

Findings From an Evaluation of the El Camino Sexual Health Program

El Camino is an adolescent sexual health program that employs a [positive youth development](#) approach to encourage youth to define their personal goals and think about how they will attain them. Interactive lessons explore links between goal setting and sexual health decisions and provide information about sex, pregnancy, and healthy relationships. Designed by Child Trends, this culturally relevant program helps students in high schools with large Latino populations develop the knowledge, attitudes, behaviors, and relationships that support their ability to make informed decisions about sex and pregnancy and achieve their goals.

To evaluate El Camino, Child Trends partnered with Identity, Inc. to implement El Camino during lunch, elective classes, or after school at 11 high schools in Maryland with large Latino populations. Researchers at the University of Maryland evaluated El Camino's effectiveness: classrooms at each school were randomly selected to receive either El Camino or an alternative life skills program. This resource summarizes the demographic characteristics of student participants, their perceptions of the program, and pre- and post-test findings that highlight the need for sexual health education and the positive impacts of El Camino.

El Camino Program Reach

- ▶ **El Camino**—396 students across 34 classes:
 - 25 in Spanish
 - 9 in English
- ▶ **Alternative life skills program**—350 students across 34 classes:
 - 27 in Spanish
 - 7 in English

Demographics and background of students participating in the evaluation



Age

Average age: 16.3



Time in the United States

Born outside U.S.: 75%

Age came to U.S. (average): 14.1



Language spoken at home

Mostly Spanish: 68%

Mostly English: 11%

Spanish and English: 19%

Other: 2%



Race/ethnicity

Hispanic, Latino, or Spanish-origin: 84%

Black or African American: 9%

American Indian or Alaska Native: 2%

Asian: 2%

White: 2%

Other: 4%



Grade in school

9th: 34%

10th: 39%

11th: 17%

12th: 8%



Gender identity

Male: 43%

Female: 54%

Other/missing: 3%

