

Youth Development Behavioral Interventions Coordinated with Work or Vocational Training to Reduce Sexual Risk Behaviors in Adolescents

Task Force Finding

Intervention Definition

Youth development behavioral interventions employ a holistic approach to adolescent health and wellness, and may or may not include components that are focused directly on pregnancy and STI prevention. These interventions emphasize:

- Social, emotional, or cognitive competence training that promotes pro-social norms
- Improved decision making
- Self-determination
- Improved communication skills
- Positive bonding experiences between youth and their peers or non-parental role models

Work or vocational training experience includes opportunities in business; health; auto mechanics and repair; heavy equipment operation; or paid work at day camps, child care centers, and parks and recreation programs. This experience provides opportunities for adolescents to interact with adults in the work place and aims to assist them in forming a positive adult identity, as well as a sense of responsibility, dependability, and punctuality.

Task Force Finding (April 2008)

The Community Preventive Services Task Force finds insufficient evidence to support youth development behavioral interventions coordinated with employment or vocational training to reduce sexual risk behaviors among adolescents. Evidence is considered insufficient because effect estimates were small and inconsistent across the body of evidence.

All of the interventions evaluated in this review included sexual behavior or risk reduction content as part of the behavioral intervention, although the emphasis on this component varied. The Task Force acknowledges that this review, focused on the subset of intervention studies that evaluated change in sexual risk behavior outcomes, does not provide a complete, systematic assessment of all of the evidence regarding overall effectiveness of these combined approaches.

The data presented here are preliminary and are subject to change as the systematic review goes through the scientific peer review process

Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

Document last updated December 11, 2013

Suggested citation:

The Community Preventive Service Task Force (CPSTF). *Youth Development Behavioral Interventions Coordinated with Work or Vocational Training to Reduce Sexual Risk Behaviors in Adolescents*. The Community Guide [www.thecommunityguide.org]. The Community Preventive Service Task Force, Atlanta, Georgia, 2008. <https://doi.org/10.15620/cdc/164217>