



Positive Youth Development Approaches for Groups at High Risk for Adverse Sexual Health Outcomes

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RTI International

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

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Session Objectives

- Identify and prioritize sexual health protective factors for populations at high risk for teen pregnancy/childbearing and HIV/sexually transmitted infections
- Identify strategies for delivering positive youth development content to high-risk populations
- Develop a plan for incorporating positive youth development best practices into sexual health programming

Introductions

- Lori Palen
 - Program evaluator
 - Technical assistance provider
 - Teen career aspirations included lawyer and therapist

- Marni Kan
 - Prevention scientist
 - Expertise in relationship risks and family dynamics
 - Teen pastimes included taping songs off the radio and trying to get *on* the radio

Agenda

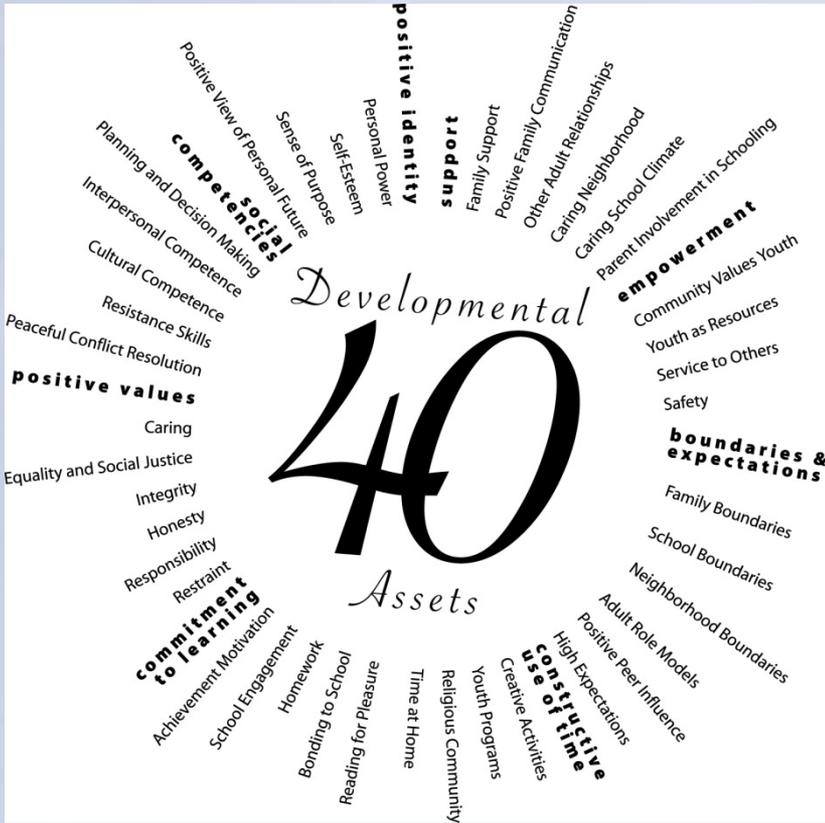
- Introduction
 - What is positive youth development (PYD)?
 - Groups at elevated risk for adverse sexual health outcomes
 - Why address PYD in high-risk populations?
- Delivering PYD content
 - PYD-focused sexual health curricula
 - Standalone PYD programs and strategies
 - Linking youth to PYD
- Employing PYD best practices

What Is PYD?

PYD refers to actively engaging youth in ongoing efforts to build assets, strengths, and skills that will allow them to be successful adults

