

Healthy Teen Network

Taking a 360° Approach to Supporting Positive Relationships

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Healthy Teen Network

Pregnancy Assistance Fund Grantee Conference
Opening Doors: Engaging and Embracing Young Fathers

July 13-14, 2015



Healthy Teen Network

MAKING A DIFFERENCE IN THE LIVES
OF TEENS AND YOUNG FAMILIES

- ✓ Networking & information sharing
- ✓ Research & evaluation
- ✓ Capacity-building assistance
- ✓ Policy & advocacy

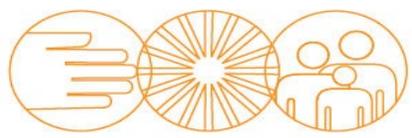


National membership organization focused on adolescent sexual & reproductive health

Disclaimer

- ❖ Educational or instructional materials referenced during this presentation are for informational purposes only.
- ❖ Presenters' references to these materials do not constitute endorsement by HHS.
- ❖ Any statements expressed are those of the presenters and do not necessarily reflect the views of HHS.





Objectives



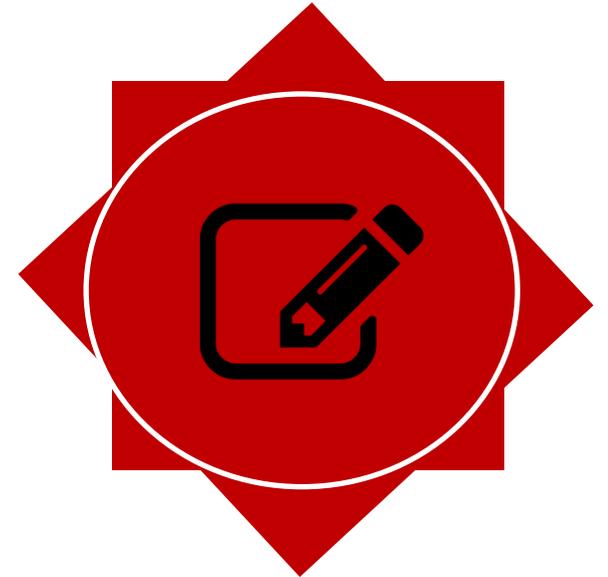
Describe

factors that play a role in the relationships that teen parents cultivate.



Identify

elements that contribute to the changing dynamics of teen parents' relationships.



List

successful strategies when helping teen parents foster healthy relationships.

A photograph of a family of three—a man, a woman, and a young girl—standing in a field of tall grass under a clear blue sky. The man is on the right, wearing a white t-shirt, looking towards the left. The woman is in the center, also in a white top, looking towards the left. The young girl is in the foreground, wearing a white top and a pink flower headband, looking down. The background is a vast field of tall grass stretching to the horizon under a bright blue sky.

