

WHY REDUCING THE RISK?

Research shows youth who participated in *Reducing the Risk* reported the following significant behavior changes:

- ✓ Delayed initiation of sexual intercourse
- ✓ Increased communication with parents about abstinence and contraception
- ✓ Increased condom use *if* sexually active
- ✓ Increased contraceptive use *if* sexually active
- ✓ Reduced incidence of unprotected sex

Results have been shown to last up to 18 months.

Visit the U.S. Department of Health & Human Services Office of Adolescent Health for more information on evidence-based programs.

www.hhs.gov/ash/oah/

UNIQUE FEATURES

Reducing the Risk has been proven effective with youth for over 20 years and has served as the model for other evidence-based, effective interventions. Some unique features include:

1. Used as a model when researchers were creating the evidence-based program *Safer Choices*
2. One of the first rigorously evaluated sexuality education curricula to have a measurable impact on behavior
3. First curriculum that was successfully replicated and evaluated to show behavior change in multiple settings and communities

PUBLISHER

ETR Associates
www.etr.org

Basic Set: \$249.99

Includes teacher's guide; activity kit; student workbooks; and STD, HIV, and Birth Control pamphlets

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For more information about this or any other evidence-based curricula, contact:



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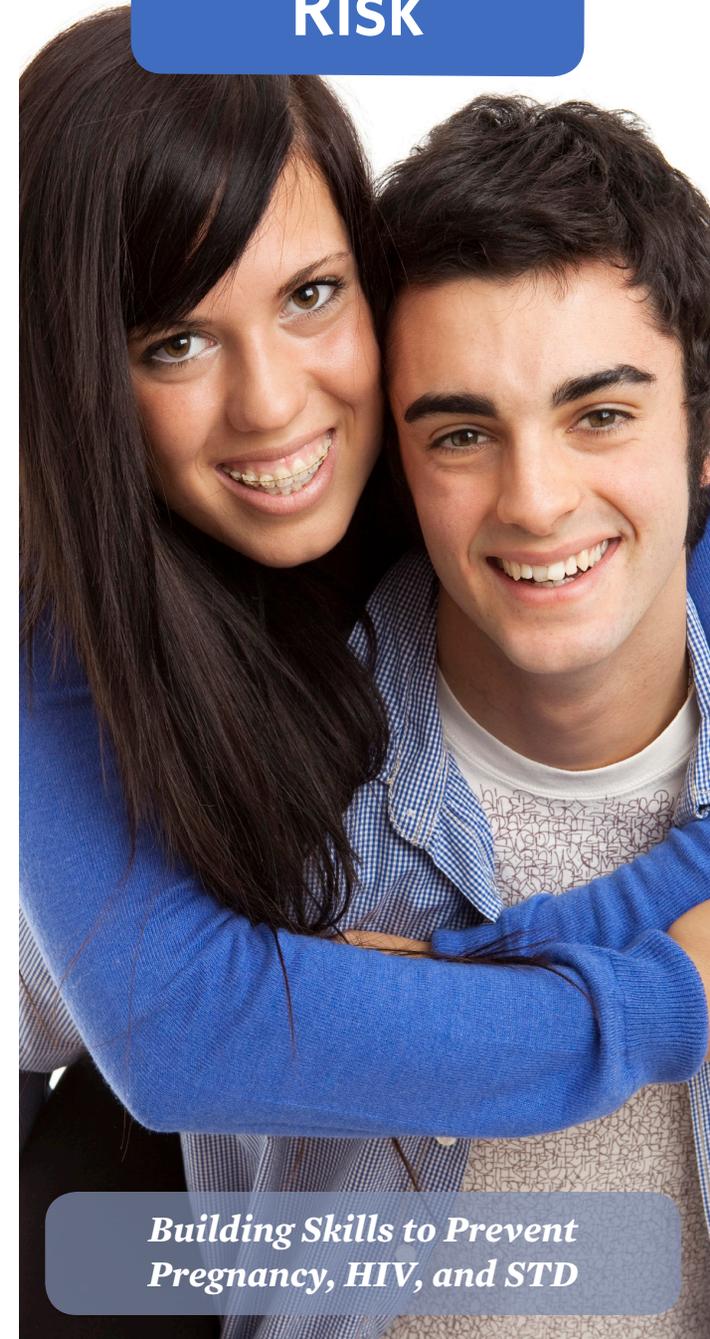
Adapted from the



www.teenpregnancysc.org

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Reducing the Risk



***Building Skills to Prevent
Pregnancy, HIV, and STD***

“Reducing the Risk is so beneficial because it gives kids the opportunity to role play and practice what they would do in tough situations.”

-Reducing the Risk Facilitator



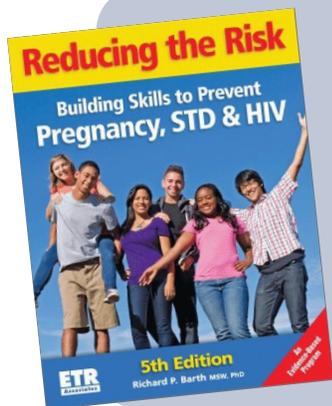
WHAT IS REDUCING THE RISK?

Reducing the Risk: Building Skills to Prevent Pregnancy, HIV and STD is a **16-session, school-based curriculum whose target audience is high school students in 9th and 10th grades.**

This program is designed to reduce the number of youth engaging in unprotected sexual intercourse by:

1. Encouraging students to practice abstinence;
2. Encouraging the delay in the initiation of sex;
3. Encouraging condom and contraception use among sexually active youth.

Reducing the Risk is an **evidence-based** health education program based on three behavior change theories: Social Learning Theory, Social Influence Theory, and Cognitive-Behavioral Theory. The sessions are designed for 45-minute periods; however, most can be expanded to include more time for practice and discussion.



LEARNING ACTIVITIES

Reducing the Risk uses several strategies to facilitate behavior change including in-class activities and homework.

- Brainstorming
- Small groups
- Large group discussions
- Role plays
- Defining and discussing abstinence
- Anonymous question box
- Guest speaker
- Student-parent homework
- Shopping for contraceptive methods including condoms (optional)
- Field trip to clinic (optional)
- Refusal and negotiation skill building
- Personalization of HIV and pregnancy risk
- Identifying and practicing delay tactics
- Demonstration of contraceptive methods

Reducing the Risk provides **720 minutes** of STD prevention, reproductive health, and pregnancy prevention instruction. **Educator training is strongly recommended and is key to program success.**

HIV/AIDS PREVENTION EDUCATION (State Statute 70 O.S.§103.3)

***Reducing the Risk* is in compliance** with the Oklahoma requirement for students to receive instruction on AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade.

PRIORITY ACADEMIC STUDENT SKILLS (PASS)

PASS standards serve as expectations for what students should know and be able to do by the end of the school year. The goal is that all students be college, career, and citizen ready upon graduation from high school. When implemented with fidelity and in its entirety, *Reducing the Risk* fulfills 4 of 6 Health/Safety Education PASS standards for 9th-12th grade high school (HS).

HEALTH/SAFETY EDUCATION

Standard 1: Comprehend concepts related to health promotion, disease prevention, & safety practices.

Standard 2: Demonstrate the ability to access valid health information & health-promoting products & services.

Standard 4: Use interpersonal skills to enhance health & safety.

Standard 5: Develop plans for a healthy future through individual goal setting & decision making.