

BART



Becoming a Responsible Teen

Logic Model

advancing
health
equity

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Becoming a Responsible Teen: Logic Model

Logic models are graphic depictions that show clearly and concisely the causal mechanisms through which specific interventions can affect behavior and thereby achieve a health goal. They should be based in part upon theory and thus portray the “theories of change” that underlie an intervention.

While there are many types of logic models, some logic models specify (1) the health goal to be achieved, (2) the behaviors a person needs to change to achieve a health goal, (3) the risk or protective factors that affect those behaviors, and (4) the intervention components or activities designed to change each selected risk and protective factor.

In the figures below, first is a snapshot of a logic model for *Becoming a Responsible Teen*. That model simply specifies all the activities, all the risk and protective factors and all the behaviors designed to affect the two health goals of *Becoming a Responsible Teen*. Second is a more detailed model that specifies which particular activities affect which specific risk and protective factors, which in turn affect specific behaviors that affect teen pregnancy and sexually transmitted infections.

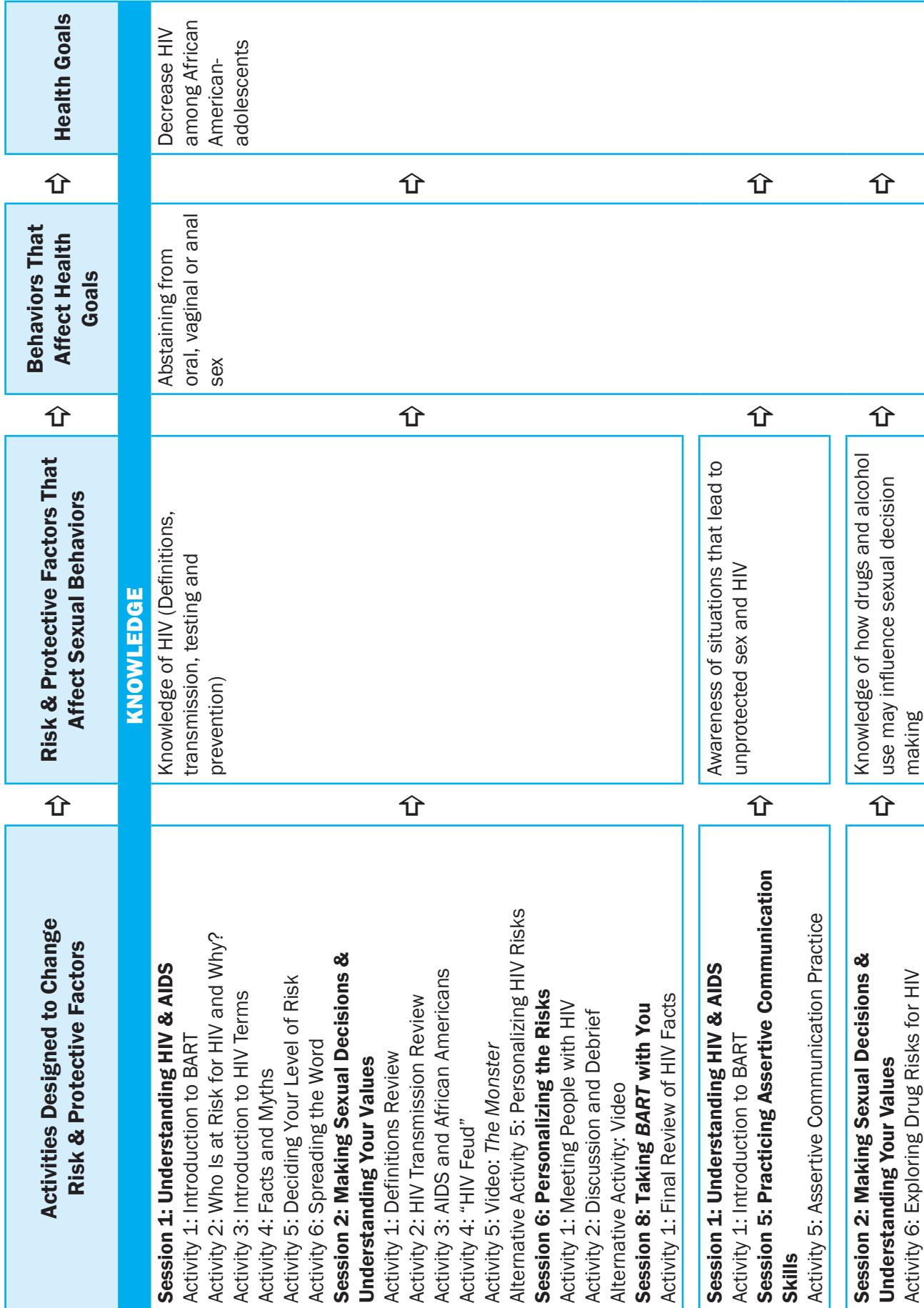
These models can:

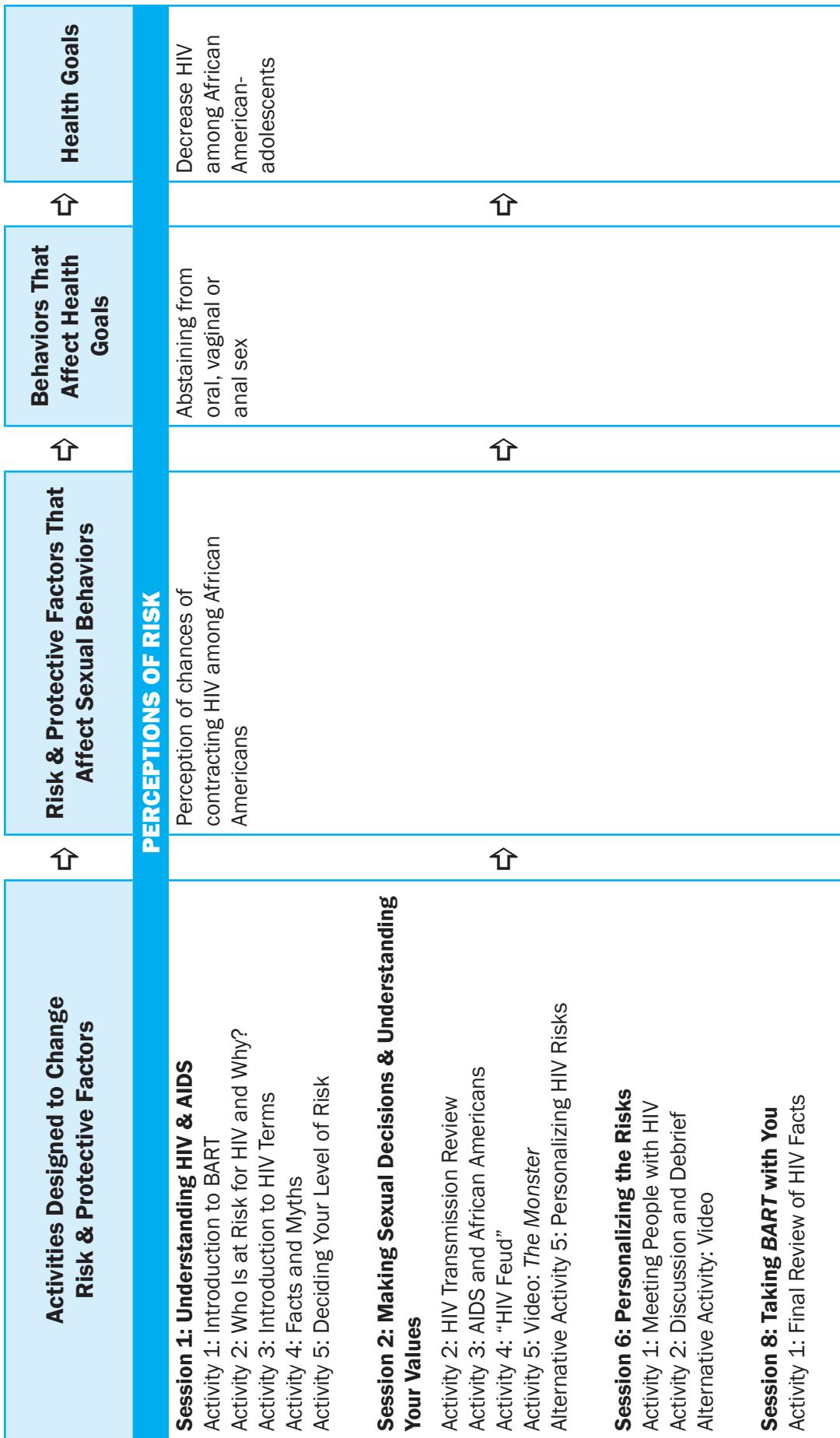
- ◆ Provide a clear rationale for each program activity by specifying the risk and protective factors each activity is designed to change. These rationales can help curriculum implementers understand the importance of each activity.
- ◆ Serve as a map to guide adaptations so that changes or additions are consistent with the logic and factors presented in the model.
- ◆ Specify the risk and protective factors and behaviors that should be measured in an impact evaluation.

