



The Children's Aid Society
Adolescent Pregnancy Prevention Program

In 1984, Dr. Michael A. Carrera and The Children's Aid Society (CAS) developed an Adolescent Pregnancy Prevention Program that uses a holistic approach to empower youth, to help them develop personal goals and the desire for a productive future, in addition to developing their sexual literacy and educating them about the consequences of sexual activity. CAS-Carrera works with boys and girls 11-12 years old and follows them through high school and beyond. Guided by a philosophy that sees youth as “at promise” instead of “at risk,” CAS-Carrera works to develop a participant’s capacity and desire to avoid pregnancy. The program model also provides opportunities for young people to discover interests and develop talents, as well as emphasizing education and employment. CAS-Carrera sees the sum of these activities as having a contraceptive effect.

The model includes seven fundamental components:

1. Education: Individual academic plans for each participant, daily one-on-one or small group tutoring, PSAT and SAT preparation, college trips and a College Scholarship fund.
2. Employment: Job Club is a full introduction to the “world of work,” including opening bank accounts, exploring career choices and providing summer and part-time jobs. Participants are paid a stipend and make monthly deposits in their bank accounts.
3. Family Life and Sexuality Education (FLSE): Weekly comprehensive sexuality education sessions taught in an age-appropriate fashion.
4. Self-Expression: Weekly music, dance, writing and drama workshops led by theater and art professionals, where children can discover talents and build self-esteem.
5. Lifetime Individual Sports: A fitness program emphasizing sports that build self-discipline and can be played throughout life, including golf, squash, swimming, and surfing.
6. Full Medical and Dental Care: Comprehensive physicals and medical services in partnership with the Adolescent Health Center of The Mt. Sinai Medical Center. Full dental services provided by The Children’s Aid Society.
7. Mental Health Services: Counseling and crisis intervention as needed, and weekly discussion groups led by certified social workers.

CAS-Carrera also includes a Parent Family Life & Sexuality Education program that facilitates a parent’s/adult’s ability to communicate more effectively with their children about important family life and sexuality issues.

CAS-Carrera is the only 3-year fully evaluated teenage pregnancy prevention program with statistically proven effectiveness in the country, yielding a 50% reduction in birth rates in communities served and a multitude of other positive youth development outcomes, including: increased likelihood of high-school graduation and college admission; increased employment experience; more bank accounts; and increased use of private physicians instead of emergency rooms.

CAS-Carrera is launching a national expansion that will directly impact the lives of thousands of young people across the country, while influencing the public attitude, the policy environment, and the overall delivery of youth services.