Project AIM (Adult Identity Mentoring)

TARGET AUDIENCE
This program is for African American and Latino adolescents who are 11 to 14 years old.

SUMMARY
Project AIM (Adult Identity Monitoring) is school- or community-based program that is designed to help youth reduce current sexual behavior and decrease intentions of participating in sexual activity by encouraging adolescents to create and maintain a positive outlook on the future and by helping youth develop life skills.

EVIDENCE
A randomized controlled trial of African American adolescents showed significantly reduced plans to engage in sexual intercourse and reduced sexual intercourse at 13-weeks post intervention as compared to control group students who received standard health education classes. Among students who had never engaged in sexual activity, there was a significant effect on reducing intention to engage in sexual activity at 13 weeks as compared to the control group. However, there was not a significant effect on actual sexual initiation for students who had not previously engaged in sexual activity. Only one of the four outcomes of interest was significant at the 1-year post intervention follow-up, and this was only for males. Fewer male students in the intervention group reported engaging in sexual activity than male students in the control group. It should be noted that attrition was high at the 1-year follow-up, which limits the interpretation of results and conclusions that can be drawn.

COMPONENTS
Project AIM strives to change sexual behavior or intentions in youth by focusing on how risky behavior can impede future success. Project AIM sessions are delivered to groups of 10 to 30 students and are divided into four parts:

- Part 1: Identify personal interests and the type of person one would like to become in the future, and recognize people who may act as supporters/barriers to their future success.
- Part 2: Picture oneself in a future career, and understand how current actions and behaviors can impact success as an adult.
- Part 3: Participate in role-playing that focuses on communication skills, and engage in small group activities where planning and decision-making skills are practiced.
- Part 4: Consider the future, and plan for how to overcome potential obstacles to achieve desired goals.

A supplemental session is available that introduces contraception, parenthood, and information about minor rights’ in reproductive health.

A Spanish version of the program is also available.

PREVIOUS USE
This program was evaluated with African American students, age 12 to 14, in a school in the southeastern United States. Additional previous use information was not located.
Adolescents  | Community-Based  | School-based  | Communication  | Employment
---|---|---|---|---
Mentorship  | Reproductive Health

**PROJECT AIM (Adult Identity Mentoring)**

**TRAINING**

It is recommended that young adults with backgrounds similar to participants facilitate this program. Organizations must first become licensed, after which time program facilitators must attend training to become certified Project AIM facilitators. A 3-day, on-site training session costs $1,210 per person plus travel expenses for two trainers. Two trained facilitators are required for implementation. The AIM Service Center provides training and technical assistance to licensed organizations throughout the duration of their funding period.

**CONSIDERATIONS**

Considerations for implementing this program include recruiting a project manager and two facilitators for implementation, obtaining parent and school or community buy-in and consent, understanding this program will address sensitive topics, recognizing that some costs could be associated with program implementation, and acquiring time and space for instruction.

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 Project AIM, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

- **TIME**: Twelve 50-minute sessions are delivered twice per week for 6 weeks.
- **COST**: The program costs $16.75 per adolescent.

**EVALUATION PLAN**

To move Project AIM to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

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 the Children's Hospital Los Angeles, AIM Service Center, 5000 Sunset Blvd, MS #2, Los Angeles, CA 90027, phone 1-323-361-3126, email aim@chla.usc.edu, or visit www.chla.org/project-aim

**SOURCE**

www.chla.org/project-aim and https://www.childtrends.org/programs/project-aim-adult-identity-mentoring/

www.militaryfamilies.psu.edu