



# Partnering for Prevention: Working with a Sorority to Reach African American Teens and Young Adults

## Bridging the Gaps: Eliminating Disparities in Teen Pregnancy and Sexual Health

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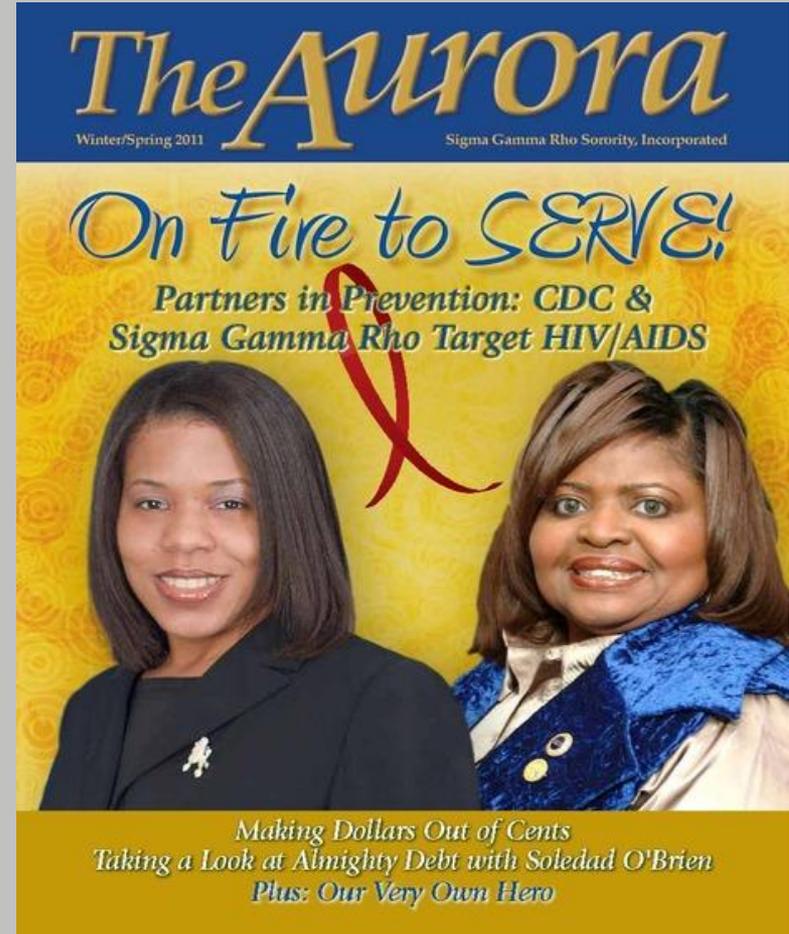
# Objectives

- Describe the disparities in teen pregnancy and sexual health and strategies to eliminate these disparities.
- Obtain resources and tools to effectively meet the sexual health needs of diverse groups of youth.
- Identify the protective factors and social determinants impacting the disparities in teen pregnancy and sexual health.

# Project History

- TNC met with National Pan-Hellenic Council organizations in 2010.
- Sigma Gamma Rho Sorority, Incorporated (SGR) partnered with TNC to support their signature community effort, Project Reassurance.
- Conducted survey with members and non-members to identify reasons why teen pregnancy seems more accepted now than it was 30 years ago.

# Sigma Gamma Rho, Sorority, Inc. Background



June 4-6, 2014

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 The National Campaign  
to Prevent Teen and Unplanned Pregnancy  
[TheNationalCampaign.org](http://TheNationalCampaign.org) • [Bedsider.org](http://Bedsider.org) • [Stayteen.org](http://Stayteen.org)

# Project Reassurance



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# Survey Results

- Nearly 7200 respondents
- Demographic Data:
  - 86% of respondents were women
  - 48% were under the age of 30
  - 82% Black (9% White, 9% Other)
  - 79% Christian (9% Catholic, 6% Other, 5% None)
  - 60% Single
  - 94% Have had sex

