

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

June 4 – 6, 2014

FYI for Parents: Strengthening the
Parent Child Bond as a Means to Reduce
Teen Pregnancy

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Workshop Objectives

- Participants will learn about seven factors that strengthen the parent child relationship.
- At the completion of the workshop, participants will be able to implement at least one practical method of teaching parents about each of the seven factors.
- At the completion of this workshop, participants will be able to assess the methods their program is utilizing to involve parents in the reduction of teen pregnancy.



Missouri State

UNIVERSITY

School of Social Work &
The RStats Institute
Abstinence-based Education
Grant Program (AEP)

7 in 10 teens will have had sex by graduation.

This, of course, greatly increases the risk of pregnancy!

6 in 10 teens who have been sexually active report that they wish they would have waited.

7 in 10 teens believe it would be easier to abstain from sex if they could talk to their parents about it.

(The National Campaign to Prevent Teen Pregnancy)

The Bond Between Parents and Teens is Important

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What Teens Want Parents to Know

Teens think their parents are important to them.

Teens need adult attention while they are making good choices as much as they do once they have made poor choices.

Teens look to their parents to witness how healthy relationships are built with trust, love, communication, and responsibility.

<http://www.thenationalcampaign.org>

What Teens Want Parents to Know

Teens have sex because there is an opportunity to have sex.

If they thought they had other things to do, they probably would do them.

Teens need adult interaction – even when they are with their friends.

Teens need their parents to teach them warning signs of unhealthy relationships and how to avoid them.

Signs of Abuse

Personal thoughts and feelings

Partner's Belittling behavior

Partner's Controlling behavior

Partner's Abusive or Threatening behavior

http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm

What Teens Want Parents To Know

Recognize that teens have deep feelings of love and strong interests in sex. Talk openly and honestly about it.

Teens want their parents to tell them WHY not having sex is a good idea.

<http://www.thenationalcampaign.org>

What Teens Want Parents to Know

When teens ask questions about sex, birth control, STDs and close relationships, it does not mean they are having sex.

Teens want to SEE why teen pregnancy is a bad idea.

<http://www.thenationalcampaign.org>

Factors that Strengthen the Parent/Child Relationship

- Parental Support
- Satisfaction with Parenting
- Involvement
- Limit Setting
- Autonomy
- Role Orientation
- Communication

Gerard, A. (1994). Parent Child Relationship Inventory, WPS Publishing

Limit Setting / Discipline

Parents ability and willingness to discipline makes a big difference for the rest of the child's life.



Mischel, W., Shoda, Y., Rodrigues, M. (1989). Delay of Gratification in Children. Science, New Series. 244(4907), 9, 933-938.

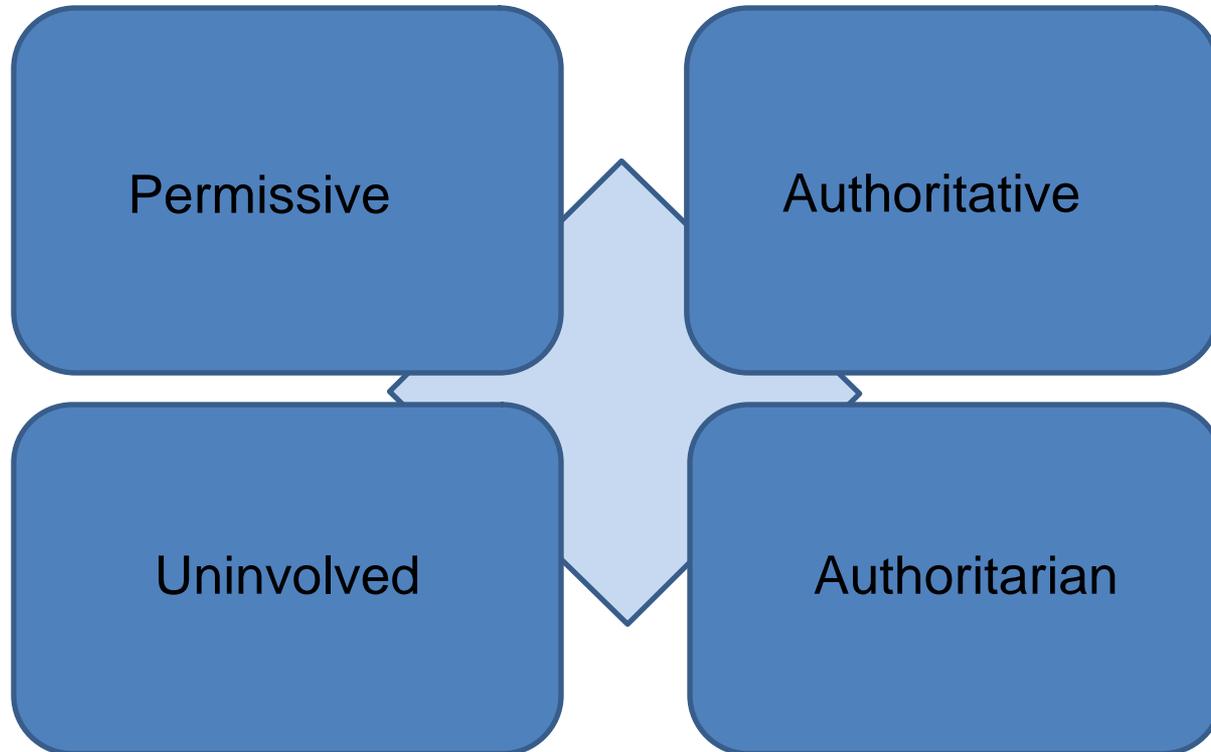
Kidd, C., Palmeri, H., Aslin, R. (2013). Rational snacking: Young children's decision-making on the marshmallow task is moderated by beliefs about environmental reliability. Cognition, 126(1), January, 109–114.

