

# Focus on Youth Core Elements

## Implementation core elements:

- **Core Element 1:** Deliver intervention to youth in community-based settings.
- **Core Element 2:** Use two skilled facilitators to model communication, negotiation and refusal skills for the youth.
- **Core Element 3:** Use “friendship” or venue-based groups (i.e., a basketball team, a scout troop, church group, an existing youth group) to strengthen peer support.

## Content core elements:

- **Core Element 4:** Use culturally appropriate interactive activities proven as effective learning strategies to help youth capture the important constructs in the theory.
- **Core Element 5:** Include a “family tree” to contextualize and personalize abstract concepts, such as decision making and risk assessment.
- **Core Element 6:** Enable participants to learn and practice a decision-making model such as SODA (Stop, Options, Decide, Action).
- **Core Element 7:** Train participants in assertive communication and refusal skills specifically related to negotiation of abstinence or safer sex behaviors.
- **Core Element 8:** Teach youth proper condom use skills.

# ImPACT Core Elements

## Implementation core elements:

- **Core Element 1:** Delivering intervention **one-on-one** to parents/guardians and youth in well-located community-based setting (such as CBO, church, recreation center, or school) or their home at a time and place that is convenient for parent/guardian.
- **Core Element 2:** Use of a facilitator whom the parents/guardians find credible. The facilitator should be skilled at building rapport with parent and youth at the beginning of the session.
- **Core Element 3:** Ideally, *ImPACT* should be delivered prior to the youth beginning the *Focus on Youth* intervention.

## Pedagogy Core Elements:

- **Core Element 4:** Use of a 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.
- **Core Element 5:** Facilitator must sit down and watch the video with the parent/guardian and youth. Youth and parent/guardian must watch the video together.
- **Core Element 6:** Enabling parent/guardian and youth to learn and practice communication skills.
- **Core Element 7:** Teaching parent/guardian and youth proper condom use skills.
- **Core Element 8:** Distributing and guiding parent/guardian and youth through a Resource Guide that includes the following topics:
  - Basic components of good communication and how to talk to your youth
  - Importance of parental monitoring
  - Steps for proper condom use
  - STD and HIV facts, including prevalence data among young African-Americans