

Reducing the Risk

Logic Model



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Logic Model

Logic models are graphic depictions that show clearly and concisely the causal mechanisms through which specific interventions can affect behavior and thereby achieve a health goal. They should be based in part upon theory and thus portray the “theories of change” that underlie an intervention.

While there are many types of logic models, some logic models specify (1) the health goal to be achieved, (2) the behaviors a person needs to change to achieve a health goal, (3) the risk or protective factors that affect those behaviors, and (4) the intervention components or activities designed to change each selected risk and protective factor.

In the figures below, first is a snapshot of a logic model for *Reducing the Risk*. That model simply specifies all the activities, all the risk and protective factors and all the behaviors designed to affect the two health goals of *Reducing the Risk*. Second is a more detailed model that specifies which particular activities affect which specific risk and protective factors, which in turn affect specific behaviors that affect teen pregnancy and sexually transmitted diseases.

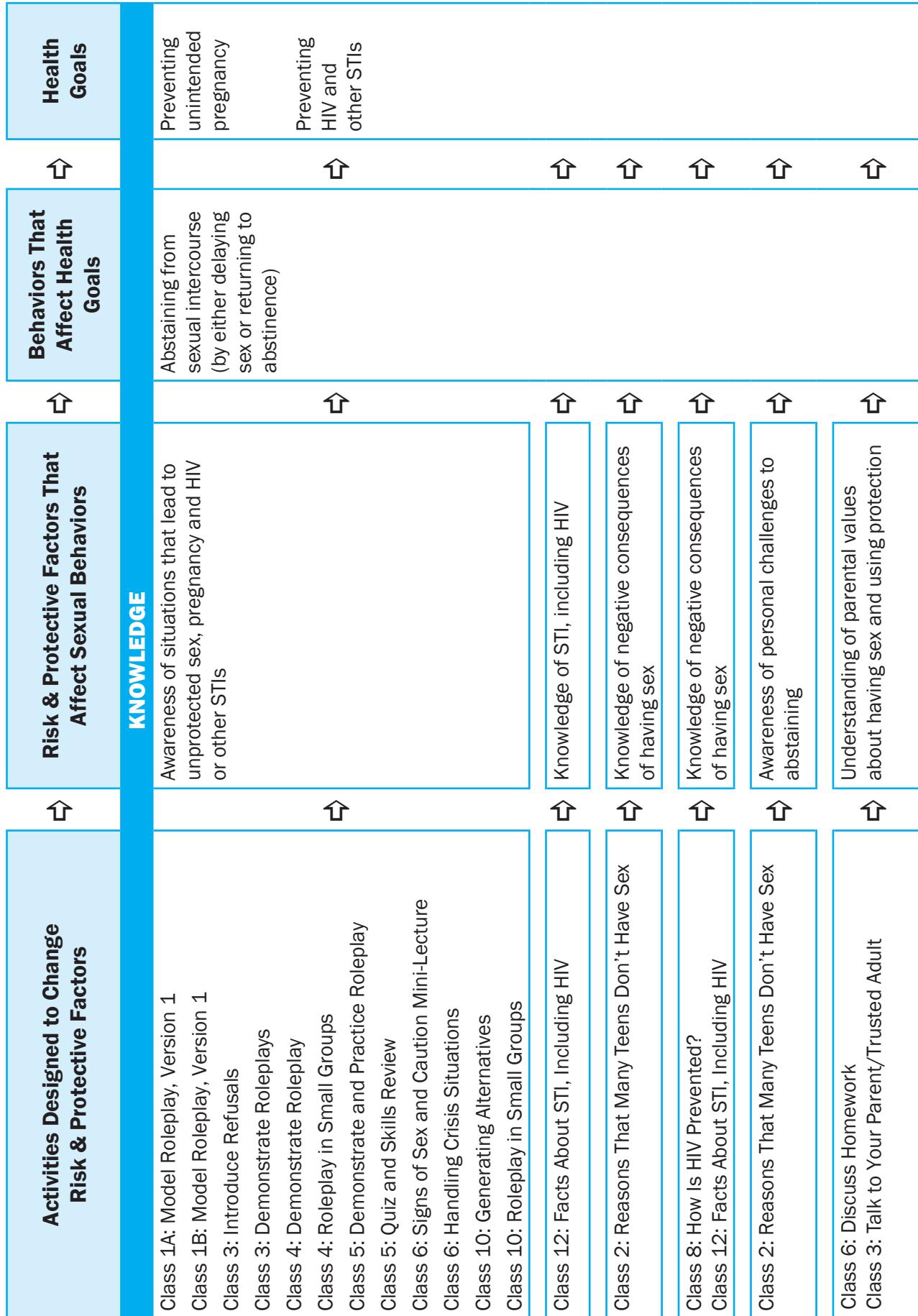
These models can:

