

Evidence-Based Teen Pregnancy Prevention Programs at a Glance

Sexual activity	Number of sexual partners	Contraceptive use	Pregnancies	STIs (including HIV)	Technology needed (audio-visual/internet)	Parent engagement	Service learning project	Condom demonstration
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This table provides a snapshot of program models that have undergone a Teen Pregnancy Prevention Evidence Review (TPPER) and been approved as evidence-based programs (EBPs). Teen Pregnancy Prevention Program (TPP) grantees can use this table as a starting point to narrow down the list of EBPs that may be a good fit for their organization and community; they should also do a thorough review of any EBP they consider, including the study that supports the evidence. Learn more on the [Teen Pregnancy Prevention Evidence Review website](#).

Note: The TPPER is updated on an ongoing basis. This resource reflects findings released in the April 2023 review.

Program Name	Program Type	TPPER Outcomes					Duration of Outcomes	Activities				Train-the-trainer	Train-the-facilitator/educator	# of Sessions	Session Length	Program Duration	Setting	Intended Population	Age	Languages	
Aban Aya Youth Project	SHE	●					Post-intervention	X							16-21	45 min	4 yrs	S*, CB	(M, F)*, AA*	10-14*	En
Adult Identity Mentoring (Project AIM)	PYD	●					3-12 mos						X		12	50 min	6 wks	S*, CB	(M, F)*, All, (AA)*, LI	11-14 (12-14)*	En, Sp
AIM 4 Teen Moms	PYD		●				12 mos	X		X		X			8	60-90 min	10 wks	CB*, HM*	F*, All (AA, H)*, P	14-20 (15-19)*	En
All4You!**	SHE	●	●				6 mos	X	X	X	X	X			14	70-90 min 140 min service learning sessions	5-7 wks	OS*	(M/F)*, All*, H*, YAS	14-18 (14-17)*	En
Be Proud! Be Responsible!	SHE	●	●	●			3-12 mos	X		X		X			6	50 min	6 days	C, S, AS*, CB*	(M/F)*, All, (AA,H)*	11-18 (11-17)*	En
Be Proud! Be Responsible! Be Protective!	SHE		●				12 mos	X		X		X			8	60 min	8 days	S, OS*, AS*, CB	F*, All (H, AA)*, P/P	12-18 (14-17)*	En

**All4You2! is an adapted version that excludes the service learning component

Program Type

- SHE** - Sexual health education
- SRA** - Sexual risk avoidance
- PYD** - Positive youth development
- C** - Clinic-based
- HR** - Healthy relationship
- ◆ - Added in 2023

Settings

- S** - School
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- AS** - After-school program
- CB** - Community-based
- HM** - Home
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Intended Population

- F** - Female
- M** - Male
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- H** - Hispanic
- AI/AN** - American Indian/Alaskan Native
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- A** - Asian
- All** - All races/ethnicities
- LI** - Low income
- R** - Rural
- LGBTQ+** - LGBTQ+ inclusive
- PF** - Program for families
- YAS** - Youth in alternative schools

- HIV** - Parent with history of HIV
- STI** - History of STI
- SUD** - Substance use disorder
- RA** - Runaway youth
- JYI** - Justice-involved youth
- P/P** - Pregnant/parenting
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Available Languages

- En** - English
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TPPER Outcomes

- Evidence of effect

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Children's Aid Society (CAS) Carrera Program	PYD	●			●		3 yrs for pregnancy 12 mos for all other outcomes	X	X	X				Daily	2-3 hours	7 yrs	S, AS*, CB	(M/F)*, All, (H, AA)*	10-12 at program entry	En, Sp
Crossroads	SHE			●			6 mos	X			X		X	16	7 hrs/day	3 days	CB*, C, HM, AS	All	17-19 18-19*	En
¡Cuidate!	SHE		●	●			3 mos	X			X		X	6	60 min	2 days+	S, AS*, CB*	(M/F)*, All, (H, AA)*	13-18 14-17*	En, Sp
Draw the Line/Respect the Line	SHE	●	●				12 mos post-intervention (for boys)		X		X	X	X	19	45 min	3 yrs	S*, OS	(M/F)*, All*	11-14*	En, Sp
Familias Unidas	SRA	●					24 mos	X	X				X	6	1-2 hrs	6 wks	AS, CB, OS	H*, PF	12-17 14-15*	En, Sp
Families Talking Together (FTT)	HR	●					12 mos	X	X				X	9	Varies	Varies	C*, AS*, CB*, HM*	(M/F)*, H*, AA*, PF	10-14 (11-14)*	En, Sp
FOCUS	SHE		●				11 mos	X			X			4	120 min	8 hrs	S, OS*, CB	F*, All*	(17+)*	En