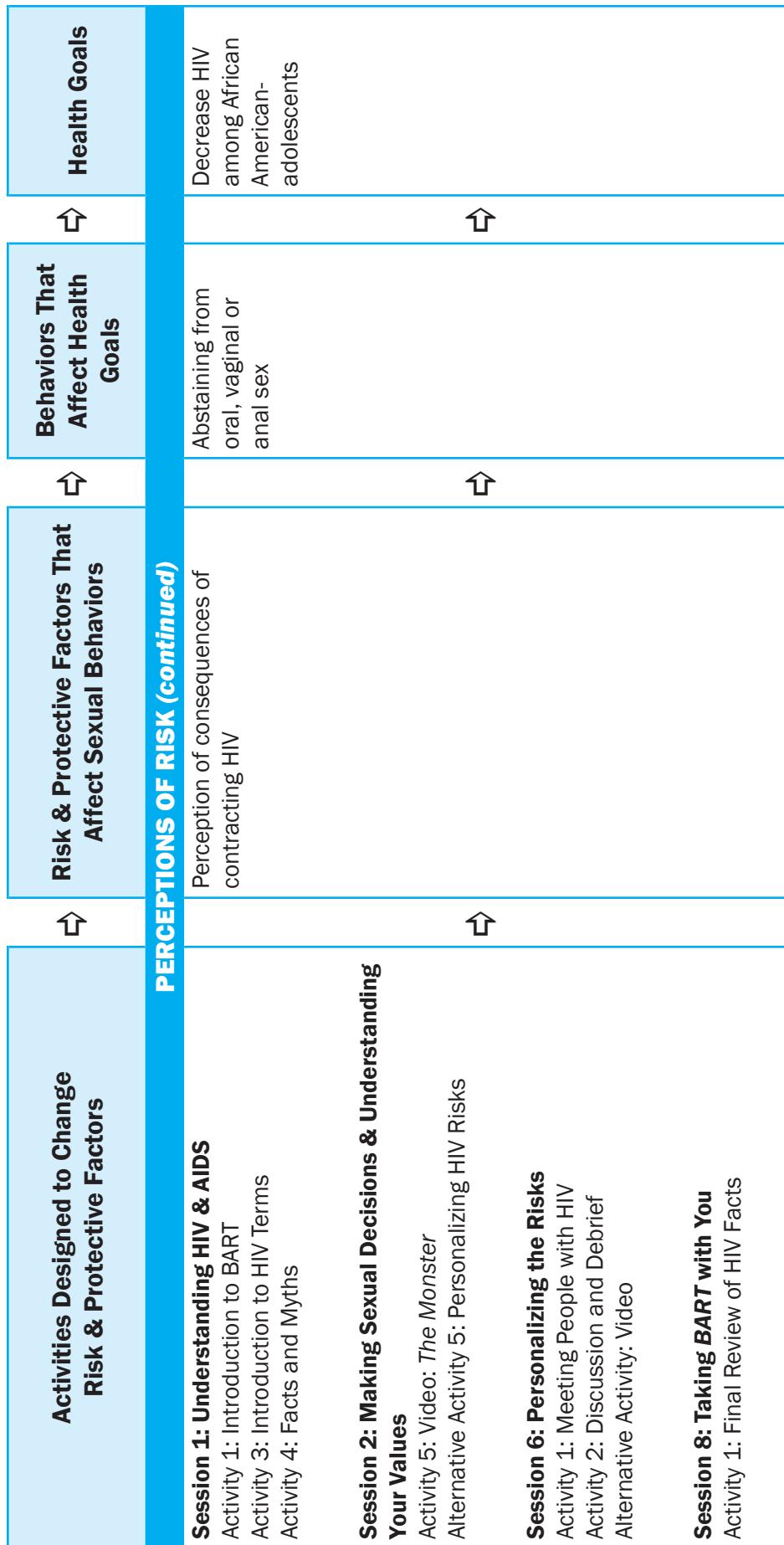
Becoming a Responsible Teen Logic Model: Snapshot

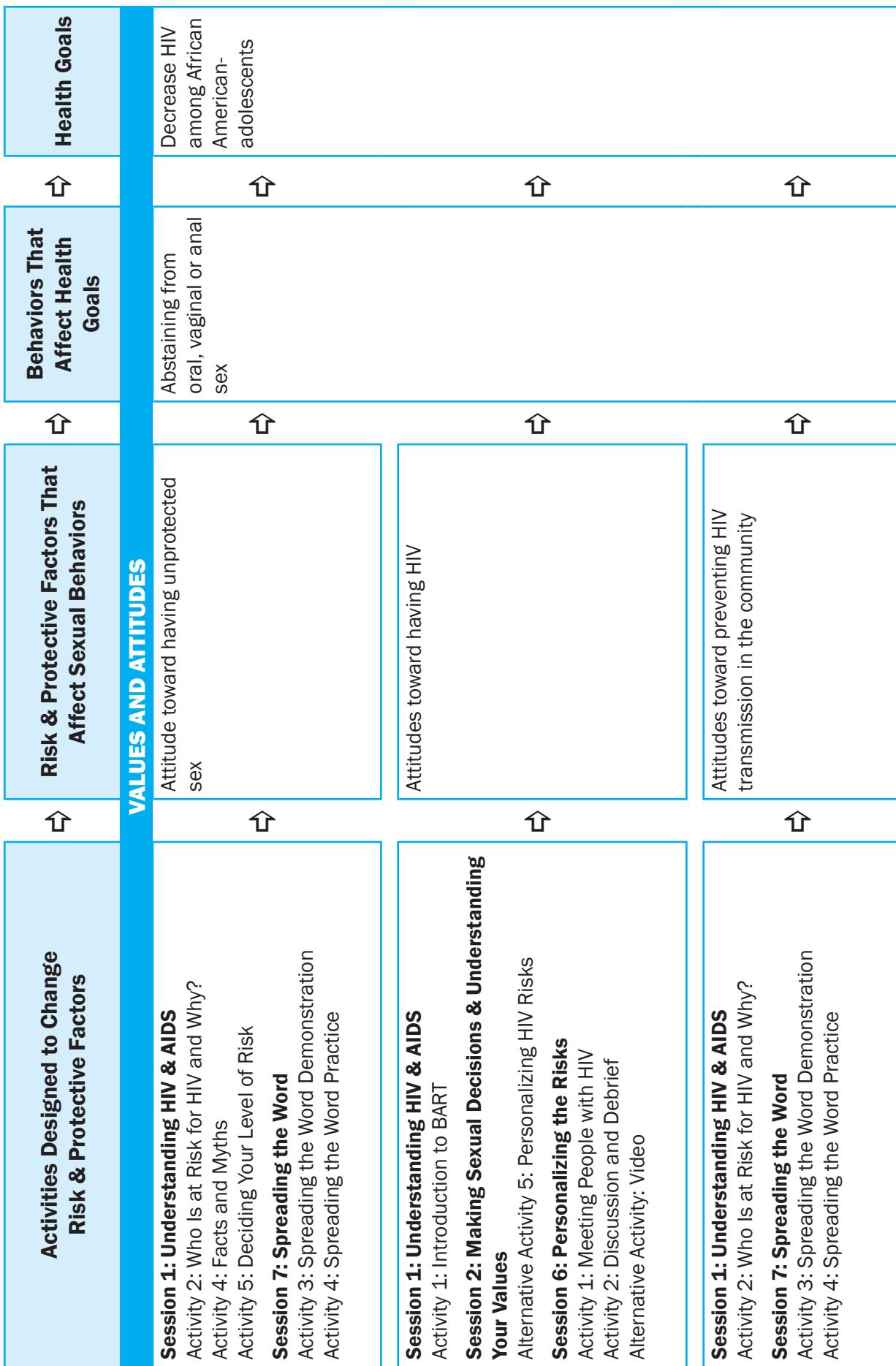
BART Intervention Sessions Designed to Change Risk & Protective Factors	Risk & Protective Factors Affecting Sexual Behaviors Addressed in BART	Behaviors Directly Affecting BART Health Goal	BART's Health Goal
<p>Session 1: Understanding HIV & AIDS Session 2: Making Sexual Decisions & Understanding Your Values Session 3: Developing & Using Condom Skills Session 4: Learning Assertive Communication Skills Session 5: Practicing Assertive Communication Skills Session 6: Personalizing the Risks Session 7: Spreading the Word Session 8: Taking BART with You</p> <p>KNOWLEDGE/AWARENESS of:</p> <ul style="list-style-type: none"> Situations that lead to unprotected sex and HIV How drugs & alcohol affect decision making HIV transmission, risks of contracting, consequences, testing Condoms and their use <p>PERCEPTION OF RISK of:</p> <ul style="list-style-type: none"> Contracting HIV among African Americans Consequences of contracting HIV <p>ATTITUDES about:</p> <ul style="list-style-type: none"> Having unprotected sex Using condoms Having HIV Preventing HIV transmission in community <p>PEER NORMS around:</p> <ul style="list-style-type: none"> Having sex and abstaining Having unprotected sex Using condoms <p>SKILL AND SELF-EFFICACY to:</p> <ul style="list-style-type: none"> Make a decision about what to do and not do sexually Recognize, avoid or get out of situations that might lead to sex Say NO to sex or unprotected sex Obtain and use condoms Talk with partner about sex and condoms <p>COMMUNICATION WITH PARENTS/ADULTS</p> <p>COMMUNICATION WITH FRIENDS</p> <ul style="list-style-type: none"> Communication with friends about HIV <p>COMMUNICATION WITH PARTNER</p> <ul style="list-style-type: none"> Communication with partner about condoms <p>CONNECTION TO African-American CULTURE</p> <p>INTENTIONS to:</p> <ul style="list-style-type: none"> Not have sex or use a condom Avoid HIV and other STD 	<p>Abstaining from oral, vaginal or anal sex Using condoms correctly</p> <p>↑</p>	<p>Decrease HIV among African-American adolescents</p> <p>↑</p>	