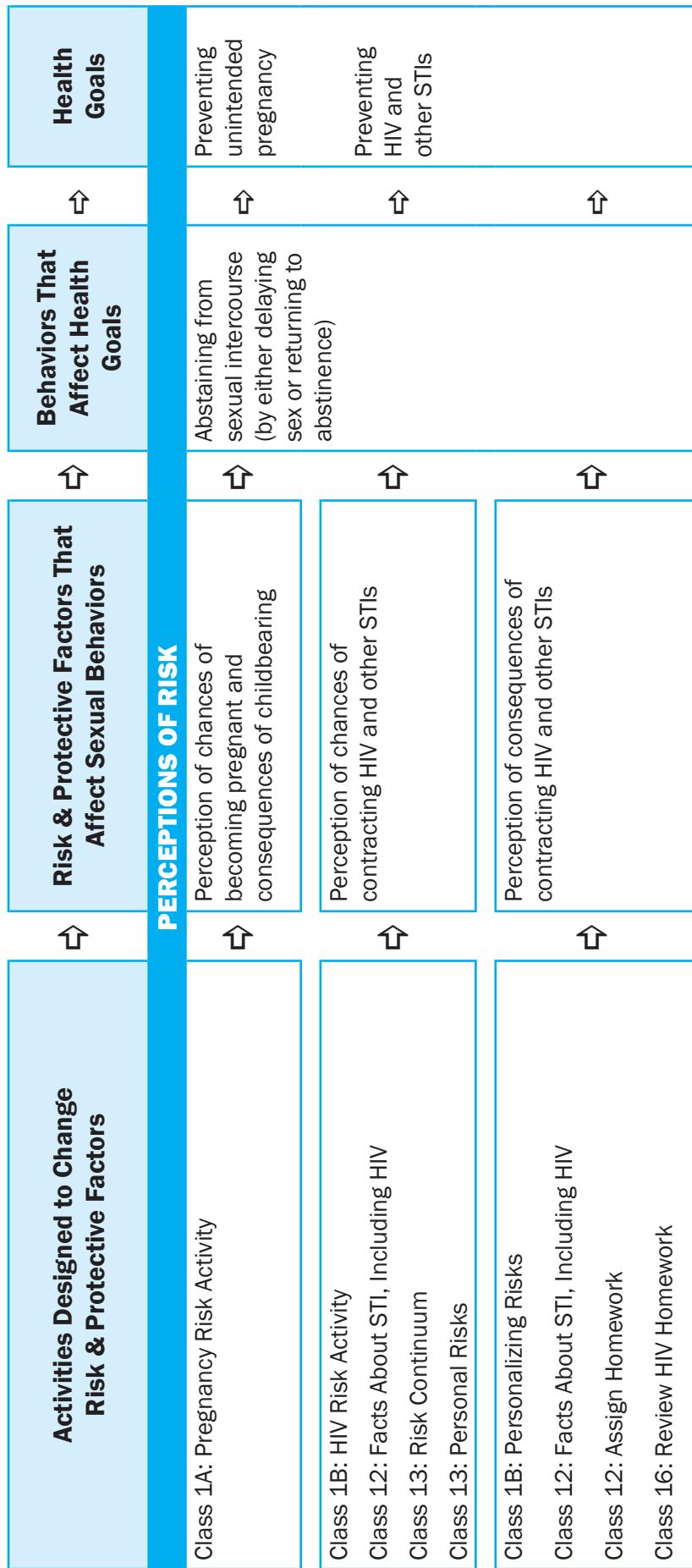
- ◆ Provide a clear rationale for each program activity by specifying the risk and protective factors each activity is designed to change. These rationales can help curriculum implementers understand the importance of each activity.
- ◆ Serve as a map to guide adaptations so that changes or additions are consistent with the logic and factors presented in the model.
- ◆ Specify the risk and protective factors and behaviors that should be measured in an impact evaluation.