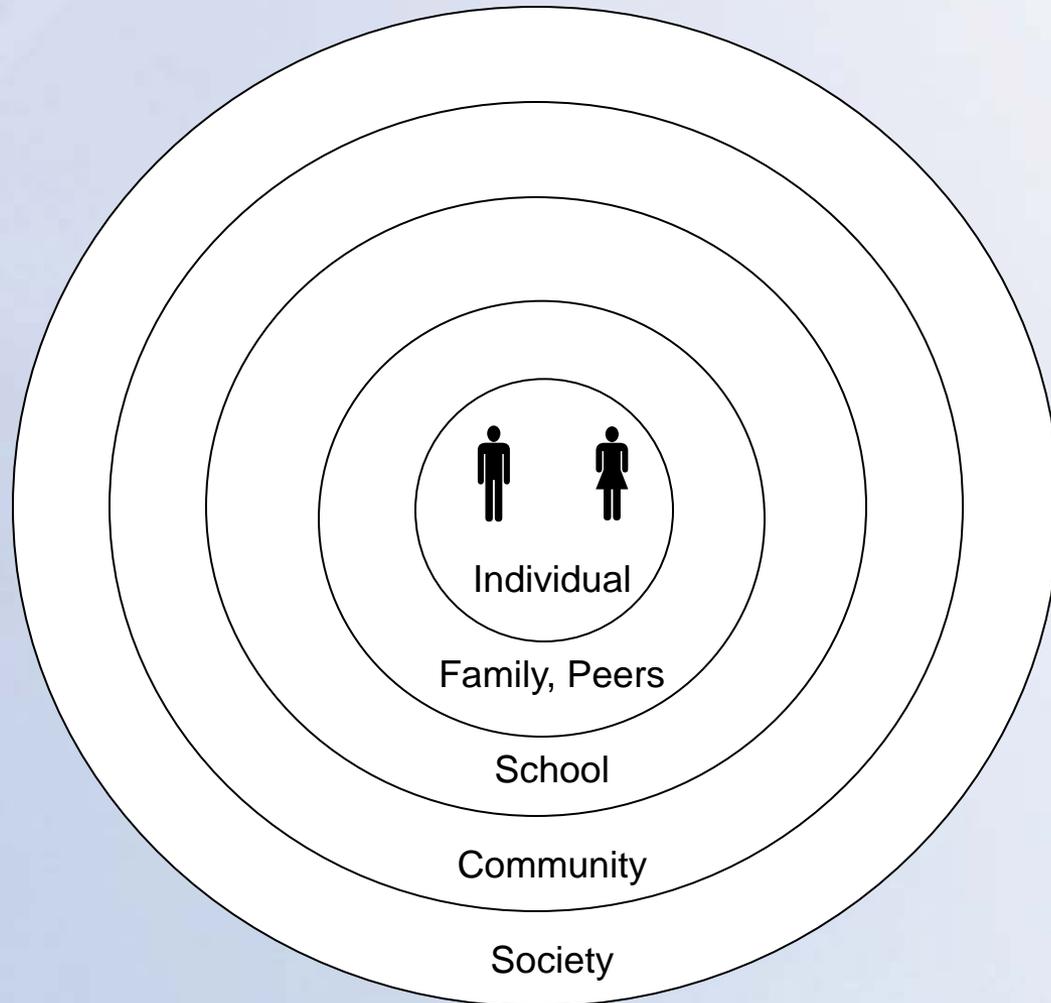


"Famous" PYD Frameworks

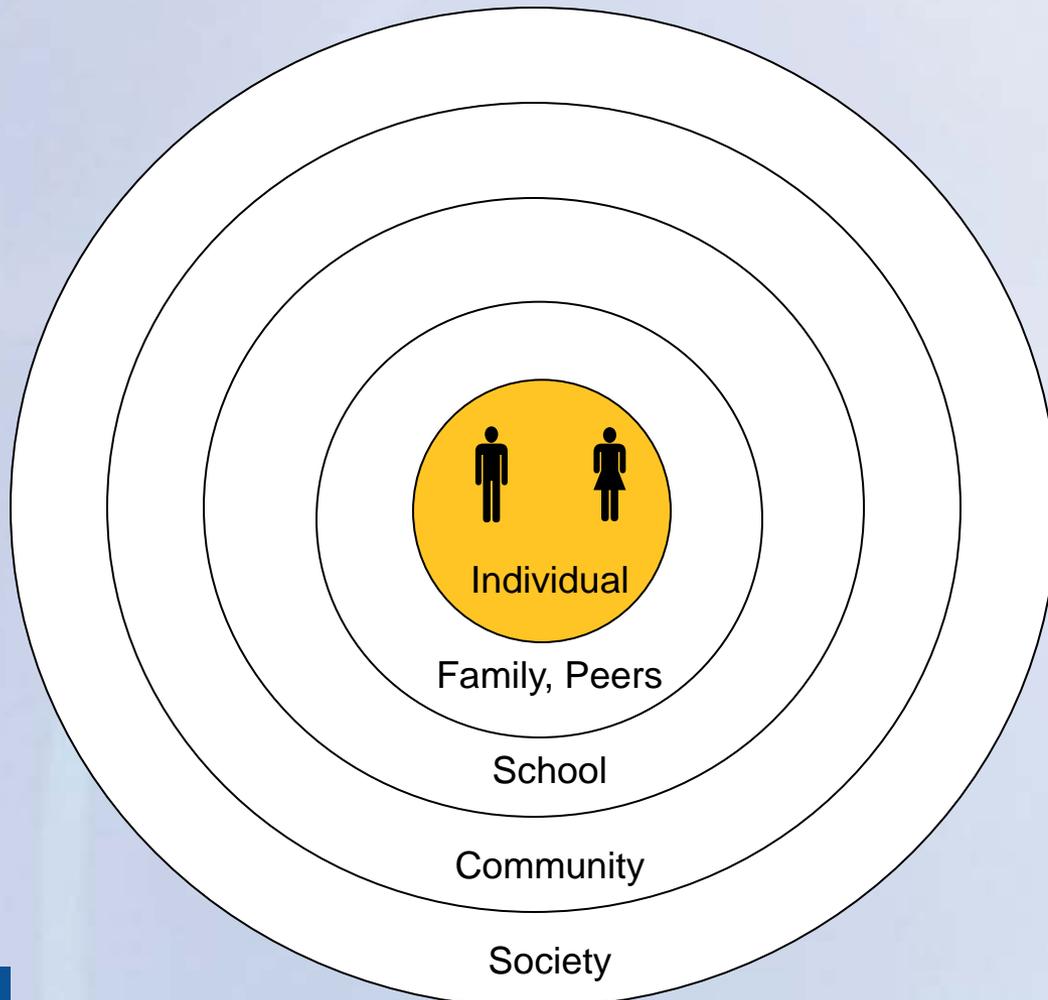


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Groups at Elevated Risk for Adverse Sexual Health Outcomes



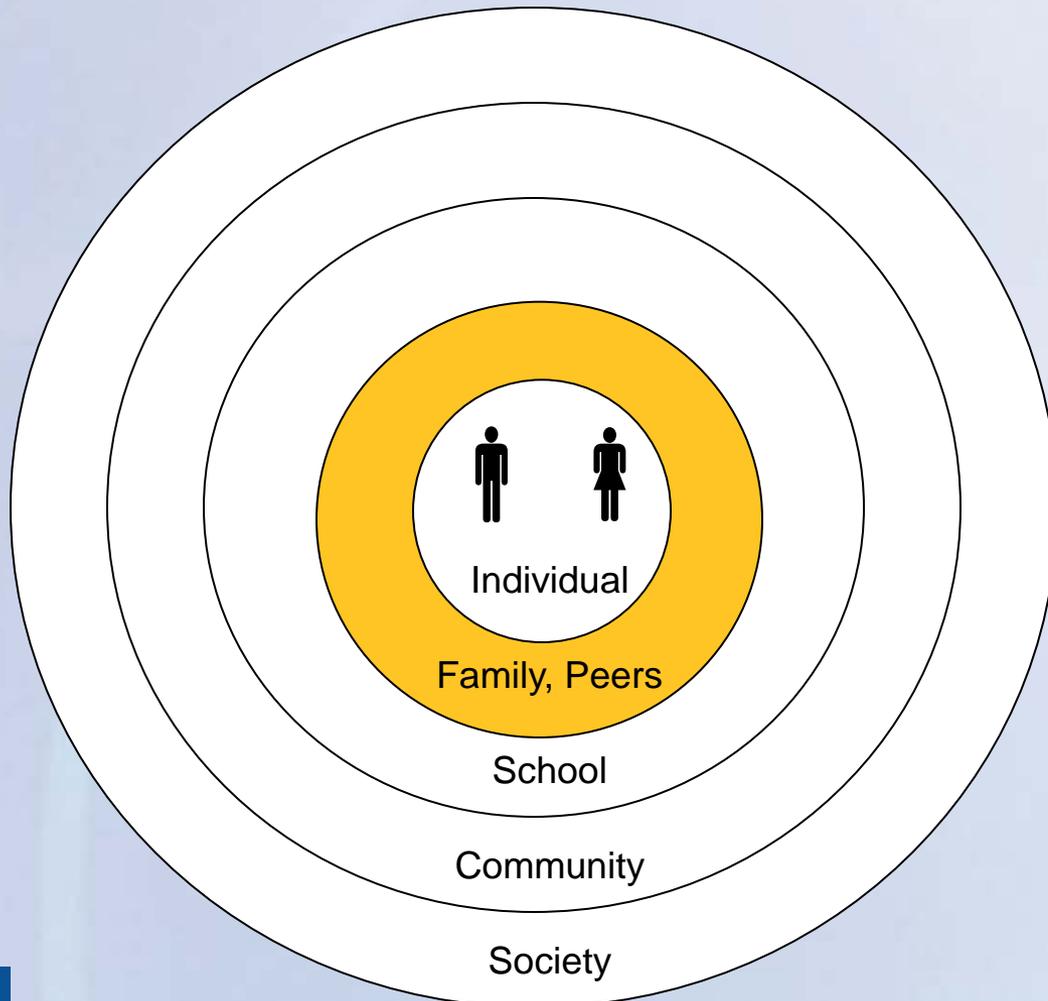
Groups at Elevated Risk for Adverse Sexual Health Outcomes



- Hispanic, non-Hispanic Black, American Indian, and Alaska Native teens
- Substance-using teens
- Teen parents
- LGBTQ youth

(Advocates for Youth, 2010; Cavazos-Rehg et al., 2011; CDC, 2011; Helfrich & McWey, in press; Helderstedt et al., 2006)

