

*The National Academies of*  
SCIENCES • ENGINEERING • MEDICINE

# FORUM ON PROMOTING CHILDREN'S COGNITIVE, AFFECTIVE, AND BEHAVIORAL HEALTH

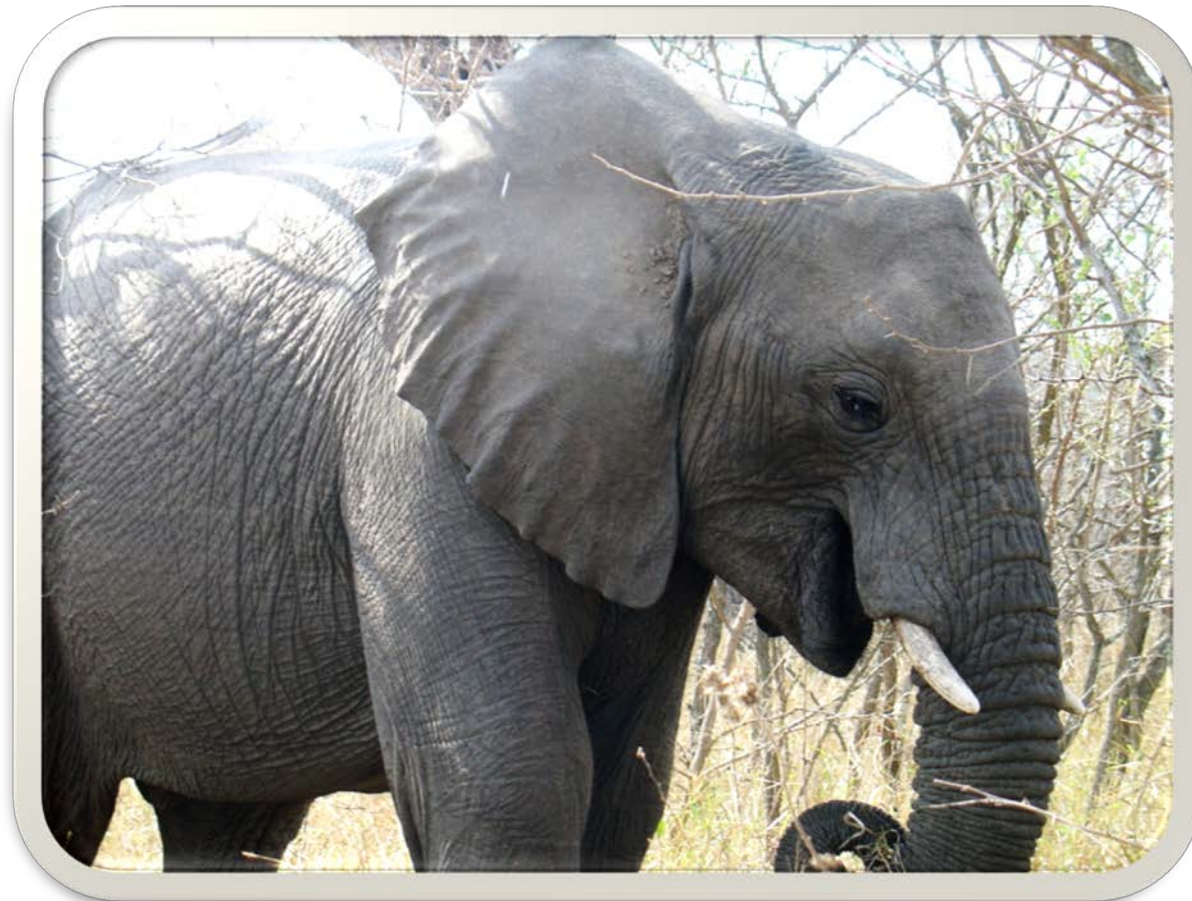
IMPLEMENTING EVIDENCE-BASED PREVENTION BY COMMUNITIES  
TO PROMOTE COGNITIVE, AFFECTIVE, AND BEHAVIORAL HEALTH IN  
CHILDREN: A WORKSHOP

**Taking Advantage of Cutting Edge Methodologies to Meet  
the Need for Efficient, Optimized Interventions**


LINDA L. CALDWELL  
PENN STATE UNIVERSITY

# Being Scientific in a Messy World

- Grappling with the elephant in the room!



# General Idea: TimeWise and HealthWise

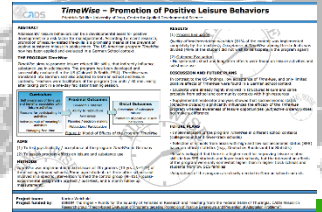
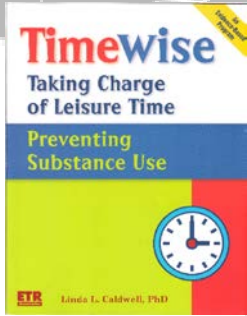
- Comprehensive curriculum for 8<sup>th</sup> and 9<sup>th</sup> graders
    - Increase positive leisure time use and experiences
    - Increase self-awareness
    - Increase positive communication with others
    - Establish and maintain healthy relationships
    - Learn skills
    - Increase knowledge
- 
- Reduce substance use
  - Reduce risky sexual behavior
  - Positive youth development
  - Reduce violence