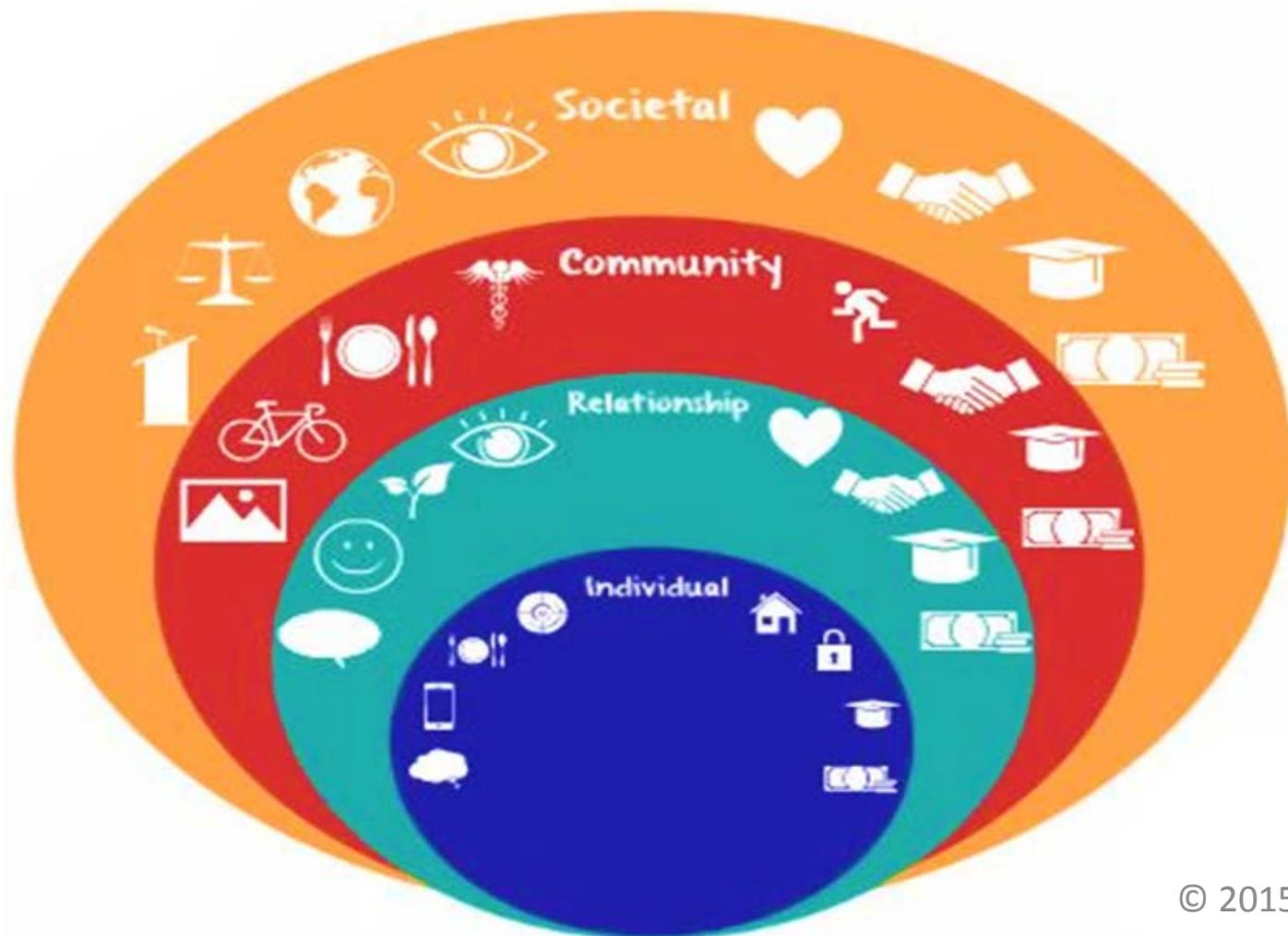
Teen Parents

What do they need to thrive?

To Thrive, Teen Parents Need...



To Thrive, Teen Parents Need...



What Helps Teen Parents Grow & Thrive

Community Connection

Safe & Stable Housing

Personal Health Care

Parenting Skills

Pregnant and parenting teens are extremely motivated to offer their children a good life, and with the right supports, they can be successful adults and parents.

As a community, we can help them:

- Learn to ask for & accept help
- Work with positive adult mentors
- Understand their protections under the law
- Avoid shame and stigma
- Access wraparound services

Teen parents need skills and access to:

- Safety net housing
- Stress management skills

To achieve this, teens need:

- Connectedness to school
- Life goals & aspirations
- Belief in education
- Advocates for their rights (e.g., Title IX)
- Flexible policies (e.g., maternity and sick leave)
- Childcare

Teens need guidance to learn about and use:

- Healthy sexual decision making
- Family planning services
- STI protection

To be healthy, they need support and access to:

- Perinatal & medical care
- Physical exercise
- Healthy food
- Substance abuse help
- Mental health services

They need support and resources to take care of themselves, like:

- Stress management skills
- Child health care
- Breastfeeding skills & resources
- Resources that promote their literacy

Teens need trusted adults to help them develop:

- Trustworthy relationships
- Strong communication skills
- Child development knowledge
- Self-identity

Teen parents need peers and adults who help them resist isolation and develop skills for:

- Healthy friends, family, and romantic relationships
- Conflict resolution
- Co-parenting

Education & Employment Support

Sexual Health Care

Healthy Children

Healthy Relationships



Teen Parents' Relationships



Characteristics & Importance

Teen Parent's Relationships



Teen Parent's Relationships



- ❖ Why is this relationship important to them?
- ❖ How this relationship looks like?
- ❖ Who influences this relationship?
- ❖ What influences this relationship?
- ❖ How can we support this relationship?



