A WORD FROM THE EXPERTS

Reducing the Risk
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.
Reducing the Risk

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Program goals:

- Delay onset of intercourse
- Reduce rates of unprotected sex
- Increase parent-child communication

Target population:

- 13-18 year olds

Key components:

- Skill practice role plays
- Positive social norms
- Reproductive health services homework
- Parent homework assignments

Delivery methods:

- Educator led classes in high school
Study #1

- Population: California Schools
- Findings:
  - Delayed the onset of intercourse at 18 months among sexually inexperienced students by 24%
  - Reduced the rate of unprotected intercourse by 40%
  - Increased teens' knowledge and communication with parents regarding abstinence and contraception

Study #2

- Population: Arkansas schools
- Findings:
  - Delayed the initiation of vaginal sex among youth who had not had sex at pretest
  - Increased condom use among those youth who did initiate sex

Previous evaluation results

- **Study #3**
  - ✓ Population: Kentucky schools
  - ✓ Findings:
    - ✓ Delayed the initiation of sex among youth who had not had sex at pretest
    - ✓ Increased condom use among those youth who did initiate sex
    - ✓ The entire curriculum was equally effective as the modified “high sensation-seeking” version

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Target population

- **Target populations served**
  - Mixed and single gender classrooms
  - Ethnic and racially diverse groups
  - Urban, suburban, rural, low-income, several languages

- **Setting have included:**
  - Schools
  - After school programs
  - CBO weekend retreats
  - Juvenile justice facilities
Evaluated settings & populations

- Mixed gender classes in schools
- Ethnic and racially diverse groups
- English language
- Urban, suburban, and rural communities representing a variety of income levels
Potential adaptations

- **Settings**
  - Out of school (yellow light)

- **Cultural relevance**
  - Specific ethnic/racial groups (green light)

- **Language**
  - Translate to other languages (green light)

- **Target population**
  - Younger or older youth (yellow light)

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

http://www.etr.org/ebi/assets/File/Adaptations/RTR_Adaptation_Guidelines_013015.pdf
Staffing considerations

- 1 educator per class
  - Multiple classes concurrently
- Classroom teachers (health and science teachers have been particularly confident) or CBO-based visiting health educators

- Characteristics of educators:
  - Connections with youth,
  - Experience with interactive activities (role plays),
  - Experience/comfort with sexuality education
  - Been trained to implement RTR
Training Considerations

- **ETR Distributive Learning Process**

- **Training services (packages or a la carte)**
  - Training of Educators (TOEs)
  - EBP Boosters
  - Training of Trainers (TOTs)
  - Program Enrichment Training
  - Tailored TA/Consultation
  - RTRworks! – Online training/implementation support
Challenges and strategies for success

- **Common challenges**
  - Seemingly repetitive role plays
  - Controversial information gathering activities
  - Scheduling all of the sessions

- **Strategies for success**
  - Training provides educators rationale for each role play
  - Less controversial alternatives
  - Using block periods
Recent or planned curriculum revisions

- Blended RTR is under development with funding from the Grove Foundation and NIMH (#1R43MH105294).
  - Flipped Classroom Blended Learning Version
  - Shortens class time and optimizes learning with online assignments
  - Available 2018-19

- The next edition of RTR
  - Updated and reprioritized birth control information
  - Updated facts and their source citations
Additional resources

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

- Link to implementation report

- ETR’s Reducing the Risk

- ETR’s Evidence-Based Program Center
  - [http://www.etr.org/ebi/](http://www.etr.org/ebi/)

- ETR’s Training and TA Packages
  - [http://www.etr.org/ebi/training-ta/#packages](http://www.etr.org/ebi/training-ta/#packages)
Thank you!

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Questions?
Go to ETR’s Program Support Help Desk