

Programa Afectividad y Sexualidad



Teen STAR





Original article

Adolescent pregnancy prevention: an abstinence-centered randomized controlled intervention in a Chilean public high school

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Teen STAR: Una opción de madurez y libertad. Programa de educación integral de la sexualidad, orientado a adolescentes

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Effects of teenstar, an abstinence only sexual education program, on adolescent sexual behavior

Background: Urgent measures are required to stop the increase in the frequency of pregnancies and sexually transmitted diseases among teenagers. A means of facing this problem is promoting sexual abstinence among youngsters. There are studies that confirm the efficacy of this approach. **Aim:** To show the results of the application of a holistic sexuality program (TeenSTAR) among Chilean teenagers. **Subjects and Methods:** Students attending basic or high school were divided into a control or study group. The control group (342 students) received the usual education on sexuality given by their schools and the study group (398 students) participated in twelve TeenSTAR sessions lasting 1.5 hours each, given by a trained professor. Assessment of achievements was made using an anonymous questionnaire answered at the start and end of the program. **Results:** The rates of sexual initiation among control and study groups were 15 and 6.5%, respectively. Among sexually active students, 20% of those in the study group and 9% of those in the control group discontinued sexual activity. **Conclusions:** A higher proportion of students in the TeenSTAR program retarded their sexual initiation or discontinued sexual activity and found more reasons to maintain sexual abstinence than control students (Rev Med Chile 2005; 133: 1173-82).
(**Key Words:** Adolescent; Sexual abstinence; Sexual behavior)



