

The Power of Integrating Pregnancy Prevention with Healthy Relationships Education

Marline Pearson

Third Annual Teen Pregnancy Prevention Grantee
Conference

Ready, Set, Sustain: Continuing Our Success

May 20-22, 2013, National Harbor, MD.



Educational or instructional materials referenced during presentations at the Third Annual Teen Pregnancy Prevention Grantee Conference: *Ready, Set, Sustain: Continuing Our Success* are for informational purposes only. Presenters' references to these materials do not constitute endorsement by OAH, ACYF, CDC or the U.S. Department of Health and Human Services. Any statements expressed are those of the presenters and do not necessarily reflect the views of the Department.

Separate Programs

- Pregnancy/STI prevention programs exist within a health framework
- Date Violence programs are adapted from DV world
- Healthy Relationships Education

Might *integrating* them strengthen our goals?

Important Questions

- How do we actually help youth build the capacity to form and maintain healthy, safe relationships?
- How does that capacity relate to a youth's sexual decision-making and sexual behaviors?

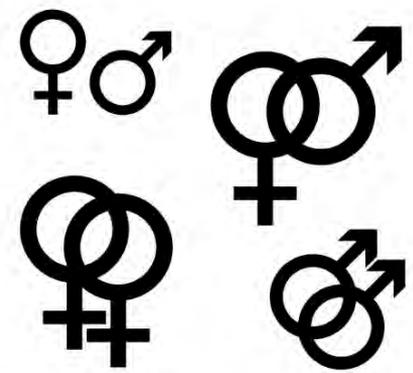


How do you make wise sexual choices

- if you know little about healthy relationships?
- if you've never thought about what's important?
- if you have no roadmap for handling attractions or developing a healthy relationship? Or,
- have no clue how to assess & decide if the relationship is worth it? If it's healthy, safe?



And, what if you....



- have no real understanding of intimacy?
- haven't been encouraged to think about sexual meaning & what you'd want deeper levels of physical intimacy to mean...how to pace things?
- have no idea how to tell if you and your partner are even on the same page?

How well will that teen do in making smart choices?

Where's the motivation?

Sex isn't just about the body
it's about the **HEART**, too



It takes *a lot* of motivation

to avoid pregnancy & STIs—whether it's abstaining, deciding to pace things more slowly, or to use condoms/birth control

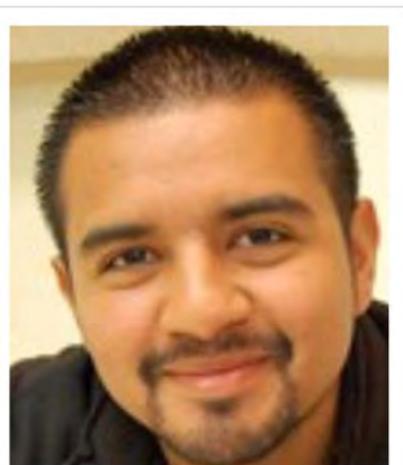


Components of an Integrated Approach

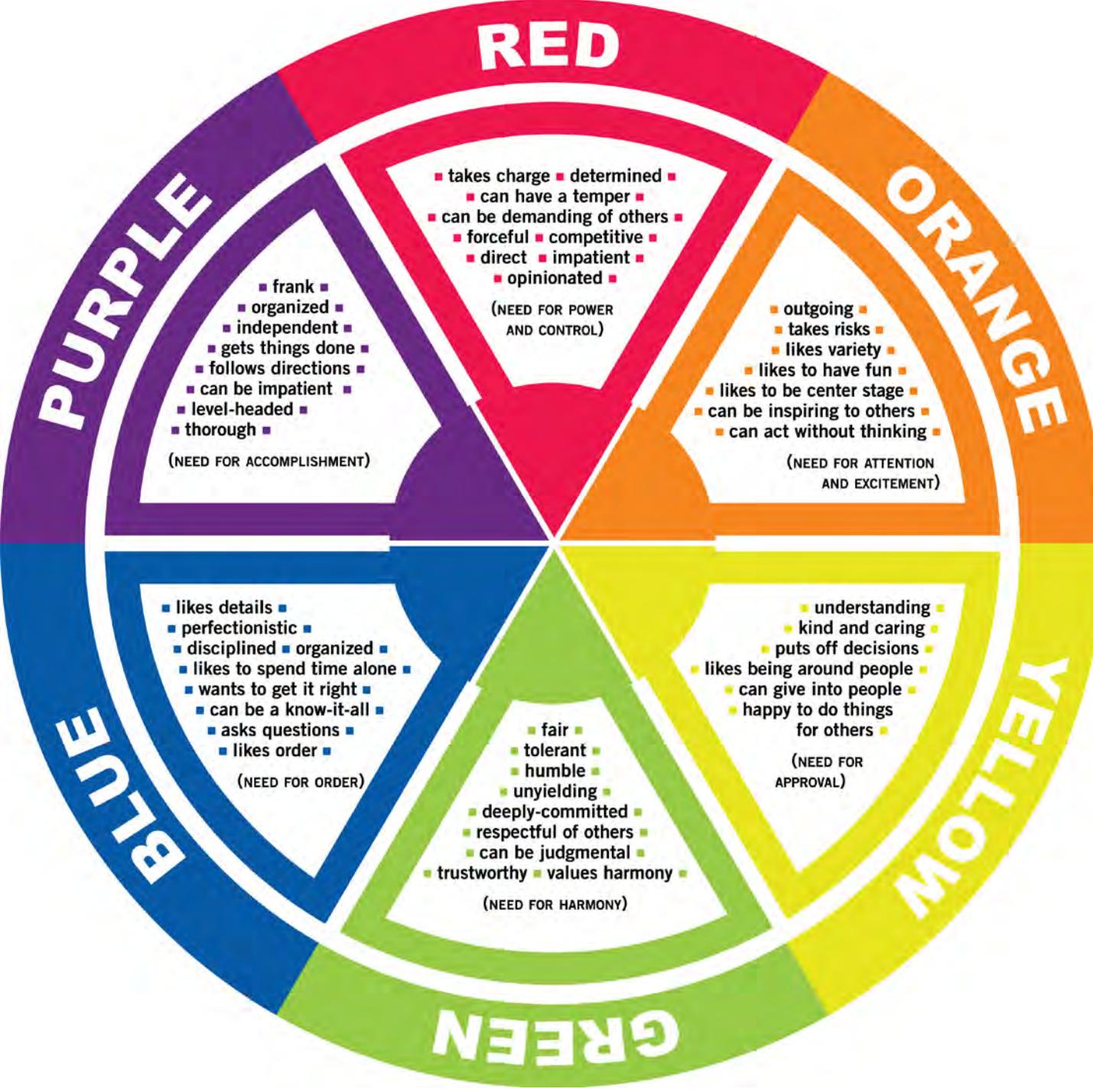
- Knowing One's self
- Knowledge & Skills for Healthy Relationships
- A Health & Heart-based Approach to Sexual Decision-making & Planning for Sexual Choices
- New messages on pregnancy prevention

Good Relationships Start With the Individual

- The healthier a person is, the better their relationships. The more able they are to choose wisely.



Personality Color Wheel



By Dawn Billings

Used by permission

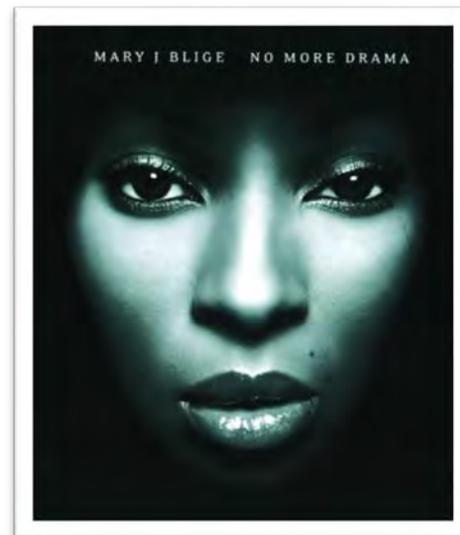
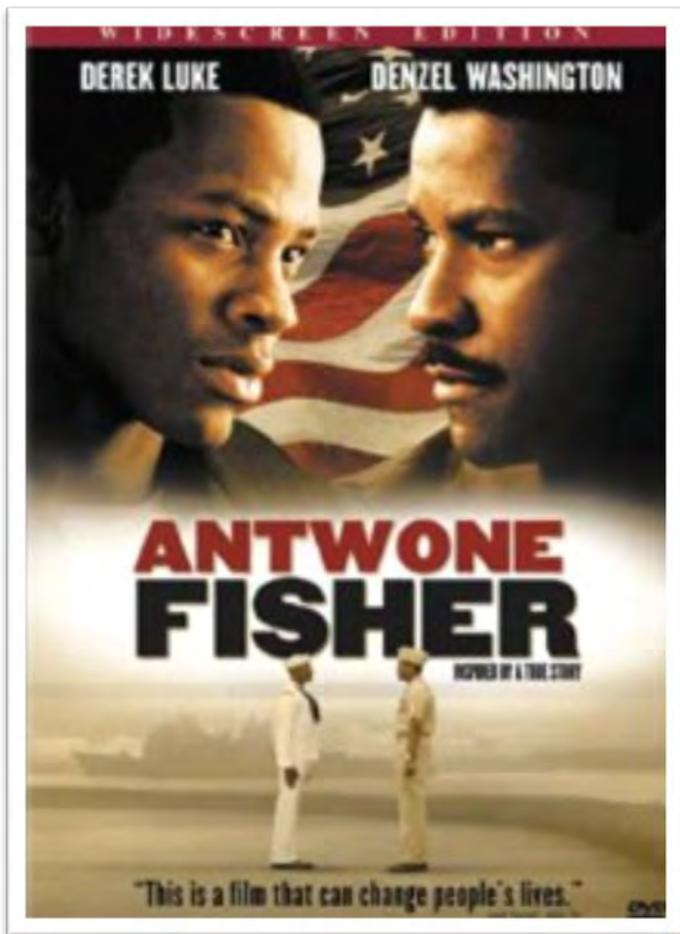
©PREP for Individuals, Inc.

