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.

*Adapted from ETR Associates: The Dance of Fidelity 2011*