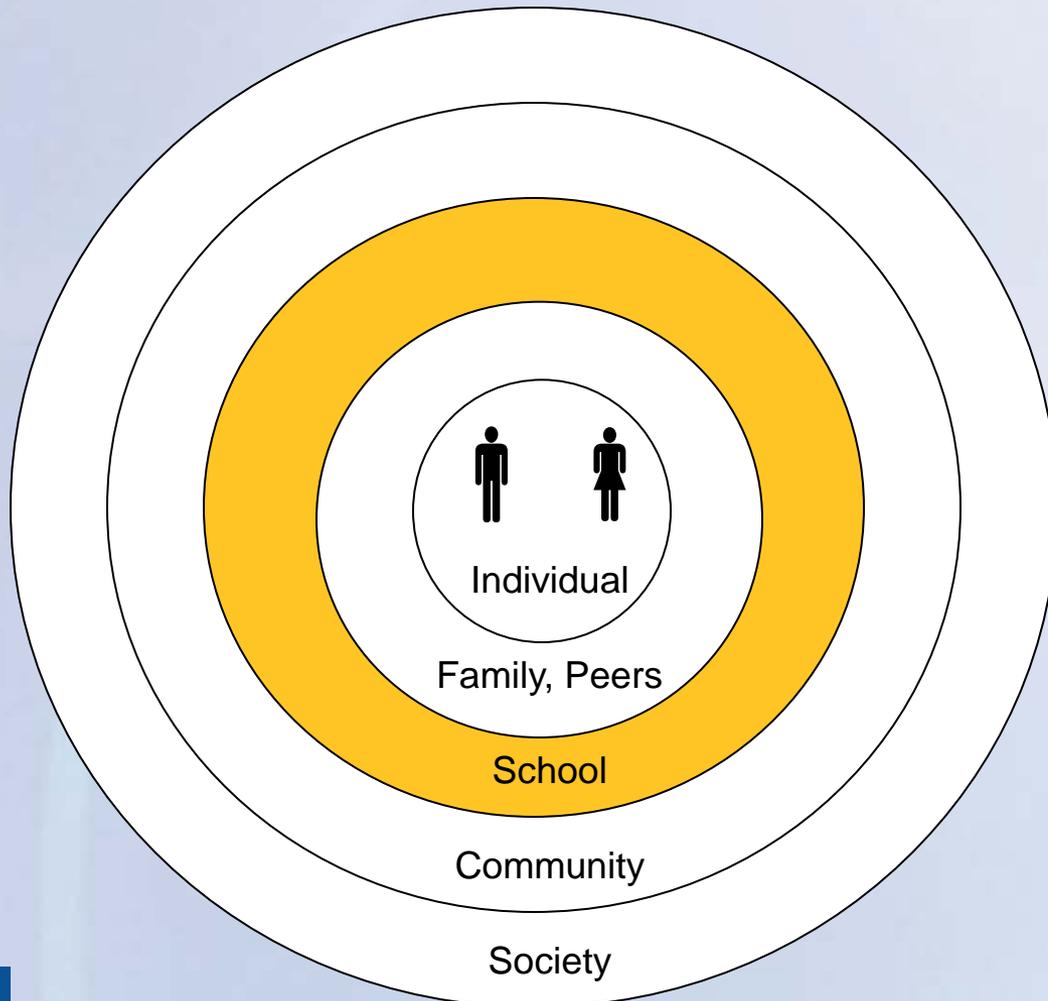
Groups at Elevated Risk for Adverse Sexual Health Outcomes



- Runaway and homeless teens
- Children of teen mothers
- Siblings of teen parents
- Teens living in families that do not include two biological parents
- Teens in foster care
- Victims of teen dating violence

(Advocates for Youth, 2010; Boonstra, 2011; East et al., 2007; Kirby & Lepore, 2007; Martinez et al., 2011; Thompson et al., 2008)

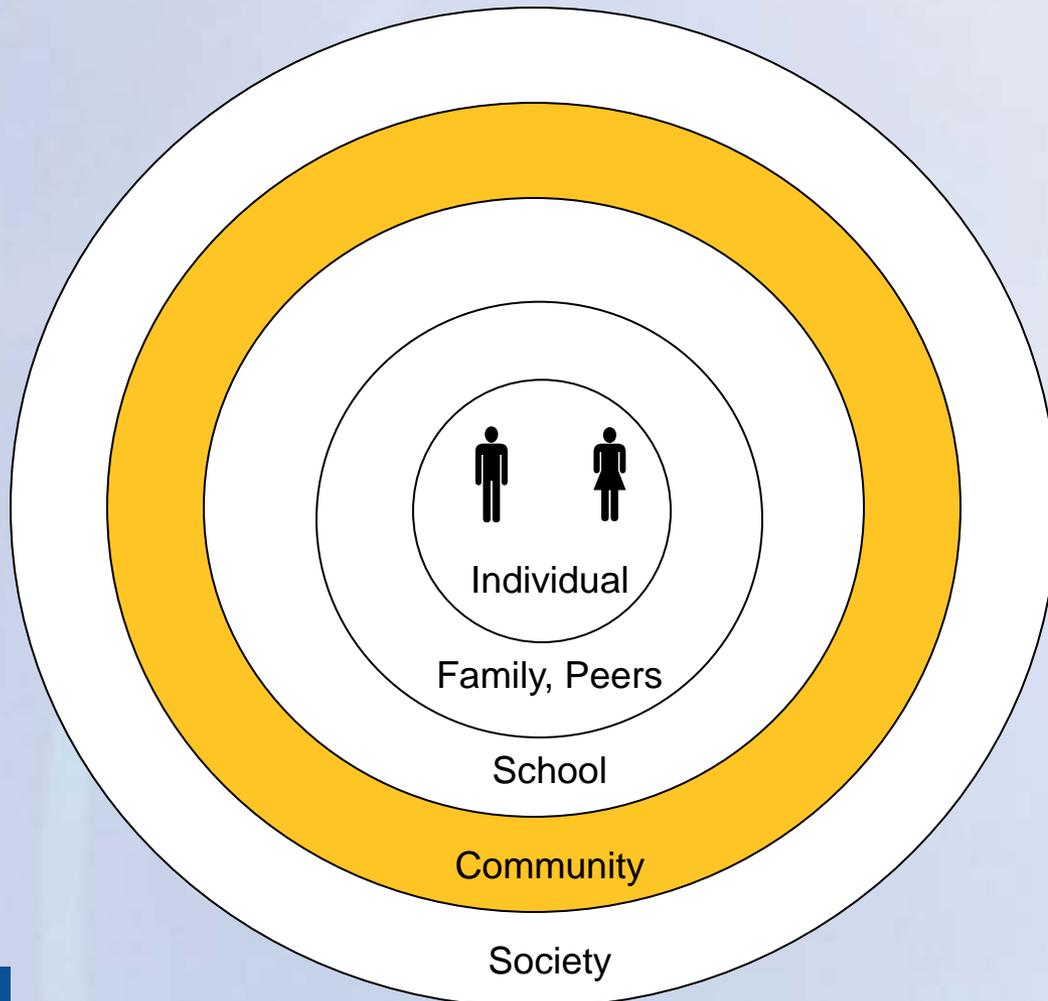
Groups at Elevated Risk for Adverse Sexual Health Outcomes



- Teens not enrolled in school

(Kirby & Lepore, 2007)

Groups at Elevated Risk for Adverse Sexual Health Outcomes



- Teens from low-income, low-employment neighborhoods
- Teens from disorganized communities (e.g., with high levels of violence, hunger, substance use)
- Gang-involved teens

(Kirby & Lepore, 2007)

Why Address PYD in High-risk Populations?