# Some Major TimeWise Milestones

- TimeWise: Taking Charge of Leisure Time (1999-2002)
  - Rural US
- TimeWise Harrisburg PA (2007-09; NHLBI)
  - Urban, minority US

# Some Major HealthWise Milestones

- Pilot during 2001-02
  - Goal: Does HW make sense and can we improve?
- HealthWise 1 between 2003-09
  - Goal: Is HW effective?
- HealthWise 2, 2011-15
  - Goal: What factors influence implementation quality?
- HealthWise Zambia



**Lesson 8, ACTIVITY 2: What's NOT OK?**

♀ ♂

People form many relationships in their lives. These relationships could be friendships between two girls, two boys, or a boy and girl. They could also be professional or romantic relationships. However, no matter what type of relationship a person forms with another, it is important that the relationship is appropriate.

What are some signs of an inappropriate relationship?

1. When a person touches you in a place that makes you feel uncomfortable.
2. When someone hits you or is violent toward you.
3. When a person puts you down and makes you feel worthless.
4.
5.
6.

**NO**



**healthwise**  
SOUTH AFRICA

life skills to promote healthy living



**HealthWise**

Lesson 6: Relationships & Sexual Behaviour

**HealthWise Message:**

Healthy relationships are the key to making good decisions about sexual behavior.

- Understand the successful building blocks for a successful relationship.

**HealthWise Message:**

The only 100% way to avoid pregnancy and STD/HIV is to stay with four key behaviors.

**Building Blocks for a Successful Relationship:**

- The ABCD model will help me to have healthy relationships and avoid stressors.
- Using open and honest communication is an important part of building trust in a relationship and being faithful.
- Using a condom is an important part of my sexuality and relationships.

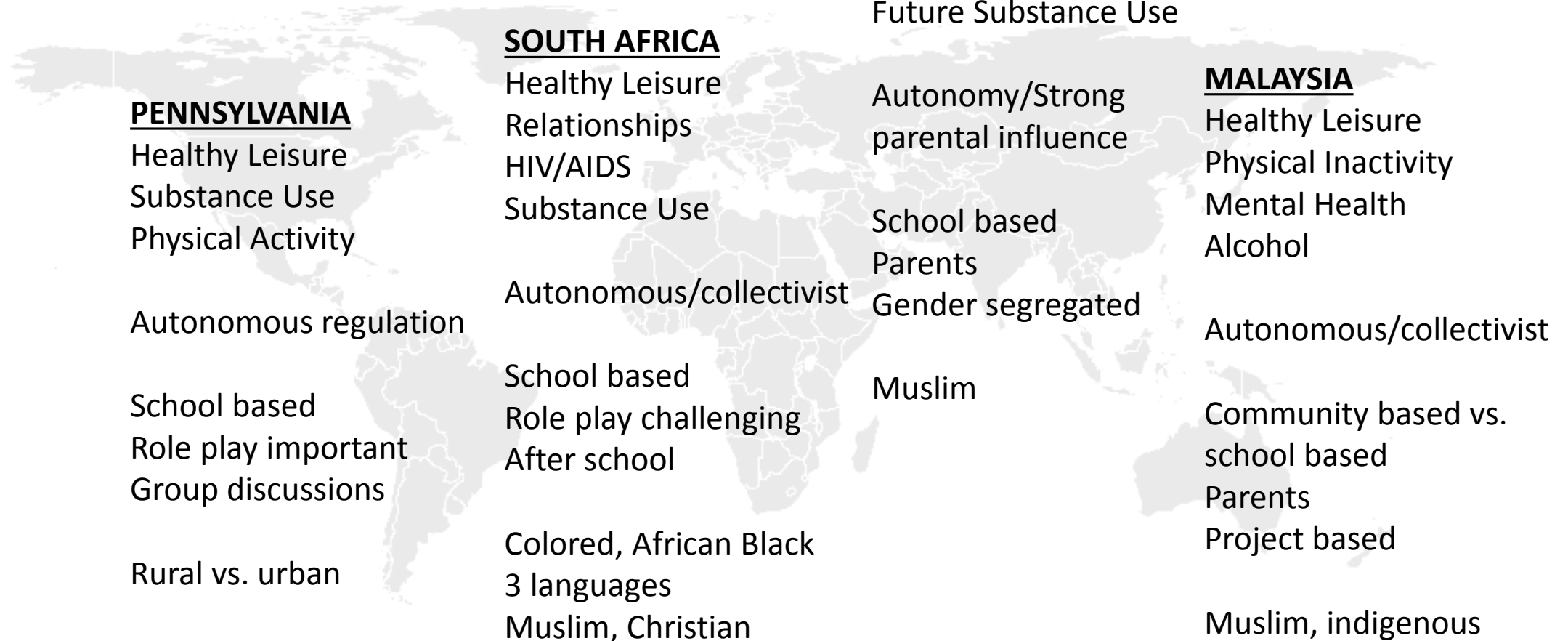
**Plan for the Future:**

Actively build relationships

Strong, honest communication



# Universal Concepts and Needs “v.s.” Local Needs, Focus and Process



# Considerations

- Can we work together?
- Champion?
- How are the fundamental issues different?
- Will the theoretical bases hold?
  - Language, concepts
- For whom and under what conditions?
- Pilot (measurement, process, content)
- If things look promising, how to build in sustainability?
- Implementation fidelity vs. adaptation
- Adaptation

