A WORD FROM THE EXPERTS

Promoting Health Among Teens (PHAT)!
Abstinence Only
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 description

Program goals:
- Increase knowledge about puberty, HIV/STDs, and abstinence.
- Develop abstinence-only strategies.
- Bolster positive attitudes 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.
- Build a sense of pride and responsibility for practicing abstinence.

Key components:
- Use of activities and materials in curriculum to:
  - Teach correct information about puberty, and HIV/STD.
  - Build abstinence-only strategies to prevent pregnancy and HIV/STD.
  - Build refusal, negotiation, and problem-solving skills.

Delivery methods:
- Highly Interactive, youth-centered small group discussions
- Games and interactive activities, role plays, handouts, and posters
- Videos/DVDs
- Practice and feedback
Previous evaluation results

- **Study #1 – Randomized Controlled Trial**
  - Population: African American 6th and 7th graders (n=667)
    - Return Attendance Rate: 95.6% (3-month), 96.1% (6-month), 90.3% (12-month), 87.2% (18-month), and 84.4% (24-month) follow-up.
  - Findings: Curriculum Compared to Controls, participants reported
    - Reduction in sexual activity.
    - Reduction in sexual initiation at the 24-month follow-up.
    - Among virgins at baseline, they were less likely to report having sexual intercourse at the 3-month follow up.
    - Higher knowledge scores, weaker intentions to have sex, more positive attitudes towards abstinence, and stronger self-efficacy to practice abstinence.
    - Stronger belief that practicing abstinence would help them achieve their future goals and dreams.

Target population

- 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 or high schools and youth-serving community based programs.
  - Age 11 to 14 and 15 to 18
Settings

- **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
  - Organizations caring for foster care youth
Potential adaptations

- Potential adaptations
  - Implementation time frame
    - Due to time restraints in some settings, modules can be delivered in different ways (e.g. 1 module/day, 2/per day or 4 per day)
  - 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 LGBTQ youth or 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, youth with disabilities, 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
Challenges and strategies for success

- **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 revisions

- Recent or planned curriculum revisions
  - Most recent curriculum publication of *PHAT 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
    - Promoting Health Among Teens! In-School Edition, 2014

- Further information on publication of Facilitator Manual is available at Select Media

- Training materials available through Jemmott Innovations Group, Inc.
Additional resources

- **HHS Teen Pregnancy Prevention Evidence Review**
  - [http://tppevidencereview.aspe.hhs.gov/](http://tppevidencereview.aspe.hhs.gov/)

- **Link to implementation report**

- **Link to model developer’s website**
Thank you!

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