

## Implementation Guidelines – Reducing the Risk (2021)

Implementation Factors	Recommended	Possible Adaptations
Program characteristics	Sixteen 45-minute modules	A link can be found on the Adaptation Guidelines & Tools tab on the RTR program page: <a href="http://etr.org/ebi/programs/reducing-the-risk">etr.org/ebi/programs/reducing-the-risk</a>
Educator Requirements	Educator needs to be well-versed in interactive and participatory facilitation; comfortable working with youth	Having a back-up educator is recommended
Target audience	Can be delivered to diverse populations, originally developed for 9 <sup>th</sup> grade but can be used with ages 13-18	Older youth should not be grouped with younger youth (similar ages per group)
Group composition	10-30 youth Single or mixed gender groups	Can be done with larger groups – this requires additional educators. If done in classrooms with a teacher present, one educator can facilitate up to 25 students
Setting	School-based	May be adapted for out-of-school or rural settings <b>Activities should not be dropped; sequence should not be changed.</b>
Delivery Timeframe	16 session curriculum, delivered 2-3 times per week	<b>Planning tip:</b> Learn and use the school calendar.

ETR has reviewed Reducing the Risk (RTR) in 2020 and made the following changes:

- All modules reviewed for medical accuracy
- Updated information on HIV, including testing, PrEP and PEP, U=U, relative risk of sexual behaviors, emphasis on ART treatment and normal life span for those living with HIV
- Updated information on contraceptive methods, including withdrawal
- Language updates around inclusivity related to gender identity, sexual orientation and behavior
- Language updates to ensure a more trauma-informed approach
- Edits to eliminate stigma or phrasing that might overemphasize a fear-based approach to sexual health education
- Changes to reflect advances in technology, new tool for virtual Implementation
- In addition, a new PowerPoint support tool is available. It has slides that cover all key program content and activities and can be used to support both in-person and online implementation of the program.