- High-risk does not mean poor outcomes are inevitable
 - Building resilience is key to positive outcomes
- Some risk factors are not easily modifiable
- Promoting positive development is likely to affect multiple behavioral health outcomes
- Focusing on strengths is empowering and less stigmatizing
- Adults and organizations benefit from incorporating youth perspectives
 - Youth are experts in their own experiences

(Catalano et al., 2004; University of Oklahoma et al., 2008)

Discussion Questions

“Problem-free is not fully prepared.” —Karen Pittman



Imagine that you are a college admissions officer. What qualities would you look for in a potential student?



Imagine that you are responsible for hiring a new staff member for your project. What qualities would you look for in a job candidate?

Ways to Address PYD

Delivering PYD Content



Employing PYD Best Practices



Delivering PYD Content



The Protective Factor Identification and Strategy Selection Worksheet

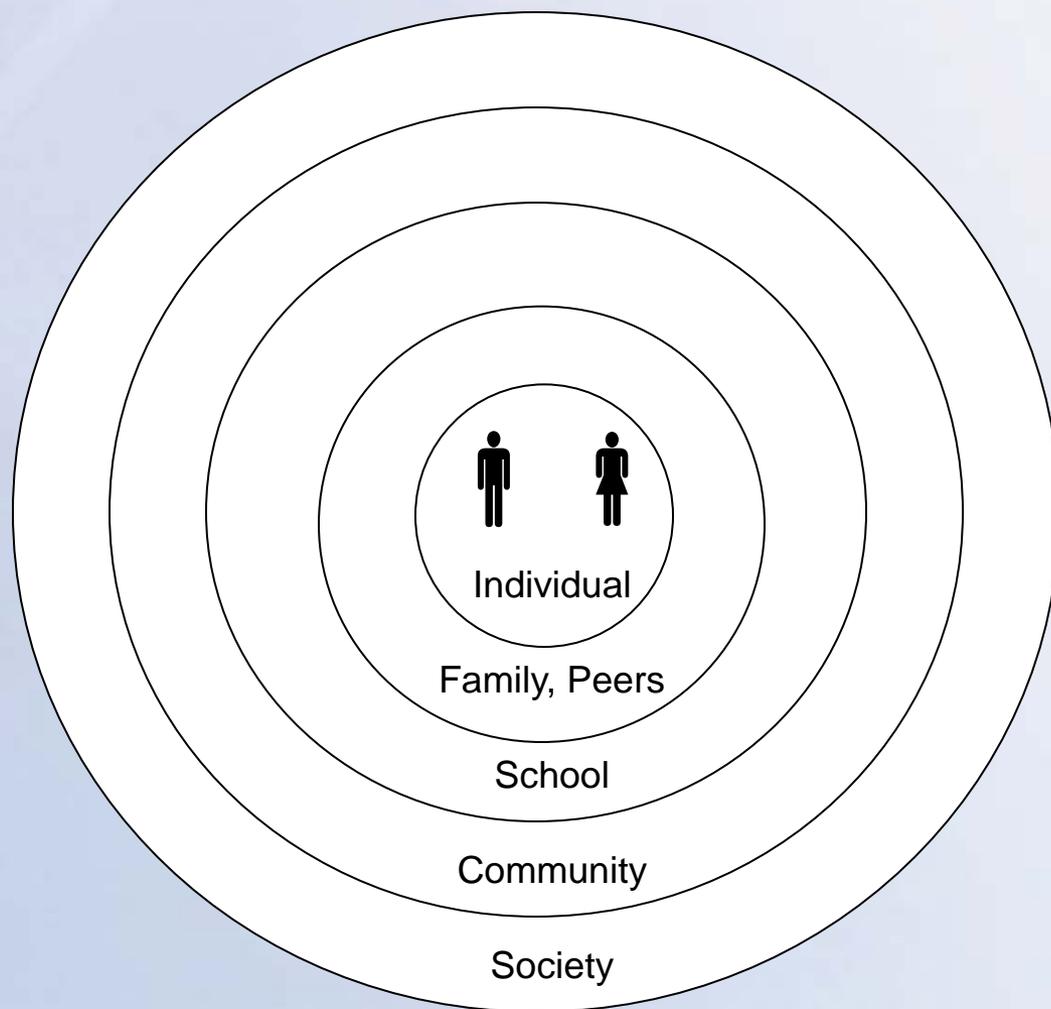
Protective Factor Identification and Strategy Selection Worksheet

Questions	Answers
<p>1. What protective factors help to safeguard members of our target population from negative sexual health outcomes?</p> <p>Possible sources of information:</p> <ul style="list-style-type: none"> • Published research studies about our target population (if sexual health research does not exist, consider studies on other risk behaviors such as substance use or delinquency) • Local data from our target population (e.g., school risk and protective factor student survey) • Anecdotal information from youth and youth workers 	
<p>2. Which of these protective factors should be prioritized?</p> <p>Possible ways to prioritize:</p> <ul style="list-style-type: none"> • Can realistically be changed • Not addressed by existing efforts in the community • Strong influence on sexual health relative to other protective factors 	
<p>3. What resources do we have available to address PYD?</p> <p>Possible resources:</p> <ul style="list-style-type: none"> • Staff time (e.g., for curriculum training/delivery, networking, policy/advocacy work) • Access to participants • Staff expertise • Funds (e.g., for PYD curriculum purchase, training) • Linkages, partnerships • Access to PYD materials • Available/accessible program space 	
<p>4. What PYD approaches address our priority protective factors?</p> <p>Which (if any) have research evidence to support their effectiveness?</p> <p>Which (if any) have research evidence to support their effectiveness in our target population?</p> <p>Which options best align with our resources?</p>	
<p>5. What are our next steps?</p> <p>Possible next steps:</p> <ul style="list-style-type: none"> • Purchase curriculum • Meet with partners • Discuss with project officer 	