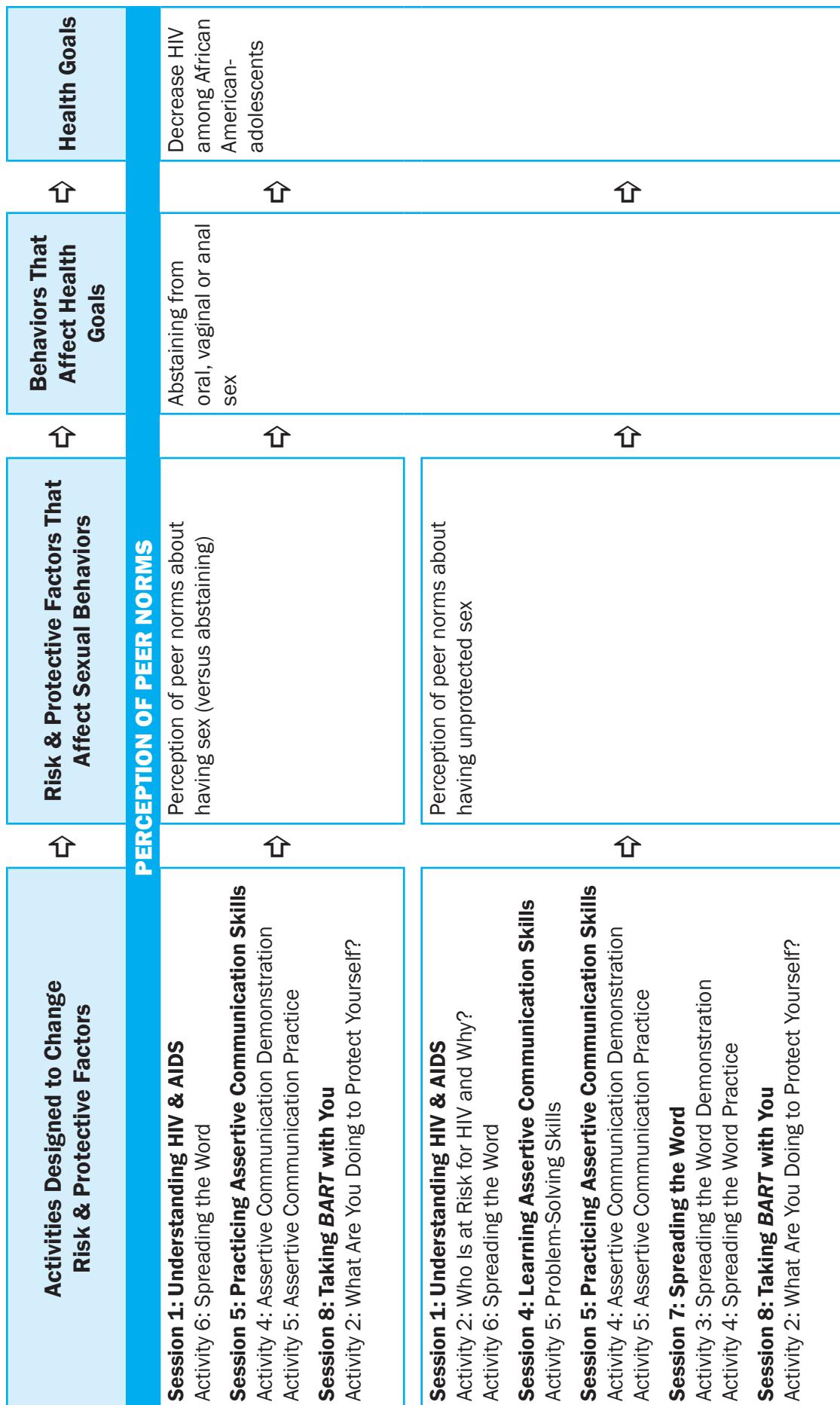
Becoming a Responsible Teen Logic Model: Detailed Version