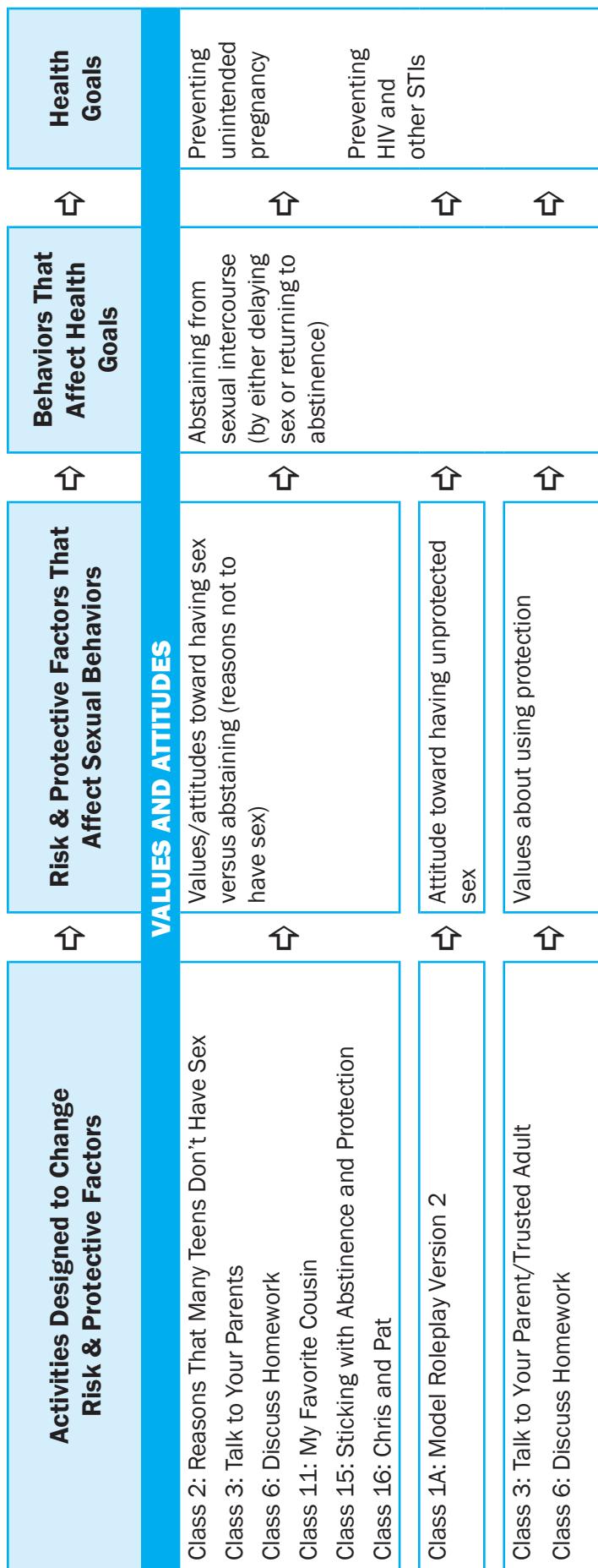
Reducing the Risk Logic Model: Snapshot

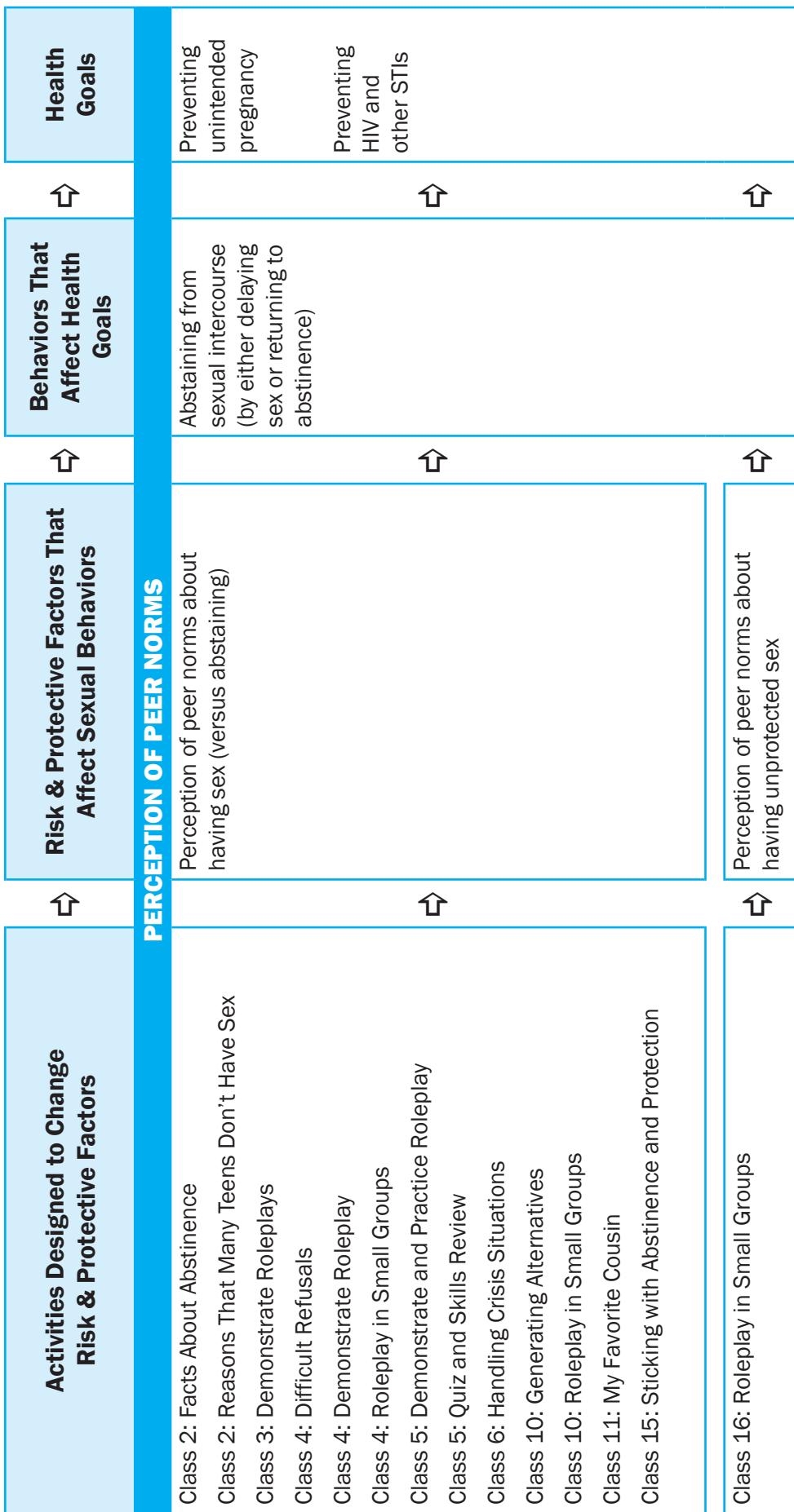
RTR Intervention Classes Designed to Change Risk & Protective Factors	Risk & Protective Factors Affecting Sexual Behaviors Addressed in RTR	PARENT-CHILD COMMUNICATION	Sexual Behaviors Directly Affecting RTR's Health Goal	RTR's Health Goal
<p>Class 1A: Abstinence, Sex and Protection: Pregnancy Prevention Emphasis</p> <p>Class 1B: Abstinence, Sex and Protection: HIV Prevention Emphasis</p> <p>Class 2: Abstinence: Not Having Sex</p> <p>Class 3: Refusals</p> <p>Class 4: Using Refusal Skills</p> <p>Class 5: Delay Tactics</p> <p>Class 6: Avoiding High-Risk Situations</p> <p>Class 7: Getting and Using Protection—I</p> <p>Class 8: Getting and Using Protection—II</p> <p>Class 9: Knowing and Talking About Protection: Skills Integration—I</p> <p>Class 10: Skills Integration—II</p> <p>Class 11: Skills Integration—III</p> <p>Class 12: Preventing HIV and Other STI</p> <p>Class 13: HIV Risk Behaviors</p> <p>Class 14: Implementing Protection from STI and Pregnancy</p> <p>Class 15: Sticking with Abstinence and Protection</p> <p>Class 16: Skills Integration—IV</p>	<p>KNOWLEDGE/AWARENESS of:</p> <ul style="list-style-type: none"> Situations that lead to unprotected sex, pregnancy and HIV/STI Consequences of having sex Pregnancy incidence, risk and prevention HIV