

*The Choice Game*  
**Executive Summary – Matched Students**  
**2005-2006**

Introduction: *The Choice Game* involved 960 public and parochial high school students (537 treatment and 423 control). A 33-item questionnaire including three demographic items was administered before and after the treatment to both groups. Pre-test/post-test data was matched; gain scores for each item were compared by group and tested for statistical significance ( $p < .05$ ) using analysis of variance. Additionally, changes from pre-test to post-test in the desired response were calculated.

Program Overview: Program monitors facilitated *The Choice Game*, a 9-session interactive abstinence education curriculum during the third and fourth quarters of the 2005-2006 academic year. *The Choice Game* aims to educate young people and create an environment within communities that supports teen decisions to postpone sexual activity until marriage. The curriculum consists of six core lessons, each 45-minutes in length which include the topics “My Family, My Self”; “Influences”; “Communication & Refusal Skills”; “STDs & AIDS”; “Alcohol, Drugs, Tobacco Use”; and “Teen Pregnancy.”

Results: Twenty-two items are identified within the full evaluation report which demonstrate a statistically significant gain in the survey instrument among the treatment group as compared to the control group. These areas include attitudes (5 items), behavioral intentions (6 items), communication (3 items), knowledge (6 items), and media influences (2 item).

Following are highlights of these results:

**Question 4: I go to a family member, or a trusted adult, with concerns or questions about sex.**

20.2% increase (from 56.4% to 67.8%) in the desirable answer among participating students over time ( $p < .01$ )

**Question 9: Would you like to see teens practicing abstinence more often in the media (TV, Radio, Movies, Magazines)?**

17.6% increase (from 48.9% to 57.5%) in the desirable answer among participating students over time ( $p = .01$ )

**Question 12: I plan to be sexually abstinent (not have sex) until marriage.**

61.5% increase (from 30.1% to 48.6%) in the desirable answer among participating students over time ( $p < .01$ )

**Question 14: It is not a good idea for teenagers to have sex.**

33.2% increase (from 41.6% to 55.4%) in the desirable answer among participating students over time ( $p < .01$ )

**Question 16: Having sexual intercourse can cause a lot of stress for people my age.**

30.1% increase (from 57.5% to 74.8%) in the desirable answer among participating students over time ( $p < .01$ )

**Question 19: Using drugs or alcohol will increase my chances of becoming sexually active.**

43.6% increase (from 49.5% to 71.1%) in the desirable answer among participating students over time ( $p < .01$ )

**Question 23: The only 100% sure way to avoid getting a sexually transmitted disease (STD), or becoming pregnant, is to abstain (not have) from sexual activity.**

8.2% increase (from 78.5% to 84.9%) in the desirable answer among participating students over time ( $p < .01$ )

NOTE: While the percentage change may seem to be only a small increase among the treatment group, this is compared to an 11.1% decrease among control students.

Conclusions: Based on the results of this evaluation report, it appears that *The Choice Game* is having an impact among participating students as demonstrated by percentage increases and statistical significance. Clearly, *The Choice Game* has met its aims to educate and support teen decisions to postpone sexual activity until marriage.

*The Choice Game*  
**Evaluation Results - Matched Students**  
**2005-2006**

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>1. What is your sex?</b>						
a. Female	52.5%	55.7%		49.2%	49.2%	
b. Male	47.5%	44.3%		50.8%	50.8%	
<b>2. What is your current age?</b>						
a. 12	3.5%	3.0%		7.4%	3.8%	
b. 13	5.8%	5.0%		4.3%	4.3%	
c. 14	53.0%	45.3%		53.8%	48.8%	
d. 15	31.2%	38.4%		26.6%	31.8%	
e. 16	5.8%	6.9%		6.7%	7.4%	
f. 17	0.4%	0.9%		0.7%	2.9%	
g. 18	0.4%	0.4%		0.5%	1.0%	
<b>3. How do you describe yourself?</b>						
a. White or Caucasian	3.9%	4.1%		6.9%	5.7%	
b. Black or African	66.9%	66.5%		66.5%	69.1%	
c. Hispanic or Latino	18.4%	17.5%		13.8%	13.5%	
d. Asian	1.5%	1.7%		2.1%	2.4%	
e. Pacific Islander	0.8%	0.9%		1.4%	1.4%	
f. American Indian	0.4%	0.8%		0.7%	0.2%	
g. Arabic	0.2%	0.2%		0.0%	0.0%	
h. Other	7.9%	8.3%		8.6%	7.6%	