# Survey Results

- Attitude Data:
  - 55% say teen pregnancy is more accepted today than 30 years ago
  - 43% say is it their #1 concern
    - 34% of 18-24 y/o report that it is an important concern
    - 43% of 25-29 y/o report that it is an important concern
    - 46% of 30-39 y/o report that it is an important concern
    - 54% of 40+ y/o report that it is an important concern

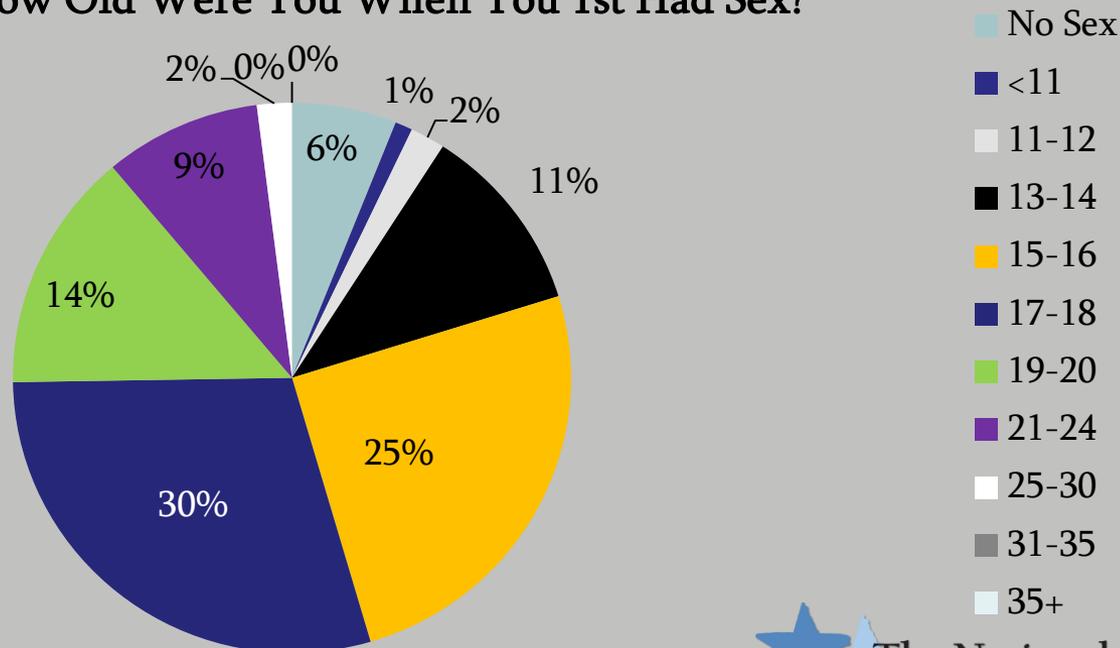
# Survey Results

- 65% say it is not acceptable for an unmarried 18 year old to have sex.
  - 46% of 18-24 year olds don't approve of teen sexual activity
  - 63% of 25-29 year olds approve of teen sexual activity
  - 72% of 30-39 year olds don't approve of teen sexual activity
  - 84% of 40+ year olds don't approve of teen sexual activity

# Survey Results

- 97% of respondents had sex for the first time outside of marriage
  - 70% said they were not emotionally ready

How Old Were You When You 1st Had Sex?