risks, transmission, consequences STI prevention, transmission, treatment Abstinence Methods of protection Successful relationships Personal challenges to abstaining Refusals and delay tactics Parental values about sex and contraception <p>PERCEPTION OF RISK of:</p> <ul style="list-style-type: none"> Pregnancy HIV Being in a risky situation <p>VALUES about:</p> <ul style="list-style-type: none"> Sexual activity Unprotected sex Protection <p>ATTITUDES about:</p> <ul style="list-style-type: none"> Abstinence Having sex Using protection HIV Pregnancy <p>SOCIAL/PEER NORMS around:</p> <ul style="list-style-type: none"> Sex and abstinence Condom use <p>SKILL AND SELF-EFFICACY to:</p> <ul style="list-style-type: none"> Recognize, avoid or get out of situations that might lead to sex Say no to sex or unprotected sex Talk with partner about sex and protection <p>EMOTIONS about:</p> <ul style="list-style-type: none"> Talking about and obtaining protection <p>INTENTIONS to:</p> <ul style="list-style-type: none"> Use refusal/delay tactics Be abstinent Use condoms and/or contraception Avoid pregnancy Avoid HIV and other STI <p>PARENT-CHILD COMMUNICATION about:</p> <ul style="list-style-type: none"> Sexual activity and protection 	<p>Reduce the onset of sexual intercourse</p> <p>Increase use of condoms and contraception</p>	<p>To prevent teen pregnancy</p> <p>To prevent HIV and other STIs</p>	