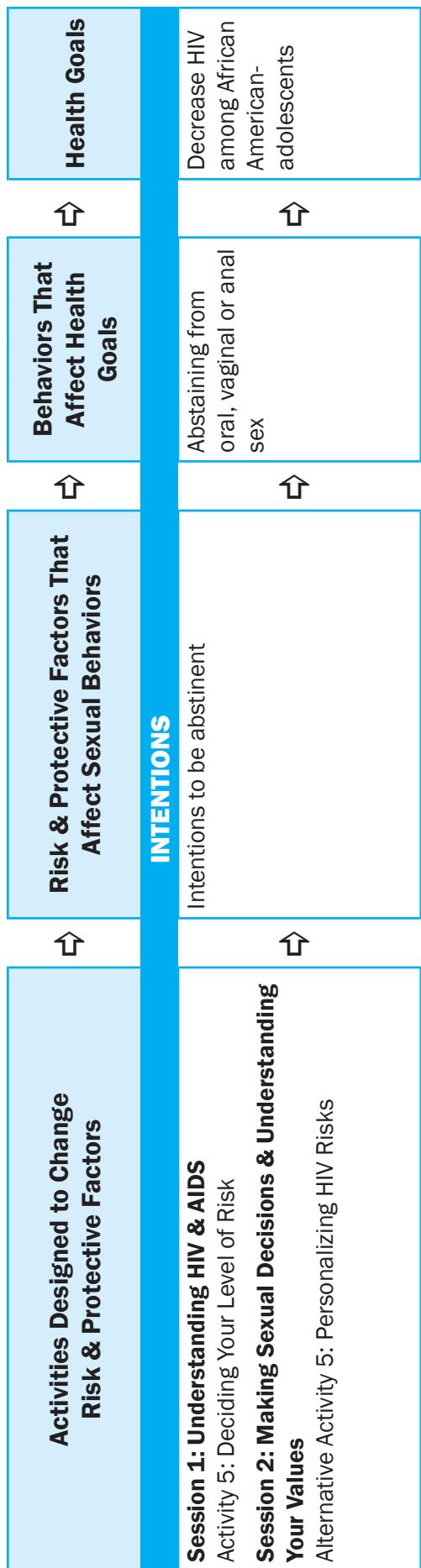


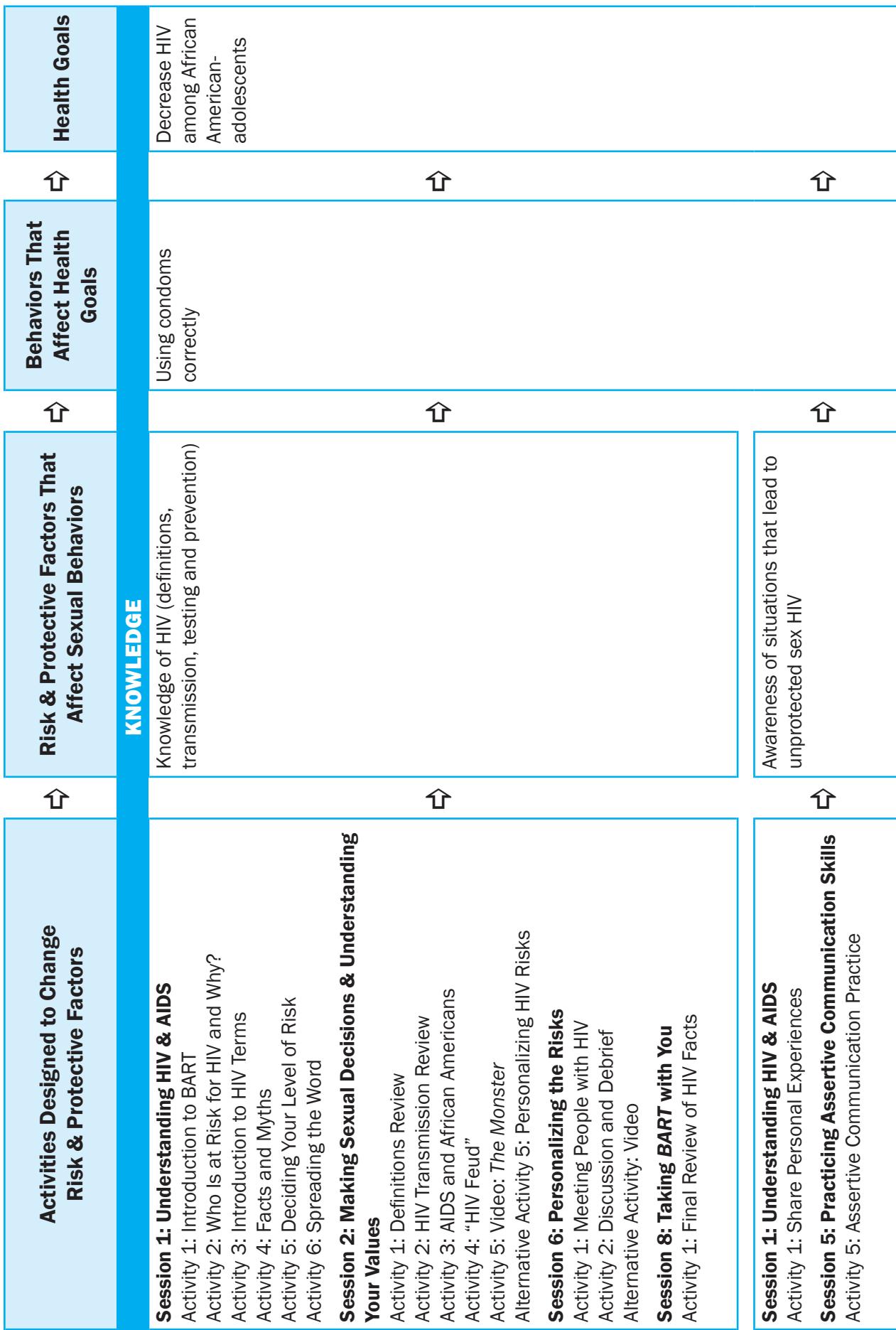


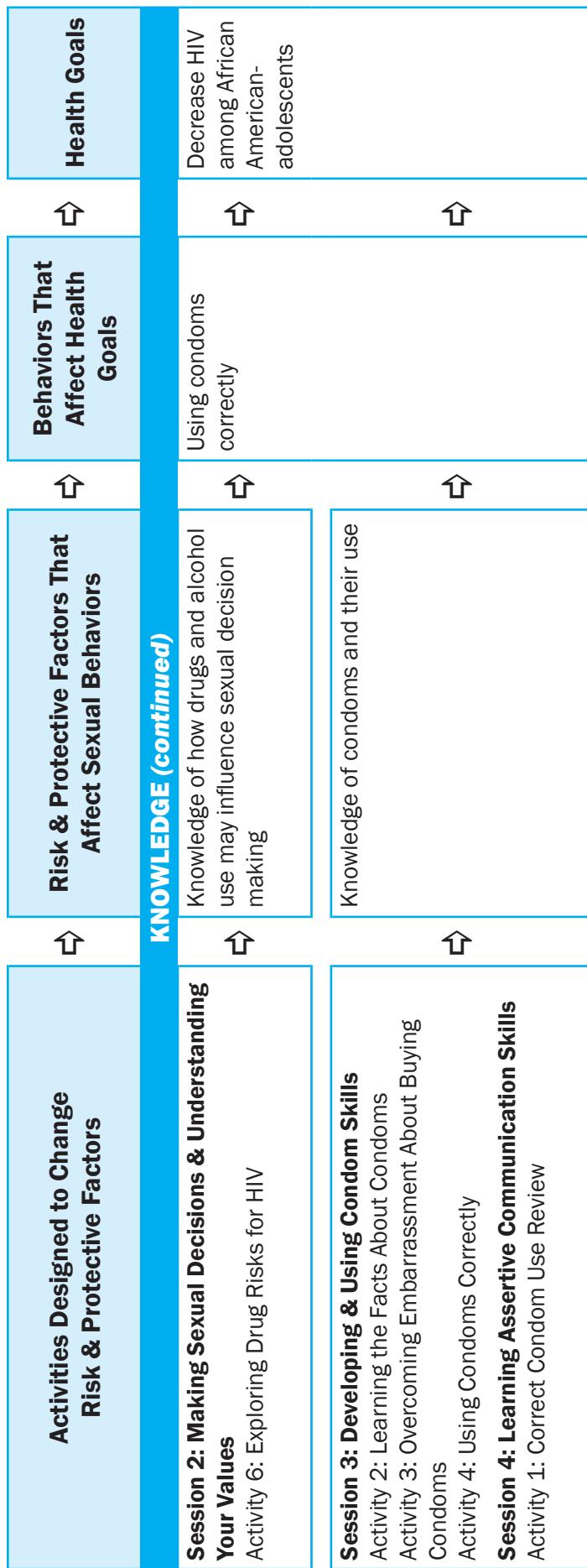
Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
Session 1: Understanding HIV & AIDS Activity 5: Deciding Your Level of Risk Session 2: Making Sexual Decisions & Understanding Your Values Alternative Activity 5: Personalizing HIV Risks Session 4: Learning Assertive Communication Skills Activity 5: Problem-Solving Skills	SKILLS Skill and self-efficacy to make a decision about what to do and not do sexually	Abstaining from oral, vaginal or anal sex	Decrease HIV among African-American adolescents
Session 4: Learning Assertive Communication Skills Activity 5: Personalizing HIV Risks Session 5: Practicing Assertive Communication Skills Activity 4: Negotiating Safer Sex Activity 5: Problem-Solving Skills Activity 6: Different Communication Styles	Skill and self-efficacy to say NO to sex or unprotected sex or to avoid having sex		
Session 5: Practicing Assertive Communication Skills Activity 1: Assertive Communication Review Activity 2: Assertive Communication Tips Activity 3: Ways to Say NO Session 7: Spreading the Word Activity 1: Assertive Communication in the Real World Activity 2: Getting Out of Risky Situations	SKILLS Skill and self-efficacy to say NO to sex or unprotected sex or to avoid having sex	Skills and self-efficacy to recognize, avoid or get out of situations that might lead to sex	

