

A WORD FROM THE EXPERTS

Be Proud! Be Responsible!

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.

Be Proud! Be Responsible!



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Program goals:

- To help young people change behaviors that place them at risk for HIV, STDs and pregnancy
- Reduce unprotected sex and Increase condom use
- To delay the initiation of sex among sexually inexperienced youth
- Bolster positive condom use attitudes
- Increase self-efficacy and skills in negotiation, refusal, and problem solving for using condoms.
- Increase knowledge about HIV, STDs, and pregnancy prevention
- Build a sense of pride and responsibility for choosing responsible sexual behaviors

Key components:

- Activities and materials in curriculum provides adolescents with the knowledge, motivation and skills necessary to reduce their risk of contracting HIV, STDs and getting pregnant (including, refusal, negotiation, problem– solving, and condom use skills).

Delivery methods:

- Interactive group discussions
- Games/activities/role-plays
- Practice and feedback
- DVD/Video clips

■ Study #1 –Randomized Controlled Trial

- ✓ Population: African American males 11-14 (n=157)
 - 96% return rate at the 3-month follow-up sessions

- ✓ Findings: Curriculum Compared to Controls; Participants reported:
 - less risk sexual behavior.
 - fewer number of partners.
 - reduced sexual intercourse frequency.
 - fewer days not using a condom during sex.
 - less likely to report engaging in heterosexual anal sex.
 - stronger beliefs that practicing abstinence would prevent pregnancy, HIV/STDs, less favorable attitudes toward sex, weaker intentions to have sex and higher knowledge scores.



■ Evaluated populations

- Evaluated with 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 and 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 using this program**
 - 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 6 modules can be delivered in different ways (e.g. 1 module/ day, 2/per day or 3 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
- 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 condom demonstration 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 *Be Proud! Be Responsible! Facilitator Manual 4th Edition* in 2012 by Select Media
 - Statistical and health-related information that may have changed since publication is updated by trainers, as necessary
 - Be Proud! Be Responsible! In-School Edition, 2014
- Further information on publication of Facilitator Manual is available at Select Media
- Training materials is 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=21&mid=1>
- **Link to developer's website**
 - <http://www.selectmedia.org/programs/responsible.html>
 - <http://jemmottinnovations.com/meet-the-developers/>

Thank you!

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