Reducing the Risk Logic Model: Detailed Version



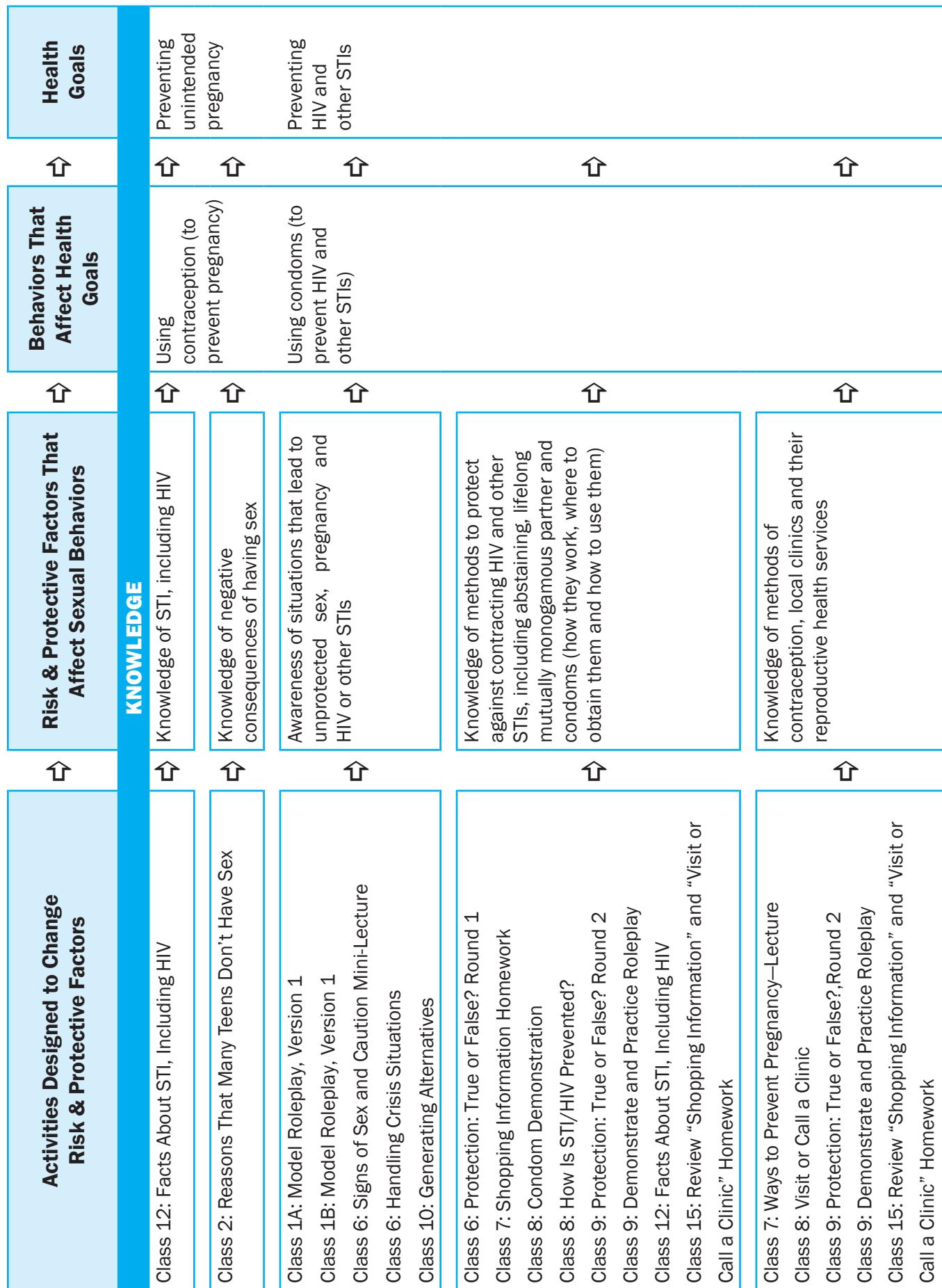




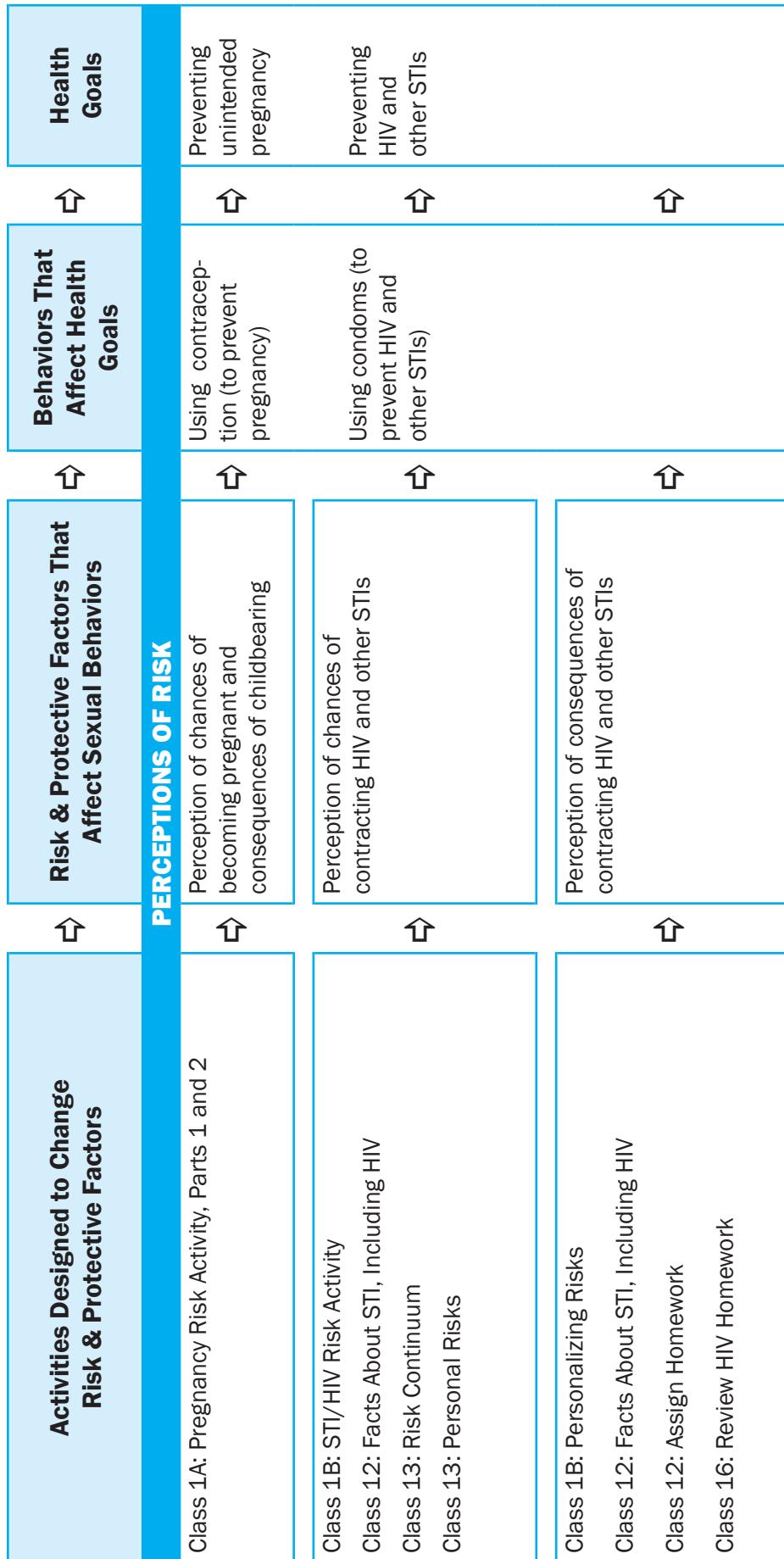


Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
<ul style="list-style-type: none"> Class 1B: Model Roleplay Version 2 Class 2: Communicating About Abstinence Class 3: Introduce Refusals Class 3: Demonstrate Roleplays Class 4: Refusals Quiz Class 4: Demonstrate Roleplay Class 4: Roleplay in Small Groups Class 5: Review Class 4 Class 5: Introduce Delay Tactics Class 5: Demonstrate and Practice Roleplay Class 5: Quiz and Skills Review Class 10: Review Refusals Class 10: Roleplay in Small Groups Class 11: My Favorite Cousin Class 16: Chris and Pat Class 16: Roleplay in Small Groups 	<p>SKILLS</p> <p>Skill and self-efficacy to say no to sex or unprotected sex or to avoid having sex</p>	<p>Abstaining from sexual intercourse (by either delaying sex or returning to abstinence)</p>	<p>Preventing unintended pregnancy HIV and other STIs</p>
<ul style="list-style-type: none"> Class 6: Signs of Sex and Caution Mini-Lecture Class 6: Handling Crisis Situations Class 10: Generating Alternatives Class 15: Sticking with Abstinence and Protection 	<p>Skill and self-efficacy to recognize, avoid or get out of situations that might lead to sex</p>	<p>Preventing unintended pregnancy HIV and other STIs</p>	