Examining One's Baggage

- Examining the past
- What's helped? What's created difficulties?
- Which patterns does a person want for their future?
- People have the power to decide



Inspire with real stories, music & poetry



Workbook example to help define what a person wants in a partner...

And, what that person wants a partner to notice and appreciate about him or her



What's Important to Me?

What are you looking for in someone? What qualities are important to you? Check your top 10.

- | | | |
|---|---|--|
| <input type="radio"/> Caring/kind to others | <input type="radio"/> Honest/trustworthy | <input type="radio"/> Good work ethic |
| <input type="radio"/> Dependable/reliable | <input type="radio"/> Adventurous/will try new things | <input type="radio"/> Fun |
| <input type="radio"/> Good looking | <input type="radio"/> Sensitive | <input type="radio"/> Good manners/polite |
| <input type="radio"/> Positive attitude | <input type="radio"/> Has drive/goals | <input type="radio"/> Artistic/creative |
| <input type="radio"/> Athletic/physically fit | <input type="radio"/> Real, not fake | <input type="radio"/> Confident/has good self-esteem |
| <input type="radio"/> Intelligent | <input type="radio"/> Drug free | <input type="radio"/> Respects my sexual boundaries |
| <input type="radio"/> Doesn't drink (or drink too much) | <input type="radio"/> Has good relationship with family | <input type="radio"/> Affectionate |
| <input type="radio"/> Good listener | <input type="radio"/> Respects me | <input type="radio"/> Imaginative |
| <input type="radio"/> Clean and neat | <input type="radio"/> Good dancer | <input type="radio"/> Good with children |
| <input type="radio"/> Rich | <input type="radio"/> Outgoing/friendly | <input type="radio"/> Faithful |
| <input type="radio"/> Responsible with money | <input type="radio"/> Has skills/talents | <input type="radio"/> Quiet and thoughtful |
| <input type="radio"/> Easygoing | <input type="radio"/> Same culture | <input type="radio"/> Can disagree and fight fairly |
| <input type="radio"/> Romantic | <input type="radio"/> Carefree | <input type="radio"/> Good conscience |
| <input type="radio"/> High energy | <input type="radio"/> Religious/spiritual | <input type="radio"/> Sense of humor |

What's important to me?

TOP 3s

What are the three qualities that are "must-haves" for you?

1. _____
2. _____
3. _____

List three things you could NOT accept in a partner (Example: doing drugs, no drive/ambition.)

1. _____
2. _____
3. _____

Focus on your top 3s and answer this question: How long would it take you to know if these were present?

Time
Together/apart

Condoms/Bir
thControl

Commitment

Values

Pregnancy

Faithfulness

Dreams, Goals
Responsibility

Money

Work/School

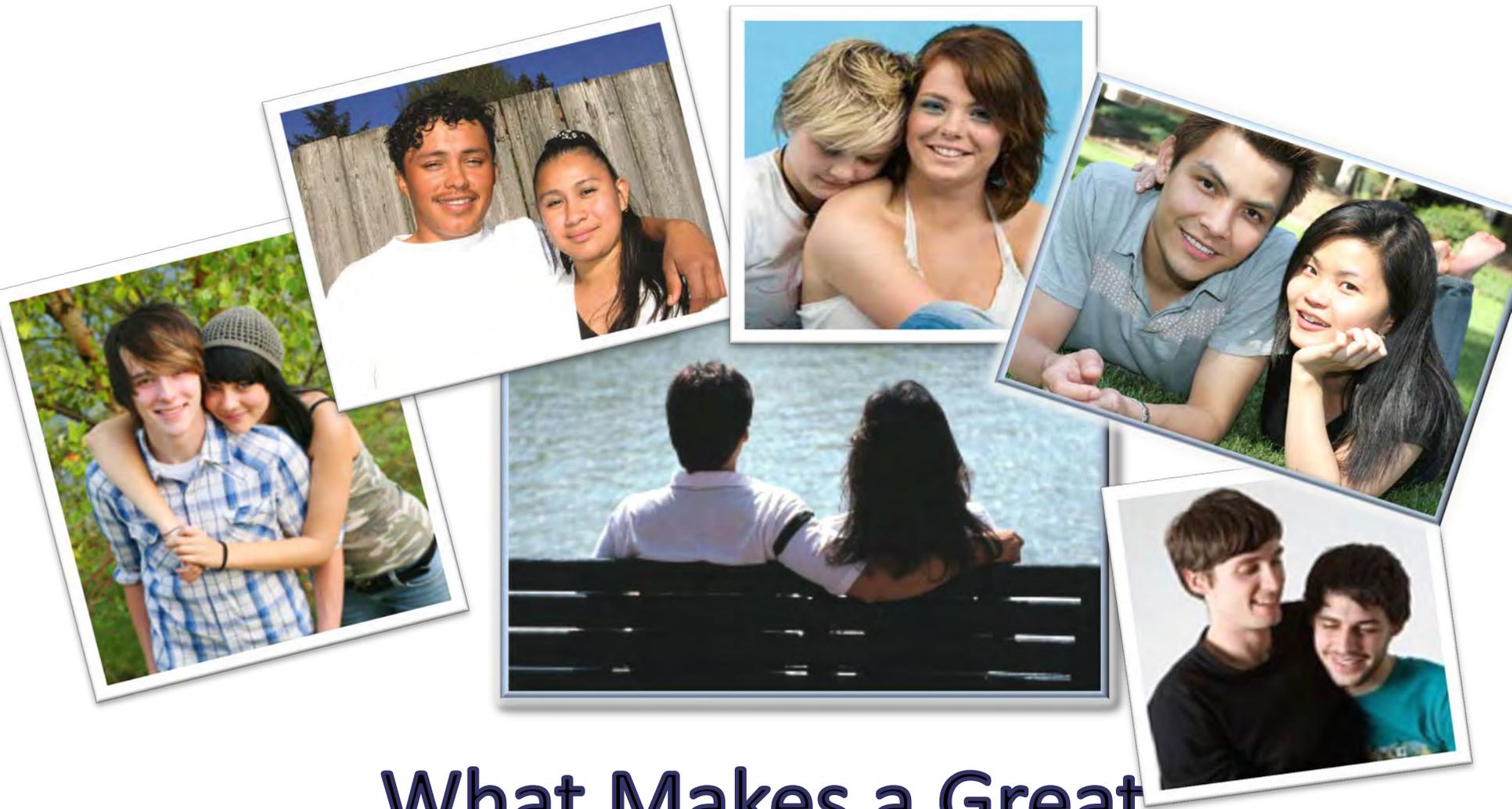
Communication

Sex

What's
Romantic?

