

A WORD FROM THE EXPERTS

Making A Difference!

Abstinence-Based Intervention

Interviews with Developers of Evidence-Based
Programs for Teen Pregnancy Prevention



This webinar was developed by Child Trends under contract #GS-10F-0030R for the Office of Adolescent Health; US Department of Health and Human Services as a technical assistance product for use with OAH grant programs.

Inclusion on the HHS Teen Pregnancy Prevention Evidence Review does not indicate HHS or OAH endorsement of a program model.



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Program goals:

- Empower young adolescents to change their behavior in ways that will reduce their risk of pregnancy and HIV/STDs by postponing sexual activity and practicing abstinence.
- Increase knowledge about puberty, and prevention of HIV/STDs and pregnancy.
- Reinforce positive attitudes/beliefs toward practicing abstinence.
- Increase confidence/self-efficacy and skills in negotiation, refusal, and problem solving for practicing abstinence.
- Build stronger intentions to abstain from sex and a sense of pride in practicing abstinence.

Key components:

- Use of activities and materials in curriculum provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of STDs, HIV, and pregnancy by practicing abstinence.

Delivery methods:

- Highly Interactive, youth-centered small group discussions
- Games and interactive activities, role plays, handouts, and posters
- Videos/DVDs
- Practice and feedback

■ Study #1 –Randomized Controlled Trial

- ✓ Population: African American 6th and 7th graders (n=659)
 - Return rate attendance: 96.5% (3-month), 94.4% (6-month) and 92.6% (12-month) follow-ups.

- ✓ Findings: Curriculum Compared to Controls, participants reported
 - Reductions in sexual activity
 - Delays in first sexual experience among virgins. (*Virgins were less likely to report sexual intercourse at three-month follow-up*)
 - Increased beliefs about pregnancy prevention and AIDS prevention through abstinence
 - Increased beliefs that abstinence will help achievement of career goals

■ Evaluated populations

- African American youth ages 11-14 years old in urban areas.
- Multi-ethnic/racial youth, ages 11 to 14 and 15 to 18
- Mixed gender groups and gender based groups

■ Target populations

- Multi-ethnic/racial adolescents who attend middle or high schools and youth-serving community based programs.
- Age 11 to 14 and 15 to 18



- **Evaluated settings**

- Saturday program serving neighborhood middle school youth.
- Youth recruited from various schools.



- **Other settings**

- In school/classroom based
- After school programs
- Youth serving community-based organizations
- Group homes for teens
- Health clinics or medical facilities

■ Potential adaptations

○ Implementation time frame

- The 8 modules can be delivered in different ways (e.g.1 module/ day, 2/per day or 4 per day)
- Time issues of module schools due to time restraints (see adapted in school curriculum)

○ Group size

- Groups can be larger than 8 participants

○ Facilitators

- Facilitators can be of different ethnic and professional backgrounds.
- Peer educators can be used

Note: TPP grantees must obtain prior approval from OAH for any adaptations.

■ Potential adaptations

○ Settings

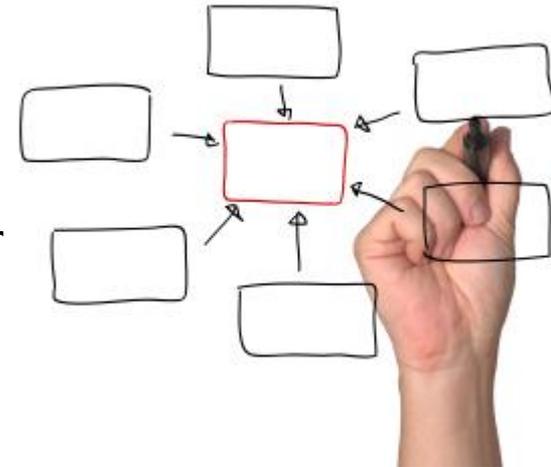
- Community agencies serving the LGBTQ youth
- Community agencies serving youth with disabilities

○ Cultural relevance

- Adapt and change the DVDs and the names used in interactive activities for different ethnic/racial groups, while maintaining the integrity of the program

○ Target population

- LGBTQ youth, disabled youth, incarcerated youth, ethnic-diverse youth ages 11-18.



Note: TPP grantees must obtain prior approval from OAH for any adaptations.

■ Staffing considerations

- Number
 - 2 facilitators (one to serve as back-up)
 - Support staff (e.g. admin. assistant)
- Experience/background
 - Professional background is highly recommended (e.g., nurse, teacher, health educator, social worker, counselor)
- Required/recommended skills
 - Formal training on the curriculum
 - Experience working with multiracial youth from diverse backgrounds and ages recommended
 - Experience in group facilitation
 - Comfortable discussing sexual health issues with teens and bolster positive sexual health development
 - Be able to relate to youth and their life circumstances, believe in them, and believe in their resilience.



■ Training considerations

- Facilitator training model (TOF)
 - A 2-day training program
 - Designed to develop skills in effectively implementing the curriculum
- Train-the-trainer (TOT) model
 - 3-4 days, depending on organizational needs)
- Cost varies with group size and needs
- Training available on-site or at other settings through Jemmott Innovations Group, Inc. and their partnering agencies, e.g., Healthy Teen Network, JSI, ETR, Teenwise Minnesota, Select Media



■ Common challenges

- Attitudes of school administrators, teachers, and parents about sex education in schools settings
- In school class size, limited time, and student absenteeism (missing components of the program)



■ Strategies for success

- Flexibility
- Meet with school board, principals and parents to discuss their issues and strategies to resolve them
- After school and off-campus youth serving agencies
- Reach out to partners for wrap-around services
- Offer incentives for participation

- Recent or planned curriculum revisions
 - Most recent curriculum publication of *Making A Difference! Facilitator Manual 1st Edition* in 2012 by Select Media
 - Statistical and health-related information that may have changed since publication is updated by trainers, as necessary
 - Making A Difference! In-School Edition, 2014
- Further information on publication of Facilitator Manual is available at Select Media
- Training materials available through Jemmott Innovations Group, Inc.

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=101&mid=1>
- **Link to model developer's website**
 - <http://jemmottinnovations.com/meet-the-developers/>
 - <http://www.selectmedia.org/programs/difference.html>

Thank you!

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