

Social Cognitive Theory - mechanism of action

Adult/ally level: Ideation Model

Youth/Individual level: Integrated Behavioral Model

Skills and knowledge

- Awareness of benefits of FP services and methods
- Communication with youth

Ideation-youth FP use

Cognitive

- Beliefs
- Values
- Perceived risk
- Subjective norms
- Self-image

Emotional

- Emotional response
- Empathy for youth
- Self-efficacy to talk to youth

Social

- Support and influence of peers
- Personal advocacy for youth

Intention to talk to youth about FP use

Communication with youth about FP use

Youth FP knowledge and skills

Youth attitudes toward FP services/methods

Youth perceived social norms & barriers related to use of FP services/methods

Youth self-efficacy to use FP services/methods

Youth Intention to use FP services/methods

Youth service use

Youth FP method use

Environmental

- Perceived social support and services available for youth FP info-seeking, service use & method adoption
- Social norms and barriers to supporting youth to access FP
- Access to variety of FP methods

Provider environmental constraints

- Provider bias towards use among youth
- Access to health services (location, affordability, etc)
- Availability of FP methods
- Availability of quality FP counseling

MMH testimonial and 'duo' videos

Observational learning



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