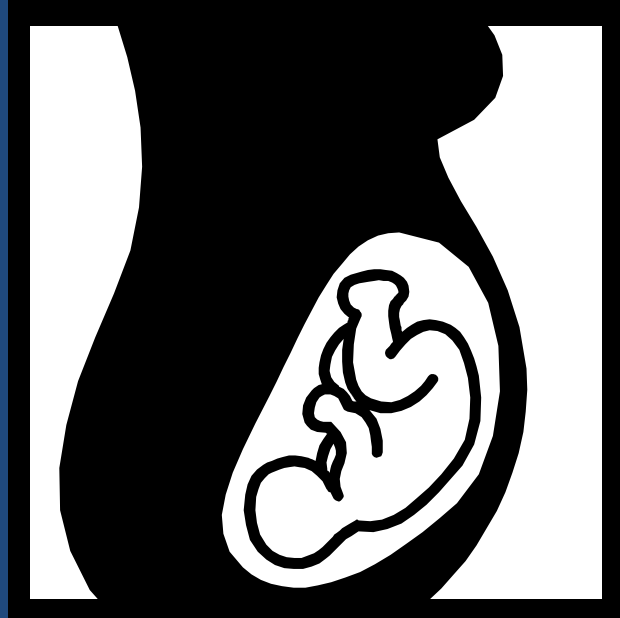


# Teen Pregnancy Prevention: Lessons from the Field

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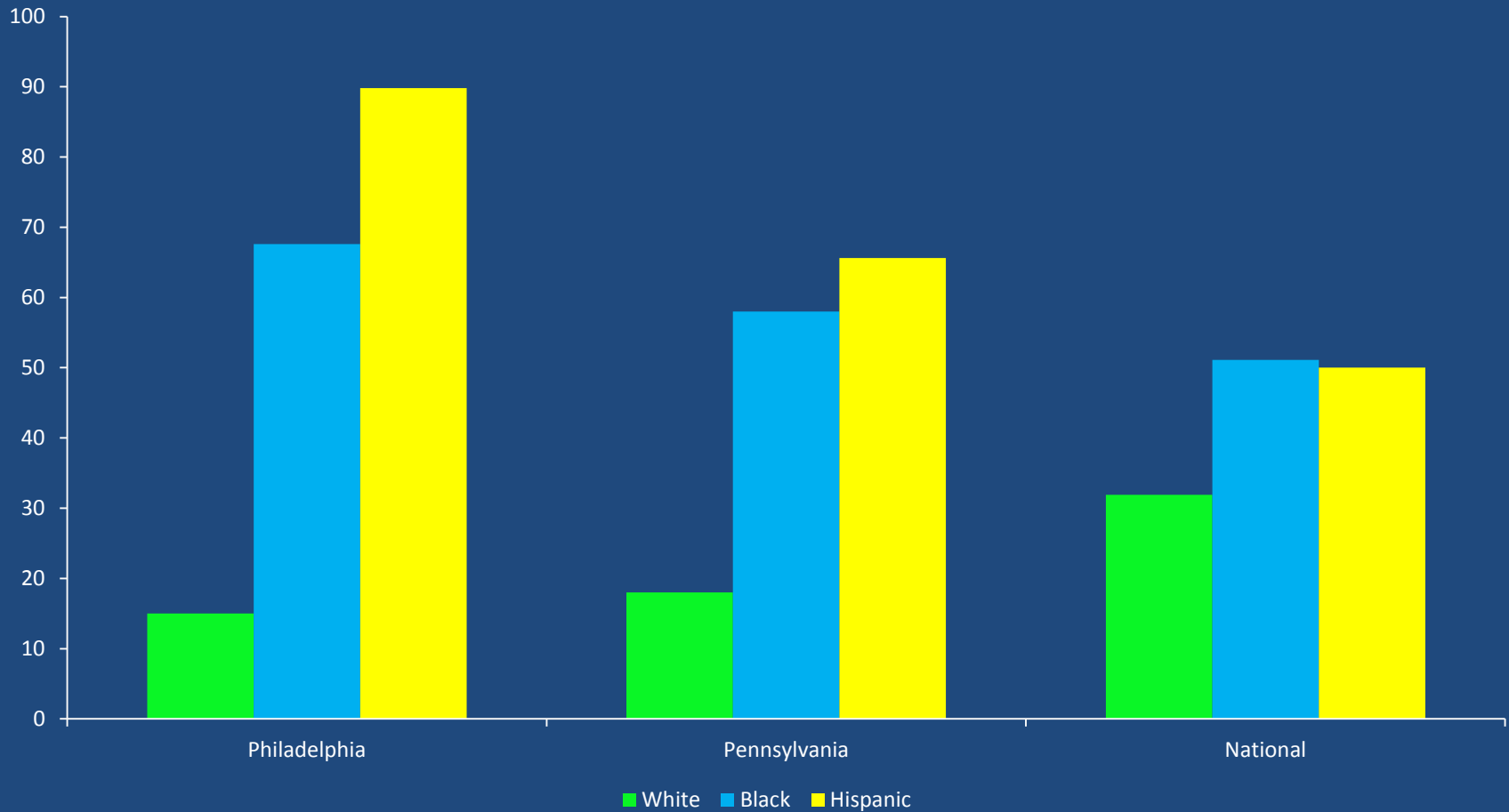


