

RCL Now on AZDHS

Approved TPP Program List!

Due to its proven effectiveness among Native youth, RCL was recently added to the Arizona Department of Health Services (AZDHS) list of approved teen pregnancy prevention (TPP) programs. This means state funding can now support Navajo Nation to implement RCL in schools, inclusive of training and resources. With various options for school-based delivery, we hope more schools will choose RCL as the preferred TPP program.



School-Based Delivery

RCL has three options for delivery in a school-based setting: 50, 60, or 80 minute sessions. The number of sessions depends on the length chosen. Sessions can be taught in a group or individually.



Other Delivery Options

- Virtual (Zoom, Skype, etc.)
- Hybrid: combination of virtual and in-person lessons
- Sports camp: 2 week (10-day) summer camp

RCL Publications

Recently Approved by Tribal Review Boards

1. Rigorous evaluation of a pregnancy prevention program for AI youth. Trials. **Outlined the study protocol and process for evaluation.**
2. Prevention of STDs & pregnancy prevention among Native American youth, American Journal of Public Health. **Established RCL as evidence-based teen pregnancy prevention program.**
3. Impacts of RCL for early substance use among native American youth. Drug and Alcohol Dependence. **Demonstrated RCL is effective risk prevention for substance use among Native youth.**
4. Improving communication between American Indian youth & caregivers to prevent teenage pregnancy. Health Education Research. **Demonstrated that RCL improves communication between youth & caregivers.**

Have questions?

Contact Us

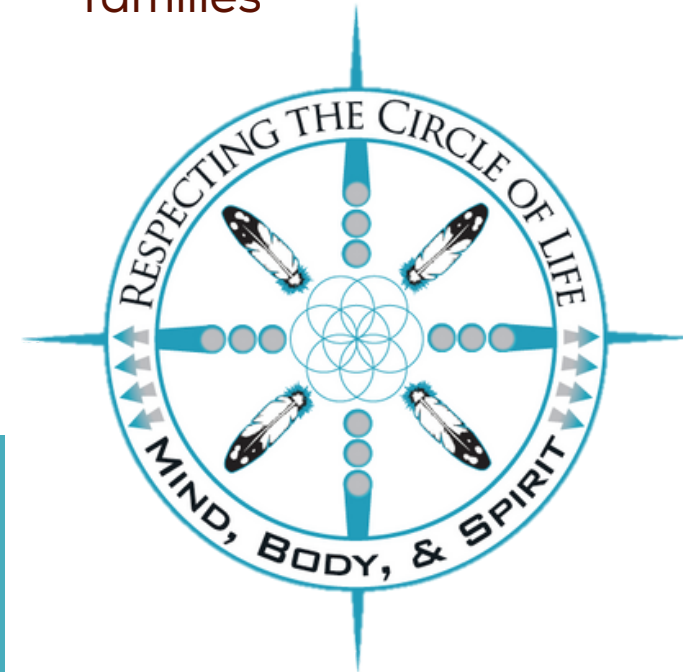
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Read more about RCL online:

<https://www.healthynativeyouth.org/curricula/respecting-the-circle-of-life/>

RESPECTING THE CIRCLE OF LIFE

A pregnancy, STD, and HIV prevention program for Native youth and families



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH

Overview

Respecting the Circle of Life (RCL) is a pregnancy, sexually transmitted disease (STD), and HIV/AIDS prevention intervention for Native youth ages 11-19 and their families. RCL was developed through a participatory research approach between Johns Hopkins University and a Native community, and has been implemented in multiple sites across the United States.

RCL is the first sexual and reproductive health program to be developed and rigorously evaluated with Native American youth. Key findings indicate that RCL is an effective, culturally relevant, and comprehensive approach to improving the wellbeing of Native youth. The program focuses on informed decision-making and encourages youth to make plans for a healthy future.

RCL is an evidence-based program that is culturally relevant to this community.



Key Takeaways

Parent-Child Relationship

Youth who participated in the program were more likely to talk with an adult about their sexual & overall health than those who did not.

STD/HIV Prevention

Compared to youth who did not participate in the program, participants who received RCL had better STD/HIV prevention and transmission knowledge.

Condom Use Knowledge

After participating in the program, youth had better condom use knowledge and were more likely to believe condoms prevent sexually transmitted infections.

Why RCL?

- 1 It was **designed** by a Native community.
- 2 It is **evidence-based** (proven to be effective in this community).
- 3 It honors Native **health beliefs, values and traditions**.
- 4 It includes lessons with **parents**.
- 5 It can be delivered in **school or community** settings.
- 6 It teaches **knowledge and skills**.
- 7 It is taught to youth in **peer groups**.