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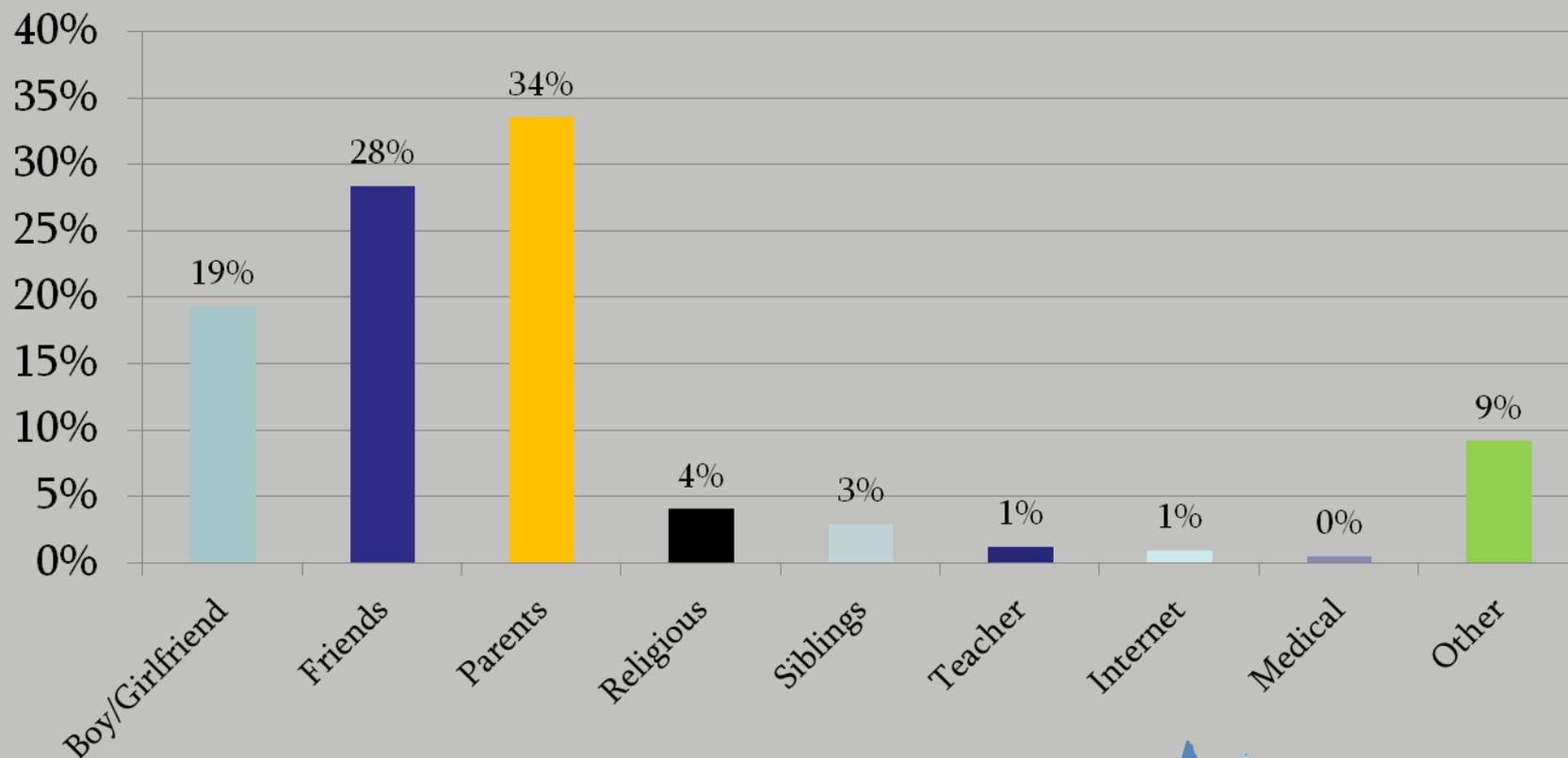
# Survey Results

Age of First Sex	No Sex	<11	11-12	13-14	15-16	17-18	19-20	21-24	25-30	31-35	35+
18-24	15.0%	1.0%	3.0%	11.0%	26.0%	30.0%	11.0%	3.0%	0.0%	0.0%	0.0%
25-30	3.0%	1.0%	2.0%	13.0%	28.0%	30.0%	11.0%	10.0%	2.0%	0.0%	0.0%
30-39	1.0%	1.0%	3.0%	14.0%	30.0%	28.0%	12.0%	8.0%	2.0%	0.0%	0.0%
40+	1.0%	1.0%	1.0%	8.0%	19.0%	28.0%	20.0%	17.0%	3.0%	0.0%	1.0%

- 20% of the respondents had not had sex
- With the exception of those aged 40 or older, over 50% of all respondents in each age group lost their virginity between the ages of 15-18 years old.
- Compared to the other age groups, only 57% of the respondents ages 40+ had sex by the time they were 18

