

## Effective Sex and HIV Education Programs for Youth: 10 Characteristics\*

1. Focus on reducing one or more sexual behaviors that lead to unintended pregnancy or HIV/STI.
2. Are based on theoretical approaches that have been demonstrated to influence other health-related behavior, and identify specific important sexual antecedents to be targeted.
3. Deliver and consistently reinforce a clear message about abstaining from sexual activity and/or using condoms or other forms of contraception: **one of the most important characteristics that distinguishes effective from ineffective programs.**
4. Provide basic, accurate information about the risks of teen sexual activity and about ways to avoid intercourse or use methods of protection against pregnancy and STIs.

## 1, 2, 3...

5. Include activities that address social pressures that influence sexual behavior.
6. Provide examples of and practice with communication, negotiation and refusal skills.
7. Employ teaching methods to involve participants and have them personalize the information.
8. Incorporate behavioral goals, teaching methods and materials that are appropriate to the age, sexual experience and culture of the students.
9. Last a sufficient length of time (i.e., a sufficient number of sessions to complete important activities).
10. Select teachers or peer leaders who believe in the program and then provide them with adequate training.

\*Kirby, D. (2001). **Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy (Summary)**. National Campaign to Prevent Teen Pregnancy, Washington, DC. We thank Dr. Douglas Kirby for giving us permission to include the list here. If you are a professional who works with youth in developing countries, and would like to receive a PDF copy of the full document, please write Dr. Kirby at [douqk@etr.org](mailto:douqk@etr.org).



## First Ladies and Youth in the Americas: Hand in Hand

The XII Summit of First Ladies, Wives and Representatives of Heads of State and Government of the Americas, to be held in Dominican Republic in October 2003, will address the issue of adolescence and poverty, and feature significant youth participation in topics ranging from teen pregnancy to violence. On July 21-23, youth leaders from the Region's 35 countries will gather in Dominican Republic for a preparatory meeting, "Americas Youth Voice." There, they will draft a Youth Declaration of rights and responsibilities that will be unveiled in the First Ladies' Meeting October 16 and 17. More information on youth in the upcoming conference will be available in future newsletters.



## What's New...

- CONCASIDA HIV/AIDS meeting, Panama, October 2003  
[www.concasida.org/english.htm](http://www.concasida.org/english.htm)
- Summary of the WHO/UNAIDS meeting on young adolescents, April 2003  
[www.who.int/child-adolescent health/NEWS/news\\_20.htm](http://www.who.int/child-adolescent health/NEWS/news_20.htm)
- Summary of HIV and Communication meeting, May 2003 (in Spanish)  
[www.paho.org/Spanish/AD/FCH/AI/vih-comunicacion.htm](http://www.paho.org/Spanish/AD/FCH/AI/vih-comunicacion.htm)

# Links

- JUSIDA 2003 Forum Summary, in Spanish: [www.acj-ymca.org/cicadi/cicadi\\_foro.htm](http://www.acj-ymca.org/cicadi/cicadi_foro.htm)
- YouthNet YouthLens Newsletter: <http://www.fhi.org/en/Youth/YouthNet/Publications/YouthLens+English.htm>
- Multimedia HIV/AIDS web portal: <http://www.aidschannel.org/>



**UPDATE**

## PAHO Adolescence Team

The PAHO Adolescent Health and Development Team is working with the Region to help countries fulfill the following Millennium Development Goals (MDGs) for youth, with the help of the SIDA and NORAD projects:\*

- MDG 3: Gender equity and empowerment of women
- MDG 4: Reduce child mortality
- MDG 5: Reduce maternal mortality
- MDG 6: Fight HIV and other diseases

Also in the pipeline are several new publications relating to adolescent pregnancy, behavior change, services and counseling:

- Las mejores evidencias sobre programas de prevención de embarazo en adolescentes, by Marta Penzo and Matilde Maddaleno
- Youth, Choices and Changes: Encouraging Adolescents to Adopt and Maintain Health-Promoting Lifestyles and Change Health-Compromising Lifestyles, by Cecilia Breinbauer and Matilde Maddaleno
- Towards a Model for Quality Health Service Provision for Adolescents, by Rafael Flores and Matilde Maddaleno
- A Youth-Centered Counseling Model for HIV Prevention and the Promotion of Sexual and Reproductive Health, by Alex Vega, Matilde Maddaleno and Rafael Mazin

\*Find out more about MDGs at <http://www.undp.org/mdg>



## Research Shows...

### Parent/child Communication: Beyond Words

The study Innovative Approaches to Increase Parent-Child Communication About Sexuality: Their Impact and Examples from the Field (SIECUS, 2002) suggests that interventions should not only seek to increase the amount of communication between parents and adolescents about sexuality, but should also emphasize the contents of the communication, including the development of skills to help youth adopt safe sex practices (i.e., negotiation and condom use). *If you would like to purchase the full report, go to:* <http://www.familiesaretalking.org/resources/rsrc0004.html>

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**HIV/AIDS Event Calendar**  
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