

Conditions for Success

The shared belief that every young person:

Has the potential to succeed and lead, regardless of life circumstances.

Deserves to have connections with caring adults who empower them to share their voice and engage within their communities.

Deserves equitable access to quality education, work and life experiences — ensuring a better future and a better world.

ORGANIZATIONAL CAPACITY & READINESS:

- Strong leadership.
- Commitment to positive youth development.
- Stable, long-term funding.
- Robust community and/or school partnerships.

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TOP TRAINED ADULTS:

- Caring, competent adults are hired and trained.
- Adults build skills through professional development.

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FIDELITY MONITORING & QUALITY IMPROVEMENT:

- TOP implementation training and guidance.
- Quality Assurance Plans.
- Wyman Connect data entry, reports & dashboard.

Core Components

WEEKLY PEER GROUP MEETINGS:

“TOP Clubs” or groups meet for at least 25 weekly meetings across a program cycle, with a teen to facilitator ratio no greater than 25:1.

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TOP CURRICULUM:

Facilitators provide at least 12 lessons from the TOP Curriculum with content tailored to teens’ needs and interests.

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COMMUNITY SERVICE LEARNING:

TOP teens complete at least 20 hours of meaningful community service learning, which includes planning, action and reflection.

HIGH QUALITY FACILITATION

Caring, responsive and knowledgeable TOP staff build strong, supportive relationships with teens and create engaging and empowering TOP Club experiences.

Outcomes & Impact

SHORT-TERM OUTCOMES:

Improved social and emotional learning, and life skills:

- Emotion management
- Goal-setting
- Communication
- Teamwork
- Empathy
- Problem-solving

Positive sense of self:

- Self-understanding
- Self-efficacy
- Sense of purpose

Stronger connections to others:

- Strong, supportive relationships with adults
- Positive peer relationships
- School and community engagement

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INTERMEDIATE-TERM OUTCOMES:

Improved academics

For example:

- Fewer failing grades
- Less course failure

Decreased risky behavior

For example:

- Fewer suspensions
- Fewer pregnancies

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LONG-TERM IMPACT:

Young people demonstrate educational success, healthy behaviors and relationships, and life and leadership skills. They thrive and contribute positively to their communities.

The Teen Outreach Program Logic Model

This summary illustrates how the evidence-based TOP model achieves positive outcomes for teens. The “theory of change” is based on research demonstrating TOP outcomes, and broader successful youth development research. As the model describes, short- and intermediate-term outcomes create the foundation for the longer term impact beyond the program—educational success, life and leadership skills and healthy behavior and relationships.

Specific components to achieve outcomes include: weekly peer group meetings, TOP Curriculum lessons, and community service learning, all supported by high quality adult facilitation. Wyman has established specific criteria for the structure and the amount of program teens should receive, known as the TOP Fidelity Criteria.

Articles and Reports of Teen Outreach Program (TOP) Outcomes

Allen, J.P., Philliber, S., Herrling, S., & Kuperminc, G.P. (1997). Preventing teen pregnancy and academic failure: Experimental evaluation of a developmentally based approach. *Child Development*, 64(4), 729-742. *This peer reviewed, published article summarizes findings of a randomized-controlled trial; TOP teens showed lower risk of course failure, school suspension and pregnancy compared to teens assigned to a control group.*

Allen, J.P. & Philliber, S. (2001). Who benefits most from a broadly targeted intervention program? Differential efficacy across populations in the Teen Outreach Program®. *Journal of Community Psychology*, 29(6), 637-655. *This peer reviewed, published article summarizes the findings of a quasi-experimental study; TOP teens showed lower risk of course failure, school suspension and pregnancy, compared to teens in the comparison group.*

Daley E.M., Bui E.R., Wang W., Singleton A., Debate R., Marhefka S., et al. (2015). Evaluation of Wyman’s Teen Outreach Program® in Florida: Final Impact Report for Florida Department of Health. Findings from the Replication of an Evidence-Based Teen Pregnancy Prevention Program. *This report is based on findings of a randomized-controlled trial; fewer TOP teens engaged in sexual intercourse and fewer had ever been pregnant or got someone pregnant at program exit, compared to teens assigned to a control group.*

McBride, A.M., Chung, S., & Robertson, A. (2016). Preventing academic disengagement through a middle school-based social and emotional learning program. *Journal of Experiential Education*, 39(4), 370-385. *This peer reviewed, published article summarizes findings of a quasi-experimental study; TOP teens were less likely to report failing grades and skipping classes without permission compared to teens in the comparison group.*

Walsh-Buhi, E.R., Marhefka, S.L., Wang, W., Debate, R., Perrin, K., Singleton, A., Noble, C.A., Rahman, S., Maness, S.B., Mahony, H., Ziemba, R., Malmi, M., Marwah, E., Hall, K., Turner, D., Blunt-Vinti, H., Noble, S., & Daley, E.M. (2016). The impact of the Teen Outreach Program® on sexual intentions and behaviors. *Journal of Adolescent Health*, 59, 283-290. *This peer reviewed, published article summarizes findings of a randomized-controlled trial; TOP teens were less likely to engage in recent sex and TOP females were less likely to engage in recent risky sex compared to teens assigned to a control group.*

Daley, E.M., Marhefka, S.L., Wang, W., Noble, C.A., Mahony, H., Arzola, S., Singleton, A., Malmi, M., Ziemba, R., Turner, D., Marwah, E., & Wash-Buhi, E. (2019). Longitudinal evaluation of the Teen Outreach Programme: Impacts of a health promotion programme on risky sexual behaviours. *Health Education Journal*, 78(8), 916-930. *This peer-reviewed publication summarizes findings of a randomized controlled trial; at the end of the program, teens in TOP were less likely to report recent sex, recent risky sex, and intention to have sex in the next year compared to those in the control group. At 1 year follow-up, TOP teens were less likely to ever be pregnant or have gotten someone pregnant.*