



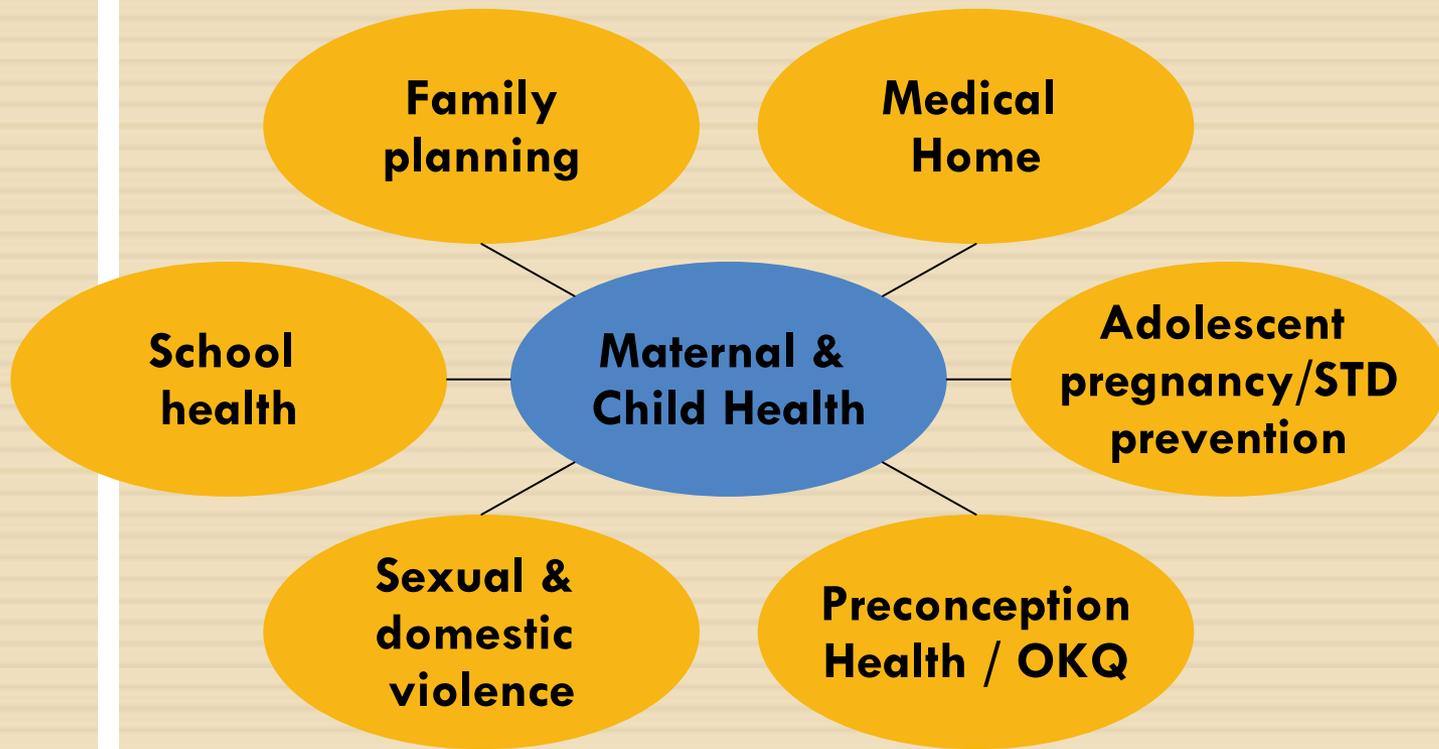
# Reducing the Risk: Evidence-based Sexuality Education for High Risk Youth

# Objectives

- Share MCH vision and commitment to comprehensive sexuality education for Vermonters
- Describe the *Personal Responsibility in Education Program (PREP)* grant
- Highlight Success Story:  
*The Bristol Hub Teen Center and Skate Park*