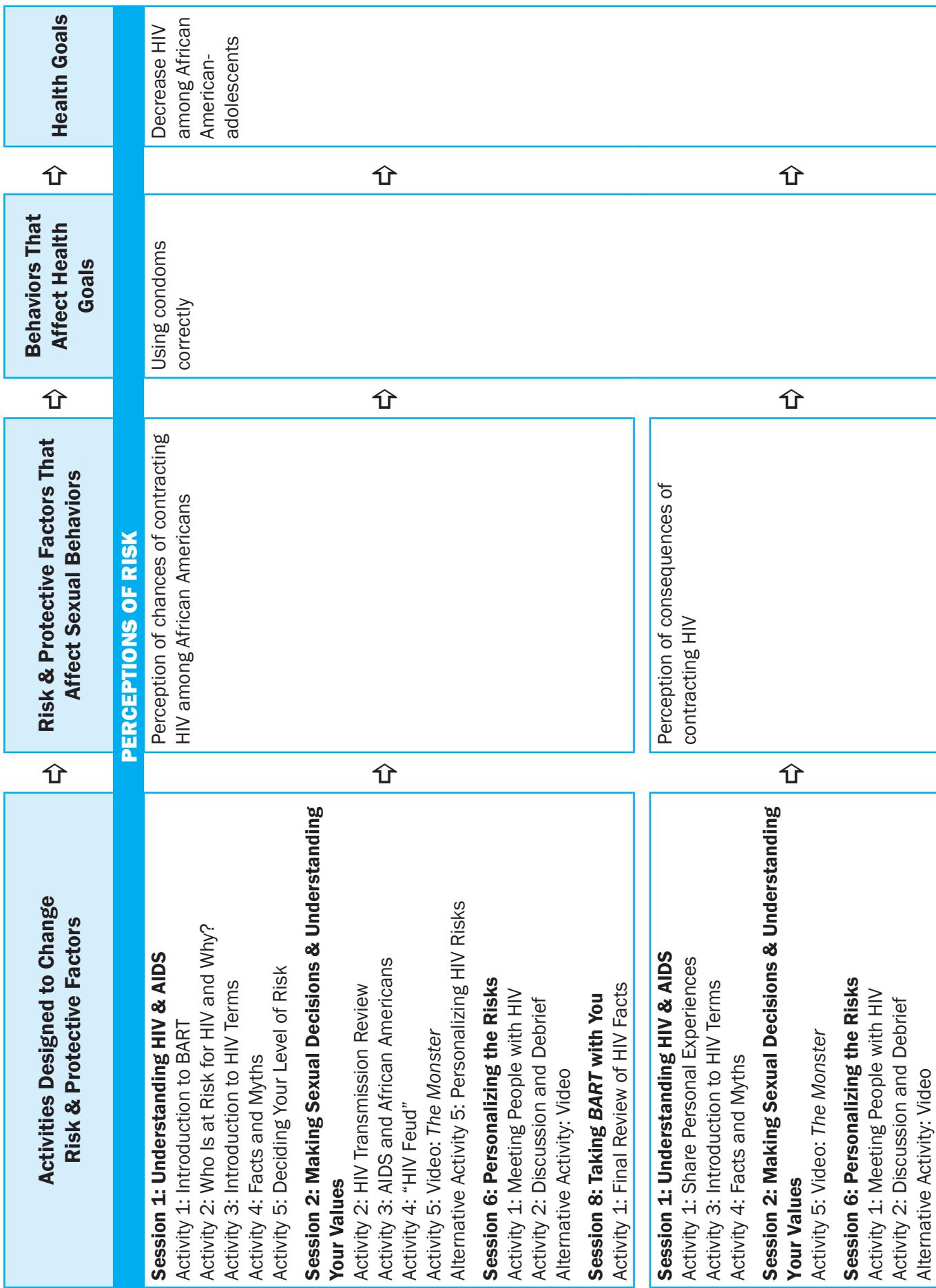
Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
		Abstaining from oral, vaginal or anal sex	Decrease HIV among African-American adolescents
Session 1: Understanding HIV & AIDS Activity 6: Spreading the Word Session 2: Making Sexual Decisions & Understanding Your Values Activity 7: Support Systems Session 6: Personalizing the Risks Activity 2: Discussion and Debrief Session 7: Spreading the Word Activity 3: Spreading the Word Demonstration Activity 4: Spreading the Word Practice Session 8: Taking BART with You Activity 3: What Are You Doing to Educate Others?	EMOTIONS	Comfort talking about sex and HIV	↑ ↑
Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
		Using condoms correctly	Decrease HIV among African American adolescents
Session 2: Making Sexual Decisions & Understanding Your Values Activity 7: Support Systems COMMUNICATION WITH PARENTS AND OTHER ADULTS Activity 3: Communication with parents and other adults	COMMUNICATION WITH PARENTS AND OTHER ADULTS	Communication with parents and other adults	↑ ↑