Relationships

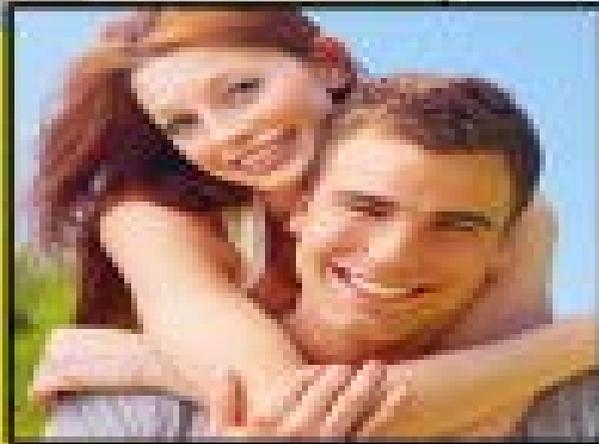


- Teens need trusted adults to help them develop:
- Trusting bonds with baby
 - Strong communication skills
 - Child development knowledge
 - Self-identity



Relationships (cont...)

RELATIONSHIP SKILLS
Social knowledge



Teen parents need peers and adults who help them not feel isolated and develop skills for:

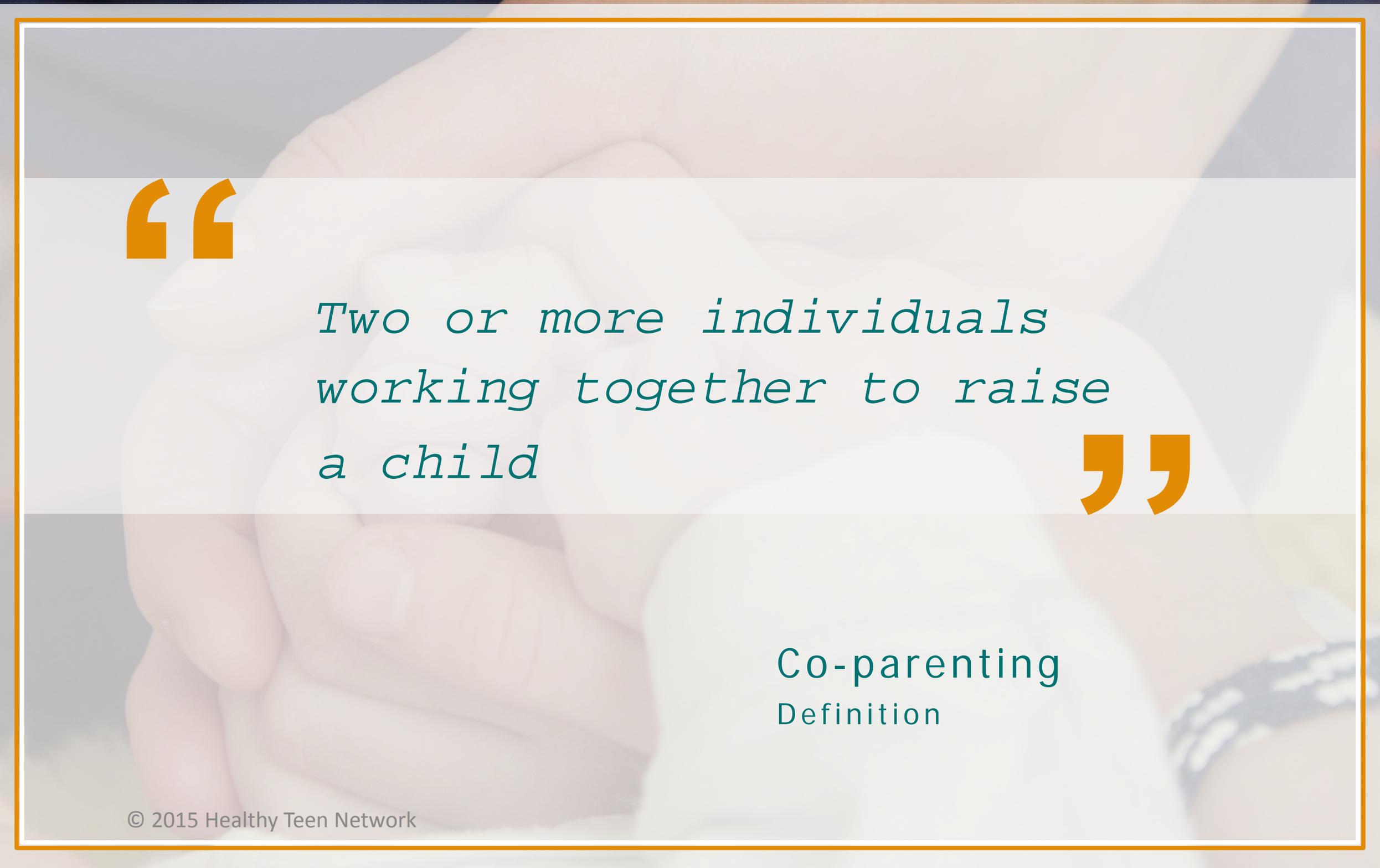
- Healthy friends, family, and romantic relationships
- Conflict resolution
- Co-parenting



