

FACT SHEET



PROGRAM OVERVIEW

Focus on Youth (FOY) is a community-based intervention that provides youth with the skills and knowledge they need to protect themselves from HIV and other STDs. The curriculum, founded on the Protection Motivation Theory, uses fun, interactive activities such as games, role plays and discussions to convey prevention knowledge and skills. There is also a short component for parents, Informed Parents and Children Together (ImPACT) that assists them in areas such as parental monitoring and effective communication.

THE INTERVENTIONS

Focus on Youth with ImPACT has been identified by CDC's Prevention Research Synthesis program as a Best-Evidence Effective Behavioral Intervention. These sessions are accompanied by Informed Parents and Children Together (ImPACT), a ninety minute one-on-one parental intervention, which includes a 20 minute video.

- ImPACT:** Parental Monitoring and Communication
- FOY Session 1:** Trust Building and Group Cohesion
- FOY Session 2:** Risk and Values
- FOY Session 3:** Obtaining Sexual Health Information
- FOY Session 4:** Examining Consequences

- FOY Session 5:** Assertive Communication
- FOY Session 6:** Sexual Health & Showing You Care Without Having Sex
- FOY Session 7:** Attitudes and Skills for Sexual Health
- FOY Session 8:** Community Project



THE RESEARCH

The original evaluation was conducted by Dr. Bonita Stanton and a team of researchers at the University of Maryland, Baltimore from 1992- 2002. Implementation of Focus on Youth with ImPACT produced the following results:

- ◆ Condom use was greater overall for youth who participated in FOY compared to control groups at the 6-month follow up.
- ◆ At 6-month follow-ups, youth who participated in FOY *and* whose parents were involved with ImPACT reported significantly lower rates of sex, sex without a condom, alcohol use and cigarette use than those youth who only received the FOY intervention. After 12 months, youth were less likely to use alcohol and marijuana when compared to the youth-only intervention.
- ◆ At 24 months after the intervention, youth were less likely to use marijuana or other illicit drugs and were more likely to ask partners about past condom use.



FOY CORE ELEMENTS

The core elements of Focus on Youth are:

- ◆ Delivering intervention to youth in community-based settings
- ◆ Using two skilled facilitators to implement the youth group
- ◆ Using “social networks” to strengthen peer support
- ◆ Using culturally appropriate interactive activities proven as effective learning strategies to help youth capture the important constructs in the theory
- ◆ Including a “family tree” to contextualize and personalize abstract concepts e.g., decision-making and risk assessment
- ◆ Enabling participants to learn and practice a decision making model
- ◆ Training participants in assertive communication and refusal skills related to negotiation of abstinence or safer sex behaviors
- ◆ Teaching proper condom use skills
- ◆ Involvement of the youth's parents or other significant adults in the intervention

IMPACT CORE ELEMENTS

The core elements of ImPACT are:

- ◆ Delivering intervention one on one to parent/guardian and youth in the home or other community-based setting
- ◆ Using a facilitator whom parents find credible
- ◆ Delivering intervention prior to youth beginning FOY or no later than Session 3
- ◆ Use of an entertaining documentary that shows the challenges and importance of parents monitoring and talking to their children ages 12-15 about sex, abstinence, STDs, HIV and condoms.
- ◆ Facilitator must sit down and watch the video with the parent/guardian and youth. Youth and parent/guardian must watch the video together
- ◆ Enabling parent/guardian and youth to learn and practice communication skills.
- ◆ Teaching parent/guardian and youth proper condom use skills
- ◆ Distributing and guiding parent/guardian and youth through a Resource Guide that discusses communication, parental monitoring, condom use and STD/HIV among young African Americans

PACKAGE CONTENTS:

The Intervention Package consists of the curriculum, 10 youth workbooks, parent resource guide, parent facilitator session guide, ImPACT video, technical assistance guide, evaluation manual, and a materials kit.

TARGET POPULATION

Focus on Youth targets African American youth, ages 12-15.

TRAINING AND TECHNICAL ASSISTANCE:

A 5-day interactive Training of Facilitators (TOF) is available to prepare participants for the implementation of the FOY intervention. For more information about this intervention, or to place your name on a list for future training go to www.effectiveinterventions.org.

For technical assistance, contact your CDC project officer or Health Department representative. You may also contact www.foy@etr.org or visit www.cdc.gov/hiv/cba.