

High School Age Adolescents

Adolescents ages 14-17 regardless of current relationship status. We consider the needs of youth in school as well as youth no longer in school or in alternative school settings.

Goals

To foster healthy relationships throughout adolescence and promote healthy relationships in young adulthood. This will be done by supporting adolescents' development of:

- Knowledge to recognize the characteristics of healthy (and unhealthy) relationships
- Belief that they can create healthy relationships and avoid unhealthy relationships
- Skills to form healthy relationships and avoid unhealthy relationships

These goals will be developed in adolescence and ideally carry into young adulthood.

Inputs

- **A curriculum** that is engaging, clearly-focused, logically sequenced, factually accurate, and scripted, and includes guidance for program delivery and adaptation.
- An **environment** that is safe, welcoming, and respectful of diversity.
- **Facilitators** (teachers for school-based programs, program staff for non-school-based programs) who are well-trained, motivated, comfortable with the content, and able to build rapport with youth.
- Opportunities to include peer or near-peer facilitators (optional).
- As-needed recruitment and retention activities.

Activities

- **Classroom activities** that: utilize best instructional practices; include well-facilitated discussion; offer youth opportunities to relate content to their own experiences; teach, promote, and apply effective social skills (including effective communication and conflict resolution skills); are engaging to male and female students and include a focus on gender identity/gender relationships.
- **Extra-curricular/homework assignments** that offer youth the opportunity to apply content outside of the classroom.
- As-needed **referrals** to wraparound services.
- Opportunities to **involve parents/guardians** in the program.
- Components that focus on **career/college readiness** (e.g. internship, financial planning, career counseling)
- **Additional components** to fit the needs of particular target populations.

Outputs

- Standard performance management and evaluation measures, e.g.,:
- # of sites that implement program
- # of trained facilitators
- # of recruited participants
- # of retained participants/ # of individuals who completed the program
- # of individuals who received wraparound services/ referrals
- Quality, fidelity, and participants' perspectives of the program

OUTCOMES

Short-term

- Improved knowledge of characteristics of healthy relationships
- Improved attitudes towards healthy relationships, and higher expectations for relationships
- Improved communication and social skills across relationships
- Improved ability to engage in positive and age-appropriate activities with a dating partner

Intermediate

- Improved individual psychological / emotional well-being
- Improved functioning in non-romantic relationships
- Improved quality of romantic relationships
- Decreased risky sexual behavior
- Decreased victimization/perpetration of violence
- Improved career/college readiness

Long-term

- Improved individual well-being
- Improved career/college readiness
- Decreased victimization/perpetration of violence
- Improved ability to form stable, healthy relationships in young adulthood