Co-Parenting



Influential Factor



“

*Two or more individuals
working together to raise
a child*

”

Co-parenting
Definition

Co-parenting is not...

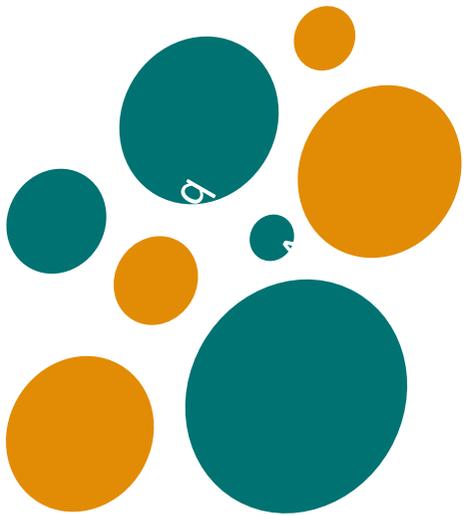


- ❖ A legal contract;
- ❖ Equal division of labor, responsibilities, or tasks;
- ❖ Romance, sex or companionship; or
- ❖ Adult security.

Positive Co- parenting

Direct and positive impact
on behavioral outcomes for
children and teen parents

Consistent predictor of
positive father involvement



Co-parenting is impacted by...