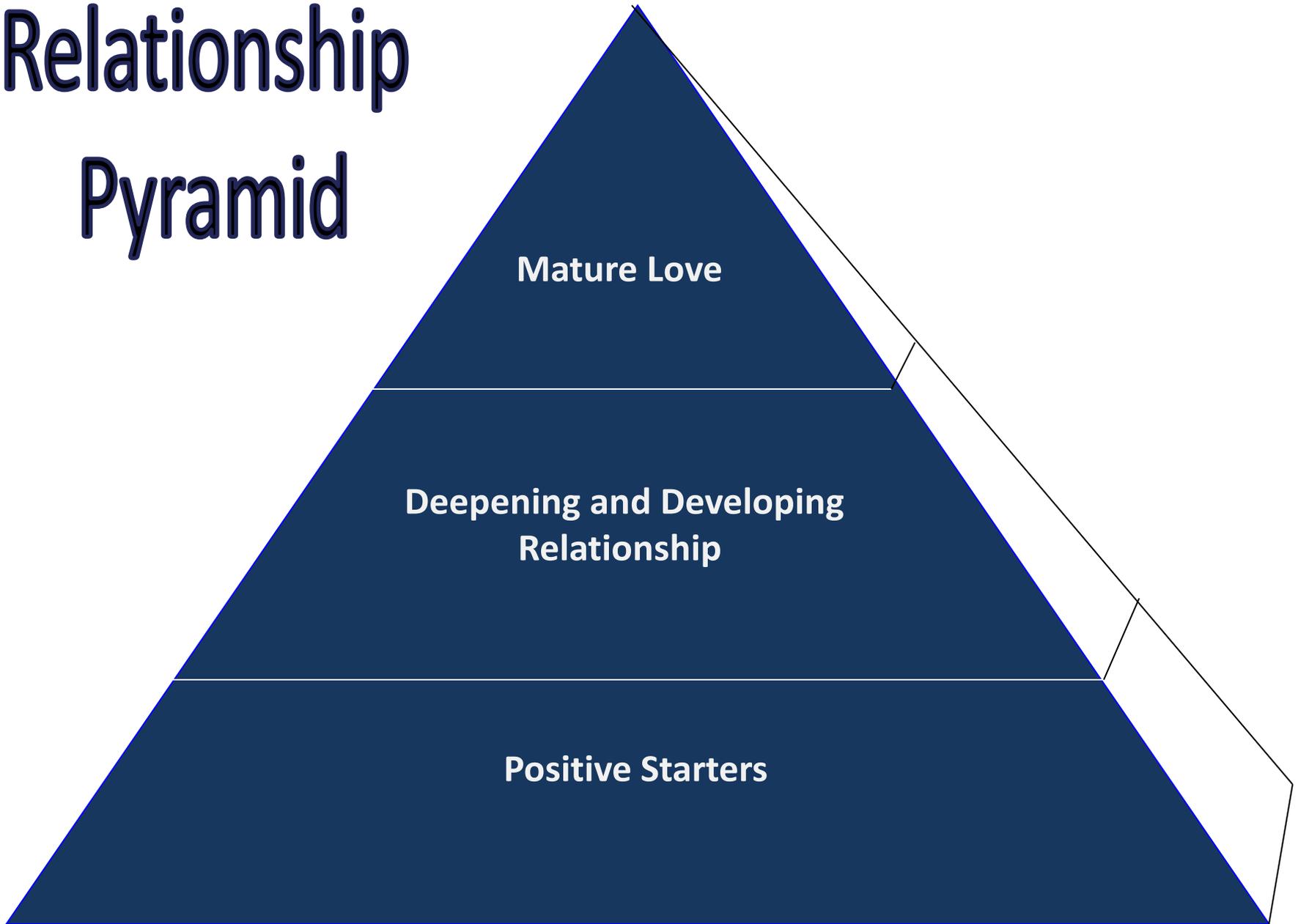
Your Expectations

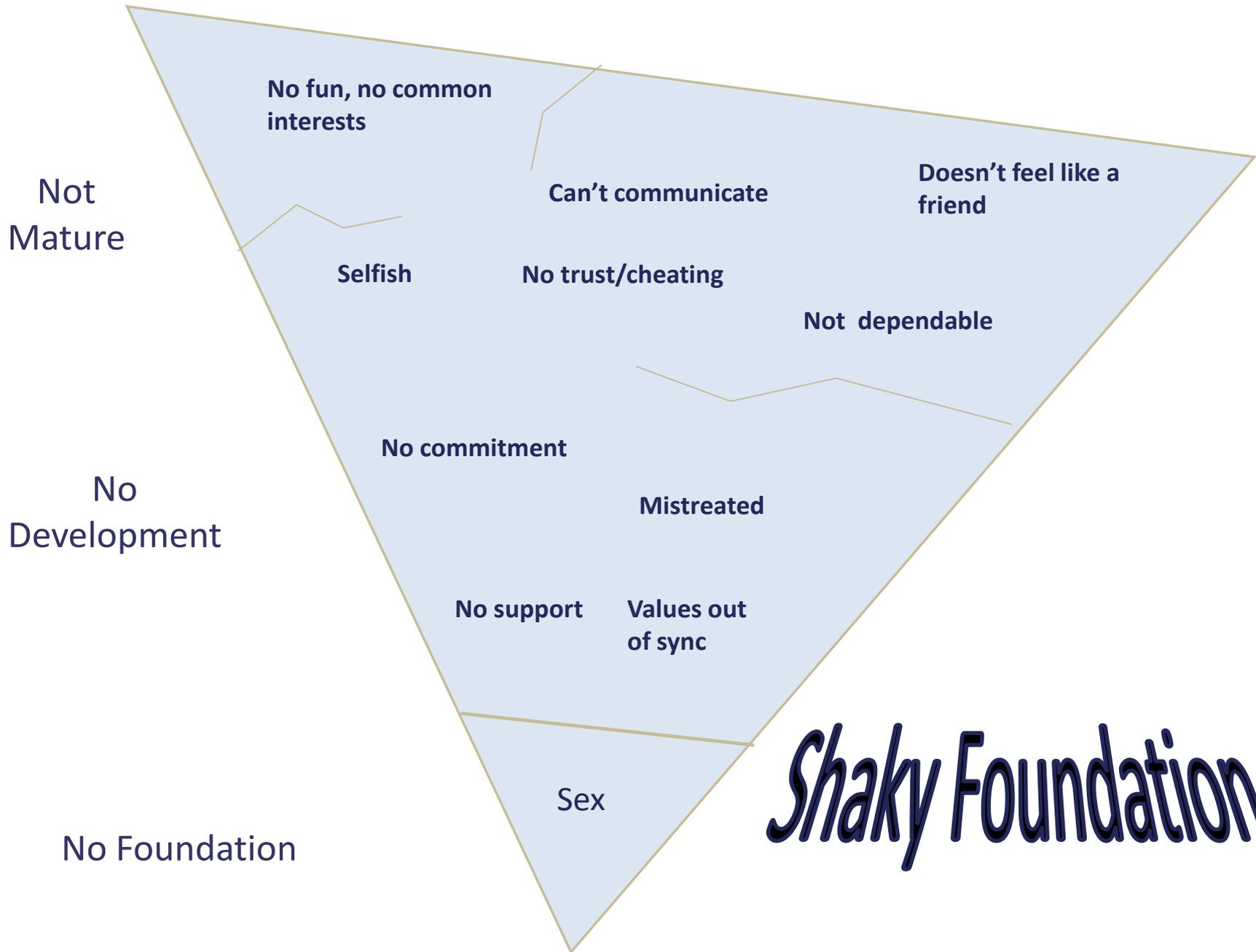
The importance of thinking about them
and talking about them to a
partner or friend

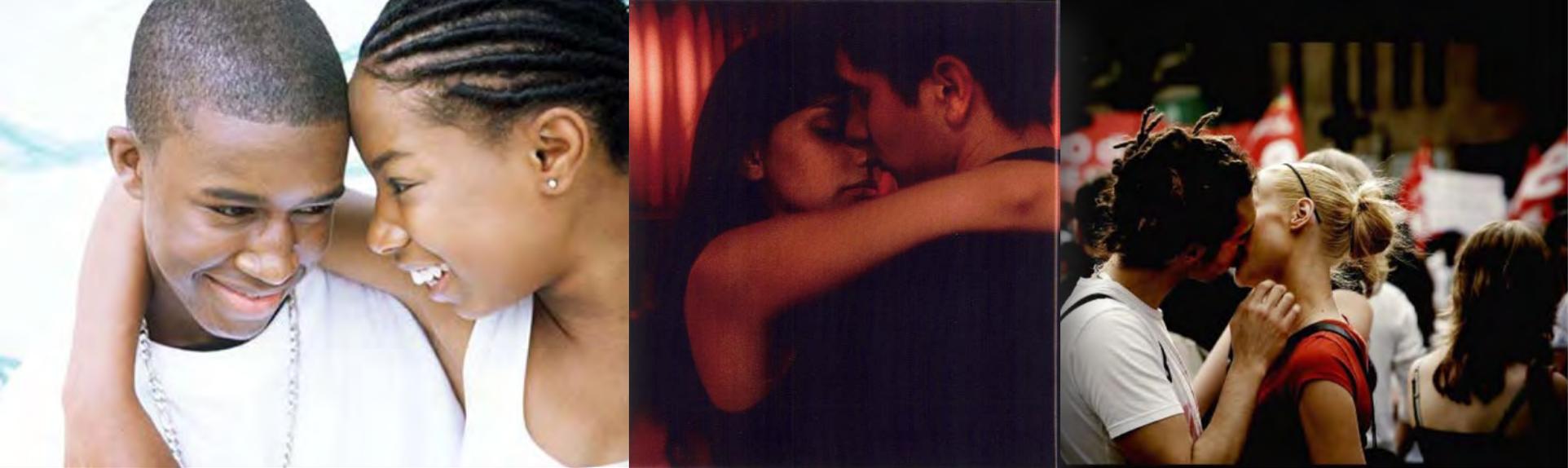


What Makes a Great Relationship?