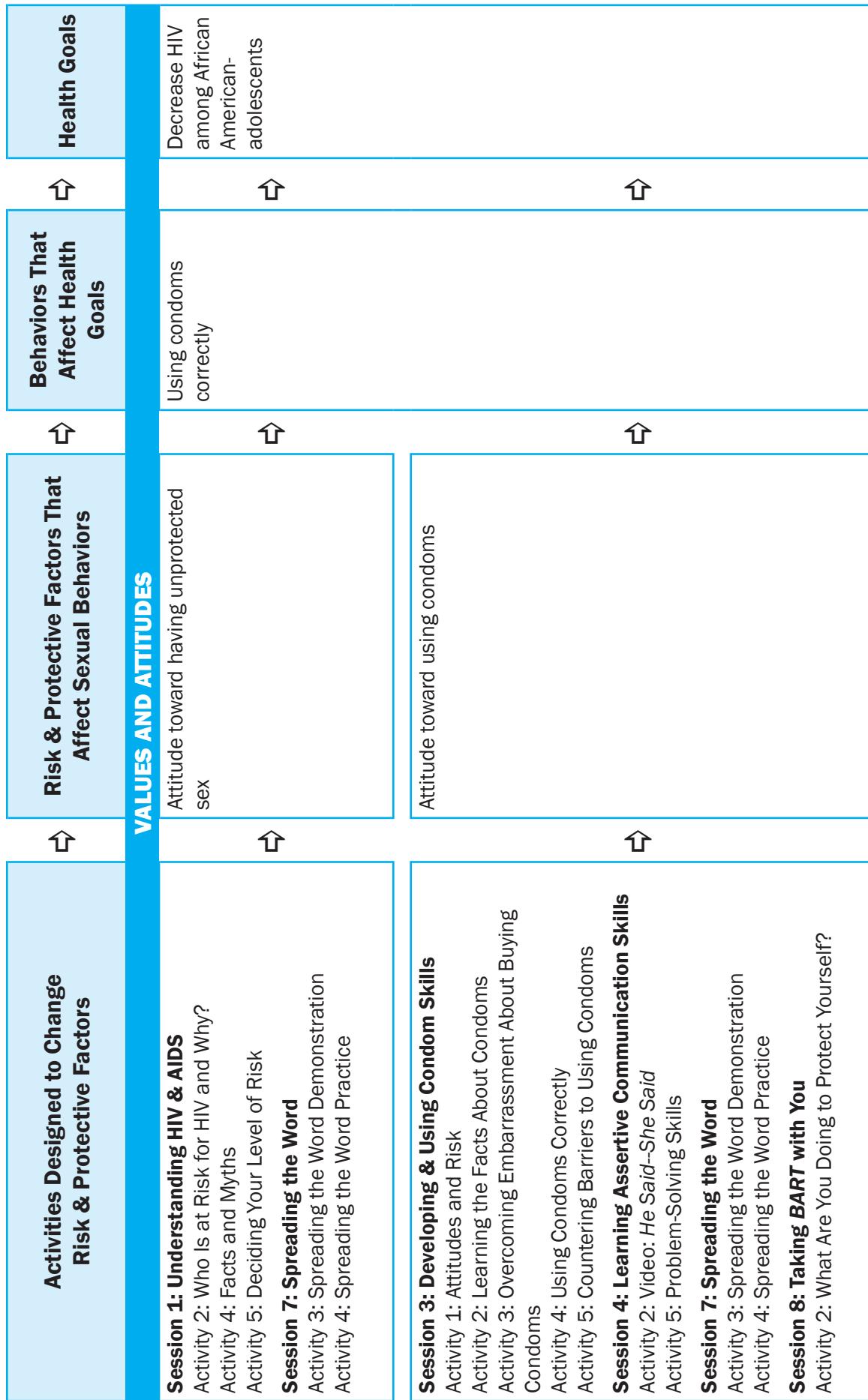


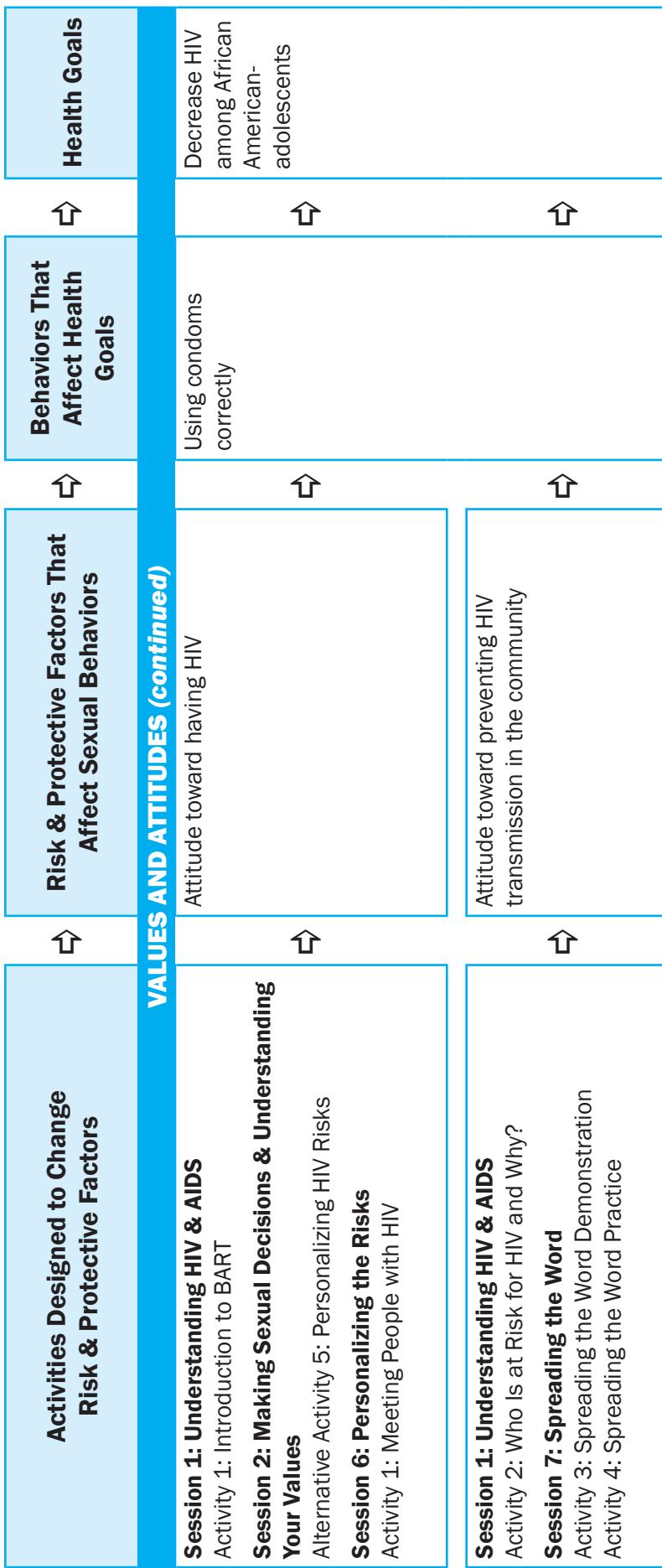


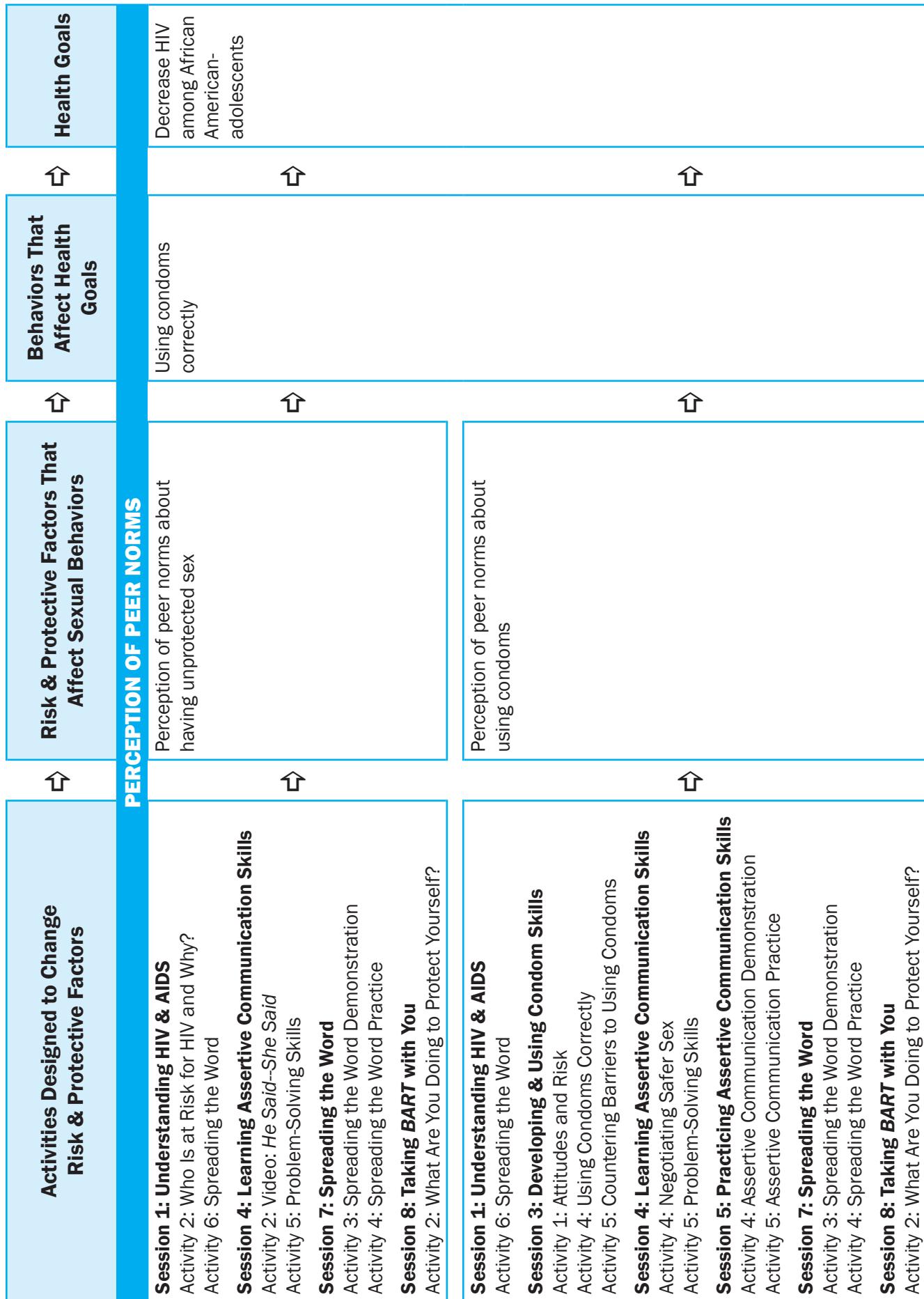


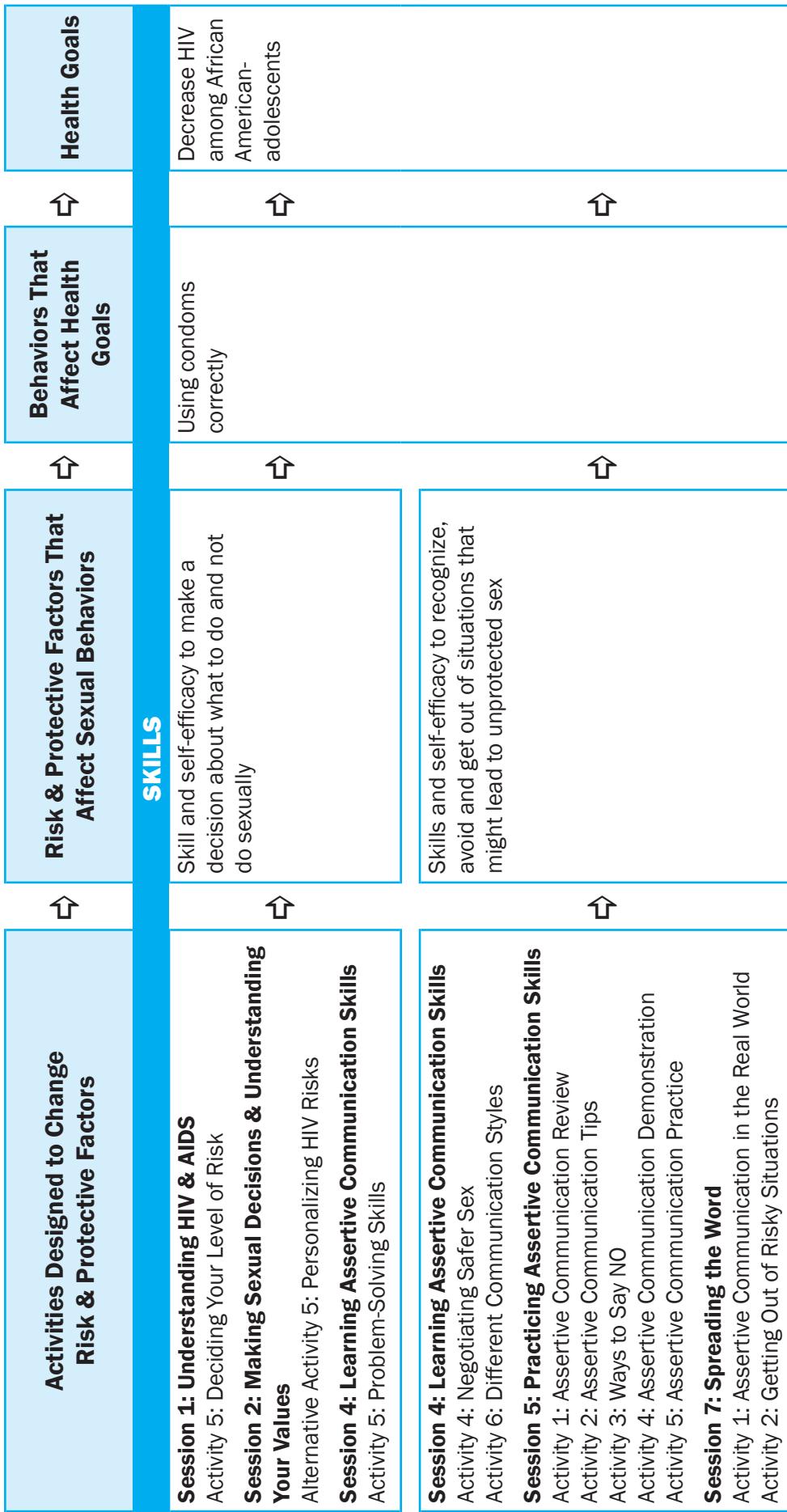












Activities Designed to Change Risk & Protective Factors <ul style="list-style-type: none"> Activity 2: Learning the Facts About Condoms Activity 3: Overcoming Embarrassment About Buying Condoms Activity 4: Using Condoms Correctly Activity 5: Counteracting Barriers to Using Condoms 	Risk & Protective Factors That Affect Sexual Behaviors <p>SKILLS