TEEN PREGNANCY OVERVIEW
# Teen Birth Rates

## Birth Rate per 1,000 females 15-19

*(rounded to the nearest whole number)*

<table>
<thead>
<tr>
<th>Year</th>
<th>US</th>
<th>PA</th>
<th>Phila</th>
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</thead>
<tbody>
<tr>
<td>2011</td>
<td>31</td>
<td>25</td>
<td>49</td>
</tr>
<tr>
<td>2010</td>
<td>34</td>
<td>27</td>
<td>50</td>
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2010 Teen Birth Rate per 1,000 – Disparities by Location

[Bar chart showing the comparison of teen birth rates by race and location in 2010.]

- **Philadelphia**: High rates across all races, with Hispanic rates notably higher.
- **Pennsylvania**: Moderate rates, with slight disparities by race.
- **National**: Lower rates compared to Philadelphia, with a noticeable disparity between races.

Legend:
- Green: White
- Blue: Black
- Yellow: Hispanic
Why Teen Pregnancy Matters

• Costs (2010)
  – US: $9.4 billion
  – PA: $409 million

• Education
  – 40% ever graduate high school
  – 2% graduate college by age 30

• Poverty
  – 2/3 of families begun by a young unmarried woman are poor
  – Nearly ½ of teen mothers begin receiving welfare within 5 years of 1st birth
Impact on Children of Teens

- Teen mothers more likely to forego prenatal care and more likely to smoke during pregnancy.
- Children of teen mothers are more likely to be preterm or low birth weight.
- Higher rates of: abuse/neglect, foster care placement, incarceration (sons), and teen pregnancy (daughters)
- Lower scores on: standardized tests, developmental assessments, early reading/writing ability
Risk and Protective Factors

• Kirby and Lepore (2007) identified over 500 factors that affected sexual behaviors or consequences

• Four Key Themes
  – Individual biological factors
  – Disadvantage, disorganization and dysfunction in the lives of the teens themselves and their environments
  – Sexual values, attitudes, and modeled behavior
  – Connection to adults and organizations that discourage sex, unprotected sex, or early childbearing
WHAT WORKS TO PREVENT TEEN PREGNANCY?
Building an Evidence Base

• Evolution from “home grown” programs to emerging answers to evidence-based interventions

• Comprehensive sexuality education and positive youth development have been shown to be effective.

• In 2010, the White House released national Teen Pregnancy Prevention Initiative ($110M).
  – Replication of evidence-based interventions
  – Evaluation of innovative and promising approaches
Office of Adolescent Health
Evidence-Based Interventions

• Current gold standard in teen pregnancy prevention

• To qualify, programs must have a published, rigorous evaluation that showed teen behavior change sustained over time.

• 31 programs currently on the list
  – Mainly curriculum-based programs
  – Many are HIV or STD focused
What about Abstinence Only?

• $55M in annual federal funding for abstinence-only
• Currently, two abstinence-only programs are included in the OAH list.
  – Less evaluation of abstinence-only approaches
• Abstinence-only can be done well but there are some concerns:
  – Some do not provide medically accurate information
  – Some have shown no impact or even a negative impact on youth
  – Federal “A-H” Requirements
Local Programs

• OIC of America (Office of Adolescent Health)
  – City-wide replication of BART and Reducing the Risk

• Family Planning Council (CDC)
  – “I Matter” an innovative community-wide approach in West and Southwest Philadelphia

• Public Health Management (ACF)
  – “Plain Talk Philadelphia” an enhanced version of the Plain Talk intervention in North Philadelphia
PLAIN TALK PHILADELPHIA
History of Plain Talk

• Started in 1993 by Annie E. Casey Foundation
• Core of the program was improving parent-child communication
• Strong anecdotal evidence of success but no rigorous evaluation study
• PHMC operated the National Replication Center for Plain Talk
Plain Talk Philadelphia

• Evaluation of an enhanced version of the existing Plain Talk model
• Outcomes are measured through longitudinal interviews with adolescents and parents
• Serving North Philadelphia 19133 and 19122
  – Initially targeted just Norris and Fairhill public housing communities
• Funded by ACF Family and Youth Services Bureau through the PREIS Program
Plain Talk Keys

• **Key #1:** Every young person can openly communicate about sex and relationships with a knowledgeable, supportive adult.