Relationship Pyramid







**What everyone needs to know about
the “Love Chemicals”**



The Love Chemicals

For weeks or months a person gets a big shot of the “love chemicals.” The feelings are great—but it makes it easy to slide into poor relationship and risky sexual choices.







Tip: A 3-6-9 Rule

Enjoy the great feelings...but you won't see clearly until the chemicals settle down a bit.

No BIG DECISIONS for 3 to 6 to 9 months!

7 Principles of Smart Love

1. Have common interests? Compatible? Differences work well together?
2. Share core values?
3. Can you communicate? Talk freely? Disagree Safely?
4. Do you genuinely like partner's personality and character? Or, are you trying to do a make-over?
5. Do you feel you are liked/loved for who you really are? Can you be the real you?
6. Are you both up front or using or playing games?
7. Do you show respect for each other? Treat each other well?

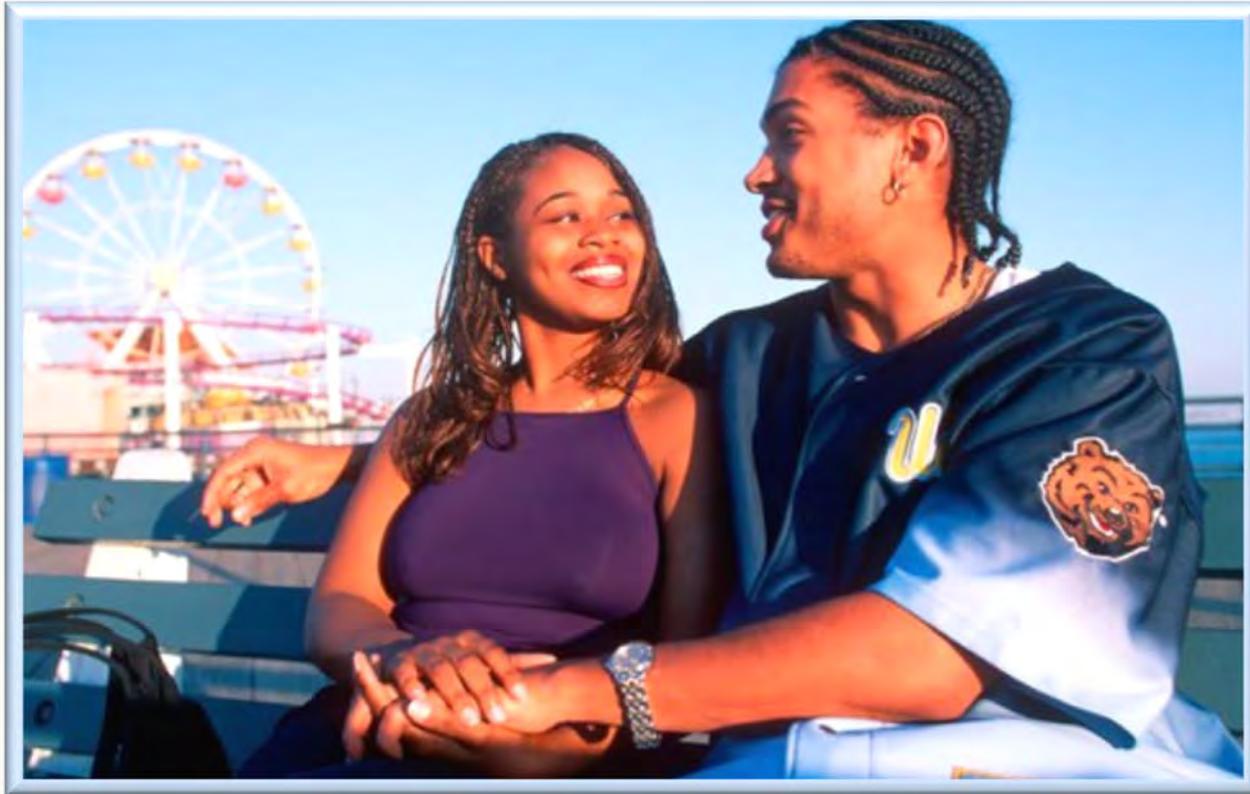
Smart or Not-So-Smart?





“What is Love?
3 Sides

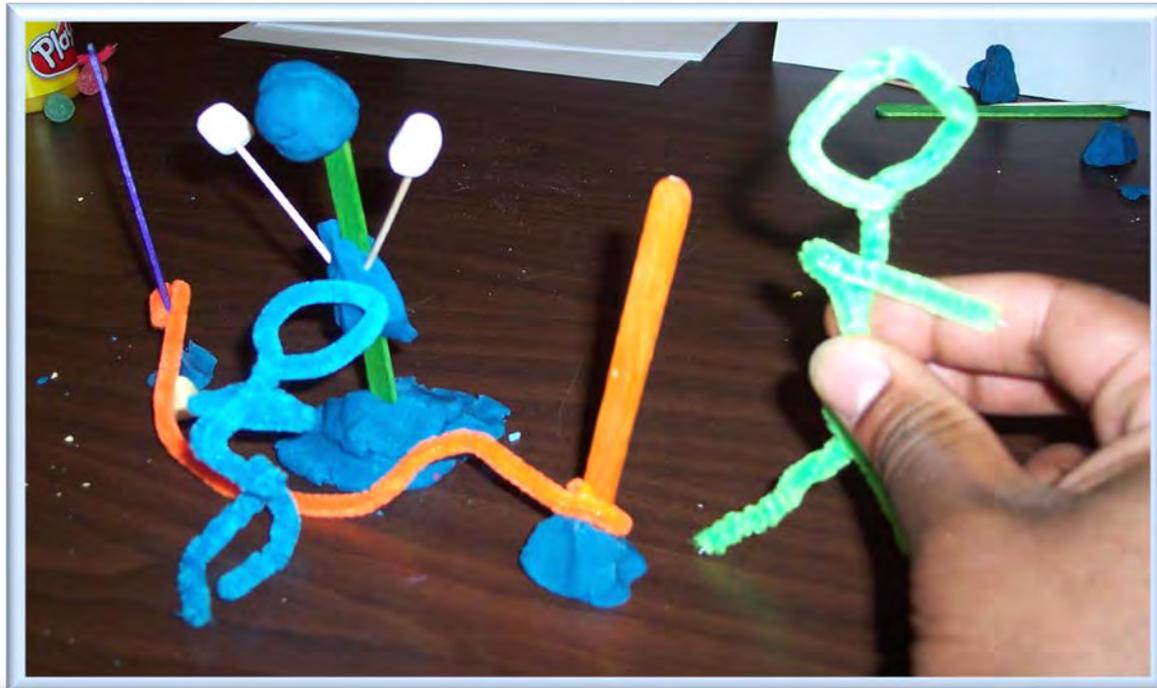
Is it a Healthy Relationship?



How to know? 3 key questions to ask

Controlling & Disrespectful

- The woman is bowing down to the man.
- The orange line represents that he feels she is not even worthy to step on his side.
- She has to answer to her man. She has to beg for permission to see her friend (green figure on the side), or to do anything.



EQUAL, RESPECTFUL AND SUPPORTIVE

- Red Canoe symbolizes:
 - Our couple is together
 - Bring their child along-little purple
- Red Heart symbolizes:
 - They enjoy romantic canoe rides
- Water symbolizes:
 - Waves and rocks are challenges just like in relationships
- Oars symbolize:
 - Both work on the relationship just like you'd work hard to make it down the river
 - It's worth the effort
- Their relationship is like a team rowing together



Dangerous Love



Activity



Red Flags Competition

And, It Depends Discussion

Date Violence

- Both guys and girls get into arguments.
- Some don't know how to deal with conflict in safe and healthy ways.
- ...And it gets physical.



Caution! Intimate Terrorism

- A female is **never** more in danger of being **killed** than when leaving an intimate terrorist!
- Reach out for support from friends and family.
- A local DV center can help a person make a **safety plan**.



- Abuse can do harm to the unborn child.
- A worn down or depressed mother may be unable to nurture her child.
- Children get anxious, scared and worried when there is violence.



