

Implementation Guidelines – Adult Identity Mentoring (Project AIM) (plus add-on session)

Implementation Factors	Recommended	Possible Adaptations
Program characteristics	<p>-12 sessions (50 minutes each) plus 1 integrated add-on session → total 13 sessions</p> <p>-Developed to reduce sexual risk-taking behavior among low income youth</p>	<p>Annual license fee of \$2,000.00 (Other material costs including career game) Add-on session is required. Adaptation kit available through ACT for Youth*.</p> <p>Additional curricula available: Extended school edition (16 sessions) Spanish edition (12 sessions) http://www.chla.org/aim-service-center</p>
Educator Requirements	<p>-This is a licensed program. Facilitators have to be trained by a licensed training team</p> <p>-2 facilitators are needed to implement the program.</p>	<p>ACT for Youth has two licensed trainers. They will be providing training and technical assistance.</p>
Target audience	<p>High risk youth (11-14) Originally evaluated with African American and Latino youth in 7th grade</p>	<p>Middle school age</p>
Group composition	<p>-Mixed gender</p> <p>-Group size: 10-20 youth</p>	
Setting	<p>-Youth friendly spaces such as recreation centers, out of school program sites</p> <p>-Can be done in school setting</p>	<p>In school settings lessons have to be adjusted to class periods</p> <p>Developer offers an extended school edition (16 sessions) http://www.chla.org/aim-service-center</p>
Delivery Timeframe	<p>All sessions are taught twice a week over approximately 6 weeks</p>	<p>Attendance expectation: Youth have to attend at least 9 out 12/13 sessions. If a youth misses sessions 5 and 6, he or she must make up those sessions before moving on with the other lessons. This can be done in a one-on-one session with the facilitator.</p>

Supplemental Session

Project AIM decreases risk behavior and increases sexual abstinence in youth without ever mentioning anything about sex. However, the developer understands that in some states comprehensive sex education is required, so they offer a supplemental session to be included in Project AIM if needed. The supplemental session helps youth understand how contraception can affect one's future goals and helps youth think about sex and parenthood as significant milestones. The session also includes information about minors' rights around reproductive health.

***Adaptation Kit:**

ACT for Youth has worked with the developer to develop an add-on session and additional prompts to be included in other modules that addresses pregnancy, STI and HIV prevention strategies. This adaptation kit was updated in 2016. To obtain the adaptation kit please contact Marisol at md696@cornell.edu