# Survey Results

## Who Influences Your Decisions?

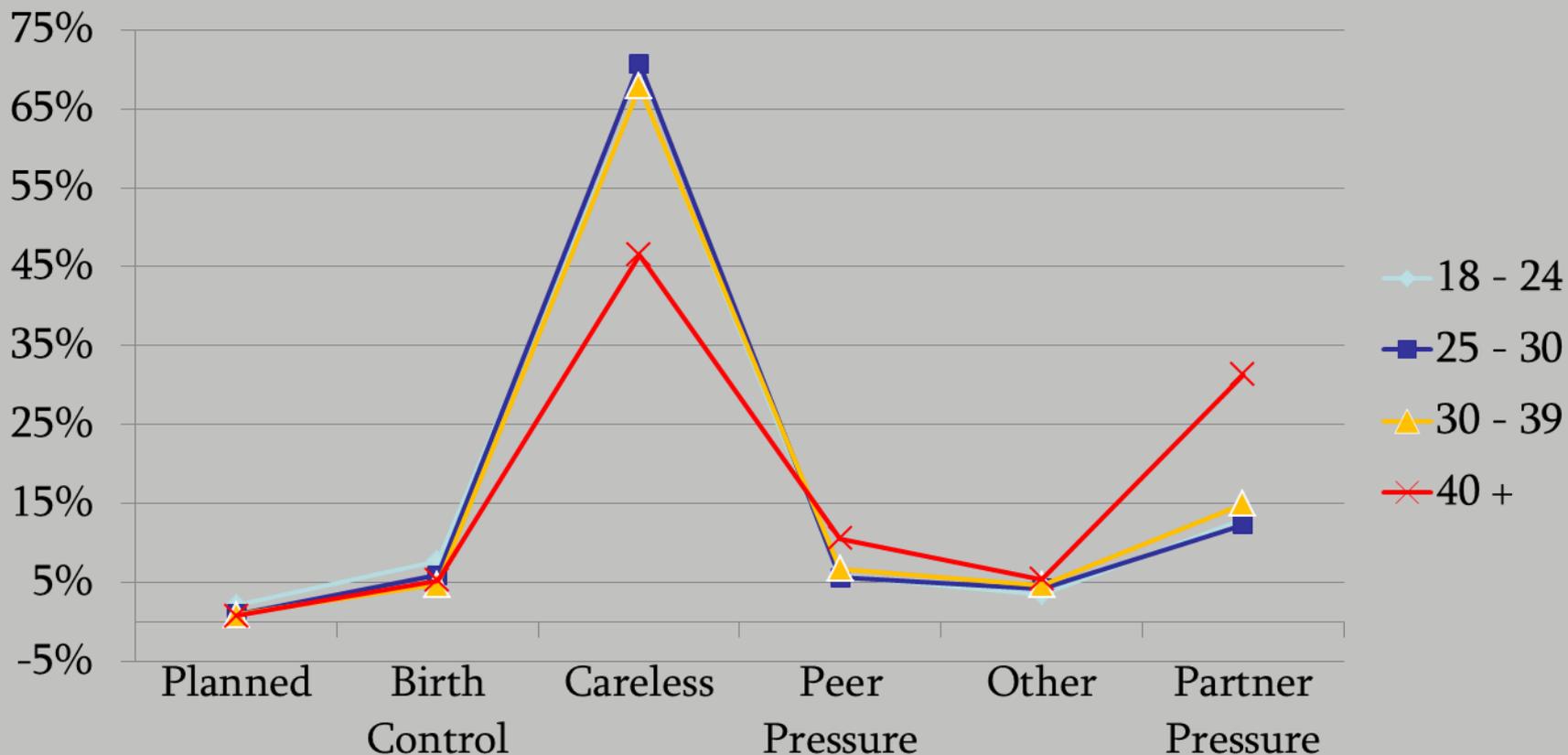


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# Survey Results

## Reasons Why Teens Get Pregnant

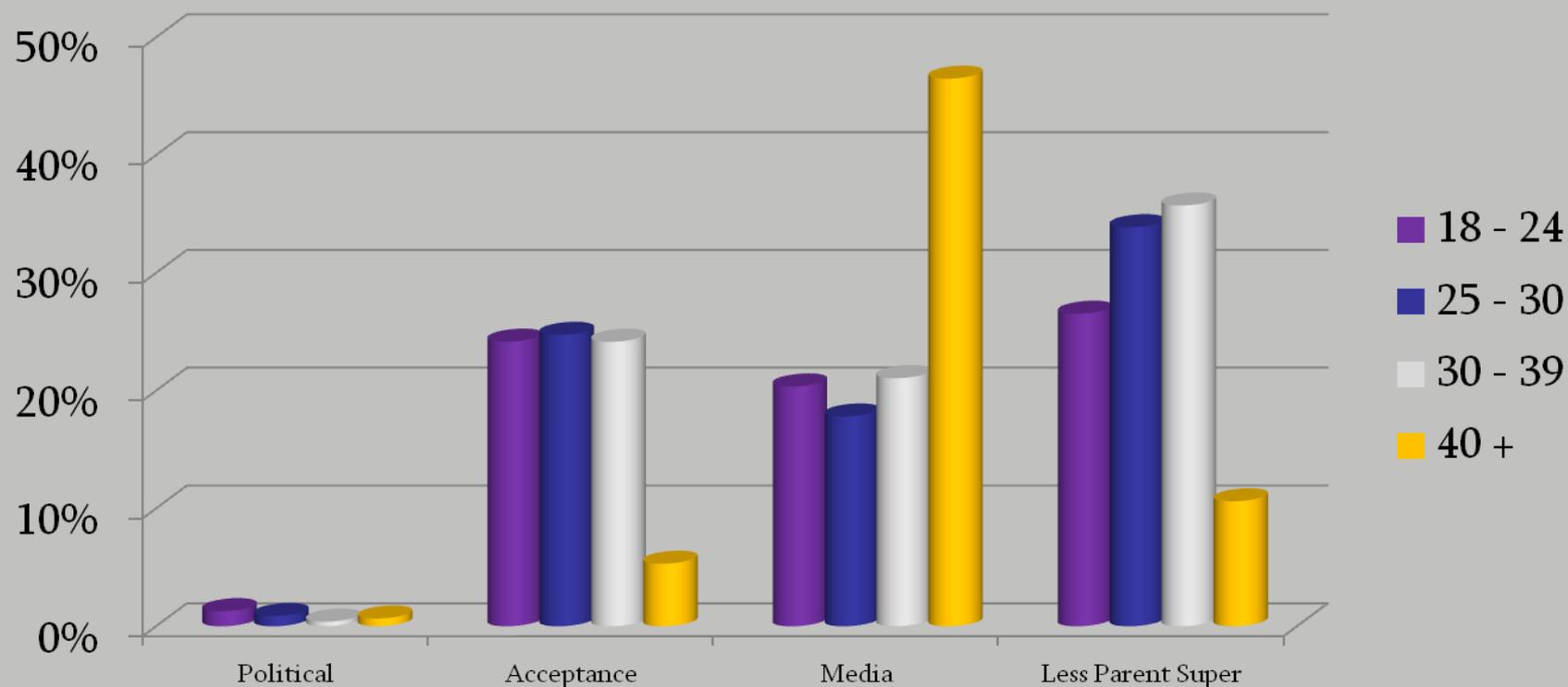


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# Survey Results

## Teen Pregnancy Rates are High Because...



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# Implementation Pilot

- Data provided the basis for the intervention.
  - Module on unplanned pregnancy prevention for all new incoming members
- Module Details:
  - One hour in length
  - Part of required modules all new members must complete
  - Delivered by trained facilitators that are Sorors of Sigma Gamma Rho Sorority, Incorporated who receive a facilitators manual
- Pilot implementation began in 2012.
  - 61 women participated (from 5 regions)



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# *Sigma Gamma Rho Sorority, Inc.*

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The National Campaign to Prevent Teen and Unplanned Pregnancy*



The National Campaign Grant Committee  
Renee McConey, MS, Curriculum Director

2013

# Training Objectives

- *Module 1 – Facts & Stats*
  - Define and gain understanding of “unplanned pregnancy” and “family planning”.
  - Examine statistical data and survey results related to unplanned pregnancies.
- *Module 2 – Birth Control Methods*
  - Review different birth control methods currently available.
  - Discuss and dispel myths related to pregnancy prevention and contraception.
- *Module 3 – Strategic Life Planning*
  - Identify values and changes needed to reduce the risk of unplanned pregnancy.
  - Explore the importance of incorporating family planning into life planning.
- *Module 4 – Next Steps*
  - Review available resources for birth control and family planning services.
  - Explore additional pregnancy prevention activities for Sorors and chapters.