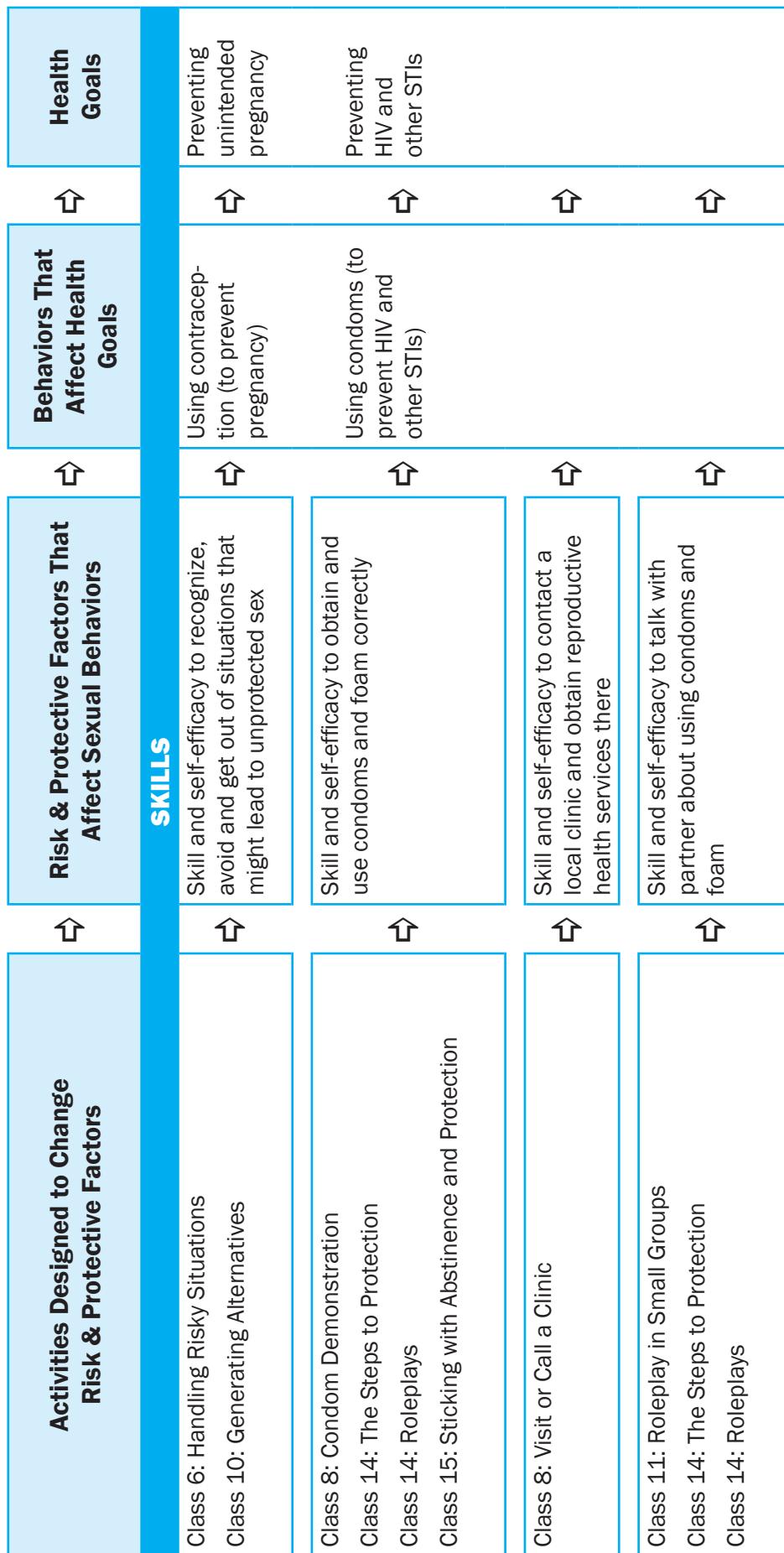
Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
		Abstaining from sexual intercourse (by either delaying sex or returning to abstinence)	Preventing unintended pregnancy Preventing HIV and other STIs
PARENT-CHILD COMMUNICATION	Class 3: Talk to Your Parent/Trusted Adult Class 6: Discuss Homework		
		Increase parent/child communication about sex, condoms and contraception	Preventing unintended pregnancy Preventing HIV and other STIs
Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
	INTENTIONS	Abstaining from sexual intercourse (by either delaying sex or returning to abstinence)	Preventing unintended pregnancy Preventing HIV and other STIs
	Class 15: Sticking with Abstinence and Protection		
		Intentions to be abstinent	Preventing unintended pregnancy Preventing HIV and other STIs

