



Wyman's Teen Outreach Program

Wyman's **evidence-based** Teen Outreach Program® (TOP®) is a positive youth development program designed to build teens' educational success, life and leadership skills, and healthy behaviors and relationships. As a result, teens are better able to navigate challenges during the teenage years – a time when decisions matter.

Core components to achieve outcomes and impact include:

- High-quality facilitation by caring, responsive and knowledgeable TOP staff, who build strong, supportive relationships with teens, and create engaging and empowering "TOP Club" experiences.
- At least 25 weekly peer group meetings
- At least 12 lessons of TOP curriculum provided by facilitators, who tailor the content to the teens' needs and interests
- At least 20 hours of meaningful community service learning, which includes planning, action and reflection.

The program is designed to meet the developmental needs of middle (6th – 8th grades) and high school teens (9th – 12th grades) in a variety of settings, including in school, after-school, through community organizations or in systems and institutional settings. Curriculum topics include: emotion management, problem-solving, decision-making, goal-setting, health and wellness, healthy decision making, self-understanding, social identity, empathy, communication, relationships and community.

TOP Goals and Outcomes

Improve social emotional and life skills: Valuable skills help teens cope successfully with life's demands, responsibilities and interpersonal interactions, including decision-making, problem-solving and goal-setting.

Support the development of a positive sense of self: To foster teens' self-awareness and self-understanding, including understanding of physical and sexual development, and self-care strategies. Teens also develop a sense of purpose.

Strengthen relationships with others and connections to community: Which buffers stress and plays a critical role in promoting positive growth.

Improve academic outcomes and lower risky behavior: Teens who have acquired social and emotional and life skills, have a firmly established and positive sense of self, and have strong relationships grounded in trust are more likely to make positive choices overall, including doing well in school and delaying sexual activity and childbearing.

Research Results

Rigorous research, using randomized control and quasi-experimental methods, shows that TOP works, resulting in lower likelihood of pregnancy, risky sexual behavior, course failure, school suspension and skipping school.

TOP Teens Show Academic Improvements

- Lowered risk of failing grades and course failure.

TOP Teens Show Decreased Risky Behavior

- Lowered risk of risky sexual behavior and pregnancy.
- Lowered risk of suspensions and skipping school.



National Recognition

Independent research reviews by federal agencies and organizations have recognized TOP for its evidence-base:

- [The Collaborative for Academic, Social and Emotional Learning \(CASEL\)](#)
- [U.S. Department of Health and Human Services](#) Teen Pregnancy Prevention Evidence Review
- [U.S. Department of Justice](#) – Office of Juvenile Justice and Delinquency Prevention
- [Blueprints for Healthy Youth Development](#)
- [Substance Abuse and Mental Health Services Administration's \(SAMHSA\)](#), National Registry of Evidence-Based Programs and Practices (NREPP)

More evidence-based best practice listings can be found at <http://teenoutreachprogram.com/>.

About Wyman

Wyman has been dedicated to serving youth from disadvantaged circumstances for more than a century. Wyman empowers teens, equips adults and strengthens systems. Wyman's engaging, empowering and experiential programs and services help teens build skills, develop a sense of self and connections to their world. As a result, teens achieve educational success, develop healthy behaviors and relationships, and exhibit life and leadership skills. From thousands of teens in St. Louis – to tens of thousands nationally – Wyman's programs and services make a difference in the lives of teens.

Wyman's National Network of more than 50 partners serves more than 22,700 youth across 30 states.

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