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>4. I go to a family member, or a trusted adult, with concerns or questions about sex.</b>						
a. Yes	56.4%	67.8%	20.2%	58.4%	59.1%	1.2%
b. No	34.6%	25.9%		31.8%	31.6%	
c. Not Sure	8.9%	6.3%		9.7%	9.3%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>5. I go to a family member, or a trusted adult, with concerns or questions about drugs or alcohol.</b>						
a. Yes	63.7%	71.5%	12.2%	67.6%	66.9%	-1.0%
b. No	31.7%	25.0%		26.4%	27.4%	
c. Not Sure	4.7%	3.5%		6.0%	5.7%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>6. A family member, or a trusted adult, helps me make healthy choices when it comes to sexual decisions.</b>						
a. Yes	69.3%	73.0%	5.3%	69.6%	70.8%	1.7%
b. No	22.0%	19.6%		20.2%	19.5%	
c. Not Sure	8.8%	7.4%		10.2%	9.7%	
The gains were not significantly different by group ( $p = .44$ )						
<b>7. I go to a family member, or trusted adult, when I need help or when I am in trouble.</b>						
a. Yes	83.0%	84.7%	2.0%	77.9%	79.3%	1.8%
b. No	12.9%	10.8%		13.8%	13.1%	
c. Not Sure	4.1%	4.5%		8.3%	7.6%	
The gains were not significantly different by group ( $p = .75$ )						

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>8. I have talked about abstinence (not having sex) with family or a trusted adult.</b>						
a. Yes	54.0%	61.1%	13.1%	45.3%	50.4%	11.3%
b. No	39.8%	33.8%		45.1%	41.1%	
c. Not Sure	6.2%	5.0%		9.5%	8.6%	
The treatment group gained significantly more than the control ( $p = .04$ )						
<b>9. Would you like to see teens practicing abstinence more often in the media (TV, Radio, Movies, Magazines)?</b>						
a. Yes	48.9%	57.5%	17.6%	43.2%	45.1%	4.4%
b. No	27.1%	19.4%		24.2%	24.9%	
c. Not Sure	24.1%	23.1%		32.5%	29.9%	
The treatment group gained significantly more than the control ( $p = .01$ )						
<b>10. Do you think TV programs show that sex before marriage can lead to sexually transmitted diseases (STDs) and teen pregnancy?</b>						
a. Yes	45.8%	52.3%		46.8%	44.9%	
b. No	34.3%	32.4%	-5.5%	33.0%	35.4%	7.3%
c. Not Sure	19.9%	15.3%		20.2%	19.7%	
The gains were not significantly different by group ( $p = .06$ )						

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>11. Do you think TV shows the dangers of alcohol and drug use?</b>						
a. Yes	60.4%	63.1%	4.5%	57.1%	52.4%	-8.2%
b. No	25.0%	24.3%		30.0%	32.6%	
c. Not Sure	14.6%	12.7%		12.9%	15.0%	
The gains were not significantly different by group ( $p = .12$ )						
<b>12. I plan to be sexually abstinent (not have sex) until marriage.</b>						
a. Yes	30.1%	48.6%	61.5%	33.0%	29.7%	-10.0%
b. No	35.0%	23.2%		35.6%	35.6%	
c. Not Sure	35.0%	28.2%		31.4%	34.7%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>13. If someone were to pressure me to have sex, I could say no.</b>						
a. Yes	75.9%	79.6%	4.9%	69.4%	68.9%	-0.7%
b. No	13.3%	7.9%		13.3%	13.5%	
c. Not Sure	10.8%	12.5%		17.3%	17.6%	
The gains were not significantly different by group ( $p = .06$ )						
<b>14. It is not a good idea for teenagers to have sex.</b>						
a. Yes	41.6%	55.4%	33.2%	39.3%	38.6%	-1.8%
b. No	28.8%	23.4%		28.9%	28.7%	
c. Not Sure	29.6%	21.2%		31.8%	32.7%	
The treatment group gained significantly more than the control ( $p < .01$ )						

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>15. Having sex is the only way to show true love.</b>						
a. Yes	7.5%	3.9%		9.3%	9.7%	
b. No	86.2%	92.5%	7.3%	83.4%	81.9%	-1.8%
c. Not Sure	6.3%	3.5%		7.4%	8.3%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>16. Having sexual intercourse can cause a lot of stress for people my age.</b>						
a. True	57.5%	74.8%	30.1%	50.8%	52.5%	3.3%
b. False	16.4%	9.4%		24.0%	20.2%	
c. Not Sure	26.1%	15.8%		25.2%	27.3%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>17. My family thinks it is not OK for people my age to have sex before marriage.</b>						
a. True	52.4%	53.9%	2.9%	53.2%	48.0%	-9.8%
b. False	29.5%	29.7%		27.2%	31.3%	
c. Not Sure	18.1%	16.4%		19.6%	20.8%	
The gains were not significantly different by group ( $p = .13$ )						
<b>18. My friends think that having sex before marriage is not OK for people my age.</b>						
a. True	33.5%	35.6%	6.3%	34.4%	34.7%	0.9%
b. False	45.9%	43.8%		43.0%	37.8%	
c. Not Sure	20.6%	20.6%		22.6%	27.6%	
The gains were not significantly different by group ( $p = .85$ )						

