

Impact on Passivity-Assertiveness-Aggression of Short-term, Computer-based, Skill Building in Assertiveness: A Pilot Study.

Expanded from poster presentation at the CDC/DASH National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs.

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SUBJECT OF STUDY: RELATE FOR TEENS SOFTWARE

ABSTRACT

Relate for Teens is a groundbreaking, computer-based, comprehensive prevention program, covering health, safety and discipline issues, including violence, substance abuse, sexuality, abusive relationships, discipline and other issues. It targets a broad range of adolescents, in a variety of school and community-based settings. *Relate for teens* integrates research from education, psychology and prevention studies, with advances in technology, to make best practices in social learning available to adolescents and the practitioners who work with them.

The program is built around Ripple Effects proprietary “whole spectrum” learning system, which offers experiential, cognitive, behavioral and affective learning strategies, as well as transfer training opportunities with friends and family, media analysis and sports applications, role-plays, assisted writing exercises to help internalize learning, subjective assessment, objective assessment through engaging interactive exercises, and a management system for tracking student skill mastery while protecting student privacy. The goals of the program are to develop social competence in adolescents and to help them use specific social emotional abilities to solve everyday life problems. The seven, core social-emotional competencies are: empathy, assertiveness, impulse control, management of feelings, decision-making ability, self-understanding and connection to community. They are broken down into 100 skill components that are presented in an array of multimedia forms that appeal to a wide range of learning styles, intelligences, social backgrounds and special needs.