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Generations**	C			●			12 mos	X					X	Varies	Varies	Varies	C*	F*, (AA)*, LI, P	13-19 Avg age 18*	En
Get Real (Middle School)	SHE	●					Post-intervention		X		X	X	X	27	45 min	3 yrs	S*	(M/F)*, All*, LGBTQ+	11-14*	En, Sp
Girl2Girl◇	SHE			●			Post-intervention	X			X			Varies	20 wks	OS*	F* (LGBTQ+)	14-18	En	
Health Improvement Project for Teens (HIP Teens)	SHE	●	●	●			6 mos	X			X		X	4 (plus 2 boosters) Option to split into 8	120 min (if 4 sessions) 60 min (if 8 sessions)	8 hrs	C*, AS*, CB*	F*, All*	15-19*	En
Heritage Keepers Abstinence Education	SRA	●					12 mos	X	X				X	5 or 10	45 or 90 min	5-10 days	S*	(M/F)*, All*	11-18 (12-15)*	En, Sp

**No new evidence of effectiveness identified in 2023 evidence review

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High-school FLASH, version 3.0	SHE			●			3 mos				X		X	15	50 min	3-5 wks	S*	All*, LGBTQ+	14-18 (14-16*)	En, Sp
HORIZONS	SHE			●		●	12 mos				X			2 4 follow-up calls	4 hrs 15 min follow-up calls	8 hrs	C*, CB	F*, All*	15-21 (18-19*)	En
IN-clued	SHE			●			12 mos	X						1 plus 2 workshops for health care staff	3 hrs 90 min health care staff workshops	1 day	S*, C*, CB*	LGBTQ+*	14-19*	En
It's Your Game: Keep it Real (IYG)	SHE	●		●			12 mos	X			X		X	24	50 min	2 yrs	S*, AS	(M/F)*, (H, AA)* All	12-14*	En
LeadHer	SHE			●			12 mos	X					X	6, 2 one-on-one sessions	5 hrs 60 mins	6 wks	S*, AS, OS, CB	F*, All	14-19*	En
Linking Families and Teens (LiFT)	SHE				●		3 mos	X	X				X	1	6 hrs	1 day	S*, C*, CB	All*	13-19*	En, Sp

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Love Notes	HR	●	●	●			6 mos	X				X	X	13	60 min	Varies	CB*, AS*, OS, S	(M/F)*, All*, (AA)*, LGBTQ+	14-24 (14-17)*	En, Sp
Making Proud Choices!	SHE	●	●				6 mos	X		X			X	8	60 min	8 hrs	S, AS*, CB*, OS	(M/F)*, All*, (AA)*, LGBTQ+	11-18 (11-16)*	En, Sp
Nu-CULTURE (Healthy Futures)	SHE	●					Immediate post-intervention	X	X			X	X	24**	50 min	3 yrs	S*	(M/F)*, All, (H)*	11-14	En
Peer Group Connection High School (PGC-HS) ♦	PYD	●					12 mos		X	X		X		18	45 min	1 yr	S*	(M/F)*, All(H)*	14-15	En, Sp
Plan A ♦	SHE		●				9 mos	X		X				1	23 min	1 day	C*, CB, S	F*, AA*, H*	18-19*	En, Sp
Positive Potential Be The Exception	PYD	●					12 mos	X					X	5	45-50 min	5 days, 1 end-of-year assembly for 3 yrs	S*	(M/F)*, R	11-14*	En
Possessing Your Power	PYD		●				6 mos	X					X	6	2 hrs	2-6 wks	CB*, S	M, All (AA)*	10-18 (13-17)*	En
Positive Prevention PLUS	SHE	●	●				6 mos		X	X			X	13	45 min	13 days	CB, S*	(M/F)*, All, (H)*, LGBTQ+	12-18 (14-17)*	En, Sp