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>19. Using drugs or alcohol will increase my chances of becoming sexually active.</b>						
a. Yes	49.5%	71.1%	43.6%	31.7%	38.4%	21.1%
b. No	26.5%	15.6%		41.1%	31.7%	
c. Not Sure	24.0%	13.3%		27.2%	29.8%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>20. I plan to avoid drug and alcohol use because they increase my chances of becoming pregnant or getting someone pregnant.</b>						
a. Yes	67.5%	78.8%	16.7%	58.8%	60.4%	2.7%
b. No	15.1%	9.6%		22.5%	18.7%	
c. Not Sure	17.4%	11.5%		18.7%	20.9%	
The treatment group gained significantly more than the control ( $p = .04$ )						
<b>21. If someone who I liked wanted to have sex with me, drinking or using drugs would make it more difficult to say no.</b>						
a. Yes	44.7%	54.0%	20.8%	35.5%	33.6%	-5.4%
b. No	39.4%	33.1%		44.1%	44.8%	
c. Not Sure	15.9%	12.9%		20.4%	21.6%	
The treatment group gained significantly more than the control ( $p < .01$ )						



	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>22. I plan to avoid drug and alcohol use because they increase my chances of getting a sexually transmitted disease (STD).</b>						
a. Yes	71.4%	80.6%	12.9%	64.7%	60.9%	-5.9%
b. No	13.1%	8.6%		18.7%	17.3%	
c. Not Sure	15.5%	10.8%		16.5%	21.8%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>23. The only 100% sure way to avoid getting a sexually transmitted disease (STD), or becoming pregnant, is to abstain (not have) from sexual activity.</b>						
a. True	78.5%	84.9%	8.2%	69.2%	61.5%	-11.1%
b. False	12.5%	8.8%		19.2%	19.7%	
c. Not Sure	9.0%	6.4%		11.5%	18.8%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>24. There are many other ways of catching sexually transmitted diseases (STDs) other than sexual intercourse.</b>						
a. True	62.3%	86.7%	39.2%	62.2%	62.4%	0.3%
b. False	20.3%	6.9%		19.6%	18.4%	
c. Not Sure	17.4%	6.4%		18.2%	19.1%	
The treatment group gained significantly more than the control ( $p < .01$ )						

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>25. Sexually transmitted diseases (STDs) that are caused by a virus, like Herpes or HPV (Human Papillomavirus), can be completely cured.</b>						
a. True	12.8%	11.1%		15.5%	16.2%	
b. False	54.0%	77.1%	42.8%	46.1%	48.0%	4.1%
c. Not Sure	33.2%	11.8%		38.4%	35.8%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>26. It is not possible to get a sexually transmitted disease (STD) like Gonorrhea or Syphilis from oral sex.</b>						
a. True	14.6%	8.2%		12.3%	14.7%	
b. False	53.3%	76.1%	42.8%	53.1%	48.6%	-8.5%
c. Not Sure	32.1%	15.7%		34.5%	36.7%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>27. It is easy to tell if you have an STD.</b>						
a. True	8.3%	6.4%		11.3%	9.6%	
b. False	72.7%	87.8%	20.8%	62.9%	65.3%	3.8%
c. Not Sure	19.0%	5.8%		25.8%	25.1%	
The treatment group gained significantly more than the control ( $p = .01$ )						

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>28. A sexually transmitted disease (STD) can be quickly diagnosed and treated before any serious damage happens.</b>						
a. True	33.4%	53.4%	59.9%	44.9%	40.8%	-9.1%
b. False	29.8%	28.5%		16.5%	20.4%	
c. Not Sure	36.8%	18.1%		38.6%	38.8%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>29. I plan to avoid drinking alcohol until I turn 21 years old.</b>						
a. True	58.3%	64.7%	11.0%	59.6%	55.0%	-7.7%
b. False	25.9%	17.6%		22.5%	21.1%	
c. Not Sure	15.8%	17.6%		17.9%	24.0%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>30. I plan to avoid illegal drugs.</b>						
a. True	87.0%	88.3%	1.5%	86.9%	80.8%	-7.0%
b. False	6.8%	5.3%		5.8%	7.8%	
c. Not Sure	6.2%	6.4%		7.3%	11.4%	
The treatment group gained significantly more than the control ( $p < .01$ )						
<b>31. If a friend asked me to take drugs I would say no.</b>						
a. True	91.1%	91.3%	0.2%	87.9%	86.9%	-1.1%
b. False	3.6%	3.8%		4.1%	4.6%	
c. Not Sure	5.3%	4.9%		8.0%	8.5%	
The gains were not significantly different by group ( $p = .68$ )						

	Treatment		% Change	Control		% Change
	Pre	Post		Pre	Post	
<b>32. I am not going to smoke marijuana because it could lead to taking other drugs.</b>						
a. True	80.7%	84.1%	4.2%	77.4%	75.0%	-3.1%
b. False	11.0%	8.3%		12.1%	13.1%	
c. Not Sure	8.3%	7.6%		10.4%	11.9%	
The treatment group gained significantly more than the control ( $p = .045$ )						
<b>33. Movies, TV, music and advertising influence our sexual behavior.</b>						
a. True	61.5%	72.5%	17.9%	51.1%	50.6%	-1.0%
b. False	24.0%	17.8%		28.6%	28.6%	
c. Not Sure	14.5%	9.7%		20.2%	20.7%	
The treatment group gained significantly more than the control ( $p < .01$ )						