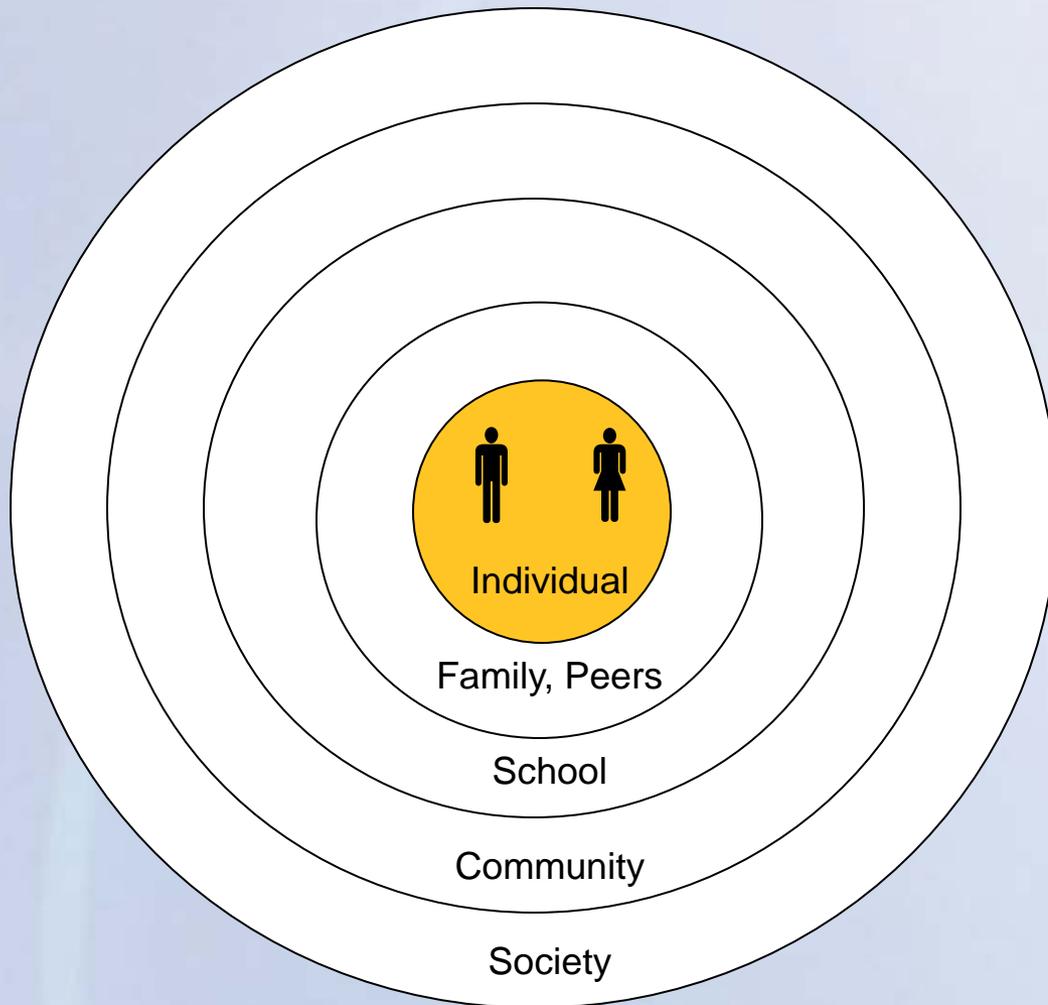
Positive Youth Development Approaches for Groups at High Risk for Teen Pregnancy
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Sexual Protective Factors



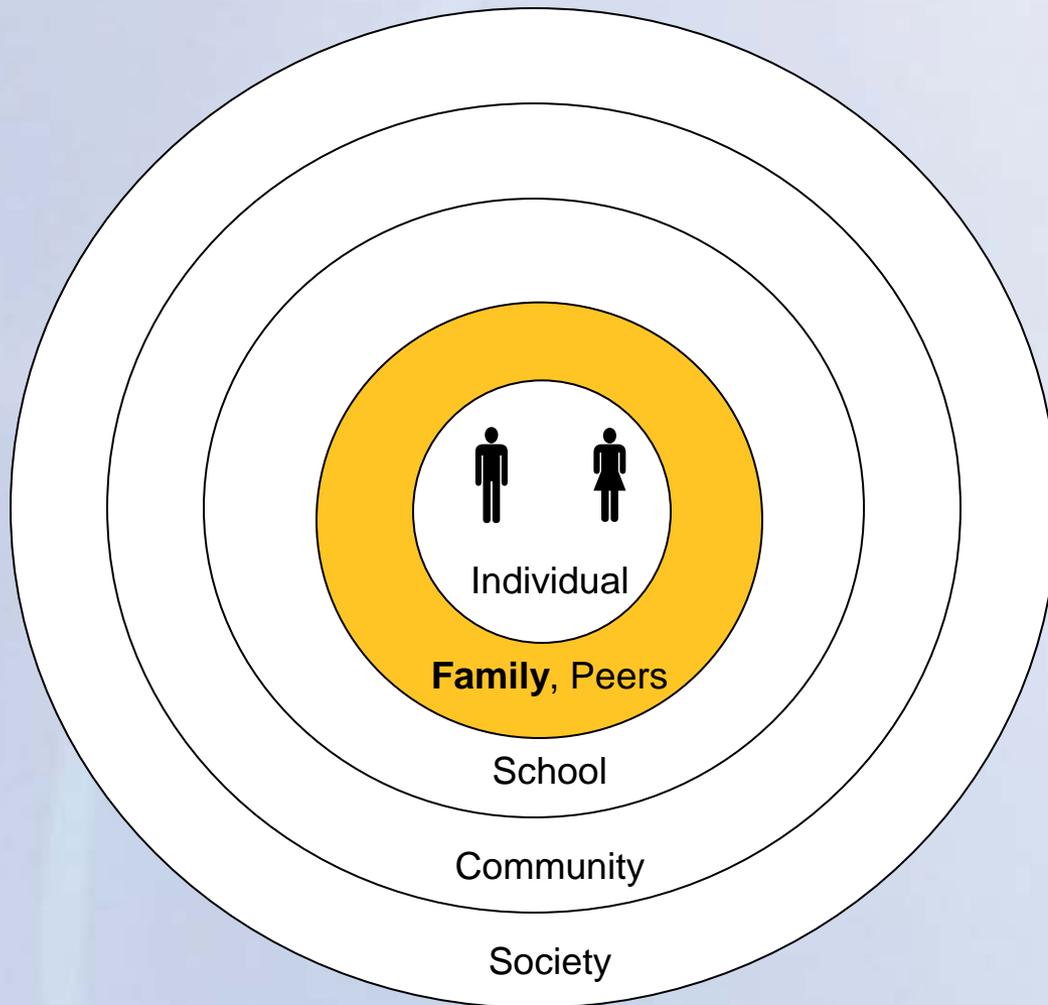
Sexual Protective Factors



- Certain sexual beliefs, attitudes, and skills
- Higher level of cognitive development
- Internal locus of control
- Physical maturity

(Kirby & Lepore, 2007)