# Module 1 – Stats & Facts

Defining an Unplanned Pregnancy

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graph TD; A[Defining an Unplanned Pregnancy] --> B[Defining Family Planning]; B --> C[Unplanned Pregnancy Statistics]; C --> D[Pregnancy Prevention Surveys];
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Defining Family Planning

Unplanned Pregnancy Statistics

Pregnancy Prevention Surveys

# Module 2 – Birth Control Methods

Types of Birth Control Methods

Birth Control Effectiveness Chart

Risky Business

Choosing a Method

Truth or Consequences

# Module 3 – Strategic Life Planning

The Impact

Goals and Aspirations

Sigma Woman Values

Sigma Tips

The H<sup>3</sup> Pledge

# Module 4 – Next Steps

Where To Get Birth Control

Finding a Medical Provider

Follow-up Activities

Post Test

Training Evaluation

# Sigma Woman Values

Family planning and personal values can guide a Sigma Woman towards reaching goals and aspirations.

## ***Group Activity***

***In your group, using your chosen category, what are some values a Sigma Woman should possess and incorporate into life planning?***

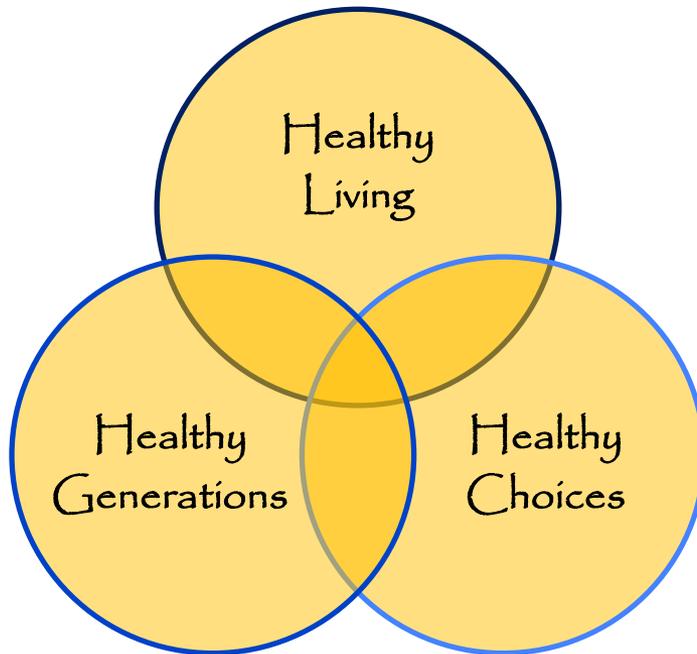
**Self  
Awareness**

**Self  
Management**

**Social  
Awareness**

**Relationship  
Skills**

# The H<sup>3</sup> Pledge



- Commit to being conscious that *your choices* must be a reflection of your desire to change the direction of your life.
- Commit to be a Master Motivator to inspire *your generation*, and to be a perpetual learner using knowledge and wisdom to inspire those in the present and in the future.
- Pledge that your choices will reflect *your living* and may influence the generations to come.

Vow to be more socially and civically conscious of your health, both mentally and physically, and the ability to grow in these areas.

