



# TEEN PREVENTION EDUCATION PROGRAM

*Equipping Students to Make Decisions Responsibly on Issues of Sexual Health*

## SUMMARY

The Teen Prevention Education Program (Teen PEP) is an evidence-based and school-based program that utilizes peer-to-peer education to increase responsible decision-making among students around issues of sexual health. The program was originally developed in 1995 through a collaboration of the Center for Supportive Schools (formerly Princeton Center for Leadership Training); HiTOPS, Inc.; and the New Jersey Department of Health.

## PROGRAM DESIGN

Teen PEP includes a year-long (or equivalent), credit-bearing, leadership course for high school juniors and seniors that meets daily and is taught by school faculty. These junior and senior students become trained peer educators who meet with target groups of their peers in outreach sessions designed to reduce risk factors for sexually transmitted infections, HIV, and unintended pregnancy, while simultaneously enhancing protective factors against these negative outcomes.

- Teen PEP's launch begins with the assembly of a Stakeholder Team of administrators, faculty, parents, and community members who receive the training, tools, and resources necessary to implement and sustain Teen PEP effectively year after year.
- Carefully selected school faculty members participate in a 60-hour intensive train-the-trainer course to learn how to run the program and teach the daily leadership course.
- As part of their regular school schedule, carefully selected junior and senior high school students are trained in the daily leadership development class to become peer educators.
- These peer educators work in groups to conduct highly-structured, scripted workshops for a target group of their peers in which they address a comprehensive range of sexual health topics, including postponing sexual involvement, preventing unintended pregnancy, preventing sexually transmitted infections, HIV/AIDS, and understanding the role of alcohol and other drugs on sexual decision-making. Contraception and abstinence as well as the skills to use contraceptives and implement abstinence are included as topics.
- Teen PEP also includes a parent involvement component. Peer educators organize and facilitate Family Night events for peers and their parents/guardians to provide an opportunity for parent-teen dialogue about sexual health issues.

## RESULTS

Studies conducted by Rutgers University (2000-2003) and Johns Hopkins University School of Medicine (2009) provide strong evidence that Teen PEP significantly improves the skills, knowledge, attitudes, and behaviors of participating students. Program participants are more likely than non-participants to: wait longer to have sex; stop having sex; reduce the number of sex partners; and use birth control.

## FOR MORE INFORMATION

For more information about the Teen Prevention Education Program, please contact Dr. Margo Ross, Senior Director of Development, at 609.252.9300 x113 or [mross@supportiveschools.org](mailto:mross@supportiveschools.org). You can also visit our website at [www.supportiveschools.org](http://www.supportiveschools.org) or the Teen PEP website at [www.teenpep.org](http://www.teenpep.org).