



Youth AIDS Prevention Project (YAPP)

Susan R. Levy, Ph.D., Brian R. Flay, D. Phil. & Arden S. Handier, Dr. P.H.

FOCUS

- Primary Pregnancy Prevention
- Secondary Pregnancy Prevention
- STD/HIV/AIDS Prevention

ORIGINAL SITE

- School-Based
- Community-Based
- Clinic-Based

APPROACH

- Abstinence
- Behavioral Skills Development
- Community Outreach
- Contraceptive Access
- Contraceptive Education
- Life Option Enhancement
- Self-Efficacy/Self-Esteem
- Sexuality/STD/HIV/AIDS Education

COMPONENTS

SUMMARY

Originally designed for high-risk youth, including African-Americans, YAPP aims to prevent STDs, HIV/AIDS and substance abuse among high-risk junior high school students. Guiding the program is social cognitive theory, which targets teens' knowledge, attitudes, self-efficacy, intentions and behaviors regarding high-risk activities. The intervention includes ten sessions for 7th grade students, delivered in regularly scheduled health or science classes, and a five-part booster session offered one year later, when the teens have entered 8th grade. Classes cover transmission and prevention of STDs and HIV/AIDS, the importance of using condoms for those who choose to have sex, and the development of decision-making and resistance/negotiation skills. In addition to lectures and class discussions, active learning is emphasized, with opportunities for students to participate in small group exercises and role plays. There are also homework activities and opportunities for parental involvement. A field study of the intervention was conducted in fifteen high-risk school districts in Chicago. Research focused on the group of students who first became sexually active during the study period. Following the booster session, these students were more likely than a control group of peers to report using condoms with foam; they also expressed greater intention to use condoms with foam in the future.

SUITABLE FOR USE IN

This intervention is most suitable for 7th grade classrooms, with the five session booster program offered in 8th grade classrooms one year later. The intervention could also be used in community-based organizations serving teens between the ages of 12 and 14 years.

ORIGINAL INTERVENTION SAMPLE

Age, Gender

The original sample included 1,459 7th grade

Adult Involvement

Case Management

Group Discussion

Lectures

Peer Counseling/Instruction

Public Service Announcements

Role Play

Video

Other

students, of whom 48% were male. The booster program for 8th grade students involved 1,001 teens.

Race/Ethnicity

58% African-American, 16% Latino, 21% White, 5% other.

PROGRAM LENGTH

During the first year of the program, ten class sessions are offered, one per day over a two week period. A one week, five session booster program should be held one year later.

STAFFING REQUIREMENTS/TRAINING

Ideally the program should be led by a professional, master's level health educator who has received special training in HIV/AIDS; one instructor is required per classroom. However, YAPP was designed for regular classroom teachers (with modest training) to deliver YAPP to their classes. The additional training is recommended to familiarize instructors with the YAPP curriculum.

PASHA PROGRAM PACKAGE

The PASHA Program Package for this program includes:

- ▶ *Youth AIDS Prevention Project* User's Guide
- ▶ 7th Grade Curriculum Manual
- ▶ 7th Grade Student Workbook
- ▶ A Set of 7th Grade Activities Cards
- ▶ 8th Grade Curriculum Manual
- ▶ 8th Grade Student Workbook
- ▶ 8th Grade Parent Packet
- ▶ A Set of 8th Grade Activities Cards
- ▶ YAPP Training Workshop Sample Packet
- ▶ YAPP 8th Grade Training Packet
- ▶ HIV and AIDS... videotape
- ▶ AIDS/STDs videotape and CDROM
- ▶ Resource Guide for Sex Educators
- ▶ Adolescent Sexual Health Resources Available from Sociometrics
- ▶ *Transitions* (March 2003), newsletter reprint
- ▶ *Morbidity and Mortality Weekly Report*, May 10, 2003
- ▶ A Set of Original Evaluation Instruments
- ▶ Prevention Minimum Evaluation Data Set (PMEDS)
- ▶ Local Evaluator Consultant Network Directory

- ▶ Telephone technical support on implementation and evaluation for 1 year