Tasa de Embarazo Total por Año

Grupo Control y Grupo Programa Teen Star

**Grupo
Control
4,87 %**

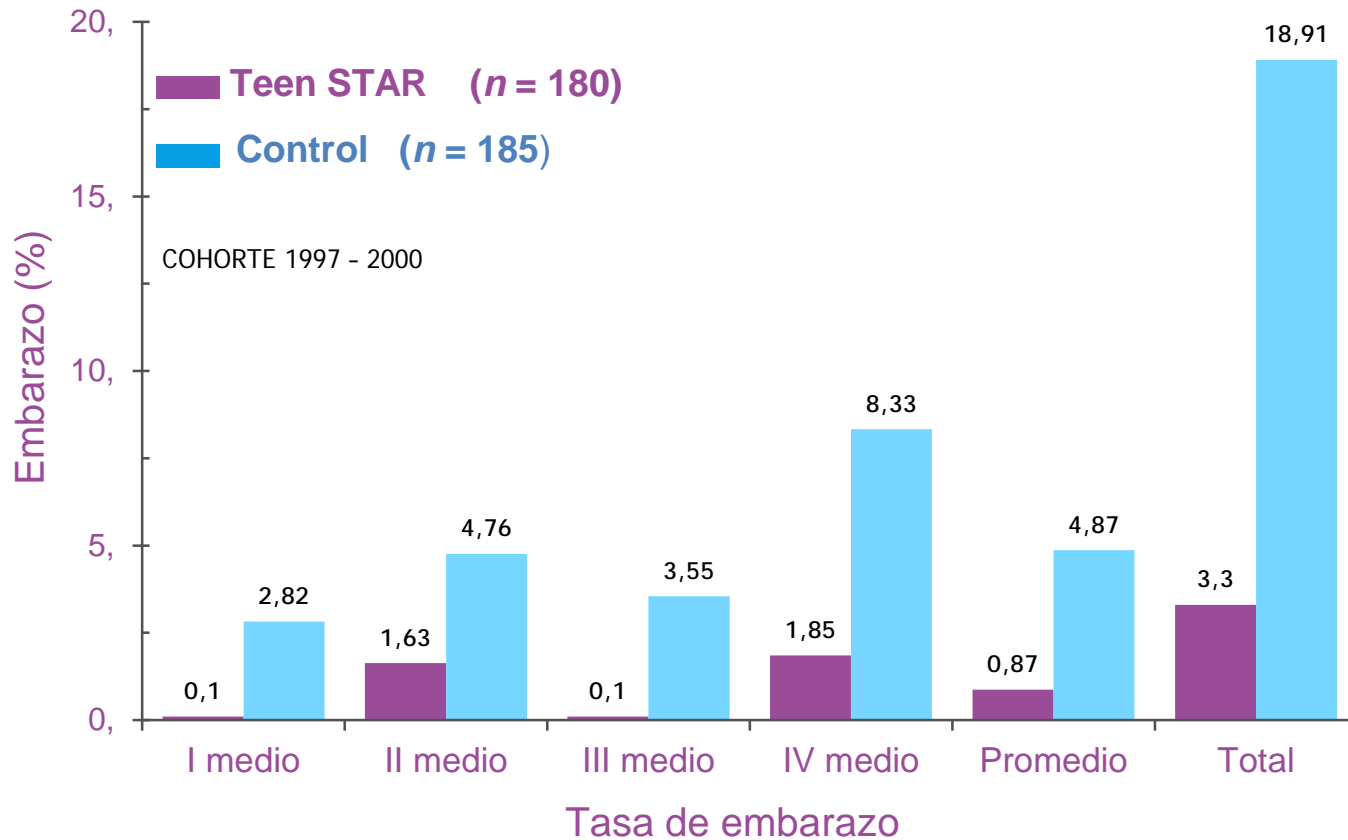


**Programa
Teen STAR
1,01 %**



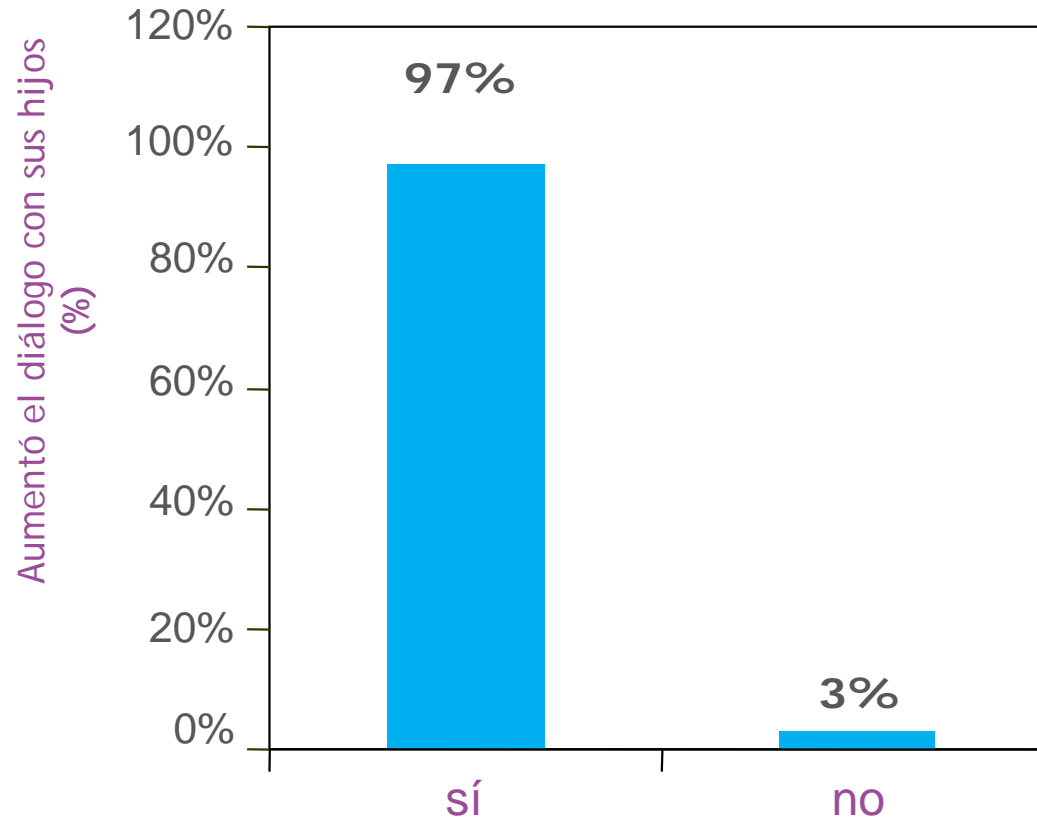
Cabezón C, Vigil P, Rojas I, Leiva ME, Riquelme R, Aranda W & García C (2005) Adolescent pregnancy prevention: An abstinence-centered randomized controlled intervention in a Chilean public high school. *Journal of Adolescent Health* 36(1): 64-9.