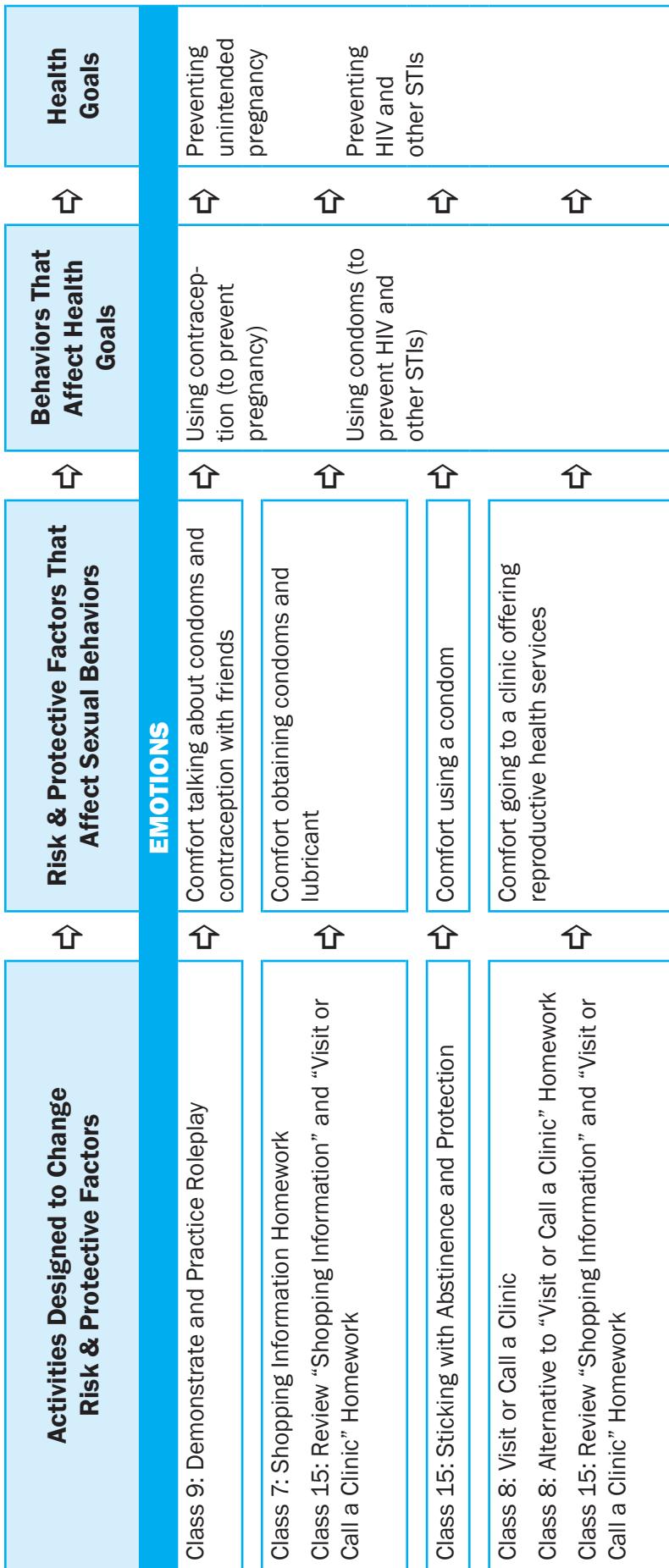


Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
	↳ Knowledge of STI testing and treatment	↳ Using contraception (to prevent pregnancy)	↳ Preventing unintended pregnancy
KNOWLEDGE continued			
Class 12: Facts About STI, Including HIV	↳ Understanding of parental values about having sex and using protection	↳ Using condoms (to prevent HIV and other STIs)	↳ Preventing HIV and other STIs
Class 3: Talk to Your Parent/Trusted Adult Class 6: Discuss Homework	↳	↳	↳



Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
	VALUES AND ATTITUDES	Using contraception (to prevent pregnancy)	Preventing unintended pregnancy
Class 1A: Model Roleplay Version 2	Attitude toward having unprotected sex	Using condoms (to prevent HIV and other STIs)	Preventing HIV and other STIs
	Attitudes about using condoms and contraception		
Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
	PERCEPTION OF PEER NORMS	Using contraception (to prevent pregnancy)	Preventing unintended pregnancy
Class 10: Generating Alternatives Class 16: Roleplay in Small Groups	Perception of peer norms about having unprotected sex	Using condoms (to prevent HIV and other STIs)	Preventing HIV and other STIs
	Perception of peer norms about using condoms and foam		
Class 14: Roleplays Class 15: Sticking with Abstinence and Protection			





Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
PARENT-CHILD COMMUNICATION	<p>Parent-child communication about sex, condoms and contraception</p>	<p>Using contraception (to prevent pregnancy)</p> <p>Using condoms (to prevent HIV and other STIs)</p>	<p>Preventing unintended pregnancy</p> <p>Preventing HIV and other STIs</p>
Class 3: Talk to Your Parent/Trusted Adult Class 6: Discuss Homework			
COMMUNICATION WITH FRIENDS	<p>Communication with friends about contraception</p>	<p>Using contraception (to prevent pregnancy)</p>	<p>Preventing unintended pregnancy</p> <p>Preventing HIV and other STIs</p>
Class 9: Demonstrate and Practice Roleplay			

