



It's Your Game...Keep It Real: Implementing an Effective Program

When *It's Your Game...Keep It Real (IYG)* is implemented with fidelity, the results showing its effectiveness have been consistently demonstrated. **Fidelity** is ensuring the program is implemented exactly the way it was intended to be implemented with respect to its core elements. Below outlines the core elements of IYG.

IYG CORE ELEMENTS

Core **Content** Components – **WHAT** is being taught, specifically the knowledge, attitudes, skills addressed in IYG program activities

- Setting personal limits (both in general situations and in sexual situations)
- Skills practice related to refusal skills (both in general situations and in sexual situations)
- Knowledge and skill building related to healthy relationships and risk reduction practices
- The primary message of the program is for students to wait until they are older to have sex and to encourage risk reduction for those students who are sexually active.

Core **Pedagogical** Components – **HOW** IYG content is taught, such as teaching methods, strategies and interactions

- Create and maintain a positive learning environment by always using the ground rules for every lesson.
- Follow rules for parental consent set forth by your school/organization.
- Give clear directions for activities and model activities.
- Use repetition of messages to reinforce learning at the beginning and end of each lesson.

Core **Implementation** Components – the **LOGISTICS** such as lesson sequence, lesson delivery and facilitator/teacher skills

- All 24 lessons should be taught.
- Lessons should be taught in the order in which they appear.
- The lessons can be delivered according to any schedule that works best for the school/setting (e.g., twice a week, once a week, every day) within a 4 month time period
- Do not add activities to the program.
- The computer lessons are designed to be completed individually, and should **not** be delivered in a group format. If students do not have **access** to computers on site (school/community setting), teachers/facilitators should assign the computer lessons and the associated quiz for students to complete offsite.
- While this program was tested in a school setting, it would also be appropriate to implement the program in a community-based setting.