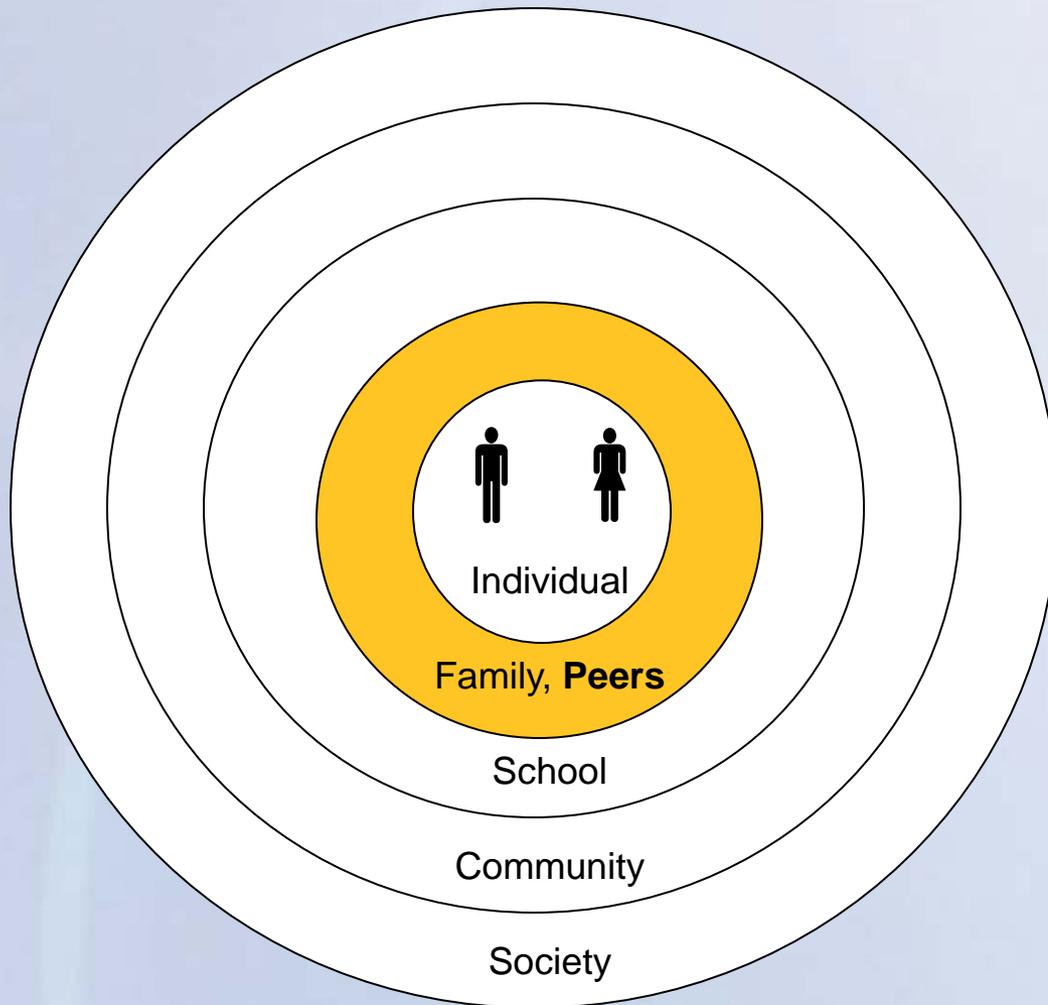
Sexual Protective Factors



- Positive family dynamics
- Parental supervision and monitoring
- Parental disapproval of premarital/teen sex
- Parental acceptance/support of contraception for sexually active teens
- Parent-child communication about sex, condoms, contraception
- Living with two biological parents
- High parental education

(Kirby & Lepore, 2007)

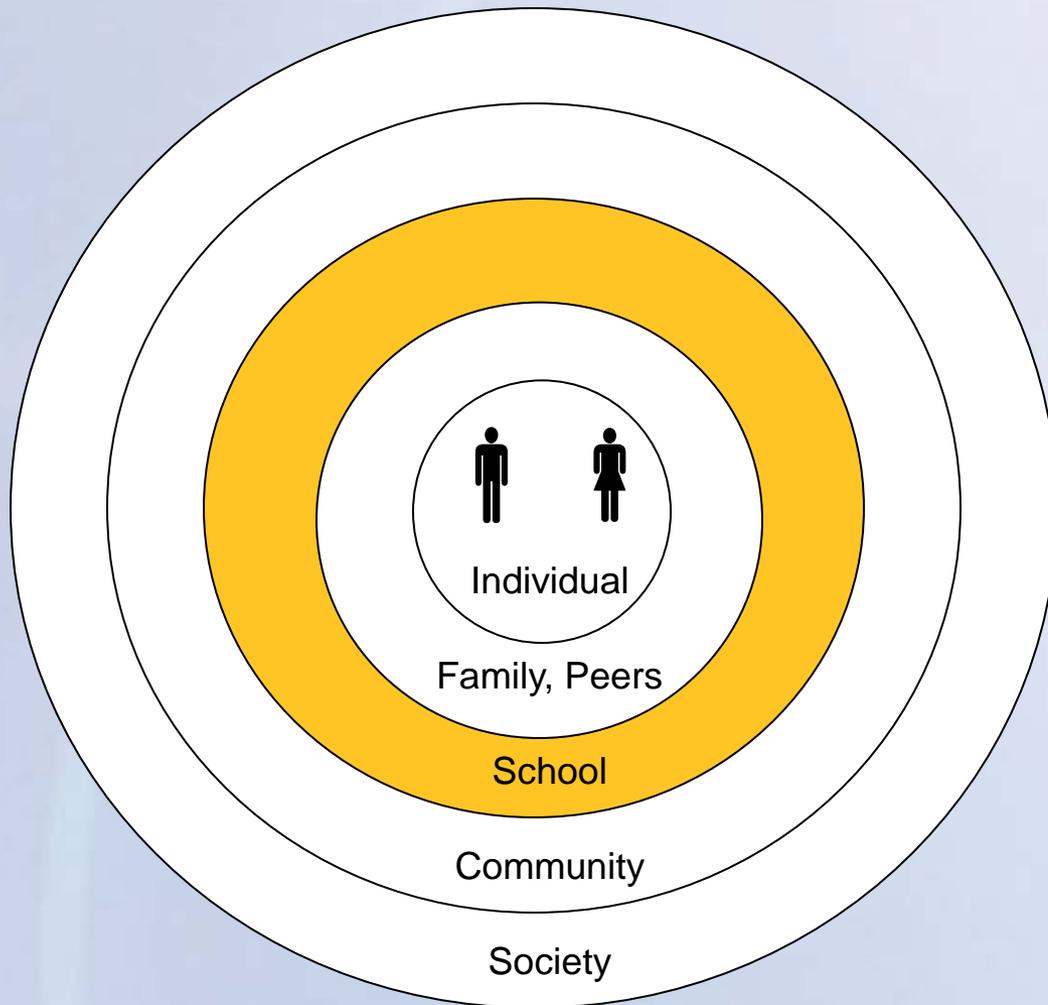
Sexual Protective Factors



- Involvement in sports (girls only)
- Positive peer norms or support for condom/contraceptive use
- Peer condom use
- Older age at first voluntary sexual encounter
- Discussing sexual risks, pregnancy, and sexually transmitted infections with partner
- Partner support for condom/contraceptive use
- Previous effective use of condoms/contraception

(Kirby & Lepore, 2007)

