

*Promoting Health Among Teens!
Comprehensive Abstinence and Safer Sex (CSE) Curriculum*

More Evidence of Failure than Success

<i>Promoting Health Among Teens! Comprehensive Abstinence and Safer Sex Curriculum (PHAT-CSE)</i>	Jemmott, et al., 2010¹
Study conducted by independent evaluators?	NO , the study was by the program authors
Follow-up measure at least 12 months after the program to show duration of effect?	YES , measures were taken at 3, 6, 12, 18, and 24 months after the program
OUTCOMES:	
Pregnancy	Not measured
STDs	Not measured
Sexual Initiation	NO EFFECT
Consistent Condom Use	NO EFFECT
Condom Use Frequency/At Last Sex	Not measured
Unprotected Sex	NO EFFECT
Number of Sex Partners	Reduced 24 months after the program
Recent Sex	NO EFFECT
Dual Effect: Condom Use & Abstinence	NO EFFECT

Key Findings

Promoting Health Among Teens! Comprehensive Abstinence and Safer Sex Curriculum (PHAT-CSE) is a school-based comprehensive sex education (CSE) program; it teaches and promotes condom and contraceptive use. The program typically recruits participants from the school population and conducts program sessions at the school on Saturdays. One impact study has been conducted, done by the program’s developers/authors.¹ A published research review by *The Institute for Research & Evaluation*² found that **this study did not produce sufficient evidence to label PHAT-CSE an effective school-based program**. Over the 24-month follow-up period, the program had a statistically significant impact on only one of the five targeted outcomes—multiple sex partners—and it was the least-protective of the five risk behaviors measured. The program did not reduce teen sexual initiation, recent sex, or unprotected sex, and did not increase consistent condom use. (The study did not measure program impact on pregnancy or STDs.)

Summary. *Promoting Health Among Teens! Comprehensive Abstinence and Safer Sex Curriculum* has not shown evidence of effectiveness in school populations—its reduction in the number of sex partners is outweighed by its failure to increase rates of abstinence by either sexually inexperienced or experienced teens or to increase consistent condom use by the sexually active. (PHAT-CSE is marketed by ETR, an offshoot of Planned Parenthood.)

1. Jemmott JB III, Jemmott LS, & Fong GT. (2010). Efficacy of a theory-based abstinence-only intervention over 24 months: A randomized controlled trial with young adolescents. *Archives of Pediatrics & Adolescent Medicine*, 164(2), 152-159.
2. Ericksen IH, Weed SE. (2019). "Re-Examining the Evidence for School-based Comprehensive Sex Education: A Global Research Review." *Issues in Law and Medicine*, 34(2):161-182.