

Name of Intervention	Becoming a Responsible Teen (BART)
Based on Behavioral and Social Science Theory(ies)	Social Learning Theory Self-efficacy Theory
Summary of Intervention	<p>Becoming a Responsible Teen (BART) is an HIV prevention curriculum primarily for African-American adolescents, ages 14-18, in non-school, community-based settings. African-American adolescents, separated by gender attend eight weekly sessions of a sexuality education program that includes behavioral skills training. In addition to information about AIDS and prevention of HIV infection, the youth participate in activities to build skills in correct condom use, assertive communication, refusal, information provision, self management, problem solving, and risk recognition. Abstinence is also woven throughout the curriculum and is discussed as the best way to prevent HIV infection and pregnancy. Teen play a large role in this intervention by developing the interactive group discussions and role plays. By participating in these sessions, teens learn to “spread the word” to their friends about HIV risks. They are encouraged to practice skills outside the group and share the results. The group provides creative solutions to reported problems. The eight sessions consist of the following:</p> <ul style="list-style-type: none"> <li>• Session 1: Understanding HIV and AIDS</li> <li>• Session 2: Making Sexual Decisions and Understanding Your Values</li> <li>• Session 3: Developing and Using Condom Skills</li> <li>• Session 4: Learning Assertive Communication Skills</li> <li>• Session 5: Practicing Assertive Communication Skills</li> <li>• Session 6: Personalizing the Risks</li> <li>• Session 7: Spreading the Word</li> <li>• Session 8: Taking BART with You</li> </ul>
Clearly Defined Audience	African-American adolescents, ages 14-18 (sexually experienced or sexually abstinent)
Goals and Objectives of the Intervention	<p>Goal(s):</p> <ul style="list-style-type: none"> <li>• To decrease the rate of HIV/AIDS infection among adolescent teens</li> </ul> <p>Objective(s):</p> <ul style="list-style-type: none"> <li>• To provide accurate information about HIV/AIDS, including means of transmission, prevention, and its impact on the community</li> </ul>

	<ul style="list-style-type: none"> <li>To clarify teen's values about sexual decisions and pressures</li> <li>To have teens demonstrate skills in correct condom use, assertive communication, refusal, information provision, self-management, problem-solving, and risk reduction</li> </ul>
Risk Behaviors the Intervention Focuses on	Unprotected anal, oral, and vaginal sex with multiple partners
Factors Influencing Behaviors (FIBs)/ Behavioral Determinants	<ul style="list-style-type: none"> <li>Knowledge (lack)</li> <li>Self-efficacy (low)</li> <li>Perceived susceptibility</li> <li>Attitudes</li> <li>Social support</li> <li>Communication and negotiation</li> <li>Peer pressure</li> <li>Expected outcomes</li> </ul>
Core Elements	<b>Unknown</b>
Setting	Non-school, community-based setting
Duration	Eight sessions, 1.5 – 2 hours in duration
Provides Opportunities to Practice Relevant Skills	<ul style="list-style-type: none"> <li>Condom demonstration</li> <li>Problem solving</li> <li>Group discussions</li> <li>Role-plays</li> <li>Assertive communication</li> <li>Refusal techniques</li> <li>Self-management</li> </ul>
Outcomes	Youth who participated in the intervention were more likely to use condoms and less likely to engage in unprotected vaginal or anal intercourse. Abstinent youth were more likely to stay abstinent.
Type of Intervention	GLI

Journal Citation(s):

St. Lawrence J.S., Brasfield, T., Jefferson, K.W., Alleyne, E., O'Bannon, R.E., Sherley, A. (1995). Cognitive-behavioral intervention to reduce African-American adolescents' risk for HIV infection. *Journal of Consulting and Clinical Psychology*, 63(2), 221-237.

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