# Competencies for Providing Essential Public Health Services

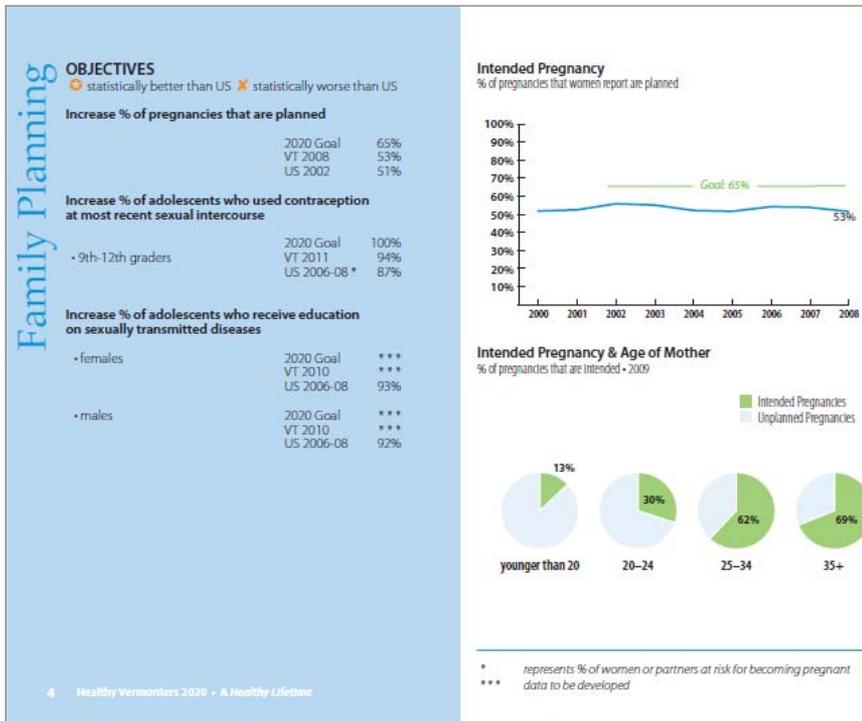
- 3.** Inform, educate, and empower people about health issues
- 4.** Mobilize community partnerships to identify and solve health problems
- 7.** Link people to needed personal health services and assure the provision of health care when otherwise unavailable
- 10.** Research for new insights and innovative solutions to health problems



## Promoting Healthy Sexuality & Relationships

# MCH and S-E-X

## Healthy Vermonters 2020



### Increase % of pregnancies that are planned

|           |     |
|-----------|-----|
| 2020 Goal | 65% |
| VT 2008   | 53% |
| US 2002   | 51% |

### Increase % of adolescents who used contraception at most recent sexual intercourse

|                    |      |
|--------------------|------|
| 2020 Goal          | 100% |
| • 9th-12th graders |      |
| VT 2011            | 94%  |
| US 2006-08 *       | 87%  |

### Increase % of adolescents who receive education on sexually transmitted diseases

|            |     |
|------------|-----|
| • females  |     |
| 2020 Goal  | *** |
| VT 2010    | *** |
| US 2006-08 | 93% |
| • males    |     |
| 2020 Goal  | *** |
| VT 2010    | *** |
| US 2006-08 | 92% |

\* represents % of women or partners at risk for becoming pregnant  
 \*\*\* data to be developed

# MCH and S-E-X

- Effective partnering with schools to improve health and achievement
  - ▣ Medically accurate health education
  