# Pilot Results

- Overall, there were significant increases in:
  - Knowledge gains
  - Knowing where to find information about birth control and pregnancy planning
  - Having a clear plan to prevent pregnancy

# Pilot Results

Total knowledge gains	Pre-test mean	Post test mean	Sig
Total knowledge gains (7-point scale that includes sum of all knowledge questions)	5.13	5.74	.000

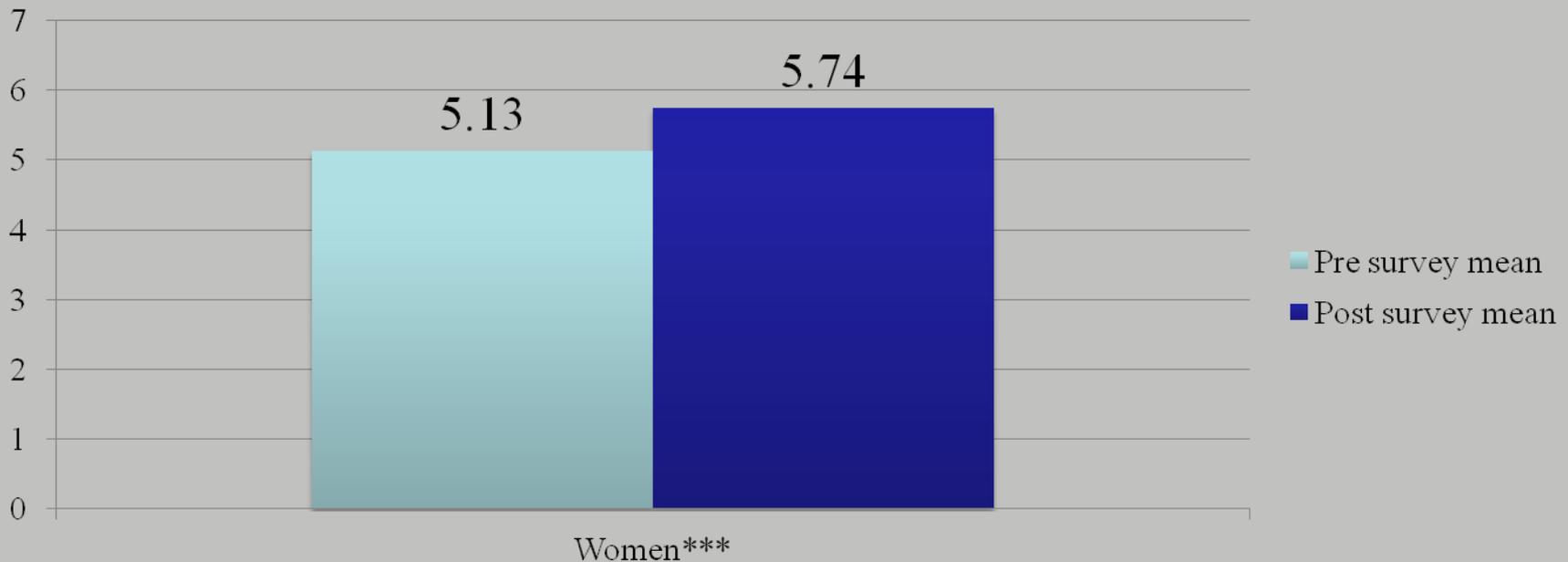


Figure 1. Knowledge gains pre-post survey (Average score on 7-point scale). \*\*\* $P < .001$

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# Pilot Results

## Individual knowledge items

<b>Total knowledge gains</b>	<b>Percent correct pre-test</b>	<b>Percent correct post-test</b>	<b>Sig</b>
<b>1. You cannot get pregnancy while you are on your period.</b>	90%	87%	ns
<b>2. It is okay to use the same condom more than once.</b>	All participants had the correct answer on both the pre- and post-test		
<b>3. You should take a break from birth control pills every few years.</b>	64%	85%	.000
<b>4. Women using the birth control shot must get an injection every few years.</b>	82%	87%	.000
<b>5. The implant, which is inserted under the skin on a woman's arm, is effective for up to two years.</b>	57%	69%	.000
<b>6. In order for it to work correctly, a new patch needs to be applied to the skin once a week for 3 weeks in a row.</b>	56%	78%	.001
<b>7. Abstinence is 99% effective in preventing an unplanned pregnancy.</b>	64%	67%	.000