# TEEN PREGNANCY OVERVIEW

# Teen Birth Rates

Year	Birth Rate per 1,000 females 15-19 (rounded to the nearest whole number)		
	US	PA	Phila
2011	31	25	49
2010	34	27	50

# 2010 Teen Birth Rate per 1,000 – Disparities by Location



# 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 1/2 of teen mothers begin receiving welfare within 5 years of 1<sup>st</sup> 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

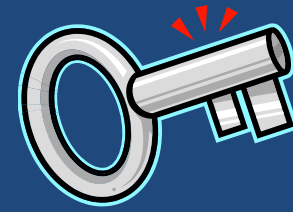


# Plain Talk Philadelphia

- 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

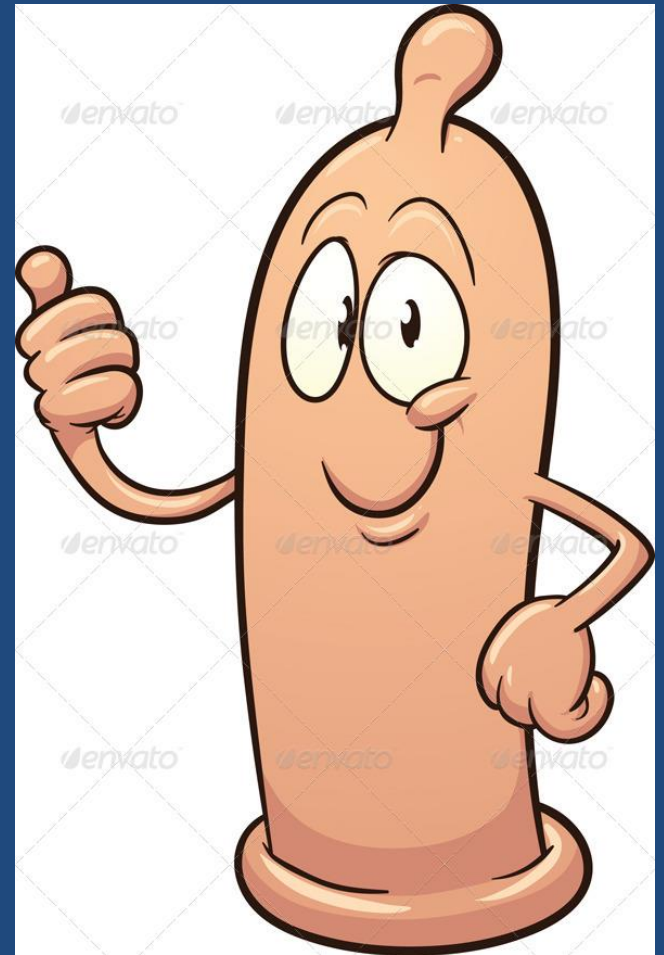
- Life Planning Education
  - 12 session adaptation of Advocates for Youth's Life Planning Education curriculum
- Youth Activist Network
- Pizza Protection Parties
  - Addresses risk reduction and peer norms
- Social Media Campaign
  - Facebook, Twitter, YouTube, Instagram

# 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.

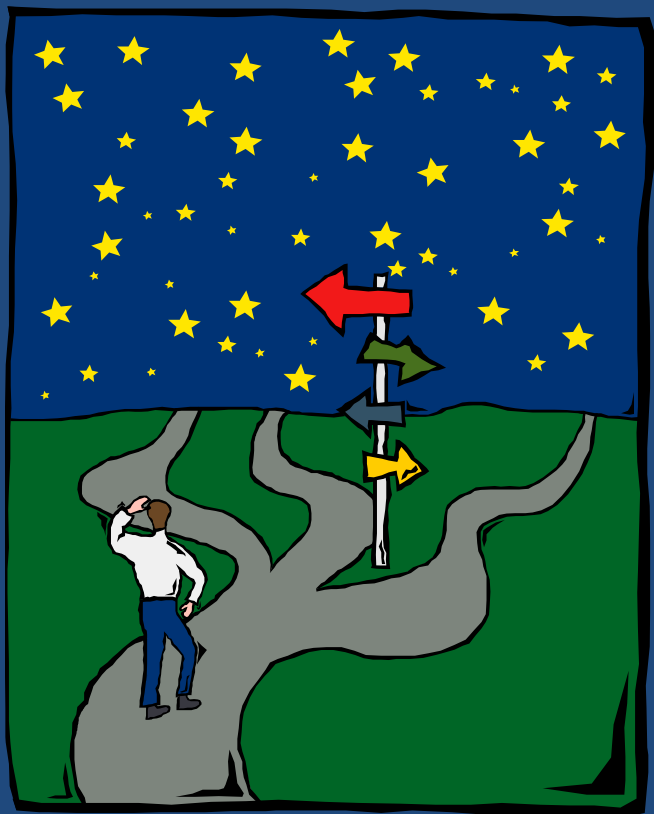
# Emerging Lessons Learned: Youth

- 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.



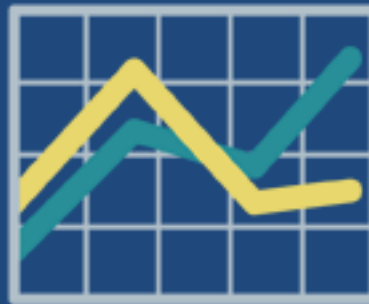
**WHERE DO WE GO FROM HERE?**

# 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...

PlainTalkPhilly.org

1-855-291-7863



Plain Talk 215



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