

***Relationship Intelligence Training* found to increase students' intent to delay sex**

Relationship Intelligence Training has been offered during the last two decades to more than 130,000 students ages 12 to 18 in New York and New Jersey with support from the N.J. Department of Health and the U.S. Department of Health and Human Services.

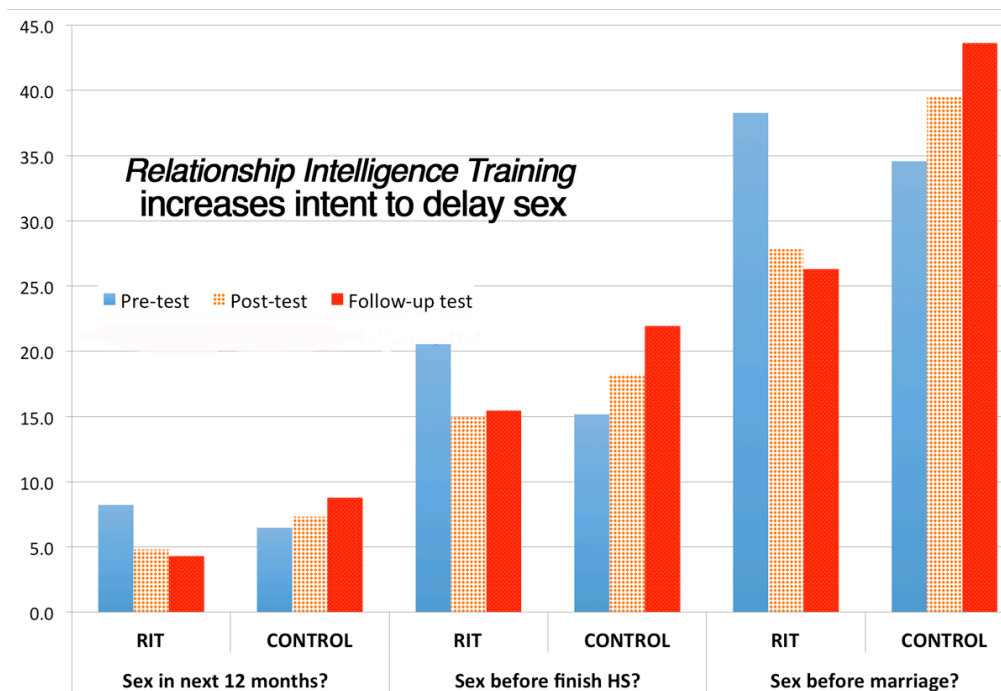
In 2020, the RIT program was evaluated by Evans Evaluation in Utah for long-term impacts on students' abstinence values and intentions. Students were taught the RIT curriculum during 9th grade health courses, where they were pre- and post-tested. Ten months later, the students were surveyed again in the 10th grade. The program was found to have statistically significant gains in abstinence values and intentions across time ($p < .001$).

In 2014, independent evaluators at Montclair State University found that *Relationship Intelligence Training* risk avoidance education significantly increased middle school students' intentions to delay sexual involvement compared with students who had not received the program.

At a followup survey given 6 – 10 months after receiving 6 hours of RIT education, 8th grade students were **48% less likely to say they planned to have sex in the next 12 months**. In contrast students who did not receive RIT had **36% increased** intentions to become sexually active ($p=.004$).

At 6 – 10 month follow-up, students who received RIT education were **25% less likely to say they planned to have sex before graduating from high school**. In contrast students who did not receive RIT had **45% increased intent** to have sex before graduating from high school ($p=.001$).

At 6 – 10 month follow-up, students given RIT education were **31% less likely to say they planned to have sex before marriage**. In contrast students who did not receive RIT had **26% increased** intent to have sex before marriage ($p=.001$).



Relationship Intelligence Training education and after-school *Free Teens* youth activities in New Jersey and Los Angeles are supported in part by a grant from the U.S. Department of Health and Human Services Administration for Children and Families.