

Table 1: U.S. School-based Comprehensive Sex Education (CSE)—60 Studies of 40 Programs

PROGRAM CHARACTERISTICS						PROGRAM OUTCOMES										
PROGRAM NAME	STUDY 1st AUTHOR, YR	Database	Independent Evaluator?	PROGRAM TYPE	Follow-up Time in Months	Impact on Most-Protective Indicators for Intended Population				Impact on Less-Protective Indicators for Intended Population				Dual Benefit: Abstinence&Condom Use		Negative Effect
						Sexual Initiation	Consistent Condom Use	Pregnancy	STDs	Condom Frequency	Recent Sex	Unprotected Sex	# Sex Partners	12mo. After Program	Any Duration or Effect	
Aban Aya (Curriculum Only)	Flay, 2004	TPP	No	CSE + Risk Behavior	<9(Endof4YrPrg)	NM	NM	NM	NM	No	No	NM	NM	NM	No	
AIDS Prevention Program	Siegel, 1995	CDC/UN	?	CSE	4	NM	NM	NM	NM	No	NM	NM	No	NM	No	
Al4You	Coyle, 2006	TPP/CDC/UN	No	CSE + Service-Learning	6, 12, 18	No	NM	No	NM	6 months Only	6 months Only	6 months Only	No	No	6 months	
Al4You	Coyle, 2013	TPP	No	CSE + Service-Learning	4, 16	No	NM	NM	NM	No	NM	No	NM	No	No	
Al4You (Curriculum Only)	Coyle, 2013	TPP	No	CSE Only	4, 16	No	NM	NM	NM	No	NM	4 months Only	NM	No	No	
Be Proud Be Responsible (School-Recruited, held on Saturday)	Jemmott, 1999	TPP/CDC/UN	No	CSE	3, 6	NM	NM	NM	NM	NM	No	6 months	No	NM	NM	
Be Proud Be Responsible (School Day/Classroom Version)	Borawski, 2009	TPP	Yes	CSE	4,12	No	No	NM	NM	NM	No	No	NM	NM	NM	
[Blake] HIV/STD Prevention Curriculum	Blake, 2000 (unpub.)	UN	Yes	CSE	6	No	No	NM	NM	NM	No	NM	NM	NM	No	
[Boyer] HIV/STD Prevention Curriculum	Boyer, 1997	CDC/UN	No	CSE	3	NM	NM	NM	NM	No	NM	NM	No	NM	No	
Crossroads Program (adaptation BPBR)	Slater & Mitschke, 2015	TPP-Tier2	?	CSE	3, 6, 12	NM	NM	No	NM	NM	NM	6 months Only	NM	NM	NM	
iCuidate! (School-Recruited, held on Saturday)	Villaruel, 2006	TPP/CDC/UN	No	CSE	12	No	12 months	NM	NM	No	12 months	12 months	12 months	No	12months-#PartnersOnly	
iCuidate! (School Day/Classroom Version)	Kelsey, 2016; Abt.Assoc., 2015	TPP	Yes	CSE	6	6 months	NM	NM	NM	NM	6 months	No	NM	NM	No	Oral & Recent Sex
Draw the Line/Respect the Line	Coyle, 2004	TPP/CDC/UN	No	CSE	at Prog.End(3YrPrg), 12	No	NM	NM	NM	No	No	NM	No	No	No	
Focus on Kids/West Virginia	Stanton, 2005	CDC/UN	No	CSE	3, 6, 9	NM	NM	NM	NM	No	No	NM	NM	NM	NM	
Gender Matters	Smith, Kim, et al, 2015 (Mathm)	TPP-Tier2	No	CSE	6	No	NM	NM	NM	NM	No	NM	NM	NM	NM	
Get Real About AIDS	Main, 1994	CDC/UN	?	CSE	6	No	NM	NM	NM	6 months	No	NM	6 months	NM	6months	
Get Real - 7th & 8th Grade Only	Grossman, 2014	TPP	?	CSE	<9(Endof3YrPrg)	<9 months	NM	NM	NM	NM	NM	NM	NM	NM	NM	
H.A.R.T. (adaptation of B.A.R.T.)	Boston Medical Center	TPP-Tier2	?	CSE	6	No	NM	NM	NM	NM	No	No	NM	NM	No	
Health Teacher	Mathmatica	TPP-Tier2	No	CSE	12	No	NM	NM	NM	NM	NM	NM	NM	NM	NM	