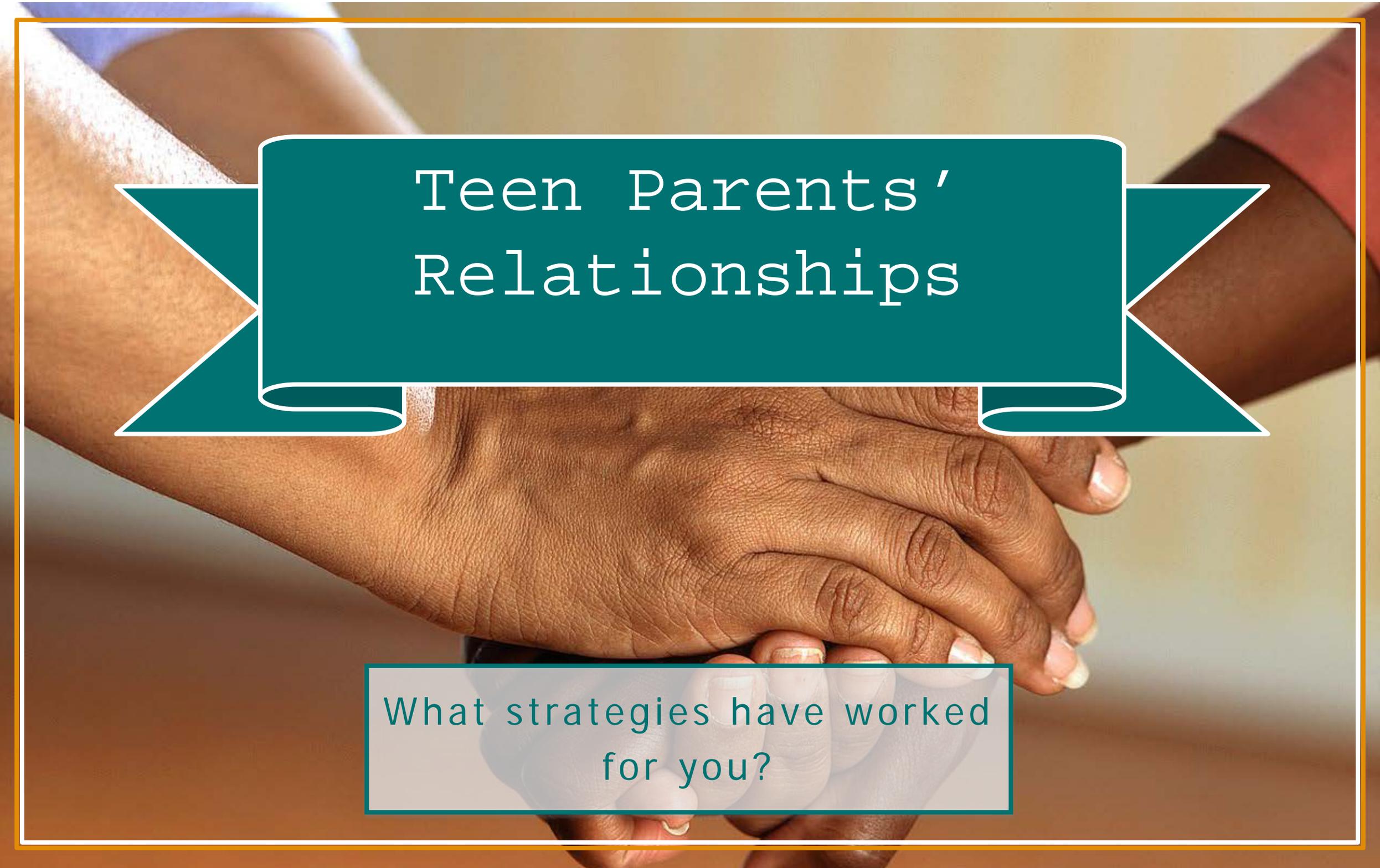
- ❖ Research;
- ❖ Media;
- ❖ Policies, programs & institutions; and
- ❖ Family and peers



Supporting Teen Parents



Strategies



Teen Parents' Relationships

What strategies have worked
for you?

Building Blocks of Strategies

Obstacle:

Strategy:

Strategy:

Strategy:

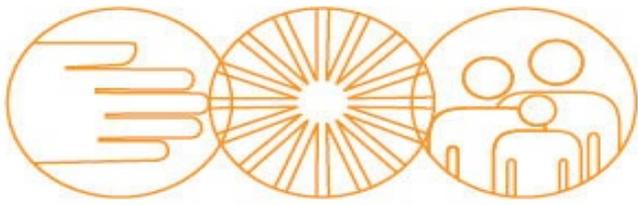
Strategy:

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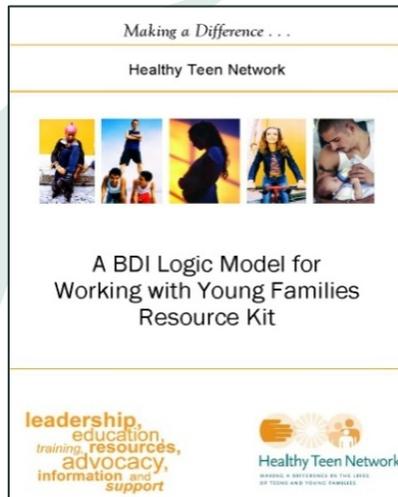
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Resources

Young Family BDI Logic Model

- Comprehensive logic model to address the diverse needs of pregnant/ parenting teens

- BDI Logic Model
 - **B**ehaviors
 - **D**eterminants
 - **I**nterventions

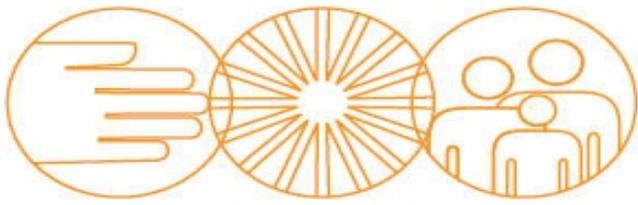


Youth 360° Frame



- A frame for presenting youth development which incorporates social determinants of health

