Positive Prevention PLUS

TARGET AUDIENCE

This program is for youth who are in 7th through 12th grade.

SUMMARY

Positive Prevention PLUS, a school- or community-based teen pregnancy prevention program, is designed to decrease risk factors associated with teen pregnancy and increase protective factors by teaching abstinence education; improving assertive communication skills; and providing risk reduction skills training, such as proper use of birth control.

EVIDENCE

One internal, randomized controlled trial evaluating the effectiveness of the program has been conducted. Using retrospective self-report data, this study found that 6 months after the program ended, treatment students, compared to control students, were less likely to have ever had sexual intercourse and to have had sexual intercourse in the last 3 months without using birth control. No effect was found for pregnancy. The newest version of the program contains two optional lessons that were not included in the evaluation study.

COMPONENTS

The Positive Prevention PLUS curriculum, based on social learning theory, consists of teacher-led lessons on topics, such as goal setting, risk recognition and reduction, accessing community services, and preventing unplanned pregnancies.

Sessions are teacher-led and consist of direct instruction through the use of PowerPoint slides. Supplemental materials include large and small-group discussions, skills practice, and activities in student workbooks. Another version of the program has also been developed for elementary-aged students.

PREVIOUS USE

Originally developed as an HIV/AIDS curriculum in the 1990s, Positive Prevention PLUS was adapted to meet the requirements of the California Healthy Youth Act in 2016. Since then, it has been implemented predominantly in California but also throughout the United States.
Positive Prevention PLUS

TRAINING

The program is implemented by teachers, school nurses, or mental health professionals. A 2-day, recommended training is offered on-site for up to 30 participants. The cost of the training is $3,000 in addition to travel expenses.

CONSIDERATIONS

Considerations for implementing this program include acquiring buy-in from parents and participants as this program will broach sensitive topics, understanding facilitators should be comfortable discussing the sensitive subject matter, ensuring facilitators receive training, securing funds for training, obtaining curriculum materials, and finding time to implement the sessions in an existing curriculum.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing the Positive Prevention PLUS program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The curriculum is presented in thirteen 45-minute lessons. Lessons may be presented over 13 consecutive days or adapted to a weekly presentation or workshop format.

COST

A curriculum package is available for purchase for $279 and includes lessons and other support materials. An optional student workbook is available for $6 each.

EVALUATION PLAN

To move the Positive Prevention PLUS program to the Effective category on the Clearinghouse Continuum of Evidence, at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Positive Prevention Plus by phone 805-543-6844 or visit www.positivepreventionplus.com

SOURCE


www.militaryfamilies.psu.edu