

Science-Based Program

A science-based program is one that research has shown to be effective in changing at least one of the following behaviors that contribute to early pregnancy, STD and HIV infection: delaying sexual initiation, reducing the frequency of sexual intercourse, reducing the number of sexual partners, or increasing the use of condoms and other contraceptives. The program was evaluated using a rigorous research design, which includes the following:

- Using an experimental or quasi-experimental evaluation design
- Measuring knowledge, attitude, and behavior
- Having an adequate sample size
- Collecting data from both groups at three months or later after intervention
- Using sound research methods and processes
- Replicating in different locations and finding similar evaluation results
- Publishing results in a peer-reviewed journal

If a science-based program cannot be implemented with fidelity, or cannot be adapted to fit a community's population, then implementing a promising program would be the next best option.