MARSHMALLOW KIDS

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Parenting Styles

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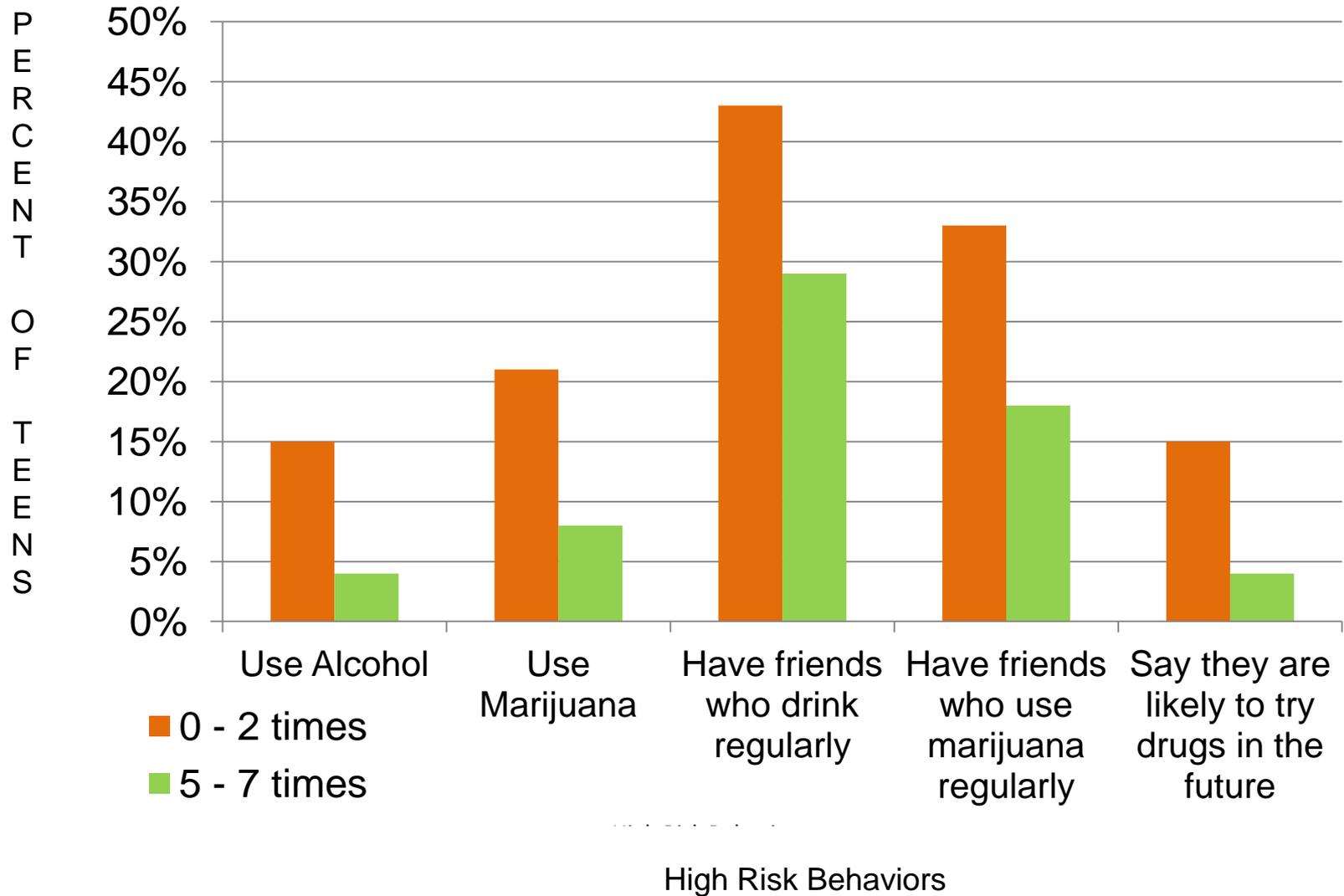
DEMANDINGNESS

Darling, N. & Steinberg, L. (1993). Parenting style as context: An integrative model. *Psychological Bulletin*, Vol 113(3), May, 487-496

Communication

- Ask open ended questions.
- Limit directions to a few words.
- Be consistent.
- Create opportunities to talk.
- Talk about differences even on hard topics.
- Share your point of view.
- Avoid over-reacting.
- Practice active listening.