Tasa de embarazo Control y Teen STAR



Cabezón C, Vigil P, Rojas I, Leiva ME, Riquelme R, Aranda W & García C (2005) Adolescent pregnancy prevention: An abstinence-centered randomized controlled intervention in a Chilean public high school. *Journal of Adolescent Health* 36(1): 64-9.

Canales de comunicación con los padres



What Works

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What Works for Adolescent Sexual and Reproductive Health:

LESSONS FROM
EXPERIMENTAL
EVALUATIONS OF
PROGRAMS AND
INTERVENTIONS

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OVERVIEW

The United States continues to have one of the highest teen birth rates in the developed world,¹ and adolescent rates of sexually transmitted infections (STIs) are also high.² These factors highlight the need to identify effective evidence-based programs to improve adolescent reproductive health. This brief synthesizes findings from 118 experimental evaluations of 100 program models. These were evaluations measuring reproductive health of youth and adolescents to determine how frequently these programs work to improve behavioral sexual outcomes such as sexual initiation and activity, number of sexual partners, anal/oral sex, sex under the influence of drugs/alcohol, condom and contraceptive use, sexually transmitted infections (STIs), and pregnancies or births. These programs used a range of program approaches and served a variety of populations in many different settings.

KEY FINDINGS

This review identified 56 program evaluations that found positive impacts on sexual behaviors for at least one outcome, including programs that incorporated a variety of approaches, settings, and durations. Our review highlights a number of key findings:

- Programs that focus on improving parent-youth relationships, particularly communication about sexual behavior and romantic relationships, were frequently found to be effective at reducing teen pregnancy and key determinants.
- Several implementation components were frequently found to be effective, including programs that incorporate service learning/community service components, those that involve homework (for example, teen conversations with parents), and programs that describe themselves as being culturally-tailored or designed for a specific population, particularly for African American and Latino populations.



Teen STAR

Tendencias a Nivel Mundial

Educación de afectividad y sexualidad

OBJETIVO:

Verificar los resultados de 100 programas de educación sexual enfocados principalmente en jóvenes menores de 18 años.

¿QUE SE EVALUÓ?

- Inicio de actividad sexual
- Con qué frecuencia y que tan reciente han tenido relaciones sexuales
- Iniciación y frecuencia de sexo anal/oral
- Relaciones sexuales bajo la influencia de drogas o alcohol
- Uso de preservativos
- Uso de anticonceptivos
- ITS
- Embarazo

(ChildTrends, diciembre 2014)



Prácticas con Resultados Positivos



PROGRAMAS INCLINADOS AL FOMENTO DE LA RELACIÓN PADRES-HIJO

- Incluye tareas que reafirman la relación entre los padres con sus hijos.
- 8/11 programas tuvieron resultados positivos.
- 10/30 programas que también incorporaron actividades entre la familia tuvieron éxito.

INCLUYE SERVICIO COMUNITARIO

- Actividades dentro de clases donde se presenta el servicio comunitario.
- 6/11 con resultados positivos.

(ChildTrends, diciembre 2014)



Prácticas con Resultados Positivos

TAREAS

- Tareas que fomentan la comunicación de la familia 11/20 tuvieron resultados positivo.

ADAPTADO PARA MOSTRAR DISTINTOS ASPECTOS CULTURALES

- Juegos de rol, videos, discusiones grupales, ejercicios interactivos 15/28 con resultados positivos.

(ChildTrends, diciembre 2014)



Prácticas con Bajo Impacto

PROGRAMAS DE REDUCCIÓN DE RIESGOS

- Enfocados principalmente en jóvenes con riesgo social
- 1/13 tuvieron resultados positivos

ENFOCADOS SOLAMENTE EN ENTREGAR CONTENIDOS

- No incluye actividades interactivas, generalmente solo a base de textos en horario de clases.
- Ninguno de estos programas tuvo éxito
- 28/68 programas que incluían actividades interactivas tuvieron éxito

PROGRAMA CON ÉNFASIS EN EDUCACIÓN Y EL MUNDO LABORAL

- Ayuda a jóvenes mediante tutorías en su educación y para encontrar trabajo
- 2/24 tuvieron resultados positivos

(ChildTrends, diciembre 2014)