Interviewing <input checked="" type="checkbox"/> Self-Efficacy/Self-Esteem <input checked="" type="checkbox"/> Sexuality/HIV/AIDS/STI Education		
<b>Original Intervention Sample</b>	The original implementation of <i>Go Grrrls</i> involved 54 adolescent girls (mean age 12.7). The sample was 64.8% white, 18.5% more than one race, 11.1% Hispanic, 3.7% African American, and 1.9% Asian. The sample was recruited from a school located in a suburban area of the Southwest that includes both a rural and a more urbanized population.		
<b>Program Components</b>	<input type="checkbox"/> Adult Involvement <input type="checkbox"/> Case Management <input checked="" type="checkbox"/> Group Discussion <input checked="" type="checkbox"/> Lectures <input type="checkbox"/> Peer Counseling/Instruction <input type="checkbox"/> Public Service Announcements <input checked="" type="checkbox"/> Role Play <input type="checkbox"/> Video		
<b>Program Length</b>	<i>Go Grrrls</i> is an 8-week program, consisting of one 2 hour group session per week.		

## Program Abstract (continued)

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### **Staffing Requirements/ Training**

The *Go Grrrls* program should be staffed by two female group leaders. While the groups can be implemented with just one facilitator, having two leaders improves the quality and outcomes of the program. Group leaders ideally have previous work experience with adolescents, group leader skills, and demonstrated interest in the program. Group leaders can be masters of social work students, graduate psychology students, or other trained facilitators with backgrounds in social work or psychology. When possible, the background of the facilitator should be matched with many of the group participants, although this is not considered essential.

Group leaders were trained during a two to three-day training workshop. Training includes background on theory and approach of the curriculum, reviewing material, working with the curriculum, practicing the implementation, getting feedback, and learning good generic group skills. The intervention is scripted in a detailed curriculum describing how each session is to be conducted, including verbal scripts.

Group leaders should be supervised to ensure that the curriculum is being carried out in a standardized manner. This supervision can occur one-to-one or through small group meetings. On-site consultation, including observation, coaching, and feedback for group leaders is also recommended.

### **Program Materials**

This PASHA program contains one complete set of materials needed to implement the *Go Grrrls* program. In addition to this User's Guide, the program includes:

- *Go Grrrls: A Sexual Risk Reduction Curriculum for Girls*
- *Go Grrrls Workbook for Sexual Risk Reduction*

### **Notes about Evaluation**

Resources for evaluation are also included in the program package:

1. *Prevention Minimum Evaluation Data Set (PMEDS)*, a generic questionnaire that can be adapted to suit most prevention programs
2. *Local Evaluator Consultant Network Directory*

These evaluation materials are included as a starting point for evaluating your program, should you choose to do so. Before using these or any other survey instruments with your participants, it is very important that approval is received from the appropriate people in your community (e.g., school officials, parents, etc.). Most programs can benefit from outside help in designing and carrying out an evaluation. Your local university may be a good place to look for outside help—or you may refer to the *Local Evaluator Consultant Network Directory*.

## Program Abstract (continued)

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### **Program Acquisition & Implementation Cost**

The cost of this PASHA program package includes one complete set of materials needed to implement this program, the resources for evaluation described above, as well as telephone technical support on program implementation and evaluation for one year (call PASHA staff; see below).

### **Contact Information**

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### **Bibliography**

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