- Increase the number of health educators in Vermont schools who are certified

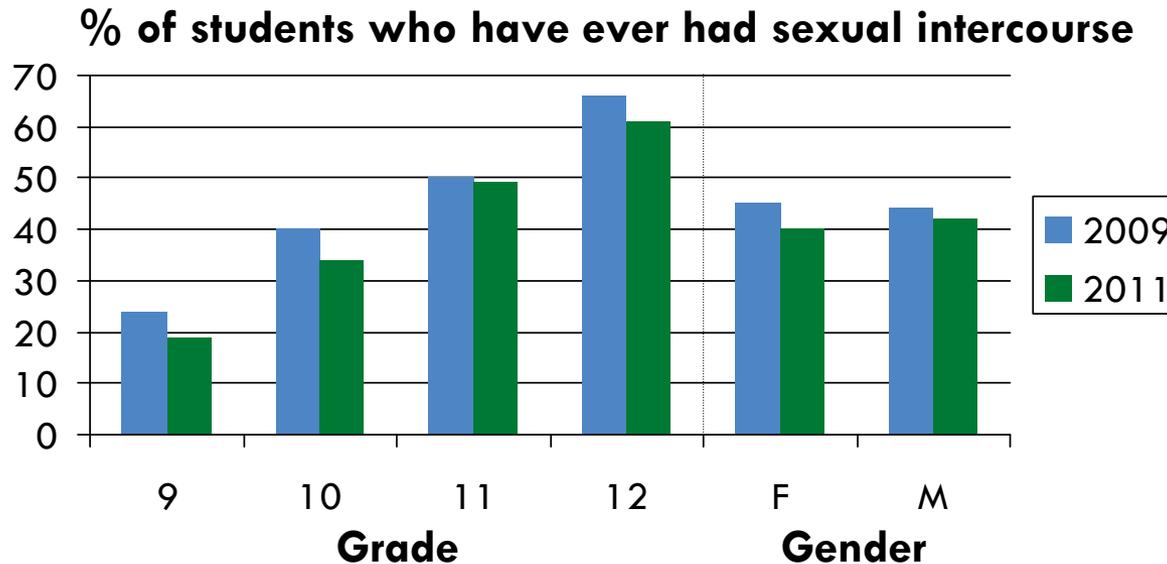
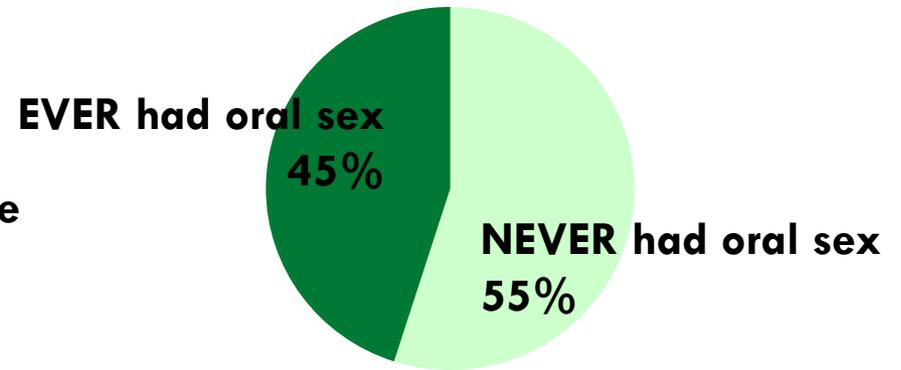
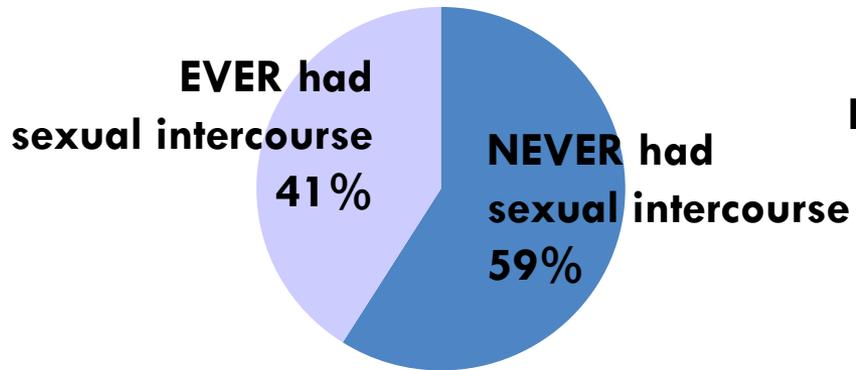