Family Dinners per Week



Questions Teens Want to Ask

- How do I know if I'm in love?
- Will sex bring me closer to my girlfriend/boyfriend?
- How will I know when I'm ready to have sex?
- How do I tell my boyfriend that I don't want to have sex without losing him or hurting his feelings?
- How do I manage pressure from my girlfriend to have sex?
- How does contraception work? Are some methods better than others? Are they safe?
- Can you get pregnant the first time?
- How does drinking affect sex?

Development

The job of adolescence is to define one's self and create an identity.

When focused primarily on relationships, a teen's identity becomes dependent on the other.

- 12 – 14 year olds who date **same aged** partners, **13%** have sex.
- 12 – 14 year old whose partner is **2 years** older, **26%** have sex.
- 12 – 14 year olds whose partner is **3 or more years** older, **33%** have sex.

Albert, B, Brown, S. & Flanigan, C. (eds.) (2003). Fourteen and Younger: The Sexual Behavior of Young Adolescents. <http://www.thenationalcampaign.org>

Perspectives of an “older teen.”

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Frequent dating – as opposed to going steady – may be safer when it comes to delaying the initiation of sexual behavior.

Zimmer-Gembeck, Siebenbruner, J. & Collins, W.A. (2001) Diverse aspects of dating: Associations with psychosocial functioning from early to middle adolescence. *Journal of Adolescence*, 24; 331-336.

Parents who communicate well with their teen about love, sex and relationships raise teens who

- delay sex longer than their counterparts
- use protection more reliably if they do choose to have sex
- have sex less often than those whose parents do not talk to them about the important matters

Guilamo-Ramos, V., Bouris, A., Lee, J., McCarthy, K., Michael, S., Pitt-Barnes, S. and Dittus, P. (2012). Paternal Influences on Adolescent Sexual Risk Behaviors: A Structured Literature Review. *Pediatrics*, online publication October 15,2012. DOI: 10.1542/peds.2011-2066.

Education Matters

- ~50% of teen mothers drop out of High School
 - Those mothers are 9Xs more likely to live in poverty than teen mothers who complete High School.
 - The associated risks for the children of teen mothers who live in poverty is multifaceted.
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- Hoffman SD. *Kids Having Kids: Economic Costs and Social Consequences of Teen Pregnancy*. Washington, DC: The Urban Institute Press; 2008
 - Singh S, Darroch, JE. (2000) Adolescent pregnancy and childbearing: levels and trends in developed countries. *Family Planning Perspective*. 32(1):14-23.

Earnings and Unemployment Rates by Educational Attainment 2012

% Unemployment	Level of Education	Mean Weekly Salary
2.5	Doctoral	\$1624.00
2.1	Professional	\$1735.00
3.5	Master's	\$1300.00
4.5	Bachelor's	\$1066.00
6.2	Associates	\$ 785.00
7.7	Some College/No Degree	\$ 727.00
8.3	High School Diploma	\$ 652.00
12.4	Less Than High School Diploma	\$ 471.00
Mean = 6.8%		Mean = \$818.00

For Birth Cohorts 1947 – 1950 to 1956-1960, Heckman and LaFontaine (2010); for subsequent cohorts, Murname and Hoffman (2013) estimated using US Census, American Community Survey and GED Testing Service data. Center for Disease Control.

Challenges to Implementation

- Group Selection
 - Intact groups
 - Community Integration
- Completion of Course
 - Timing of programmatic scheduling
 - Child care
 - Food
 - Incentives
- Follow Up
 - Contact
 - Matching Data

FYI for Parents

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Guilamo-Ramos, V., Jaccard, J., Dittus, P., Bouris, A., & Holloway, I. (2007). Adolescent expectancies, parent-adolescent communication, and intentions to have sexual intercourse among inner city, middle school youth. *Annals of Behavioral Medicine*, 34(1), 56-66.

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Karofsky, P., Zeng, L., & Kosorok, M. R. (2001). Relationship between Adolescent-Parental Communication and Initiation of First Intercourse by Adolescents. *Journal of Adolescent Health*, 28(1), 41–45.

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<http://www.bls.gov/nls/nlsy97.htm> accessed 1/27/2013.

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Rogers, K. (1999). Parenting Processes Related to the Sexual Risk-Taking Behaviors of Adolescent Males and Females. *Journal of Marriage and Family*, 61; 99-109.

Wood, R, Avellar, S., Goesling, B. (2008). Pathways to Adulthood and Marriage: Teenagers' Attitudes, Expectations, and Relationship Patterns. Submitted to U.S. Department of Health and Human Services.

<http://aspe.hhs.gov/hsp/08/pathways2adulthood/index.shtml>

Resources

- <http://www.thenationalcampaign.org/resources/parents.aspx>
- Cook, Bruce (2003). The Big Talk Book: Ten Steps to Empower Your Teen to Choose the Best – Abstinence Until Marriage, Choosing the Best Publishing, Atlanta.
- <http://www.cdc.gov/teenpregnancy/>
- <http://www.clafh.org>
- <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>
- <http://www.thenationalcampaign.org/resources/pdf/pubs/ParentPwr.pdf>
- <http://www.thenationalcampaign.org/resources/parents.aspx>