

Experiences of Community Partners

“Hearing from the [youth] their ideas, when their eyes light up, when they get it...It just seemed like a very clear moment of them envisioning themselves in their future and being successful and having something to hold on to.”

“What **Project AIM** has brought to the program is a sense of commitment from each student. The conversations they’ve had in groups and with us about their future has been sparked by **Project AIM** .”

-Project AIM Facilitators
Heart of Los Angeles (HOLA)
Los Angeles, CA

“**Project AIM** provided youth with something they don’t get anywhere else...a forum to discuss and express their feelings and views on something that’s very important to them...their future.”

-Project AIM Facilitator
One Light International
Los Angeles, CA

“The principal and teachers all wanted to know what we were doing that created such transformations in these children.”

-Original Project AIM Interventionist
Centers for Disease Control and Prevention
Atlanta, GA

For more information



For More Information, Please Contact:

AIM Service Center
Children’s Hospital Los Angeles
(323) 361-3126
AIM@chla.usc.edu

<https://www.chla.org/project-aim>

Project AIM

A positive youth development intervention to reduce sexual risk behavior among middle school age youth



How AIM works

Project AIM is a group-level, positive youth development intervention designed to reduce pregnancy and sexually transmitted disease by promoting the motivation to make safe choices and to address deeper barriers to sexual risk prevention. Youth are motivated to achieve a positive future and avoid a negative future.

Project AIM helps and encourages youth:

- To understand the concept of legacy through the use of role models
- See a picture of themselves in the future as successful adults
- Set goals to achieve their desired future selves
- Identify strengths and resources needed for future success
- Build effective communication skills
- Protect their future through reducing risk behaviors today



Who it is for

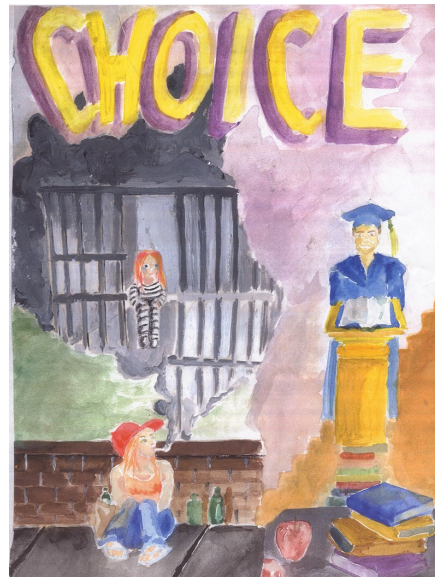
Middle school youth between the ages of 11 to 14.

How Project AIM is implemented

Project AIM consists of:

- Small groups of youth
- Community Version: 12, 50-min sessions over 6 weeks
- School Version: 16, 50 min sessions over 8 weeks
- Interactive activities, discussions, & role-plays

It is delivered by 2 skilled & trained facilitators.



Student artwork, 2007, "Positive & negative future"

How Project AIM is effective

Project AIM was tested in a school among African American 7th grade students in a suburb near Birmingham, Alabama. Youth who participated in **Project AIM**, compared to those who did not, reported:

- Increased abstinence
- Decreased intentions to engage in sex
- Delay of initiation of sexual intercourse among virgins

By the end of their 8th grade year, **Project AIM** students also showed :

- Fewer disciplinary problems

And for social studies and science, **Project AIM** students earned:

- Higher academic grades
- Higher Standard Achievement Test scores