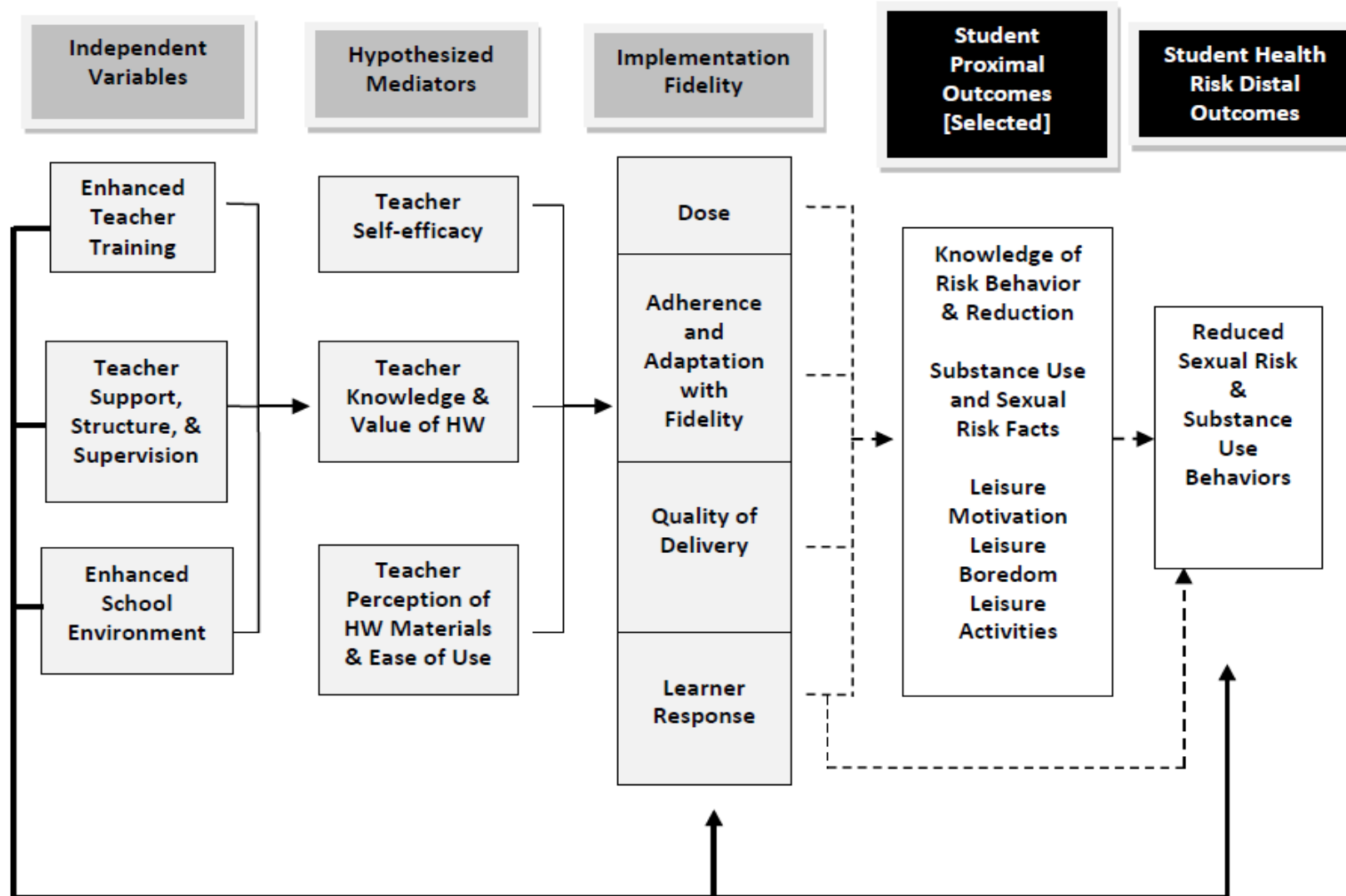
**URGENT**

Just now

**Youth Development**

**PATIENCE**





*Note.* Interactions and control variables not shown in the model. Primary outcomes are represented by solid heavy line, secondary by lighter solid lines. Dashed lines represent relations that will be tested.

**Table D.1 Experimental Design**

<b>Experimental group</b>	Independent variables			
	Enhanced Training	Support	Enhanced Environment	No. of schools
<b>1</b>	Yes	Yes	Yes	7
<b>2</b>	Yes	Yes	No	7
<b>3</b>	Yes	No	Yes	7
<b>4</b>	Yes	No	No	7
<b>5</b>	No	Yes	Yes	7
<b>6</b>	No	Yes	No	7
<b>7</b>	No	No	Yes	7
<b>8</b>	No	No	No	7
		Total Schools:		56