Healthy & Alive!	Middlestadt, [Unpubl]	UN	No	CSE	<9	No	No	NM	NM	NM	No	NM	No	NM	No	
Healthy for Life-Version 1 (Age-based)	Moberg, 1998/2000	CDC	?	CSE + Risk Behavior	24, 36, 48	No	No	NM	NM	NM	No	NM	NM	No	No	
Healthy for Life-Version 2 (7th Gr.Intensive)	Moberg, 1998/2000	CDC	?	CSE + Risk Behavior	24, 36, 48	No	No	NM	NM	NM	24 months	NM	NM	No	No	Recent Sex
Healthy Oakland Teens	Ekstrand, 1996(AIDSCof)	UN	?	CSE	8 to 11	8 to 11 months	NM	NM	NM	NM	NM	NM	NM	NM	NM	
HIV Prevention Interventions	Fisher, 2002	CDC/UN	No	CSE	12	No	NM	NM	NM	12 months	NM	NM	NM	No	No	
It's Your Game--Keep It Real	Tortolero, 2010	TPP	No	CSE	12	12 months	NM	NM	NM	No	12 months	NM	No	No	No	
IYG - RR EO/10moFup	Markham, 2012	TPP	No	CSE	10	10 months	NM	NM	NM	NM	10 months	10 months	No	NM	10months	
IYG - RR 24moFup	Markham, 2014	TPP	No	CSE	24	No	NM	NM	NM	NM	No	No	No	No	24months-Anal Sex Only	
IYG - RR	Potter, 2016 ("a" So.Car.)	TPP	Yes	CSE	12	12 months	NM	NM	NM	NM	No	No	NM	No	No	Sexual Initiation
IYG - RR	Coyle, 2016 ("b" Texas)	TPP	Yes	CSE	12	No	NM	NM	NM	NM	NM	NM	NM	NM	NM	
Making Proud Choices! (School-Recruited, held on Saturday)	Jemmott, 1998	TPP/CDC/UN	No	CSE	3, 6, 12	No	3 months Only	NM	NM	3, 6, 12 months	No	No	NM	No	No	
Need to Know	Uof TX-HlthSciCtrsSanAntonio	TPP-Tier2	?	CSE	at Program End	No	NM	NM	NM	NM	NM	NM	NM	NM	No	
Positive Prevention	LaChausse, 2006	CDC/UN	Yes	CSE	6	6 months	Yes	NM	NM	No	6 months	NM	NM	NM	No	
Positive Prevention PLUS	LaChausse, 2015/2016	TPP	Yes	CSE	6	6 months	NM	No	NM	NM	NM	6 months	NM	NM	NM	
Postponing Sexual Involvement(PSI)	Howard&McCabe, 1990	UN	No	CSE	12	12 months	NM	NM	NM	NM	No	NM	NM	NM	NM	
Postponing Sexual Involvement	Aarons, 2000	UN	Yes	CSE	6	No	NM	NM	NM	NM	NM	NM	NM	NM	NM	
PSI & HumanSexuality-adapted	Little & Rankin, unpub.	UN	?	CSE	2, 6	No	NM	NM	NM	NM	No	NM	No	NM	NM	
Project IMPACT Inwood House	Lieberman, 2000	CDC/UN	No	CSE	at Prog.End, 12	No	NM	No	NM	No	NM	NM	NM	No	No	
Project LIGHT	Lightfoot, 2007	CDC	No	CSE	3	NM	NM	NM	NM	No	3 months	No	3 months	NM	No	
Project SNAPP	Kirby et al, 1997	CDC/UN	Yes	CSE	5, 17	No	NM	No	No	Contraception(17mo)	No	NM	NM	No	No	Contraceptive Use
Promoting Health Among Teens/CSE	Jemmott, 2010	TPP	No	CSE	24	No	No	NM	NM	NM	No	No	24 months	No	No	
Reach for Health (Classroom Curriculum Only)	O'Donnell, 1999	CDC	?	CSE	6	No	NM	NM	NM	NM	No	NM	NM	NM	NM	
Reducing the Risk (RTR)	Kirby et al, 1991	TPP/UN	No	CSE	18	No	NM	No	NM	No	NM	No	NM	NM	NM	
RTR	Barth, 1992	TPP/CDC	No	CSE	6	No	NM	No	NM	No	No	NM	NM	NM	No	
RTR	Hubbard, 1998	CDC/UN	Yes	CSE	18	18months	NM	NM	NM	NM	NM	NM	NM	NM	NM	
RTR	Kelsey (Abt Assoc), 2016	TPP	Yes	CSE	12	No	NM	NM	NM	NM	No	No	NM	No	No	
RTR	Zimmerman, 2008a	TPP/UN	No	CSE	>12	No	NM	NM	NM	No	NM	NM	NM	NM	No	
