Section A

What Doesn’t Work? What Does?
Ineffective Strategies

- Evaluation research has repeatedly shown that problem reduction interventions alone directed at youth are rarely effective
Ineffective Strategies for Violence Prevention

- Scare tactics
- Segregating aggressive students
- Short-term interventions

Source: Dusenbury, et al. *J School Health*
Ineffective Strategies for Violence Prevention

- Scare tactics
- Segregating aggressive students
- Short-term interventions
- Identification of the pre-violent adolescent
- Focus on providing information
- Focus on self-esteem only

Source: Dusenbury, et al. J School Health
Ineffective Strategies for Teen Pregnancy Prevention

- Providing information alone
- Scare tactics
- Short-term interventions
Ineffective Strategies for Teen Pregnancy Prevention

- Providing information alone
- Scare tactics
- Short-term interventions
- Abstinence only
- Contraception only
- School-based services
What Works?

- What does research show us about what works to improve youth health outcomes?
Positive Outcomes for Youth Interventions

- Programs that incorporate more elements of positive youth development appear to be more effective in achieving their goals.
- Programs that strengthen adult-adolescent relationships appear to have better outcomes.
- Long-term programs with a strong youth participation component are most effective.

Source: Roth, Brooks-Gunn, Murray and Foster
Effective Strategies for Violence Prevention

- Build supportive (adult-youth) relationships
- Have clear principles, objectives, and theoretical frame
- Recognize strengths of communities
- Build on resiliency of youth

Effective Strategies for Substance-Abuse Prevention

In substance abuse prevention, effective programs include many elements of positive youth development

- Skills training
- Providing life options
- Linking youth to social contexts (adults, school, community institutions)
- Expanding youth participation
- Empowering communities to control drugs

Source: Leventhal and Keeshan in Millstein, et al. Promoting the Health of Adolescents
We see that youth development is central to effective youth health programs.
Youth Development

- What is meant by *youth development*?
- And how does that relate to risk, resiliency, and other programmatic approaches?