• **Key #2:** Every young person has hope for the future and motivation to avoid teen pregnancy and STDs.

• **Key #3:** Every young person has the knowledge and skills to make healthy decisions about sex and relationships.

• **Key #4:** Every young person has access to contraceptives and other reproductive and sexual health services.
Multi-Component Approach

• Empowering parents, caregivers and supportive adults
• Providing comprehensive sexuality education and positive youth development
• Increasing access to condoms and clinical services
Empowering Parents & Supportive Adults

• Plain Talk Parties encourage parents, caregivers, and other supportive adults to talk to teens about sexuality and sexual health issues.

• Plain Talk Party curriculum includes:
  – Importance of parent-teen communication
  – Adolescent reproductive health information
  – Communication skills and strategies

• Offered in parents homes and community settings
Success Story:

• “Zelda” was a teen mom, and now, her 19 year old daughter has a daughter. Sorry that she never talked about sex with her daughter, Zelda has decided it’s never too late to make a difference. She has talked with her 15 year old nephew and given him condoms, started age-appropriate sex ed with her grandkids, and has spread the word to other families in her neighborhood.
Positive Youth Development & Comprehensive Sex Education

- Life Planning Education
  - 12 session adaptation of Advocates for Youth’s Life Planning Education curriculum
- Youth Activist Network
- Pizza Protection Parties
  - Addresses risk reduction and peer norms
- Social Media Campaign
  - Facebook, Twitter, YouTube, Instagram
Success Story

• When “Desmond” wasn’t able to participate in LPE, PTP stayed in touch with him and his family. They linked Desmond with Philadelphia Youth Network that allowed him to complete a paid internship with Plain Talk. Desmond developed leadership and technical skills through his involvement with PTP. He is now in college and is looking forward to a successful career as an event planner.
Access to Condoms and ARH Services

• Condom Distribution Campaign
  – Partnership with Take Control Philly
  – 15 participating sites

• Working with Clinical Service Providers
  – Improve teen-friendliness and accessibility
  – Partners include St. Chris, PHMC Health Connection, Congreso, CHOICE
Success Story

• PTP staff approached “Duane,” the owner of a local barber shop, about making condoms available to teens at his shop. As a pastor at a local church, Duane was worried about the message that providing condoms would send to young people. PTP staff were able to help Duane find a compromise, and his barber shop is now a PTP free condom availability site!
Emerging Lessons Learned: Parents and Caregivers

• Findings from our evaluation interviews:
  – Most parents were correct about whether or not their teen was sexually active or not.
  – Parents and teens did not always agree about whether or not they had talked about sex and birth control.
  – Parental cooperative communication beliefs significantly predicted teens’ sexual initiation.
Emerging Lessons Learned: Parents and Caregivers

• Although most parents want to talk to their teens about sexual health issues, they don’t always believe that their conversations can have an impact on teens’ behavior.

• Parents have a lot of unanswered questions, misinformation and their own concerns about sexuality and sexual health.

• Just giving parents the facts does not lead to action. Parents need skills and strategies to get the conversation going.
Emerging Lessons Learned: Youth

• Many youth are aware of places to access clinical services; however, they may have many misconceptions about using services.

• If we want to motivate youth to prevent teen pregnancy, we need to do more to help them develop hope for the future.
Emerging Lessons Learned: Community

- Community buy-in and collaboration is critical particularly in a smaller target area.
- Many community members recognize teen pregnancy prevention as an important issue and are willing to support TPP efforts.
- Comprehensive sexuality education was not controversial for most families and community partners.
WHERE DO WE GO FROM HERE?
Future of Plain Talk Philadelphia

• Building community capacity to help sustain successful activities and programs
• Expanding Plain Talk to surrounding communities with a priority on the comparison communities from our evaluation
• Exploring how Plain Talk’s work with parents could enhance other teen pregnancy prevention efforts
Emerging Trends

- Rising political controversy around sexual health issues particularly contraception
- Continued focus on evidence-based programs
- Emphasis on LARCs (Long-acting reversible contraception)
Opportunities

• Meeting the needs of specific populations
  – Older teens and young adults
  – LGBTQ youth
  – Youth in foster care
  – Homeless youth

• Addressing social determinants of teen pregnancy

• Integration with healthy relationships and teen dating violence prevention
For more information...

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1-855-291-7863

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