continued</p>	Behaviors That Affect Health Goals <p>Skills and self-efficacy to obtain and use condoms</p>	Health Goals <p>Decrease HIV among African-American adolescents</p>
		<p>Skills and self-efficacy to talk with partner about using condoms, to insist on using condoms and/or to refuse to have sex without condoms</p>	

Session 4: Learning Assertive Communication Skills

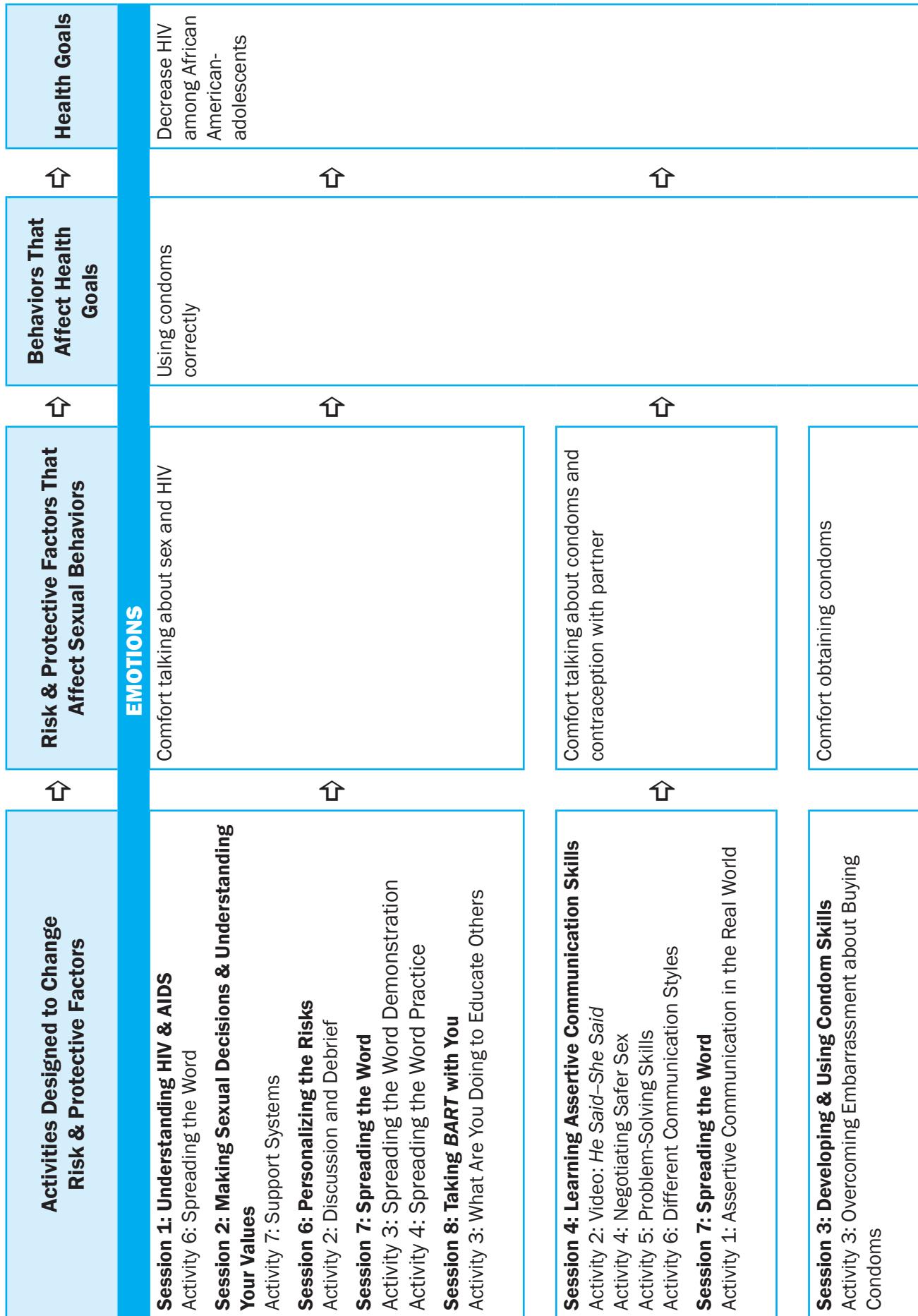
- Activity 4: Negotiating Safer Sex
- Activity 5: Problem-Solving Skills
- Activity 6: Different Communication Styles