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# Pilot Results

<b>Survey Item</b>	<b>Pre-test mean</b>	<b>Post test mean</b>	<b>Sig</b>
<b>8. I know where to go to find information about pregnancy planning and birth control.</b>	3.63	3.85	.002
<b>9. If I got pregnant and had a baby now, it would get in the way of my plans for school/career/life.</b>	3.07	3.13	ns
<b>10. I have a clear plan for preventing an unplanned pregnancy.</b>	3.35	3.58	.02



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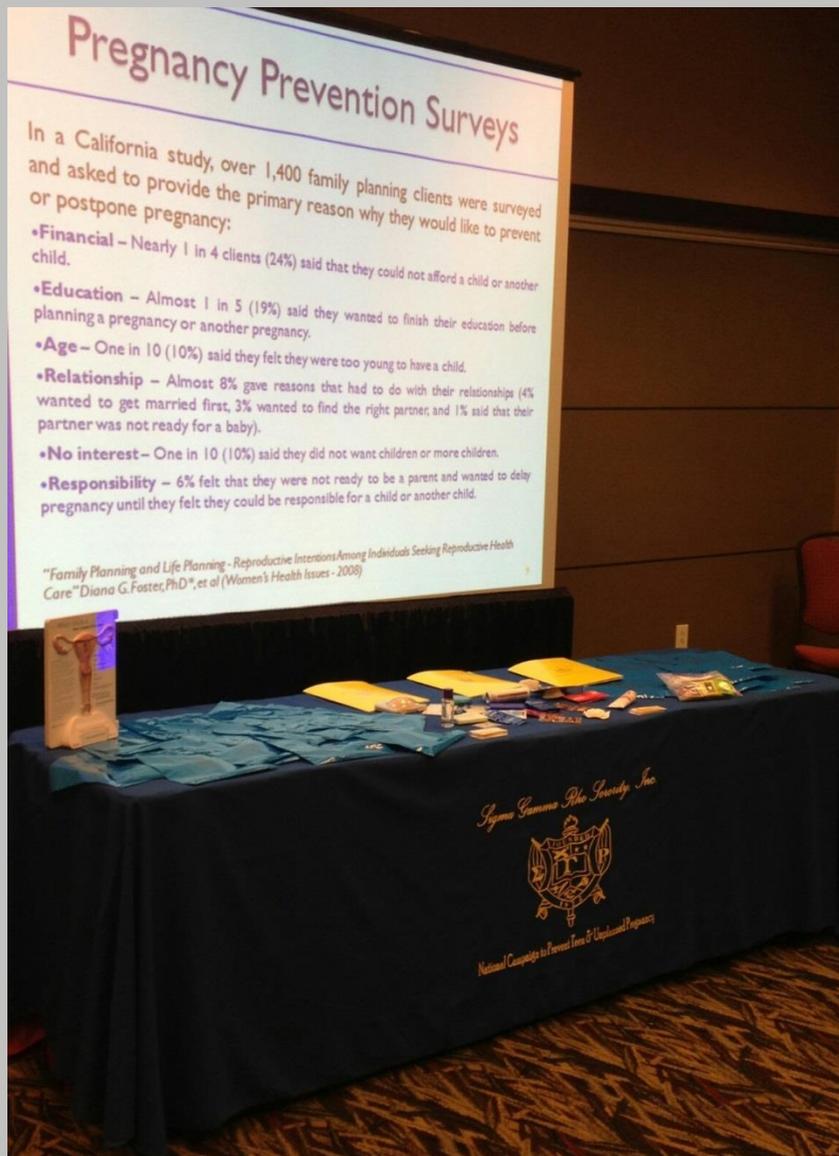


# Next Steps

- Expand implementation to capture all incoming new members.
- Determine best delivery mechanism.
- Examine opportunities for behavioral follow up (regular use of contraception, no unplanned pregnancies)
- Move down the age scale.
  - Rhoers (Sigma Gamma Rho auxiliary group, ages 12-18)

# Best Practices

- Be patient.
- Meet groups where they are at.
- Provide support for the intervention they decide on.
- Work to build capacity within organization to implement the intervention.
- Adequate funding is needed to ensure participation and positive outcomes.
- Learn from each other as you go through the process.



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