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Core content components are the essential parts of a program that relate to *what* is being taught—that is, the knowledge, attitudes, and skills that are addressed in the program’s learning activities that are most likely to change sexual behaviors. The core content components of a program generally map with the determinants (or risk and protective factors) addressed by the program.<sup>3</sup>

Core content components are one of three types of components considered critical to the program’s effectiveness. The other two are core pedagogical components (the important teaching methods and strategies) and core implementation components (the program’s essential logistical elements). These components are described in the following sections.

## Which health behavior change theories inform *All4You!*

The guiding theories behind *All4You!* are Social Cognitive Theory (SCT), Theory of Reasoned Action, and Theory of Planned Behavior. These theories identify the specific sexual risk and protective factors that affect sexual behavior and were targeted throughout the program.

## *All4You!* Core Content Components

The list below gives you an overview of the core content components of the curriculum. An overview may be especially helpful when making a decision about a program’s fit with your priority population and your organization’s capacity. For more detailed information about the core content components listed here, see the Core Content Components Table on page 68.

- **KNOWLEDGE:**  
Information that is directly tied to behavior such as steps for proper condom use and what behaviors increase risk of STD and HIV transmission
- **ATTITUDES and BELIEFS :**  
Activities that address perceived barriers to condom use or perceived risk of STDs or pregnancy
- **NORMS:**  
Activities that realign norms or facilitate the development of positive norms, such as watching peer leaders model new skills
- **SKILLS:**  
Including refusal/negotiation and condom use skills
- **COMMUNITY INVOLVEMENT through SERVICE LEARNING:**  
Activities designed to enhance personal motivation and sense of future or purpose, including preparation activities for service-learning visits
- **REFLECTION:**  
Activities designed to facilitate gaining personal meaning from the service-learning experiences
- **INDIVIDUAL COMMITMENT:**  
Activities that solidify intentions toward positive behavioral choices and reinforce norms favoring such choices

<sup>3</sup> The determinants addressed in *All4You!* are listed and defined in the glossary at the end of the kit.











































































































