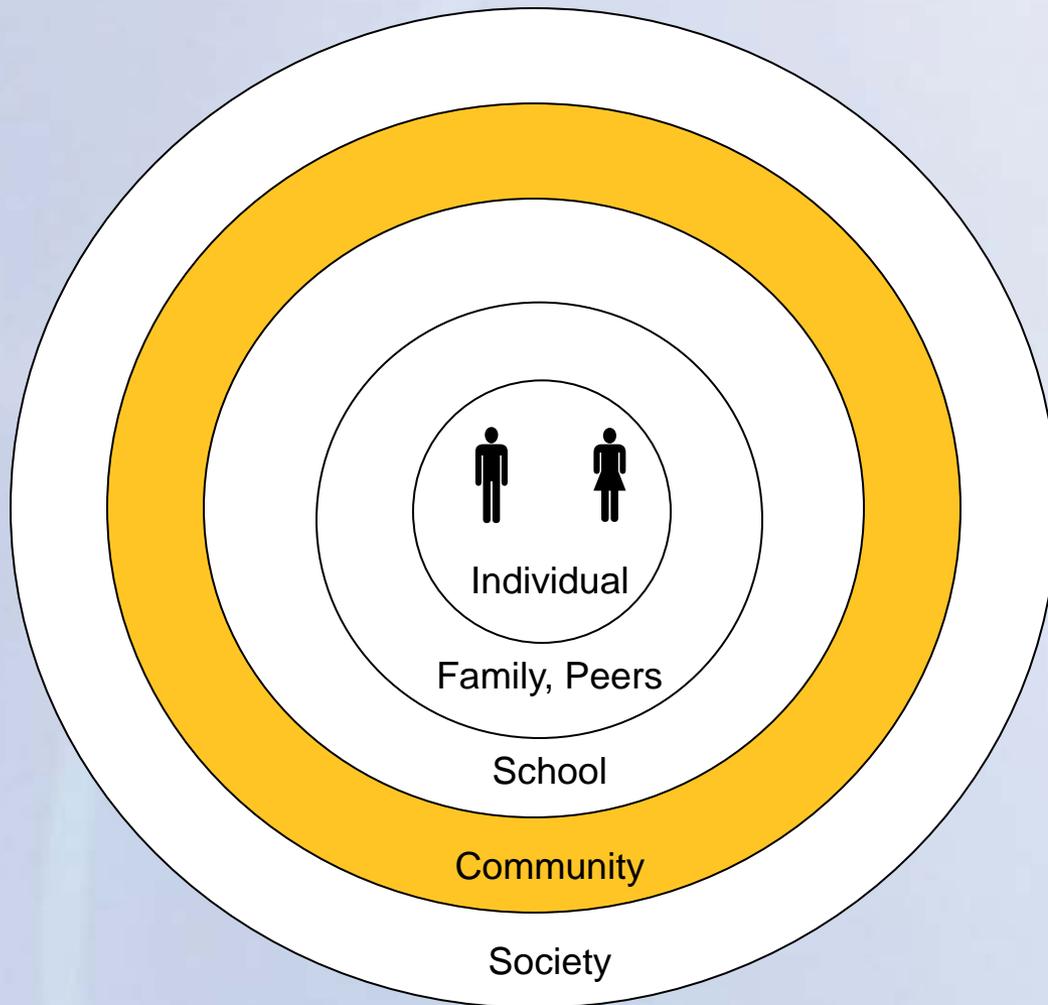
Sexual Protective Factors



- School connectedness
- Higher academic performance
- Educational aspirations, future plans

(Kirby & Lepore, 2007)

Sexual Protective Factors



- Community involvement
- Religious affiliation
- High proportion of foreign-born residents

(Kirby & Lepore, 2007)

Population-specific Sexual Protective Factors

- Latinas (Dogan-Ates & Carrion-Basham, 2007)
 - Higher grades
 - Higher career aspirations
 - Living with biological parents
 - Greater parental monitoring
 - Greater participation in extracurricular activities and religious services
 - Friends model “conventional” behavior

Population-specific Sexual Protective Factors (continued)

- African American teens
 - Educational aspirations (Roberts, Lewis, & Carmack, 2011)
 - Ethnic identity (Corneille & Belgrave, 2007)
 - Hands-on parenting, parent disapproval of teen sex (Brown et al., 2006)

- American Indian teens (Hellerstedt et al., 2006)
 - Connection to school (girls only)
 - Living with father

Population-specific Sexual Protective Factors (continued)

- Runaway and homeless teens (Thompson et al., 2008)
 - European American ethnicity
 - Two-parent household prior to shelter admission

- Children of teen mothers (Hardy et al., 1998)
 - Mothers were married or high school graduates
 - Higher IQ scores

Population-specific Sexual Protective Factors (continued)

- Siblings of teen parents (East et al., 2009)
 - Motivation to delay parenting
 - Greater appreciation of the challenges of parenting
 - Mothers' discouragement of early parenting
 - Greater closeness with mother

- Teens in foster care (Dworksy & Courtney, 2010)
 - Remaining in care beyond age 18

Prioritizing Protective Factors

- Can it (realistically) be changed?
- Is it already being addressed in the community?
- Is it particularly important or strong?



Howdy, neighbor!

- Introduce yourself: name, project, project role, favorite pastime in your teen years
- Which high risk population(s) does your project serve?
- What do you know about the factors that protect your target population(s) from sexual risk behavior? Do you need to learn more?

Delivering PYD Content

Delivery Method	Pros	Cons
PYD-focused sexual health curricula	Minimal additional effort	Likely feasible only in early program stages
Sexual health curriculum + supplemental PYD content	Maintain control of content and process	<p>May present a challenge in terms of additional time and resources</p> <p>Must ensure that supplements do not compromise fidelity to sexual health curriculum</p>
Linking youth to PYD (e.g., referrals, policy, outreach)	<p>Requires minimal resources</p> <p>May promote sustainability</p>	<p>Target population may not follow through on referrals</p> <p>Partner activities are outside of your control/oversight</p>

Resources Available for PYD

- Staff time
- Access to participants
- Staff expertise
- Funds
- Linkages, partnerships
- Access to PYD materials
- Available/accessible program space

Searching for the Sweet Spot...

		Program/approach addresses sexual health protective factors specific to target population?	
		Yes	No
Program/ approach has demonstrated effectiveness with target population?	Yes		
	No		

Population	Effective Adolescent Sexual Health Programs
African Americans	Aban Aya* Abecedarian Adult Identity Mentoring Carrera Program High/Scope Perry Preschool Project Reach for Health Staying Connected with Your Teen
Latinos	Carrera Program Familias Unidas*
Younger siblings of pregnant/parenting teens	Adolescent sibling pregnancy prevention program*
Young mothers with low education	Abecedarian
Low-income individuals	Abecedarian Adult Identity Mentoring High/Scope Perry Preschool Project
Individuals living in high-crime area	Seattle Social Development Project/Raising Healthy Children

