



It's Your Game...Keep It Real! (IYG) Curriculum and Training

University of Texas Health Science Center at Houston

A Prevention Research Center Tool Showing Evidence of Effectiveness

FAST FACTS:

- Initiated in 1986, PRCs do practical public health research with at-risk communities to promote health and prevent diseases, such as cancer, diabetes, heart disease, HIV/ AIDs, and obesity.
- The PRC program currently consists of 26 centers nationally, which are housed within a school of public health or a medical school that has a preventive medicine residency program.
- For every \$1 invested by CDC in 2014, PRCs received an average of \$8.60 in additional funds allowing for additional research projects and more innovation in public health.

OVERVIEW

It's Your Game...Keep It Real! (IYG) is an abstinence-plus program shown to delay sex among middle school youth. IYG uses both classroom and computer instruction to promote abstinence and to teach students about their bodies, healthy relationships, personal boundaries, and protecting themselves from pregnancy and STDs. The IYG curriculum includes 24 lessons (54 minutes each) that can be used in science, health, or other classes. There is also a 2-day interactive IYG training that gives teachers a better understanding of adolescent sexual health and well-being.

RESEARCH RESULTS

IYG is an evidence-based curriculum proven to be effective by a variety of studies. A study of 10 Texas middle schools found that students who received IYG were less likely to begin having sex by the 9th grade than students in the comparison group. The findings suggested that the program may help delay sexual behaviors for up to 24 months.¹ Another study of 15 urban middle schools showed that students completing the program reported delayed first-time sex, reduced unprotected sex, and reduced frequency of vaginal and anal sex.² IYG has also been effective in reducing dating violence, especially among ethnic minority youth.³

TOOL LOCATION

To learn more about IYG implementation and training opportunities, please visit these websites:

- <https://sph.uth.edu/research/centers/chppr/iyg/risk-reduction/>
- www.itsyourgame.org



REFERENCES

1. Tortolero SR, Markham CM, Peskin MF, et al. *It's Your Game: Keep It Real: delaying sexual behavior with an effective middle school program.* *J Adolesc Health.* 2010;46(2):169–179.
2. Markham CM, Tortolero SR, Peskin MF, et al. (2012). *Sexual risk avoidance and sexual risk reduction interventions for middle school youth: a randomized controlled trial.* *J Adolesc Health.* 2012;50(3):279–288.
3. Peskin MF, Markham CM, Shegog R, et al. (2014). *Effects of the It's Your Game: Keep It Real program on dating violence in ethnic-minority middle school youths: a group randomized trial.* *Am J Public Health.* 2014;104(8):1471–1477.