



ETR's Evidence-Based Programs

ETR offers a number of evidence-based and evidence-informed programs for youth. Evidence-based programs have been scientifically evaluated and demonstrated effectiveness in achieving desired outcomes. Evidence-informed programs have not been the subject of a formal research study, but do incorporate key characteristics research has identified in programs that have been found to be effective in changing health and risk behaviors.

All programs ETR selects to publish:

- Are based on theoretical approaches demonstrated to be effective in reducing health-related risky behaviors.
- Target clearly defined health behavior outcomes.
- Have statistically significant results from a rigorous research study.
- Use multiple learning activities and strategies.
- Feature interactive and cooperative learning approaches.
- Provide training and support for teachers.

An Overview of ETR's Sexual Health Programs

Evidence-based sexual health and prevention programs help young people:

- Value abstinence and safer-sex practices
- Understand facts about HIV, other STIs and pregnancy prevention
- Evaluate risks and consequences of becoming an adolescent parent or becoming infected with HIV or another STI
- Negotiate abstinence or safer-sex practices with a partner
- Practice effective communication skills for remaining abstinent or avoiding unprotected sexual intercourse
- Take care of their sexual health
- Choose responsible sexual behaviors

What our Evidence-Based Programs cover:

- Importance of building healthy relationships
- Factual information about HIV and other STIs
- Abstinence as the surest way to avoid unplanned pregnancy, HIV and other STIs

- Protection methods for avoiding HIV and other STIs if and when a person chooses to have sex, including proper condom use
- Protection methods for avoiding unplanned pregnancy if and when a person chooses to have sex, including various forms of contraception
- How to talk to a partner about the decision to abstain or practice safer sex
- The importance of getting help from parents and other trusted adults when they have questions or concerns about their sexual health

Some programs also provide information about reproductive anatomy and physiology. Some provide optional lessons that define sexual identity, including sexual orientation, gender identity and gender expression.

ETR's Evidence-Based Programs do not encourage young people to have sex. They stress that delaying sexual activity until a later age is the best way to avoid the risks of unplanned pregnancy, HIV and other STIs. They may define, but do not evaluate or judge different kinds of sexual behaviors. They promote sexual responsibility and give students the information and skills they need to avoid unplanned pregnancy, HIV and other STIs.

More information about our evidence-based programs can be found at ETR's [Program Success Center website](#).