

# Youth Development Behavioral Interventions Coordinated with Community Service to Reduce Sexual Risk Behaviors in Adolescents

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## Task Force Finding

### Intervention Definition

Youth development behavioral interventions employ a holistic approach to adolescent health and wellness, and may or may not include components that are focused directly on pregnancy and STI prevention. These interventions emphasize:

- Social, emotional, or cognitive competence training that promotes pro-social norms
- Improved decision making
- Self-determination
- Improved communication skills
- Positive bonding experiences between youth and their peers or non-parental role models

Community service may involve scheduled activities in one or more community settings such as nursing homes, hospitals, and homeless shelters. This experience provides extended opportunities for adolescents to interact with adults in the community and have a sense of membership in a group with explicit rules and responsibilities.

### Task Force Finding (October 2007)

The Community Preventive Services Task Force recommends youth development focused behavioral interventions coordinated with community service on the basis of sufficient evidence that these combined approaches are effective in reducing sexual risk behaviors in participating adolescents.

All of the interventions evaluated in this review included sexual behavior or risk reduction content as part of the behavioral intervention, although the emphasis on this component varied. The Task Force acknowledges that this review, focused on the subset of intervention studies that evaluated change in sexual risk behavior outcomes, does not provide a complete, systematic assessment of all of the evidence regarding overall effectiveness of these combined approaches.

*The data presented here are preliminary and are subject to change as the systematic review goes through the scientific peer review process.*

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### Disclaimer

The findings and conclusions on this page are those of the Community Preventive Services Task Force and do not necessarily represent those of CDC. Task Force evidence-based recommendations are not mandates for compliance or spending. Instead, they provide information and options for decision makers and stakeholders to consider when determining which programs, services, and policies best meet the needs, preferences, available resources, and constraints of their constituents.

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