Available online at www.HealthyTeenNetwork.org



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Resources

Healthy Relationships section of the OAH Adolescent Health Library

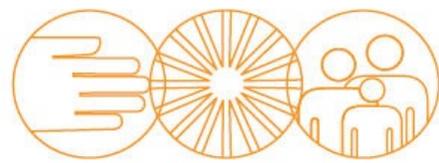
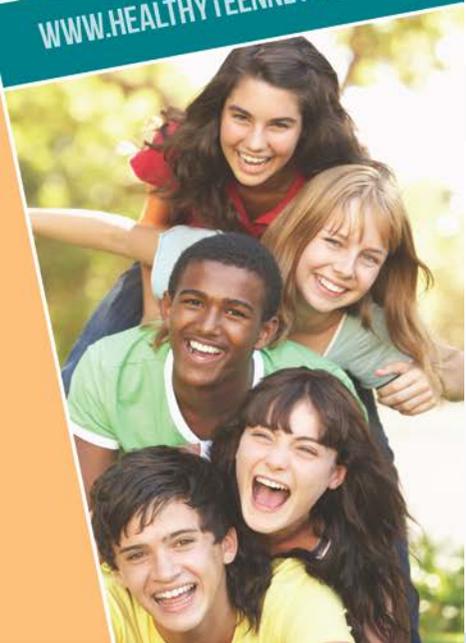
<http://www.hhs.gov/ash/oah/resources-and-publications/publications/healthy-relationships.html>

Together We Can: The Important Role of Co-parenting for Expectant and Parenting Teens and Young Adults

<http://www.hhs.gov/ash/oah/oah-initiatives/paf/508-assets/coprentingslides.pdf>

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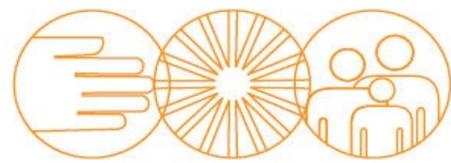
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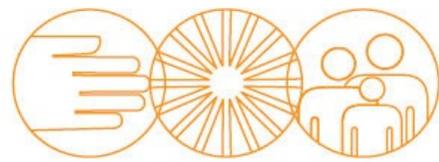
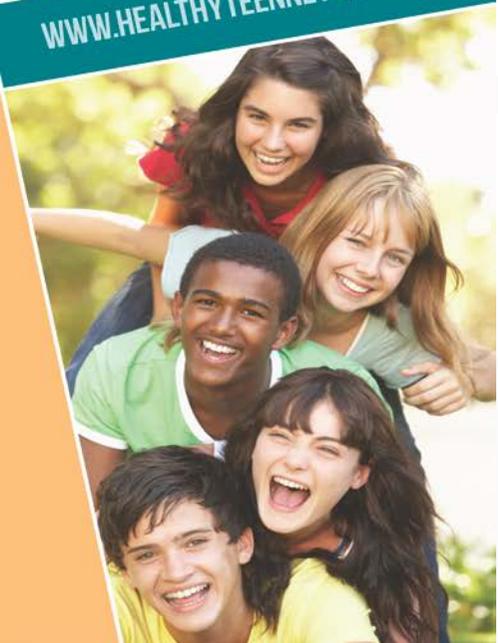
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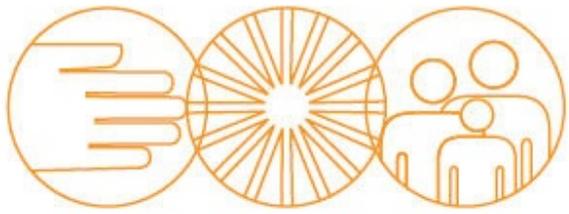
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Thank You!

Please feel free to contact me!

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Suggested Citation: Garrido-Fishbein, M. (2015). Taking a 360° Approach to Supporting Positive Relationships. Baltimore: Healthy Teen Network.