

Implementation Guidelines – ¡Cuidate!

Implementation Factors	Recommended	Possible Adaptations
Program characteristics	<p>Six 60-minute modules; use of videos (Curriculum is an adaptation of BPBR)</p> <p>A Spanish edition is available</p>	2012 edition includes a section on pregnancy prevention and birth control methods.
Educator Requirements	<ul style="list-style-type: none"> -Educator does not need to be Latino but has to be knowledgeable of Latino cultural values -Educator needs to be comfortable working with youth; condom use demonstration -One educator is needed 	Having a back-up educator is recommended
Target audience	<p>Originally evaluated with Puerto Rican youth - ages 13 – 18, mixed gender</p> <p>-Can be done with middle and high school students (7-12 grade)</p>	<ul style="list-style-type: none"> -Can be done in single or mixed gender groups. -Other than Latino youth can participate; most components and messages are relevant to all youth. -When exploring Latino cultural values engage other youth to compare and reflect on their values. -If done with sexually inexperienced youth, it might be recommended to add a session on puberty and anatomy.
Group composition	<ul style="list-style-type: none"> -Small groups of 6 to 10 youth -Mixed gender or same gender groups 	<p>Can be done with larger groups – this requires additional educators;</p> <p>-In classrooms with teacher present an experienced educator can facilitate a larger group (up to 25 students)</p>
Setting	<p>Originally evaluated as a Saturday program</p> <p>Can be done in a</p> <ul style="list-style-type: none"> -Community setting -Afterschool setting -School setting 	If delivering the program in schools, modules have to be adjusted to classroom periods; it will require additional sessions.

<p>Delivery Timeframe</p>	<p>Originally delivered in 2 days. Can be delivered in -3 two-hour sessions -2 three hour sessions</p>	<p>Curriculum can be done in one day although it is recommended to do it in two to give young people a chance to absorb and reflect on material learned. -In schools the curriculum can be adjusted to classroom periods or block periods but the cycle needs to be completed within a couple of weeks without larger breaks in between. -Activities should not be dropped; the COE can help with adjusting modules to class periods. Planning tip: Know and use the school calendar.</p>
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