

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Program Name

Aban Aya Youth Project

Developer

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Program Description and Overview

The Aban Aya Youth Project (AAYP) is a program designed to reduce rates of risky behaviors among African American children in 5th through 8th grades. *AAYP* is an Afro-centric social development curriculum instructed over a four-year period, beginning in the fifth grade. The number of lessons varies each year. The name of the intervention is drawn from two words in the Akan (Ghanian) language: ABAN (fence) signifies double/social protection AYA (the unfurling fern) signifies self determination. The purpose of the intervention is to promote abstinence from sex, to teach students how to avoid drugs and alcohol and how to resolve conflicts nonviolently.

1. The **social development curriculum** focused on reducing risky behaviors, such as violence, substance abuse, and unsafe sexual practices.
2. The **school/community intervention** included the social development curriculum, plus parental support and school climate and community components.
3. The **health enhancement curriculum** focused on promoting healthy behaviors related to nutrition, physical activity, health care, cultural pride and communalism.

Over the course of four years (5th-8th grade) program, the curriculum provides accurate information about risky behaviors (unsafe sex, violence, alcohol and drug use), changes student perceptions of acceptable behavior, and alters dangerous norms (carrying weapons, drug trafficking, sexual activity, fighting, etc.) The curriculum emphasizes spiral learning, with review and reinforcements following the end of the lessons.

Core Components

Content Components

- Abstinence
- Behavioral Skills Development
- Contraceptive Education
- Self-Efficacy/Self-Esteem
- Sexuality/HIV/AIDS/STI Education
- African American Culture, Values and History

Pedagogy Components

- Use African teaching methods
 - Nguzo Saba principles
 - Storytelling
 - African/African American proverbs
 - African American History
 - African American Literature

- Small and Large Group Discussions
- Lectures
- Role Plays
- Video
- Games
- Quizzes (grades 5 and 6 only)
- Homework (some with parental participation)
- Public Service Announcements
- Anonymous Question Box

Implementation Components

- Lessons implemented over 4 year period (5th grade-8th grade)
- Number of lessons varies each year
- Use at least one health educator per session. (Note: There is no formal training required, however training is available through developer)
- 16-21 lessons each year
- Lessons are designed to be taught in classroom
- Lessons are 40-45 minutes

Target Population

Target Population Evaluated

- Predominately African American students
- Middle school students in grades 5-8
- Males and females

Potential additional target populations noted by developer

- Other ethnic students in middle school (grades 5-8)

Program Setting

Program Setting Evaluated

- Low-income metropolitan schools (in Chicago)

Potential additional program settings noted by developer

- Community-based organizations

Program Duration

- 4 year program (grades 5-8)
- 16-21 lessons each year (grades 5-8)
- 40-45 minute each lesson

Curriculum Materials

Curriculum materials are available from Sociometric Corporation Program Archive on Sexuality, Health, and Adolescence (PASHA) at <http://www.socio.com>.

Adaptations

Basic allowable adaptations

- All proposed adaptations must be approved by developer

- Change in target population ethnicity is allowable (all ethnicities can participate in program)
- Change in literature, stories, proverbs, names in role plays

Program Focus

Aban Aya Youth Project focuses on abstinence and STI prevention.

Research Evidence

Study Citation: Flay, B. R., Graumlich, S., Segawa, E., Burns, J. L., & Holliday, M. Y. (2004). Effects of 2 prevention programs on high-risk behaviors among African American youth: A randomized trial. *Archives of Pediatrics & Adolescent Medicine*, 158(4), 377-384.

Study Setting: Twelve high-risk metropolitan schools in Chicago, IL

Study Sample: 1,153 fifth through eighth grade students

- Mean age 10.8 years
- 50.5% female and 49.5% male
- 91% African American

Study Design: Cluster randomized trial. Four schools were randomly chosen to implement the *Aban Aya* curriculum, four were randomly chosen to implement the *Aban Aya* curriculum plus additional school and community support programs, and four were randomly chosen for a control group that implemented a general health curriculum focused on nutrition, physical activity, and general health care. Data were collected from surveys administered to study participants in the fall and spring of fifth grade and then annually in the spring of sixth, seventh, and eighth grades.

Study Rating: The study met the review criteria for a **moderate** study rating. It did not meet the review criteria for a high study rating because some study participants were added to the evaluation sample after the schools had been randomly assigned.

Study Findings: When the program ended in the spring of eighth grade:

- Boys participating in the intervention were significantly less likely to report recent sexual intercourse.
- The study found no statistically significant program impacts on sexual intercourse for girls.

The study also examined program impacts on measures of condom use. Findings for condom use were not considered for this review because they did not meet the review evidence standards. Specifically, findings were reported only for subgroups of youth defined by sexual activity at follow-up.

Program impacts were also examined on measures of violence, provoking behaviors, school delinquency, and substance use. Findings for these outcomes were not considered for the review because they fell outside the scope of the review.

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