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Thank you for your interest in the NAEA report,

## **“Abstinence Works 2010 – Abstinence-Centered Programs that Reduce Teen Sex”**

Below you will see sample pages (taken from 44 total pages) of the information included in this new resource.

Ordering information is located on the last page.



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# Abstinence Works 2010

Abstinence-Centered Programs that Reduce Teen Sex

## Introduction

2010 began with the publication of a new, rigorous study that measured the effectiveness of three distinct types of sex education programs: 1) abstinence education, 2) “comprehensive” sex education, and 3) “safe sex” education. The research was widely reported by every major media outlet and was deemed by many as a “game-changer” in the sex education debate. This new study, included in *Abstinence Works 2010*, found that:

- Single-focused abstinence-centered education is the most effective approach in reducing teen sex.
- Abstinence education has a long-term positive impact on teens’ sexual behavior.
- Abstinence education is effective among high-risk teens.
- Critics are wrong: abstinence education does *not* reduce condom use among teens who do have sex.
- Abstinence education is not only preferred but the only acceptable option in many communities and must continue to be a choice we offer to youth.

Although fewer than 1 in 10 students received federally funded abstinence education, the positive impact has been dramatic. Teen sexual activity has dropped significantly since the advent of federal funding for abstinence education. *Abstinence Works 2010* identifies 17 abstinence-centered education programs evaluated by independent researchers that demonstrate statistically significant results in reducing teen sex or affecting other important behavioral indicators in teen sexual decision-making. One highlighted program has documented results in two replication studies, an important indicator for program generalizability.

Further, this report outlines 26 additional abstinence-centered programs from two US Department of Health and Human Services Abstinence Education Evaluation Conferences which show early stage positive attitudinal impacts that tend to predict decreased sexual initiation rates.

*Abstinence Works 2010* also discusses the limitations of the Mathematica study, a study often cited by critics of abstinence education. It will reveal why the Mathematica study is not a valid evaluation of abstinence education in general and why inferences and actions made on the basis of that study are inappropriate. This report further emphasizes the need to exercise caution when tempted to generalize *any* research addressing youth sexual risk.

When evaluating abstinence education, we must acknowledge that only abstinence protects youth from all possible consequences of sexual experimentation and intuitively fits within a strong risk avoidance public health model. Continued research is necessary to further identify the most effective program practices, facilitating the continuous improvement of abstinence education and ultimately the lives of youth. However, while more research and development is needed, **the research cited in this report demonstrates that abstinence education IS working and that a continued investment in this approach is essential.** The many states and communities that wish to implement abstinence-centered education must continue to be given that option, with improved confidence that the approach will both reflect local values and improve youth health outcomes.

Recent debate over the content and funding for sex education has created a renewed interest in evidence surrounding the various approaches. NAEA first published *Abstinence Works* a year ago. That initial edition was so popular that it was reprinted almost immediately. We think you will find the 2010 publication an equally important addition to your research library.

**Valerie Huber**  
 Executive Director  
 National Abstinence Education Association

February 2010

# Acknowledgments

Studies of abstinence-centered programs that have shown statistically significant results in reducing teen sexual behavior are cited from:

*Adolescent and Family Health*

*American Journal of Health Behavior*

*Archives of Pediatric & Adolescent Medicine*

*Family Relations*

*Journal of Health Communications*

*Journal of School Health*

*Office of Population Affairs; Administration for Children and Families, DHHS*

*Office of the Adolescent Pregnancy Prevention Programs, DHHS*

Abstinence-centered programs showing early stage attitudinal impacts that tend to predict decreased sexual initiation rates are from:

*2007 Abstinence Education Evaluation Conference, March 2007, Baltimore, MD. "Strengthening Programs Through Scientific Evaluation". Sponsored by the Office of Population Affairs and the Administration for Children and Families at the U.S. Department of Health and Human Services.*

*2005 Abstinence Education Evaluation Conference, November 2005, Baltimore, MD. "Strengthening Programs Through Scientific Evaluation". Sponsored by the Office of Population Affairs and the Administration for Children and Families at the U.S. Department of Health and Human Services.*

## About NAEA

The National Abstinence Education Association (NAEA) is a not-for-profit 501c(4) membership association. The NAEA exists to serve, support and represent individuals and organizations in the practice of abstinence education. NAEA members are from 40 states and provide abstinence-centered education programs to over 1,500,000 youth and parents each year. For more information about the effectiveness of abstinence education, visit [www.AbstinenceWorks.org](http://www.AbstinenceWorks.org). For more information about NAEA, visit [www.AbstinenceAssociation.org](http://www.AbstinenceAssociation.org); email: [info@AbstinenceAssociation.org](mailto:info@AbstinenceAssociation.org) or call 202-248-5420.

# Abstinence Works 2010 Order Form

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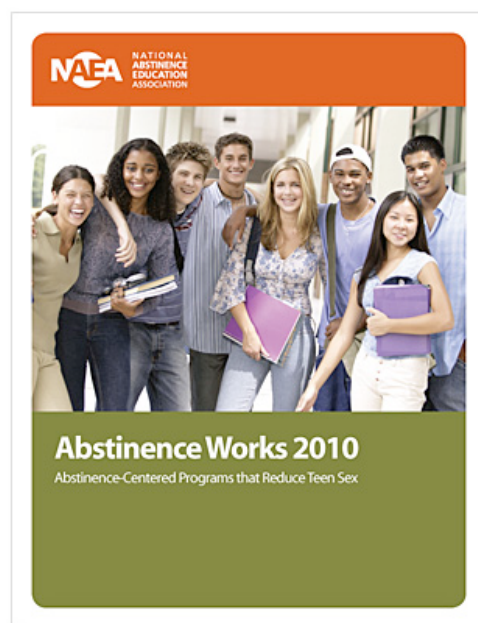
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