## MCH Strategic Plan: *Strategic Direction 2.1.2:*

**80**  
**percent**

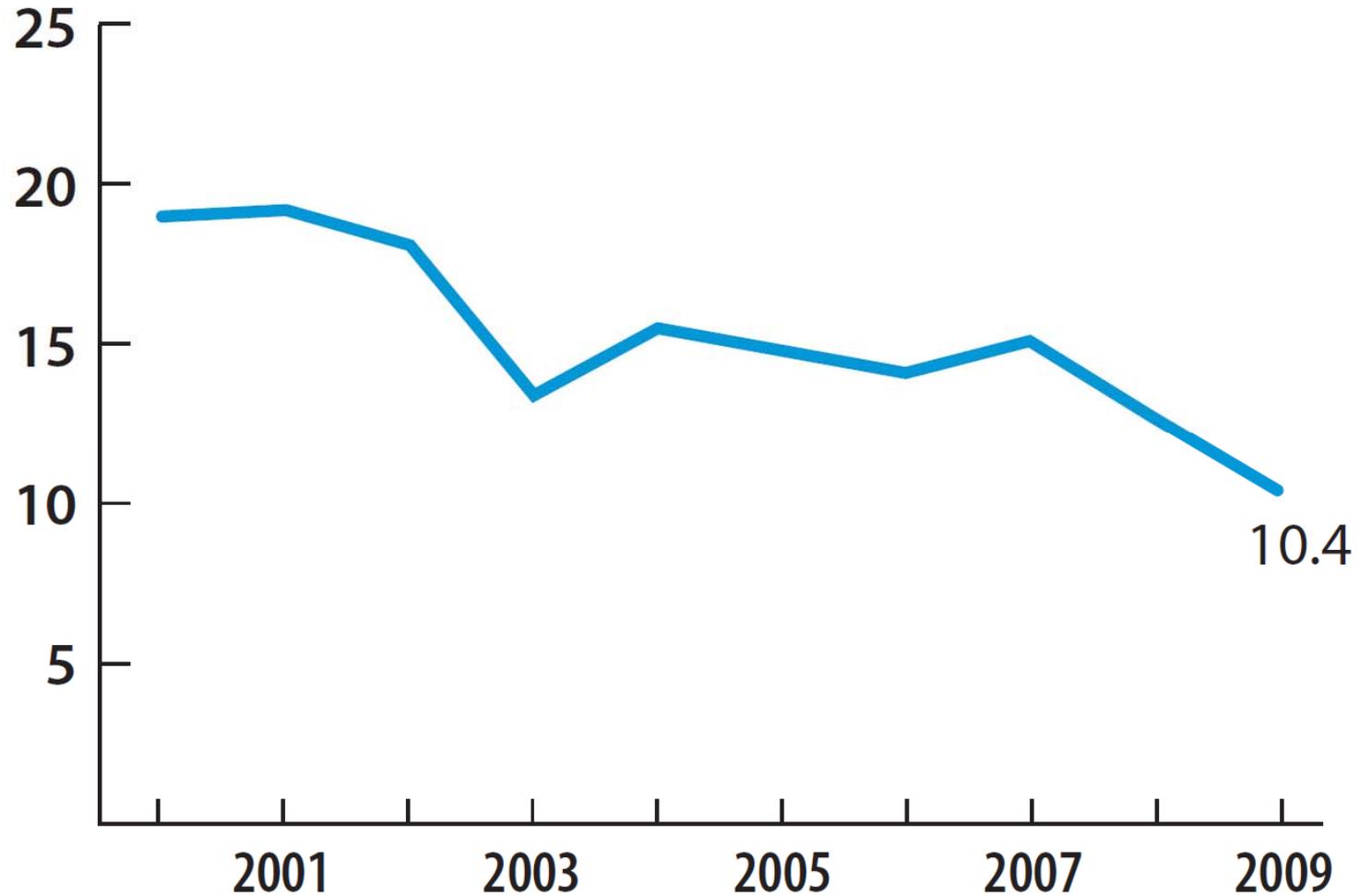
of pregnant women  
in Vermont will indicate  
their pregnancy is  
intended.