Harm to Children

- Children in homes with DV have a greater chance for emotional, behavioral and school problems.
- Risks for child abuse and neglect are 15 x higher in homes with DV.
- Children are harmed by just living with it —they don't even have to be hit.



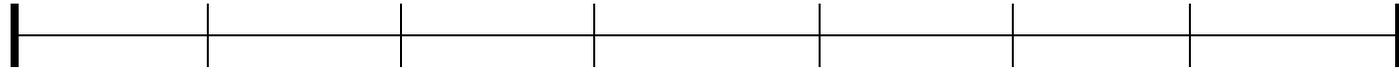
Harm to Children

A Call to Men – Tony Porter

11 Minute video

- Telling personal stories of growing up in the South Bronx, Porter shows how the mentality drummed into him as a boy can lead males to disrespect, mistreat and abuse females and each other.





DISRESPECT

MURDER!

**Draw the Line of Respect
from the Start!**

Getting Help



- National Teen Dating Abuse Helpline

1-866-331-9474

Visit websites: www.loveisrespect.org

www.cdc.gov/chooserespect.

Your local DV Center: _____



Why do people end up in relationships that don't work?

Maybe they are

SLIDING... Not deciding

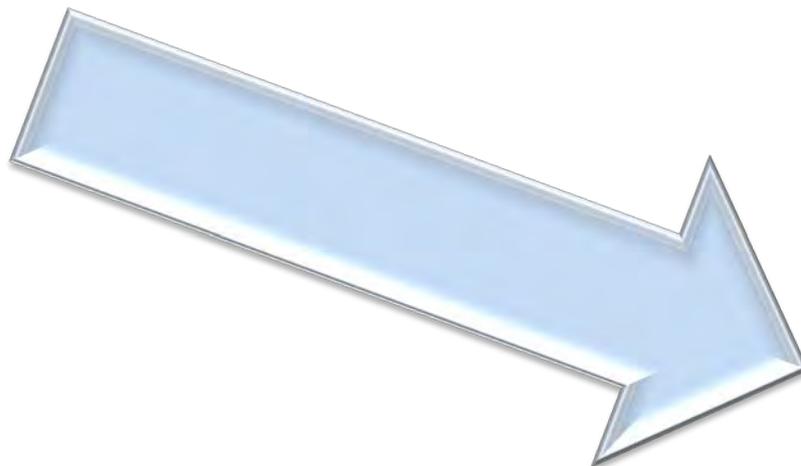
Risks of Sliding

- Realize it is not the kind of relationship they had imagined
- Fighting all the time; unable to talk honestly



- Lied to; cheated on
- Discover partner has serious problems (drugs, alcohol, crime)
- Controlled; physically and/or emotionally abused
- Contracting an STD
- Getting/making someone pregnant
- Raising child alone; partner irresponsible
- Sidelined & disconnected as a father from his child
- A 2nd child with the wrong person
- Child hurt by partner

High Cost Slides...



- Turn the clock back. What could she or he have done differently?



*I Love
Jerry
Sarah
Jess
Natalie*

**You can always
dump
someone you
don't like.....**

But a child cannot . . .

Is it fair to a child?



Decisions a Young Person Can Make

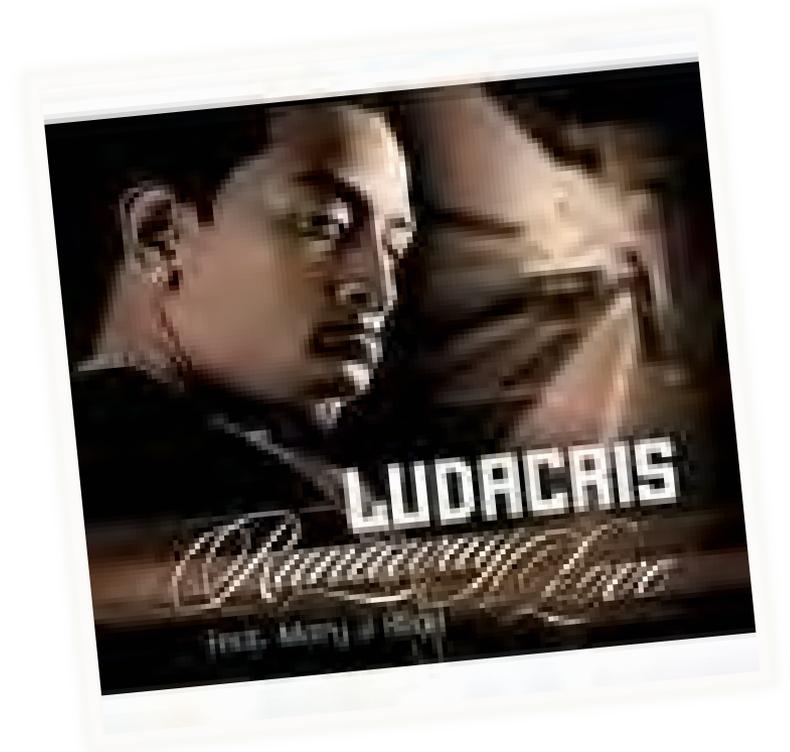
- But, what does he or she need to find out or do first?

Workbook, 26-29



Music Video Opportunity

- [Run Away Love](#)
 - Illustrates how parents love lives and unaddressed problems can hurt children.
 - Deciding, not sliding, when it comes to relationships & sex is important for the safety of children.



Keeping it good takes communication skills



Patterns that Harm Relationships

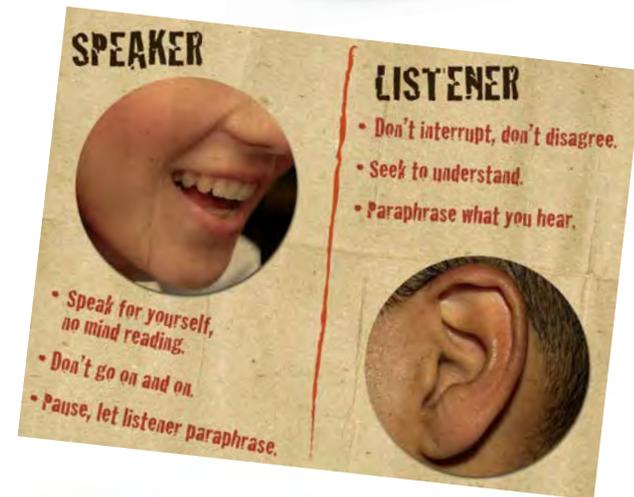


- Escalation
- Put-Downs/Invalidation
- Avoidance/Withdrawal
- Negative Interpretations

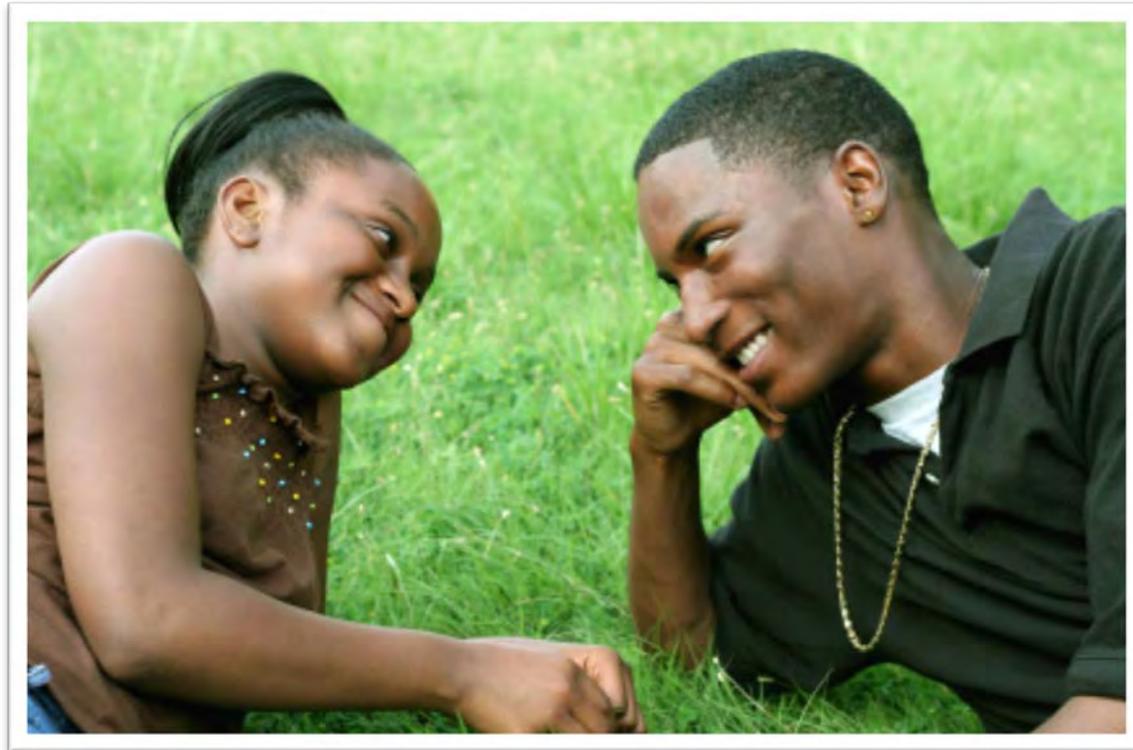
Do them too much hurts a relationship

Skills to Reduce, Stop and Exit Negative Interactions

- Time-Outs
- Speaker-Listener Technique
- Complain Effectively & Raise Issues Gently – WWA
- Recognize & deal with Hidden Issues under everyday arguments.
- Problem-Solving model



