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Smart Program Shopping

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Select a sexual health education program if it...

- ✓ Is an evidence-based sexual education program
- ✓ Was tested among a population with similar demographics to those of your district or school (e.g., gender, race/ethnicity, grade)
- ✓ Was effective in changing the behaviors you want to target (e.g., delay sexual initiation, increase condom or contraceptive use)
- ✓ Meets your district or school's goals and objectives
- ✓ Reflects values consistent with those in your district or school

Things to consider...

- How much time does it take to implement the program?
- How much does the program cost?
- Is training required?
- What resources are needed to implement the program (e.g., audio visual equipment, computers, and community partnerships)?
- Is technical assistance offered?
- Does this program meet Texas Essential Knowledge and Skills (TEKS) related to sexual health education?
- If it does not meet 100% of TEKS, what other resources or instructional materials will you pull in to supplement?



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Top 10 Questions to Ask Program Vendors:

1. Who developed your program? Did program development involve multiple people with different backgrounds in research and sexual health education as well as parents, youth, and other stakeholders?
2. Was the program developed based on health promotion or behavioral theories?
3. Does the program address multiple risk and protective factors affecting sexual behaviors such as knowledge, attitudes, perceived risks, perceived norms, self-efficacy, and intentions to delay sex?
4. Does the program incorporate a variety of teaching methods (e.g. short lectures, class discussion, small group work, role plays, live skits, competitive games, problem-solving activities, condom demonstrations, clinic visits)? Do the activities help youth personalize the information they are learning?
5. Was the program evaluated? Who did the evaluation? Where did it take place?
6. Did the evaluation include a comparison/control group?
7. Did the evaluation show statistically significant changes in risk or protective factors that affect sexual behaviors such as knowledge, attitudes, perceived risks, perceived norms, self-efficacy, and intentions to delay sex?
8. Did the evaluation show statistically significant changes in participants' sexual behaviors?
9. Were evaluation results sustained at least 3 or more months following program implementation?
10. Were evaluation results published in a peer-reviewed scientific journal?

Did You Know?

An evidence-based program has been:

- ✓ Rigorously evaluated
- ✓ Found to effectively change *behavior*
- ✓ Found to positively impact behavior at least 3 months post-implementation
- ✓ Published in a peer-reviewed scientific journal

View the [tutorial](#) in the Select step in iCHAMPSS for more information!



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If the answer to ALL of the questions listed above is YES, then the program is most likely an evidence-based¹ program that has been rigorously evaluated in an experimental or quasi-experimental context. If the answer to any ONE of the questions is NO, then the program may not be an evidence-based program. However, it may still be an evidence-informed program. Though evidence-informed programs have received less rigorous testing, they may still be appropriate for your district, depending on your unique needs. You should consider how all of the programs that are included on the [iCHAMPPS Selection Guide](#) can meet your district's needs before choosing an evidence-based or evidence-informed program.

¹ Evidence-based programs have undergone peer review and rigorous evaluation through a randomized controlled trial or strong quasi-experimental design and have shown impact on behaviors.