# 2011 Vermont Youth Risk Behavior Survey



# Teen Pregnancy

Rate of pregnancies among girls 15-17 per 1,000

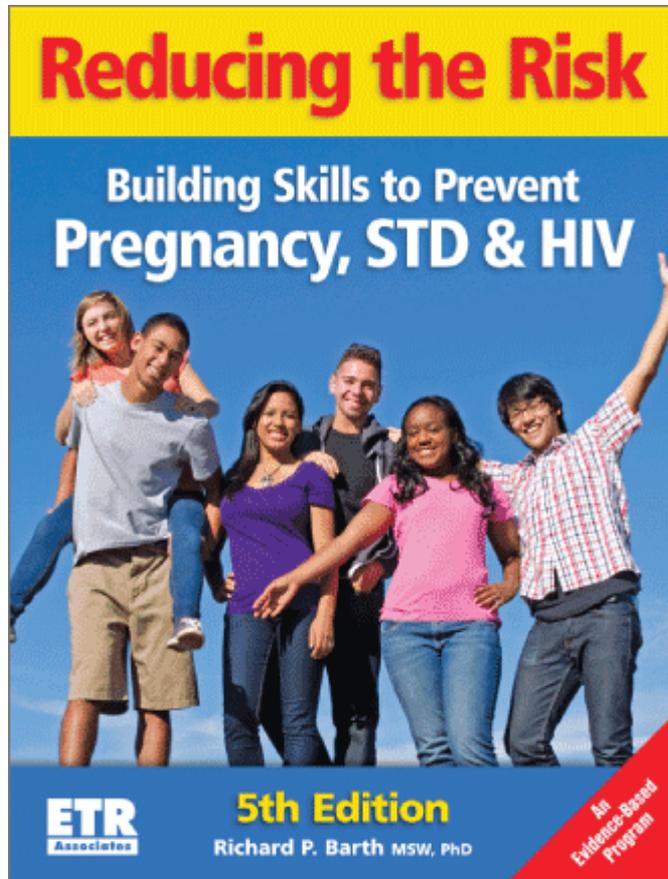


# Affordable Care Act Personal Responsibility Education Program (PREP)

- Available to all states, territories, and tribal nations
  - ▣ \$250k to Vermont for 5 years
- Evidence-based sexuality education
  - ▣ High risk youth ages 10-19
- 3 adolescent preparation topics
  - ▣ Healthy relationships
  - ▣ Healthy life skills
  - ▣ Adolescent development



# Reducing the Risk



Evidence-based

Abstinence & contraception

Pregnancy & STDs/HIV

Health behavior theory

Skills-building | Role plays

16 classes, 45 minutes each

# Based in the Evidence & Time-Tested

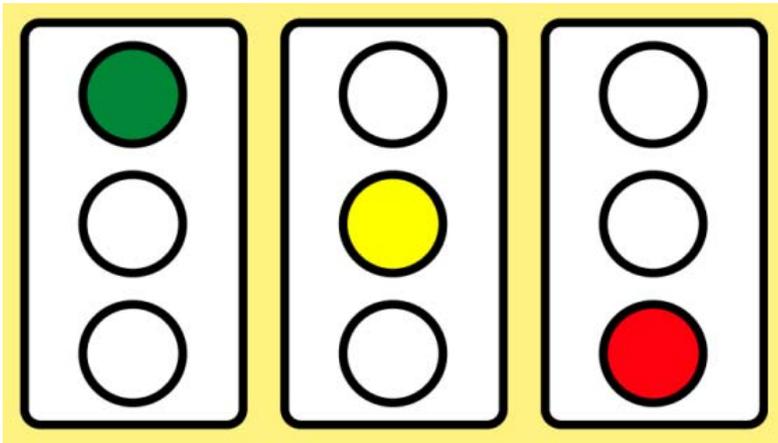
**RTR is one of the first rigorously evaluated sexuality education curricula to have a measurable impact on behavior.** Rigorous evaluation of RTR has shown significant effects:

- ▣ Delayed the onset of intercourse among abstinent students.
- ▣ Reduced the rate of unprotected intercourse.
- ▣ Increased knowledge about abstinence, contraception, pregnancy risk and STD prevention.
- ▣ Increased parent-child communication about abstinence and contraception.
- ▣ Both parents and students reported that the curriculum made this communication easier.