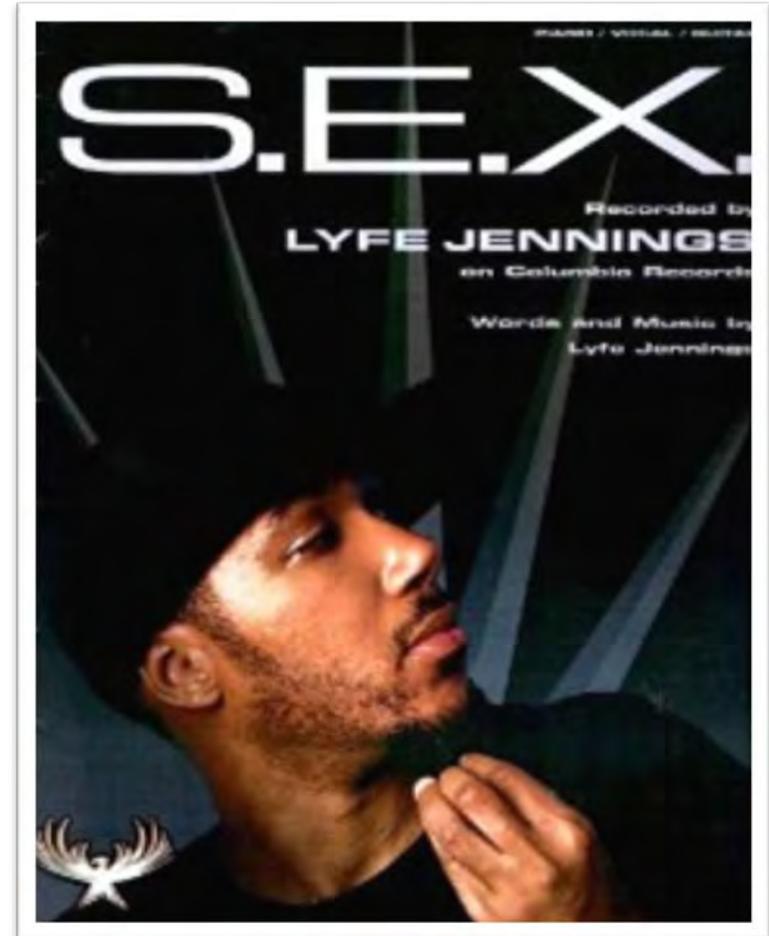
Let's talk about sex



Music video & start up discussion

...Think before you let it go...

Defining a context for sex that is personally meaningful, responsible and protective of one's aspirations



Intimacy – It's More than a Physical Thing!

intimacy – it's more than

VERBAL: This connection is about being able to talk. When couples find it interesting to talk to each other, when they can freely and honestly share their plans, hopes, fears, and dreams, they feel close.

EMOTIONAL: This connection is about feelings for each other that are equally strong and genuine. It's sharing what's in your heart. If it feels controlling or conditional, it's not an emotionally healthy connection. If insecurity or neediness is driving the connection, it's not healthy.

SOCIAL: Couples that enjoy their time together doing things they both enjoy feel connected. Shared activities and interests bond a couple together.

SPIRITUAL: When couples talk about what's really important—like their values, what's influenced their life, or religious, philosophical, moral and political beliefs—that is spiritual. Talking on this level can make two people feel like soul mates.

COMMITMENT: This is about trust—trust in a future together. It means putting a partner's needs on par with your own. It's about thinking like a team. And it's about a promise of faithfulness and about being there even when it's not easy or convenient.

PHYSICAL: Physical intimacy is not all or nothing, but a continuum from holding hands, hugging, kissing, embracing, caressing, and on to more intimate forms of sexual involvement.

Love Notes

Six-Part Intimacy Framework—Annie & CJ

0%

50%

100%



Physically

Verbally

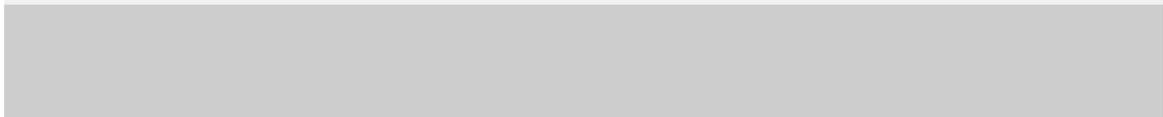
Emotionally

Socially

Spiritually

Commitment

2 lines, one each



Are We On The Same Page?



- Sexual Arousal/Hormones—Sex 101
- Experiences of real people

Poetry Opportunity - *Reflections*



One young woman's
journey towards self-
awareness

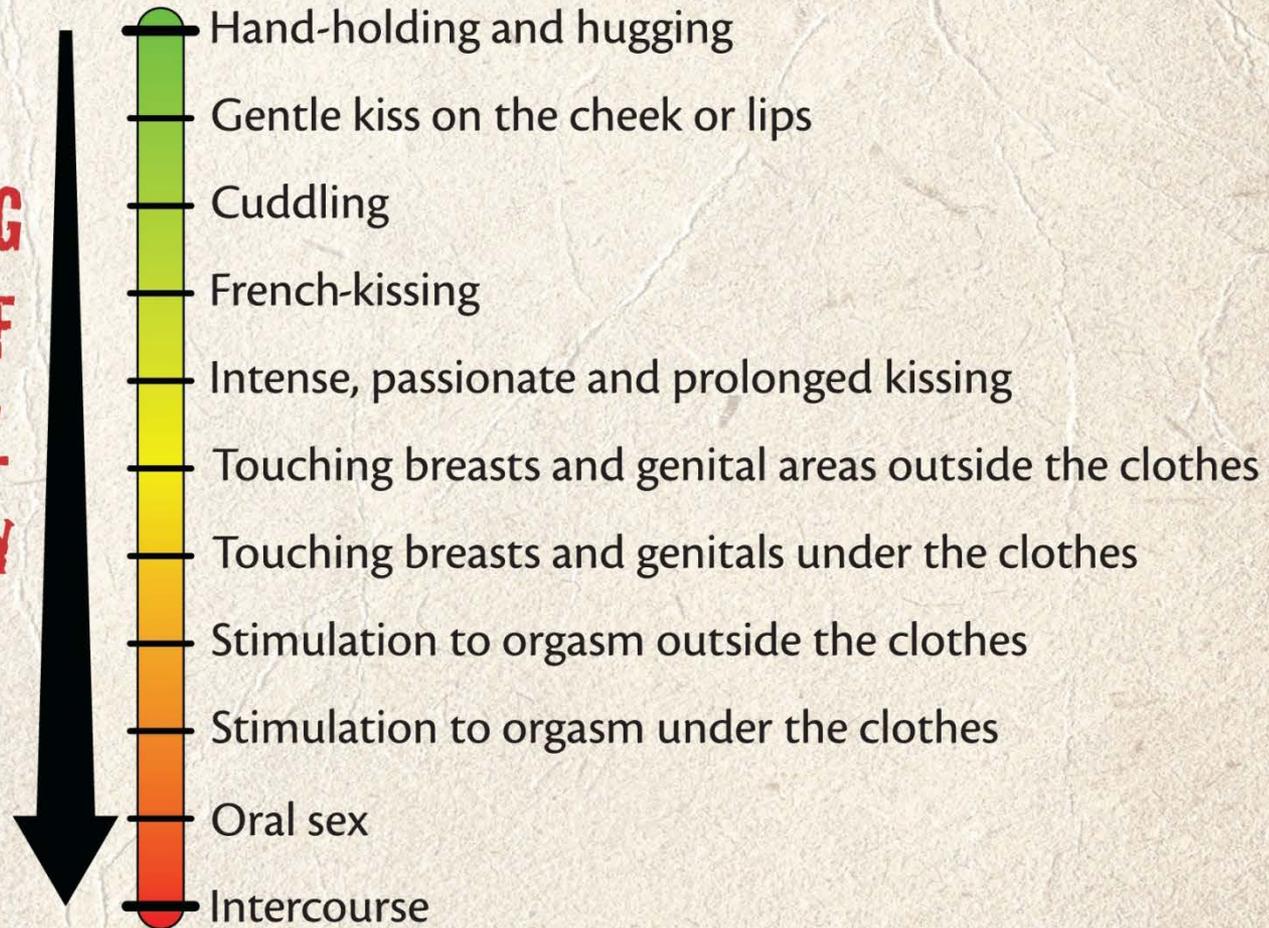
Am I Ready?



