Across all years, intervention school students reported higher enforcement of family rules than comparison school students (F[1,28470]=5.25, p=0.022). Although student reports of family rules enforcement increased across the five years for both intervention and comparison students (F[4,28470]=9.66, p<0.001), there was a significant interaction between condition and time, with intervention students’ reports of family rules enforcement increasing more than comparison students’ (F[4,28470]=2.54, p=0.038). Intervention effects on student reported parental knowledge were non-significant.

Results

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Conclusions

We observed a population-level intervention effect on adolescent perceptions of parental enforcement of family rules using a brief, easily administered print-based intervention. Project Connect materials may be used to increase this protective factor against sexual initiation in a variety of contexts where parents of adolescents may be reached, including schools, physician’s offices and clinics, and community-based organizations. The findings are based on self-reports from an urban, mostly Latino population. Despite these limitations, this is one of the few studies to demonstrate a population-level effect of a low-cost, low-touch informational campaign.