# Knowledge AND Skills Development



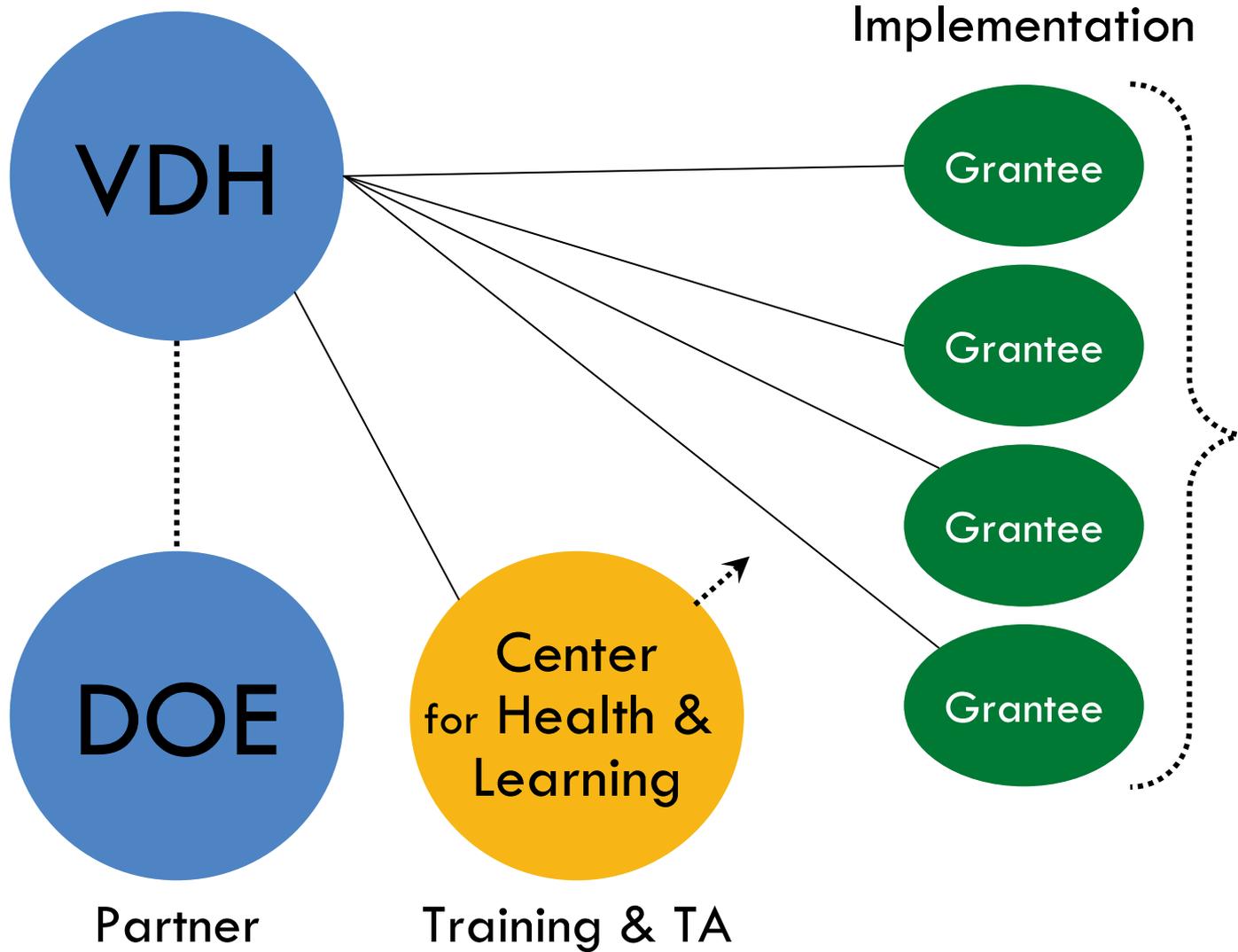
- ❑ Risk-assessment
- ❑ Communication
- ❑ Decision-making
- ❑ Planning
- ❑ HIV risk behaviors

- ❑ Refusal
- ❑ Delay tactics/alternative actions
- ❑ Knowing about, getting & using protection

### Ground Rules

- 1 Everyone has the right to pass.
- 2 Every question is a good question.
- 3 No teasing, put-downs or talking about others.
- 4 Confidentiality will be maintained if what is shared is not illegal or dangerous to you or others.

# PREP Implementation



# PREP Grantees

- Bristol Hub
- Service Rendered
- Windham County Youth Services
- Vermont Coalition for Runaway and Homeless Youth Programs
  - ▣ Addison County Parent Child Ctr
  - ▣ Northeast Kingdom Community Action
  - ▣ Northwest Counseling and Support Services
  - ▣ United Counseling Services
  - ▣ Windsor County Youth Services



# Fidelity Monitoring & Evaluation



## Personal Responsibility Education Program (PREP) Program Participant & Fidelity Monitoring Tool

Facilitator \_\_\_\_\_ Name of Provider Agency \_\_\_\_\_

Program Period: Start Date \_\_\_\_\_

Site Location:  In School classroom

Other, describe: \_\_\_\_\_

Summary of Participant Characteristics \_\_\_\_\_

Participant Age Range \_\_\_\_\_ 10 \_\_\_\_\_

Racial/Ethnic Composition of Participants  
\_\_\_\_\_ American Indian/Alaska Native

