

# Scott & White Worth the Wait®

## Selection of Effective Curricula

Questions are often asked how to choose an effective curriculum and if sex education programs 'work' in terms of reducing teen pregnancy rates. The Scott & White Worth the Wait® curricula has supportive attitudinal data published in the *American Journal of Obstetrics & Gynecology* demonstrating an increased knowledge and shift in attitude towards delaying sexual activity in study of over 24,000 middle school students<sup>1</sup>. This journal article may be submitted for grant application purposes as it demonstrates evidence of impact on student's thoughts that would lead to a delay in sexual activity.

Scott & White Worth the Wait® is appropriate for all students and is offered as an in-school program for middle and high students, whereas many of the evidence-based curricula available are specific to high-risk groups, African American and Hispanic students, or offered as after-school programs. The Scott & White Worth the Wait® curricula also meets The National Campaign to Prevent Teen and Unplanned Pregnancy requirements of an effective curriculum-based program<sup>2</sup>:

- Convince teens that not having sex or that using contraception consistently and carefully is the right thing to do
- Last a sufficient amount of time (the curriculum lasts 10 class periods, 45-50 minutes in duration, over a two-week time frame)
- Select leaders who believe in the program and provide them with adequate training
- Actively engage participants and have them personalize the information
- Address peer pressure
- Teach communication skills
- Reflect the age, sexual experience, and culture of young people in the program

Additionally, the curricula meets Texas Essential Knowledge and Skills (TEKS) requirements for health education and the Health Education Curriculum Analysis Tool (HECAT) requirements. The TEKS and HECAT requirements help schools select effective health education curricula and improve the delivery of health education. The curriculum is also in compliance with A-H components of section 510(b)(1), a requirement for many grant opportunities.

<sup>1</sup>Sulak, P.J., Herbelin, S.J., Fix, D.A., & Kuehl, T.J. (2006). Impact of an adolescent sex education program that was implemented by an academic medical center. *American Journal of Obstetrics & Gynecology*, 195, 78-84. doi:10.1016/j.ajog.2005.12.011

<sup>2</sup>Suellentrop, K. (2011). What works 2011-2012: Curriculum-based programs that help prevent teen pregnancy. The National Campaign to Prevent Teen and Unplanned Pregnancy: Washington, DC.

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