**Program was developed specifically for this target population.
(Gavin et al., 2010)*

Other Sexual Health Programs with PYD Content

Program	Connectedness and responsibility (e.g., to culture, family, community, peers)	Goals and values, future orientation	Service learning	Peer leadership
All4You!			X	
Be Proud! Be Responsible! Be Protective!	X	X		
Becoming a Responsible Teen	X	X		
GirlTalk (Katz et al., 2011)	X	X		
Prime Time (Sieving et al., 2011)	X		X	X
Project TALC	X	X		
Respeto/Proteger	X	X		
Safer Choices	X			X
SiHLE	X			
Teen Health Project				X
Yo Puedo (Minnis et al., 2014)	X	X		

Selected Standalone PYD Programs and Strategies

Program/strategy	Primary PYD outcome(s)
Big Brothers Big Sisters	Social connections
Government is Us	Community involvement, character
A Native Pathway to Adulthood	Successful adult functioning
Parent academic involvement	Educational and career aspirations
Recommendations for increasing Latinas' sports participation	Girls' sports participation
Step-It-Up-2-Thrive	5 C's
Teen Game Plan	Educational and career aspirations, financial literacy
TimeWise	Healthy free time use, motivation
Yoga	Physical and psychological health

Population	Parenting Programs with Demonstrated Effectiveness that Target Adolescents and Include PYD Content
African Americans and Latinos	Guiding Good Choices Positive Action Strengthening Families 10-14
Young mothers with low education	Nurse-Family Partnership*
Individuals living in high-risk environments	Creating Lasting Family Connections*
Substance-using teens	Multidimensional Family Therapy*
Youth at risk of behavior problems	Adolescent Transitions Program* Early Risers “Skills for Success”** Fast Track**

**Program was developed specifically for this target population.*

***Selected program components were developed for this target population.
(Catalano et al., 2004; Haggerty et al., 2013; Small & Mather, 2009)*

Howdy, neighbor!

- Introduce yourself: name, project, project role, career you aspired to as a teenager

- Does your project currently deliver PYD content?
 - If so, in what format? What factors have allowed this to happen?
 - If not, what factors have prevented this?

- What types of PYD programs or strategies are you interested in learning more about?

Linking Youth to PYD

- Partnerships and referrals
- Policy
- Outreach



Leveraging Partnerships and Referrals

- Strong partnerships with youth-serving organizations could benefit projects in several ways:
 - Providing expert consultation
 - Offering a ready source of trainers and speakers for staff trainings and community events
 - Keeping staff up to date on developments in the PYD field
 - Creating the foundation for referrals to PYD activities or services

Leveraging Partnerships and Referrals

- When establishing partnerships
 - Invite community experts to participate in planning or discussions
 - Share information about your project and activities
 - Learn about the PYD needs, programs, and services in your community
- When formalizing partnerships
 - Ensure shared understanding of each organization's roles and commitments
 - Consider using a letter of support or Memorandum of Understanding (see https://www.acf.hhs.gov/sites/default/files/fysb/mou_508.pdf for samples)

Common Youth Development Organizations

- 4-H
- Big Brothers/Big Sisters
- Boys and Girls Clubs
- Department of Parks and Recreation
- Places of worship
- Schools
- Scouting
- YMCA
- Youth councils
- Youth sports leagues

But don't stop here!

An Example of PYD Partnership

YOUTH THRIVE

WE ALL SUCCEED WHEN YOUTH SUCCEED

wake county, nc

An Example of PYD Policy



Employing PYD Best Practices



Features of Positive Developmental Settings

- Physical and psychological safety
- Appropriate structure
- Supportive relationships
- Opportunities to belong
- Positive social norms
- Support for efficacy and mattering
- Opportunities for skill building
- Integration of family, school, and community

(Eccles & Gootman, 2002)

Strategies to Integrate PYD Best Practices

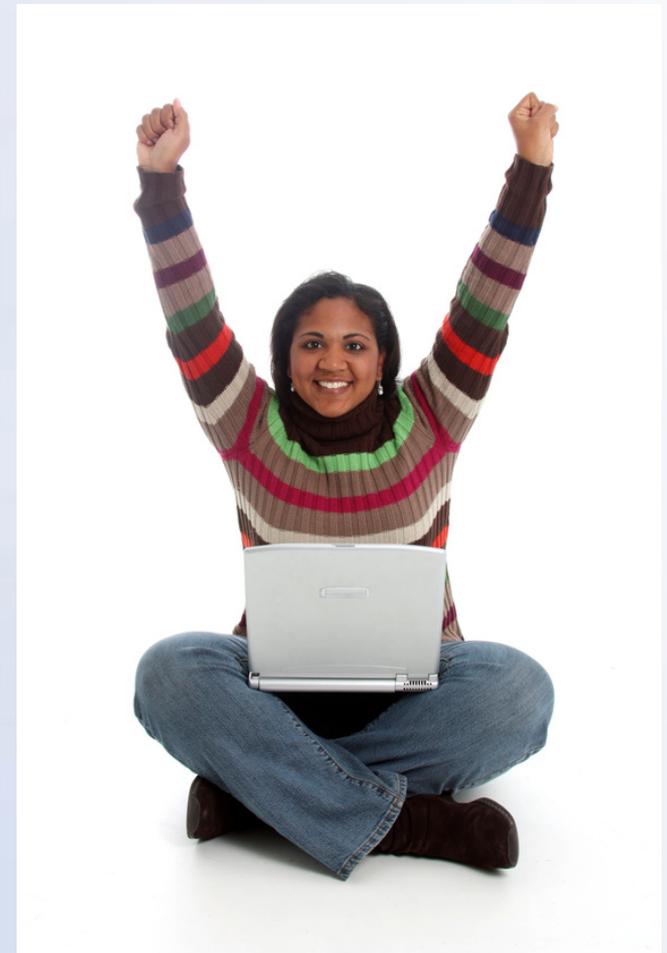
- Encompass diverse strategies:
 - Changing what happens during programming
 - Changing what happens outside of programming
 - Changing programming environment
 - Creating materials
- Involve varying amounts of resources
- Can boost your potential for positive developmental impact by involving youth

PYD Best Practices: Planning Resources and Tools

- Sample Strategies to Promote Youth Development Best Practices
- Prioritizing Program Improvements Worksheet
- Action Planning Outline (Camino et al., 2004)

Let's Try it Out!

1. Complete the Prioritizing Program Improvements Worksheet.
2. Complete the Action Planning Outline for one of your priority areas. (Consult the Sample Strategies chart as needed.)
3. Share your completed Action Planning Outline with a partner.



ACTION PLANNING OUTLINE

RECOMMENDATION NUMBER _____

Describe your group's goal or the overall improvement you want to make. This is what you decided on in your "So What" discussion. (Fill out one outline for each recommendation.)

ACTION STEPS

List the steps that are needed to make your recommendation happen. Write each action step as a specific, practical statement. Always start with an active verb. For example, a *good* action step might be written like this: "Invite two new youths to each board meeting." On the other hand, a *not so good* action step might say: "We need more youths on the board."

___A.

___B.

___C.



Which best practice area will you address?



What strategies will you use to address this best practice?



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Just Remember...

- Focusing on strengths can be an effective approach to addressing teen reproductive health.
- There are ways to promote PYD at every level of resources and project stage.
- You have resources, tools, and a plan to help get you started.

For More Information

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Key References

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Please see handout for full reference list.