Special characteristics of participants  
\_\_\_\_\_ Pregnant/parenting

Other, describe: \_\_\_\_\_

### CLASS 1: Abstinence, Sex & Protection: Pregnancy Prevention Emphasis

| Activity                             | Was activity carried out?                          | Was activity carried out according to directions in the facilitator's curriculum? | In which ways (if any) was activity carried out differently? |
|--------------------------------------|--|---|--|
| # Girls _____<br># Boys _____        |  |   |  |
| Model role play, version 1           | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/> Yes <input type="radio"/> No                                |  |
| Pregnancy risk activity, parts 1 & 2 | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/> Yes <input type="radio"/> No                                |  |
| Model role play version 2            | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/> Yes <input type="radio"/> No                                |  |

### CLASS 2: Abstinence: Not Having Sex

| Activity                               | Was activity carried out?                          | Was activity carried out according to directions in the facilitator's curriculum? | In which ways (if any) was activity carried out differently? |
|--|--|---|--|
| # Girls _____<br># Boys _____          |  |   |  |
| Communicating about abstinence         | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/> Yes <input type="radio"/> No                                |  |
| Facts about abstinence                 | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/> Yes <input type="radio"/> No                                |  |
| Reasons that many teens don't have sex | <input type="radio"/> Yes <input type="radio"/> No | <input type="radio"/> Yes <input type="radio"/> No                                |  |



## Personal Responsibility Education Program (PREP) Pre- & Post-Survey

★ Please take a few minutes to answer the following questions honestly. Your answers will be kept confidential and will NOT be shared with anyone in this class. Thank you! ★

### 1. Please complete the following information.

|  |                            |                   |                  |                 |
|--|----------------------------|-------------------|------------------|-----------------|
| Client ID  | First Letter of<br>Surname | Month<br>of Birth | Year of<br>Birth | F / M<br>Gender |
| When did you take this survey?   |                            |                   |                  |                 |
| <input type="checkbox"/> Before the class <input type="checkbox"/> After the class |                            |                   |                  |                 |

### 2. Please indicate whether each statement is True, False, or you are not sure.

|   | True                  | False                 | Not Sure              |
|---|-----------------------|-----------------------|-----------------------|
| a) A woman is protected from pregnancy the day she begins taking the pill.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b) Teenagers can get birth control pills from family planning clinics and doctors without permission from a parent. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c) All STDs can be cured by taking medicine.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d) When condoms are used correctly, they're 100% effective in preventing pregnancy and STD.                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e) If a guy pulls his penis out of a girl in time (before he ejaculates) he can be sure to prevent pregnancy.       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f) It's ok to use Vaseline as lubricant when using latex condoms.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g) The best way to use a condom is to pull it on tight.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h) About 1 out of 4 sexually active teenagers get an STD each year.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i) Girls can get pregnant if they have sex during their periods.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

### 3. Which of the following methods are effective (if used correctly) to protect people from STD (including HIV) and pregnancy?

|  | Protects from<br>Pregnancy and<br>STD/HIV | Protects from<br>Pregnancy only | Protects from<br>neither |
|--|---|---------------------------------|--------------------------|
| a) Choosing not to have sex (abstinence)   | <input type="radio"/>                     | <input type="radio"/>           | <input type="radio"/>    |
| b) Douching (washing out the vagina)   | <input type="radio"/>                     | <input type="radio"/>           | <input type="radio"/>    |
| c) Hormone-based birth control (e.g. the pill, Depo-Provera shot, patch, vaginal ring) | <input type="radio"/>                     | <input type="radio"/>           | <input type="radio"/>    |
| d) Withdrawal  | <input type="radio"/>                     | <input type="radio"/>           | <input type="radio"/>    |
| e) Latex condoms   | <input type="radio"/>                     | <input type="radio"/>           | <input type="radio"/>    |
| f) Rhythm method   | <input type="radio"/>                     | <input type="radio"/>           | <input type="radio"/>    |

# The Bristol Hub Teen Center & Skate Park