Toothpaste – Scenarios USA

Pacing Relationships

**DEEPENING
LEVELS OF
PHYSICAL
INTIMACY**



I. DRAWING LINES:

Put an "X" above to indicate where you draw your line, or where you would have drawn your line if you could do things over, or, where you want to draw it in your next relationship. Setting a clear line makes it more likely you can hold to that line.

Some Questions – workbook p. 34

1. **DRAWING THE LINE:** Where do you draw your line, or where would have if you could do things over, or where will you in your next relationship?
2. **VALUES & PACING:** What does sex mean to you? How does that relate to your values? Under what conditions, and when , would you consider moving your line?
3. **RISKS & BENEFITS:** What are the benefits of holding to your line and pace? Are there risks to where you set your line, like pregnancy/STDs?



Have you talked to a partner about this? Yes__ No__

Planning for Choices



True or False - Test Your Pregnancy Smarts?

- Quiz developed by National Campaign – *In the Fogzone*
- 2 DVDS: *Human Reproduction & Birth Control Decisions*

Most RELIABLE Method

Is ABSTINENCE

- Effective
- Safe
- Simple
- Free
- Never wears out
- No health risks
- No side effects



Other Reliable Methods



Birth Control Pills



Nuva Ring



The Patch



Depo Provera



Implanon



Latex Condoms



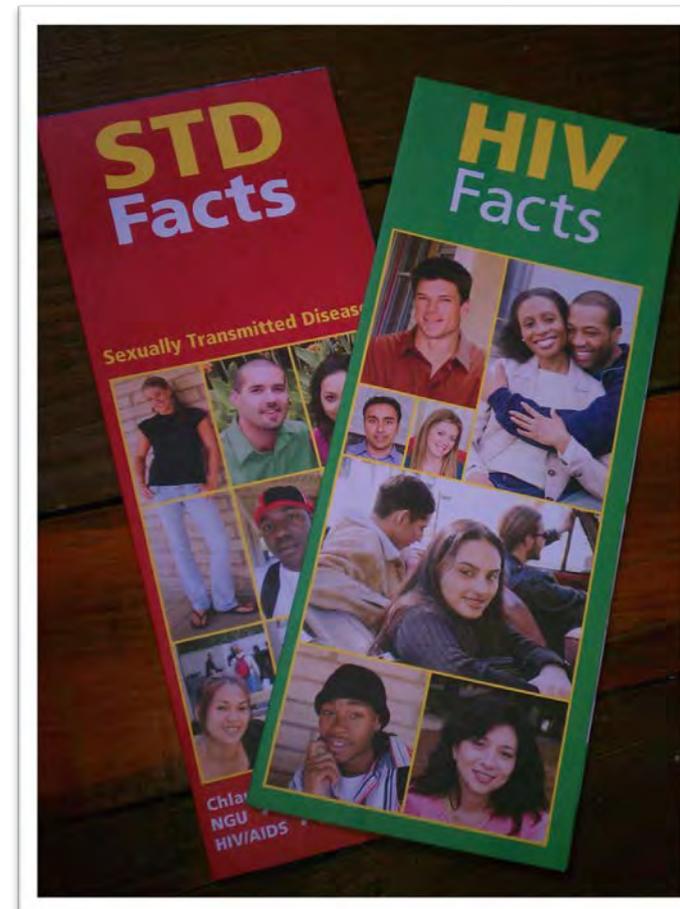
Intrauterine Device (IUD)



Spermicides

See Pocket Protector for more info!

STDs are for real



Reflections



A film from Scenarios USA

Love Notes Concepts Review

- Love Chemicals & 3-6-9 Rule
- Relationship Pyramid—*Positive foundations*
- 7 Principles of Smart Love
- How Healthy? (3 Q's)
- Scale of physical intimacy—*deciding what deepening levels mean to you*
- Six Parts of Intimacy
- Set the PACE **you** want
- Body Differences—*oxytocin & testosterone, sexual arousal process*
- My Relationship Expectations
- Are we on the same page?
- A Plan to Pace/to Wait (*rules on touch & time*)
- A Pregnancy/STD Prevention Plan (*condoms/birth control*)
- Risks of Sliding vs Deciding

Everyone Needs a Plan

1. If a person wants to wait on sex until engaged, married, or just older... **a PLAN is needed.**
2. If a person wants to pace & time physical intimacy more slowly in a relationship...**a PLAN is needed.**
3. If a person is sexually active...**a PLAN is needed.**

Intend to wait or to pace things slowly?

- **TOUCH**—what's okay, not okay? How much, how far?
- **TIME**—Amount & balance of time alone making out vs. out doing things
- **Don't SLIDE**—How will you make sure that as time goes on in your relationship you **don't just slide into sex** and risk pregnancy/STD?

If sexually active...

- **YOU NEED A BIRTH CONTROL PLAN:** Have you talked to a health practitioner & decided the best form?
- **CONDOM USE AGREEMENT:** Contraception gives zero protection from STDs. Condoms are a must.
- **REGULAR STD TESTING:** STDs often have no symptoms. Both willing to be tested? Are you sure your partner won't cheat & expose you?
- **DISCUSS & AGREE:** If there is a pregnancy will you commit, parent together, marry? Do you see eye to eye on adoption and abortion? Have you discussed how it feels to a child to have a reluctant, absent or uncommitted parent?

Let's Talk, It's Serious Role-Plays

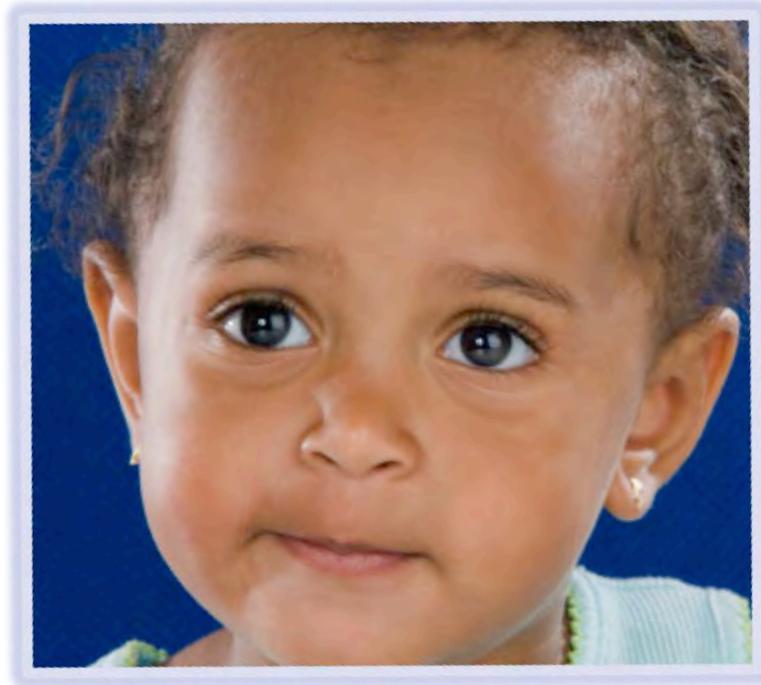
- “A” role plays are about taking it slow and discussing intentions
- “B” role plays are about prevention of STDs and pregnancy

Refusal Skills—Be Clear, Be Strong

- Say NO, stay on point
- Don't be wishy-washy
- Repeat, again & again
- Show you mean it
- Look person directly in the eyes
- Tone of voice needs to match words; have assertive, not wimpy voice

A New Message to Motivate

.... Help young people see the consequences of unplanned pregnancy through the eyes of a child—to consider how it feels to a child.