RTR-modified1	Zimmerman, 2008b	TPP/UN	No	CSE	>12	No	NM	NM	NM	No	NM	NM	NM	NM	No	
RTR	Reyna & Mills, 2014a	TPP	Yes	CSE	3, 6, 12	No	NM	NM	NM	No	NM	No	No	No	No	
RTR-modified2	Reyna & Mills, 2014b	TPP	No	CSE	3, 6, 12	12 months	NM	NM	NM	No	NM	No	12 months	No	No	
Rochester AIDS Prevention Project(RAPP)	Siegel, 2001	CDC/UN	?	CSE	12	No	NM	NM	NM	NM	NM	NM	NM	NM	NM	
Rochester AIDS Prevention Project(RAPP)	Aten, 2002	CDC	?	CSE	12	No	NM	NM	NM	NM	NM	NM	NM	NM	NM	
Safer Choices	Coyle, 2001	TPP/CDC/UN	No	CSE	at Prog.End(2YrPrg), 12	No	NM	NM	NM	12 months	No	NM	No	No	No	
Teen Outreach Program (TOP)	Allen1997/Philliber1992	TPP	Yes	Service-Learning+CSE	at ProgEnd(1YrPrg)	NM	NM	at Program End	NM	NM	NM	NM	NM	NM	NM	
TOP	Daley, 2015	TPP	Yes	Service-Learning+CSE	at ProgEnd(1YrPrg), 10	at Prog. End only	NM	at Program End only	NM	NM	NM	NM	NM	NM	NM	
TOP	Francis (Hennepin,MN), 2015	TPP	Yes	Service-Learning+CSE	3, 15	No	NM	NM	NM	NM	No	No	NM	NM	NM	
TOP	Seshadri, et al 2015 (Chicago)	TPP	Yes	Service-Learning+CSE	at Program End	NM	NM	NM	NM	NM	No	No	NM	NM	NM	
TOP	Philliber, et al 2016 (GNWPP)	TPP	Yes	Service-Learning+CSE	at Prog.End(1YrPrg), 12	NM	NM	at ProgEnd-Females	NM	NM	No	NM	NM	NM	NM	Pregnancy-Females
[Walter&Vaughn]AIDS Prevention	Walter & Vaughn, 1993	CDC/UN	?	CSE	3	No	3 months	NM	No	NM	NM	NM	3 months	NM	3 months	
Wise Guys	Gottsegen & Philliber 2001	UN	No	CSE	6	No	NM	NM	NM	NM	NM	NM	NM	NM	NM	
Youth AIDS Prevention Project (YAPP)	Levy, 1995	CDC/UN	No	CSE	at Prog.End, 12	No	NM	NM	NM	No	No	NM	No	No	No	

KEY:

NM = Did not measure this outcome

No = Measured the outcome but the effect was not significant

Prog. End= at Program End or End of Program

Green = Evidence of Success: at least a 12-month post-program effect on the most-protective indicators

Blue = Evidence of Potential: at least a 12-month post-program effect on less-protective indicators or <12-month effect on a dual benefit

Tan = Evidence of Failure: measured short-term effect, failed to find significant effects

Brown = Evidence of Failure: measured at least 12 months after the program, failed to find significant effects

Dark Brown = Evidence of Failure: measured a dual benefit for abstinence & condom outcomes for any time period but did not find significance for both

Red = Evidence of Harm: a significant increase in some risk behaviors for main population or substantial subgroup

Clear = Lack of Evidence: did not measure the outcome; or only measured a short-term effect, with significant results

Yellow = Lack of Independent Evaluator: study was conducted by the program developer or implementer

Purple = This program is on the TPP list of programs having evidence of effectiveness