**Plus optional summer, optional 10 week afterschool

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Power Through Choices	SHE			●	●		6 mos for contraceptive use, 12 mos for pregnancy	X				X		X	10	90 min	5-10 wks	OS*	F/M, All (H)*, YAS, LGBTQ+, JIY	13-18 (14-17)*	En
Prime Time	PYD	●					30 mos		X	X			X	Varies	Varies	18 mos	C*	F*, All (AA)*	13-18 (14-17)*	En	
Project IMAGE	SRA					●	12 mos	X			X	X	X	7-12	1-4 hrs	5-11 wks	C*	F*, AA*, H*, STI*	14-18*	En	
Project TALC	HR, SRA				●		4 yrs after program start		X		X			24	2-3 hrs	12 wks to 4-6 yrs	CB*	(M/F)*, All (H)*, PF*, HIV*	11-18 (14-17)*	En	
Promoting Health Among Teens! Abstinence-Only Intervention	SRA	●					3-24 mos	X	X				X	8-9	45-60 min	8 hrs	S, AS*, CB*	(M/F)*, All (H, AA)*	11-18 (11-14)*	En	
Promoting Health Among Teens! Comprehensive Abstinence and Safer Sex Intervention	SHE		●				3-24 mos	X			X		X	12	60 min	12 hours	S, AS*, CB*	(M/F)*, All (AA)*, LI	11-18 (11-13)*	En	
Pulse (two studies reviewed)♦	SHE			●			6 wks	X						16	Varies		OS	F*, AA*, H*	18-20	En, Sp	

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Raising Healthy Children (formerly known as the Seattle Social Development Project)	PYD	●	●		●	●	Post-intervention at ages 18, 21, 24, 27	X				X	Varies	Varies	Multi-year	S*	(M/F)*, All*	5-12 (6-12)*	En	
Reducing the Risk	SHE	●		●	●		3-6 mos			X	X	X	16	45-60 min	5-8 wks	S*, CB*	(M/F)*, All(AA)*, LGBTQ+	14-18 (14-17)*	En, Sp	
Safer Choices	SHE			●			2 yrs after program start	X	X	X	X	21	45 min	2 yrs	S*	(M/F)*, All*	14-16 (14-17)*	En		
Safer Sex Intervention	C, SRA	●	●	●			9 mos	X		X			4	10-50 min	6 mos	C*	F*, All (AA)*, STI	12-23 (14-19)*	En	
Seventeen Days	SRA	●				●	3-6 mos	X		X		X	1	45 min+	45 min+	C*, CB, S	F*, All (AA, W)*	14-19 (14-17)*	En	
Sexual Health and Adolescent Prevention (SHARP)	SHE			●			12 mos	X		X			1	3.5-4 hrs	1 day	OS*	(M/F)*, All (W)*, JIY*	15-19*	En	
SiHLE	SHE		●	●	●	●	12 mos				X		4	4 hrs	16 hrs	C*, CB	F*, AA*	14-18 (14-17)*	En	

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Sisters Saving Sisters	SHE	●	●				12 mos	X			X		X	5	1 hr	Varies	C*, CB	F*, AA*, H*	12-19 (14-17)*	En
STRIVE	PYD		●				12 mos		X				X	5	90-120 min	5 wks	CB*	(M/F) All (H)*, RA	12-17*	En
Teen Health Project	SHE	●					12 mos	X	X	X	X			5	90-180 min	6 mos	CB*	(M/F)*, All*, LI*	12-17 (14-17)*	En
Teen Options to Prevent Pregnancy (TOPP)	C, HR			●	●		6-18 mos post-enrollment	X					X	18 calls 1 in-person visit	Varies	18 mos	HM*	F*, All, (W)*, P/P	10-19*	En
Teen Outreach Program (TOP)	PYD	●			●		Immediate post-intervention for sexual activity, 10 mos for pregnancy	X		X		X	X	25	Varies	8 mos	S*, OS, AS, CB	(M/F)*, All(AA, W)*, LGBTQ+	12-19 (14-17)*	En
Vision of You♦	SHE		●	●			9 mos	X	X				X	9	45 min	4-6 wks	OS*	All* (M/F), YAS*, JIY*	13-19 (14-17)*	En

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