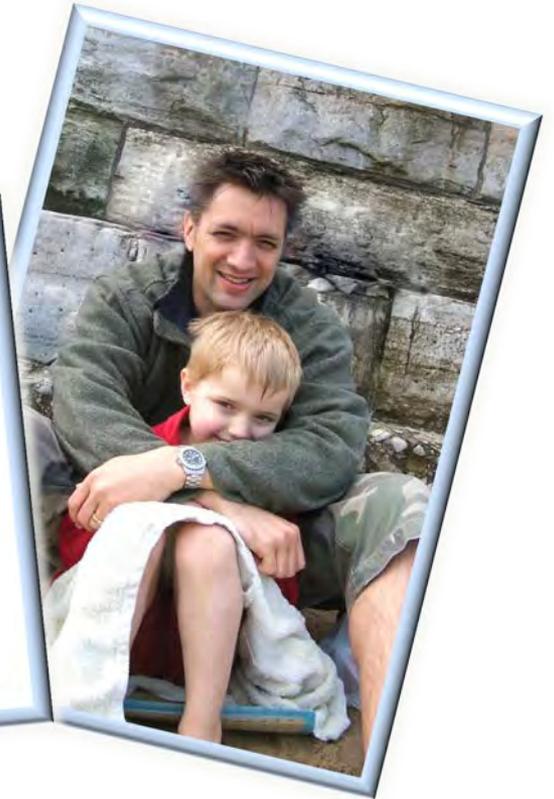


Parents Wanted: Baby Looking for a Family

- What helps parents nurture and raise a child? Consider:
 - Job/Education
 - Finances/money
 - Maturity
 - Relationship status of parents
 - Material things that help
 - Family, community connections



Being a Good Father Means...



Free Write



What does the music Say?

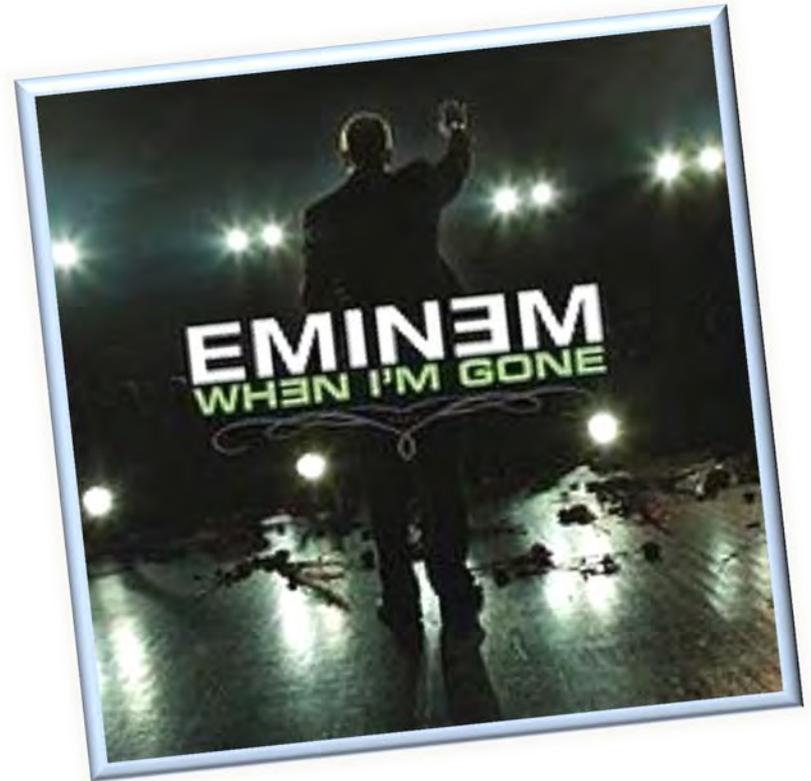


Healthy Relationships & Involved Fathers

- Relationship troubles with mother form barriers for father's involvement
- Best predictor for involved fathering is a healthy and committed relationship, like a healthy marriage
- Learn communication and conflict management skills to co-parent—whether together or apart

Music Video Opportunity

- [When I'm Gone – Eminem](#)
- He wants to be a good father.....but how does his troubled relationship make it difficult?



Advice from former teen parents

Workbook Page 51

Babies Have Brighter Futures If . . .



ADVICE FROM FORMER TEEN PARENTS

- 1 There is zero tolerance for abuse.** Growing up amidst domestic violence and high conflict puts a child at risk for all sorts of problems.
- 2 The mother and father assess and work on their relationship.** Children benefit if parents learn communication and conflict management skills, if they deepen their commitment to each other, and move toward marriage.
- 3 The parents work on communication,** even if they do not continue their relationship. Both parents should learn skills for how to handle differences and conflict so they can be good co-parents.
- 4 Dad isn't "missing in action,"** but stays involved daily—unless his presence is dangerous. Dad needs to develop his own parenting skills and become part of a parenting team with the mother, not a "treat parent" who drops in occasionally. Mom should welcome Dad's participation and try hard not to shut him out or use the child to punish him.
- 5 Mom does not have a second child** until she is more settled in terms of her education and a job, and married. The same applies for Dad. Babies whose parents finish school and pursue job goals have brighter futures.
- 6 Mom has family and community connections** that offer emotional and material support for her and her child. Those supports offer stability and routine to a child.
- 7 Mom avoids moving around a lot,** which adds stress and instability to a child's life. Adjusting to new caregivers, teachers and friends with each move can be hard.
- 8 Both parents put the child, education, and a job first,** before any boyfriend or girlfriend. Parents should become careful and wiser about their own love lives and not bring new partners into the home on a casual basis. "Sliding" can put a child on an emotional roller coaster of repetitive broken bonds when those relationships don't work out. For Moms especially, bringing new men into the home increases the risk of child abuse.
- 9 Dad always considers his child "number one."** Dad needs relationship skills and he needs to get smart about his love life. If he wants less "baby mama drama," he will do well to invest time in looking for a good life partner. A "player" lifestyle will model all the wrong examples for a child.
- 10 Parents learn about child development,** especially the experiences of the first few years that are critical in setting up a child for a healthy start in life. Children benefit when parents develop warm relationships with them, supervise and support them, and use effective discipline practices. Both parents should avoid a "wimpy parent" or "dictator" style of parenting.

Babies have brighter futures if . . .



Child Speak

Take one point from the *Babies Have a Brighter Future If...* list and pretend you are a child experiencing the opposite of what is advised. Your life is very confusing. It may be scary. You are speaking to someone who will listen and really cares. Tell them what your life is like and how it feels.

Example for #8,

“Both parents put the child, education, and a job first, before any boyfriend or girlfriend”:

Hi. I'm Jason and I'm 7. I love my mom, but a lot of times she pays more attention to her boyfriends than to me. My mom has brought home a bunch of boyfriends to live with us. Sometimes they are nice to me and bring me stuff and I really like them. But sometimes they leave and I'm left alone. These guys are strangers and sometimes they are mean and I get scared that one day one of them will hurt me. I don't like it. Why can't my mom take care of me instead of those guys?

My Plan for Success

- Education, Job or Career Plans
- Strengthening My Parenting Skills (if a parent)
- My Relationship Reality
- For Pacing Relationships Slowly
- For Preventing Pregnancy and STIs
- For Waiting on a 2nd Child (if a parent)
- My Vision Revisited

Hands on activity

Is It a Healthy Relationship? 6 Cards



1. Is Controlling **OR** Equal/Supportive?
2. Is it Conditional **OR** Unconditional?
3. Is it mostly about sex/\$/selfish **OR** Attraction on many levels? Giving?

Sculpting Activity

One person reads card aloud to group.

1. Discuss it:
 - Have you seen any relationships like this in real life?
 - What specific behaviors would be seen in that type of relationship?
2. What symbols or images or scenes would represent this kind of relationship? How it would feel?
3. Make a sculpture to represent it.

Mostly about sex, money, status



- Our girl is only worried about what her boyfriend will buy her. In return for a gift, she has sex with him.
- He's in the bed throwing money at her.
- There is no foundation for this relationship.
- She isn't sure she even likes him.

Unconditional – A Friendship Bracelet

- **Heart:** symbolizes love
- **Basketball:** a symbol of encouragement of each other's hobbies
- **Ring:** symbol of the desire to be a giving person on every level
- **Flower:** a symbol of beauty and love of nature
- **Pink Ribbon** to symbolize encouragement through difficult times



Messages need to be health and heart-based and must speak to aspirations

All youth desire healthy, affirming relationships. Equip youth with relationship knowledge & skills for healthy relationships.

Address the emotional and social dimensions of sex (it's more than just a physical thing); develop a deeper understanding of intimacy and sexual meaning.

Help youth see unplanned pregnancy ***through the eyes of a child***—how it feels to have a reluctant, or unprepared parent...to have a parent disappear from your life...to have parents in unstable or abusive relationships.

Messages that stick beyond high school

- Most teen pregnancy is among 18-19 year olds.
- Unplanned pregnancy is mostly among unmarried older teen and young adults. (41% today)
 - A growing generator of poverty & poor outcomes for children
- How can we increase young peoples' abilities to move **towards** healthy relationships and wise sexual choices?
- What messages, skills and knowledge will resonate and stick beyond the teen years?