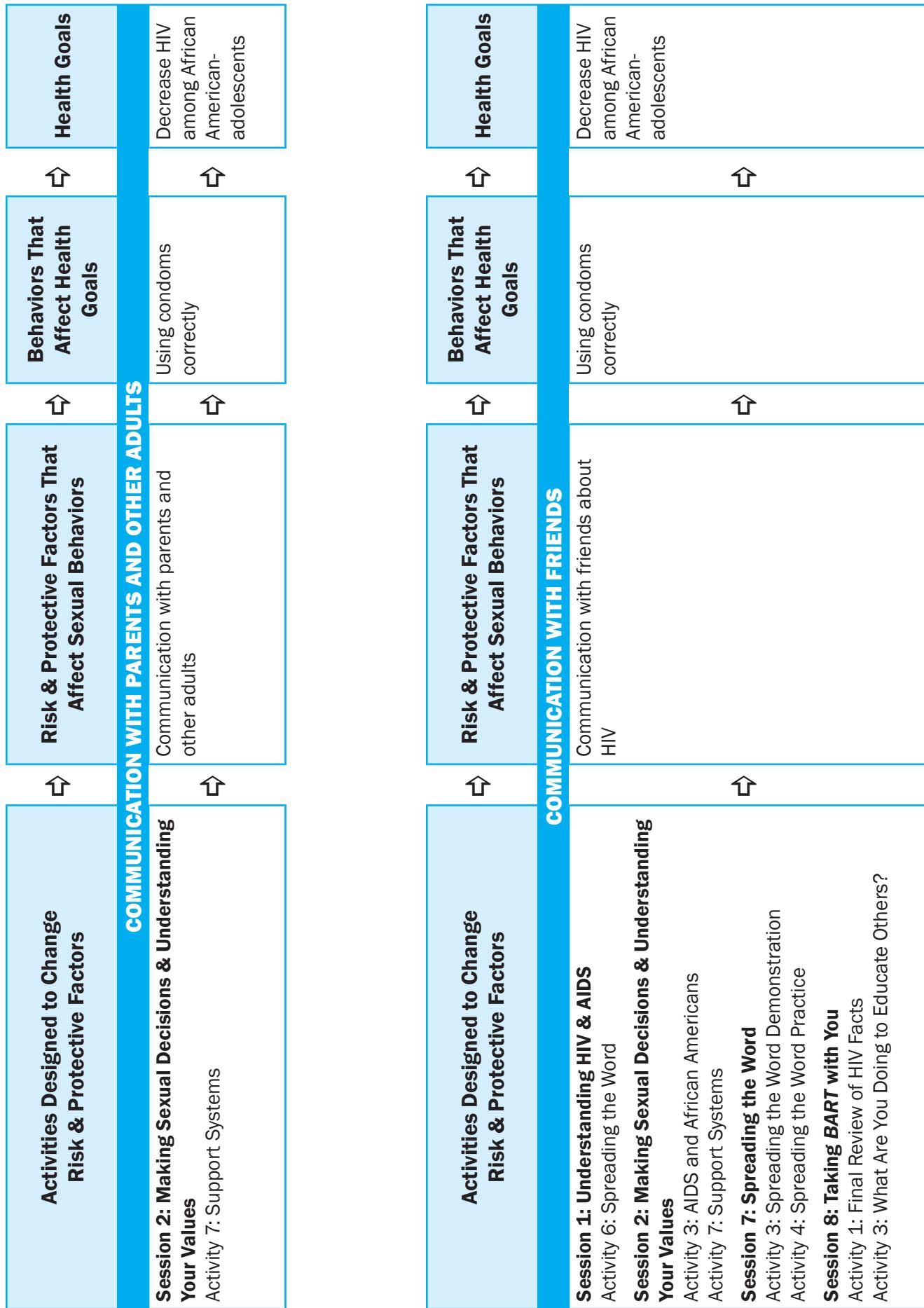
Session 5: Practicing Assertive Communication Skills

- Activity 1: Assertive Communication Review
- Activity 2: Assertive Communication Tips
- Activity 3: Ways to Say NO
- Activity 4: Assertive Communication Demonstration
- Activity 5: Assertive Communication Practice

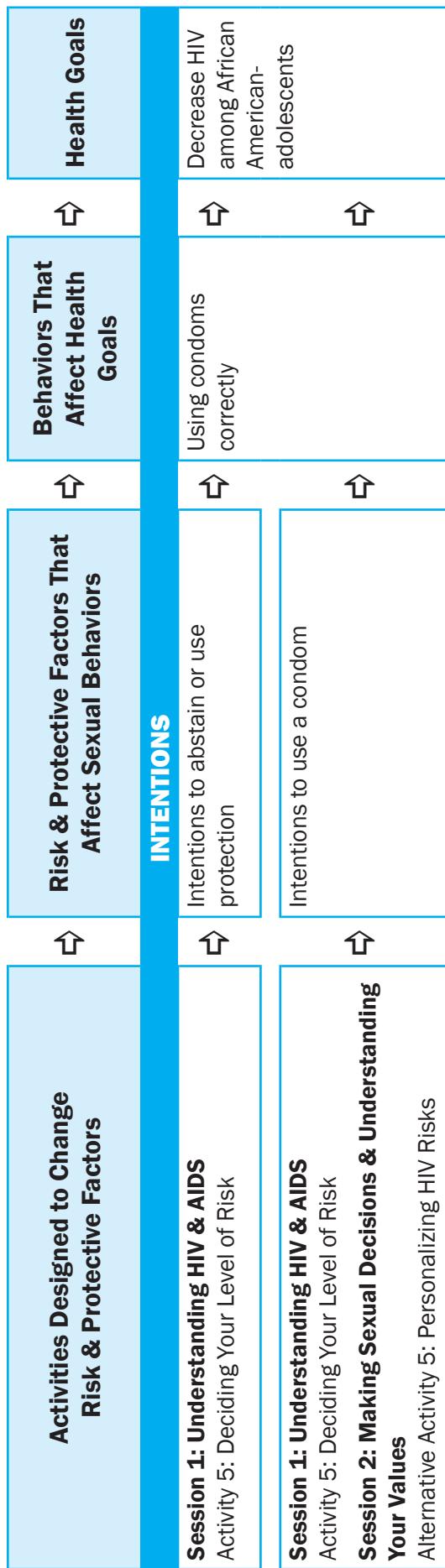
Session 7: Spreading the Word

- Activity 1: Assertive Communication in the Real World
- Activity 2: Getting Out of Risky Situations





Activities Designed to Change Risk & Protective Factors	Risk & Protective Factors That Affect Sexual Behaviors	Behaviors That Affect Health Goals	Health Goals
		Using condoms correctly	Decrease HIV among African-American adolescents
Session 4: Learning Assertive Communication Skills Activity 4: Negotiating Safer Sex Activity 5: Problem-Solving Skills Activity 6: Different Communication Styles	COMMUNICATION WITH PARTNER	Communication with partner about condoms	
			Decrease HIV among African-American adolescents
Session 5: Practicing Assertive Communication Skills Activity 1: Assertive Communication Review Activity 2: Assertive Communication Tips Activity 3: Ways to Say NO Activity 4: Assertive Communication Demonstration Activity 5: Assertive Communication Practice	Session 7: Spreading the Word Activity 1: Assertive Communication in the Real World Activity 2: Getting Out of Risky Situations		
Session 1: Understanding HIV & AIDS Activity 2: Who Is at Risk for HIV and Why?	CONNECTION TO AFRICAN AMERICAN CULTURE	Abstaining from oral, vaginal or anal sex	Decrease HIV among African-American adolescents



Session 1: Understanding HIV & AIDS

Activity 5: Deciding Your Level of Risk

Session 1: Understanding HIV & AIDS

Activity 5: Deciding Your Level of Risk

Session 2: Making Sexual Decisions & Understanding Your Values

Alternative Activity 5: Personalizing HIV Risks