

A WORD FROM THE EXPERTS

Respeto/Proteger

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



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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 Description

Program goals:

- To build on feelings of parental protectiveness, integrating cultural teaching, as motivation to reduce risky sexual behaviors.

Target population:

- Teen parent couples

Key components:

- Parental protectiveness is fostered through specially designed discussions and writing activities that integrate traditional or cultural teachings.

- HIV-related content includes HIV awareness, disease prevention, condom use skills and sexual negotiation skills.

Delivery methods:

- Small combined and gender-separated groups
- Story telling
- Interactive activities

Previous Evaluation Results

- **Study #1:** “HIV Prevention Program for Young Latino Mothers and Fathers”: Using a Community-Academic Partnership to Develop and Pilot a Curriculum
 - ✓ Population: 49 co-parenting couples (98 individuals), predominantly Latino, aged 16 to 20 years
 - ✓ Findings: At 6 months, the probability of unprotected sex in the intervention group was significantly reduced compared to comparison group.
- **Study #2:** Respeto/Proteger: A Randomized-Controlled Trial (NIH/NINR Grant R01-NR04957)
 - ✓ Population: 168 co-parenting couples (336 individuals), predominantly Latino, aged 14 to 25 years.
 - ✓ Findings: Reduction in proportion of unprotected sex episodes in the intervention group & intentions to use condoms from baseline to 6 months compared to control group

Target Population

■ Evaluated populations

- Predominantly Latino co-parenting teen couples, ages 14 – 25, living in low-income urban areas.
- English and Spanish-Speaking



■ Target populations

- Co-parenting teen couples of diverse backgrounds

■ Evaluated settings

- Alternative School Settings
- Health Clinics
- Community-based Organizations
- Community Libraries
- Community Recreation Centers



■ Other Settings

- Regular school setting
- Juvenile Probation Departments

■ Potential adaptations

○ Cultural relevance

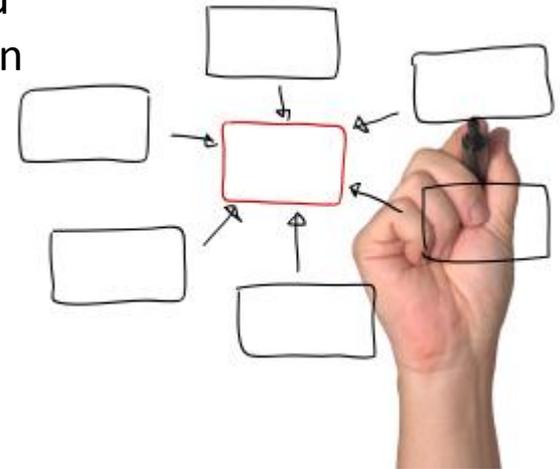
- The facilitators use teaching strategies including culturally-based circle process, storytelling and reflection, that are traditional methods found in many cultures.
- The character education teachings are universal, though it is important to integrate and address the specific challenges related to participants' ethnicity and other social/cultural issues.

○ Languages

- English or Spanish

○ Target population

- Diverse ethnic/racial populations of co-parenting adolescent couples.



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

■ Staffing considerations

- Program requires two trained facilitators, one male and one female.
- At least one facilitator with experience working with the target population and one with a health care or health education background.

■ Training considerations

- Most essential component for successful delivery of the program is the facilitator training (TOF).
- Facilitation is based on the use of an *espejo* (mirror) process of teaching using strategies such as storytelling and reflection.
- Role of the facilitators is to be not only teachers and guides but also role models and nurturers; special training is required.
- *Please contact Janna Lesser lesser@uthscsa.edu for training information.*



■ Common challenges

- Recruitment of couples
- Absence of one partner because of opportunities for work or other commitment



■ Strategies for success

- Provision of child care
- Provision of meals/snacks
- Flexible scheduling
- Transportation

- **Recent or planned curriculum revisions**
 - Statistical and health-related information that may have changed since publication is updated by trainers, as necessary

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?id=3&sid=185&mid=1>
- **Link to information on development and pilot-testing of curriculum**
 - http://chrp.yes4yes.com/resources/dissemination_project/module_07/index.html
 - <http://nursing.ucla.edu/body.cfm?id=113&ref=166>

Thank You!

For further information about training
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