



Teens in the ***United States***

Trends in Behavior and Attitudes Related to Pregnancy and Childbearing

Office of Adolescent Health and Administration on Children, Youth and Families
U.S. Department of Health and Human Services

Purpose of This Webinar

This webinar presents key trends in sexual behavior and attitudes among teens in the United States.

Knowing these trends can help us understand how our teen pregnancy prevention efforts fit in the broader context of teens' lives.



This webinar will focus on trends in five key areas

- Teen sexual behavior
- Teen contraceptive use
- Teen pregnancy and childbearing
- Teens' attitudes
- Risk and protective factors



Keep in mind that...

- Behavior and attitudes differ depending on a teen's community. Information in this webinar about national trends should not replace community-based needs assessment data but rather provide a broader context.
- Most behavioral and attitudinal data are based on self-reports from teens, while outcome-level data (i.e., pregnancies and births) are based on a combination of vital statistics data and self-report data.

Trends in Sexual Behavior

In this section, you will learn:

- What proportion of teens have ever had sex
- How often teens have sex and with how many (opposite-sex) partners
- Teens' attitudes about sex
- Teens' experiences with intimate partner violence

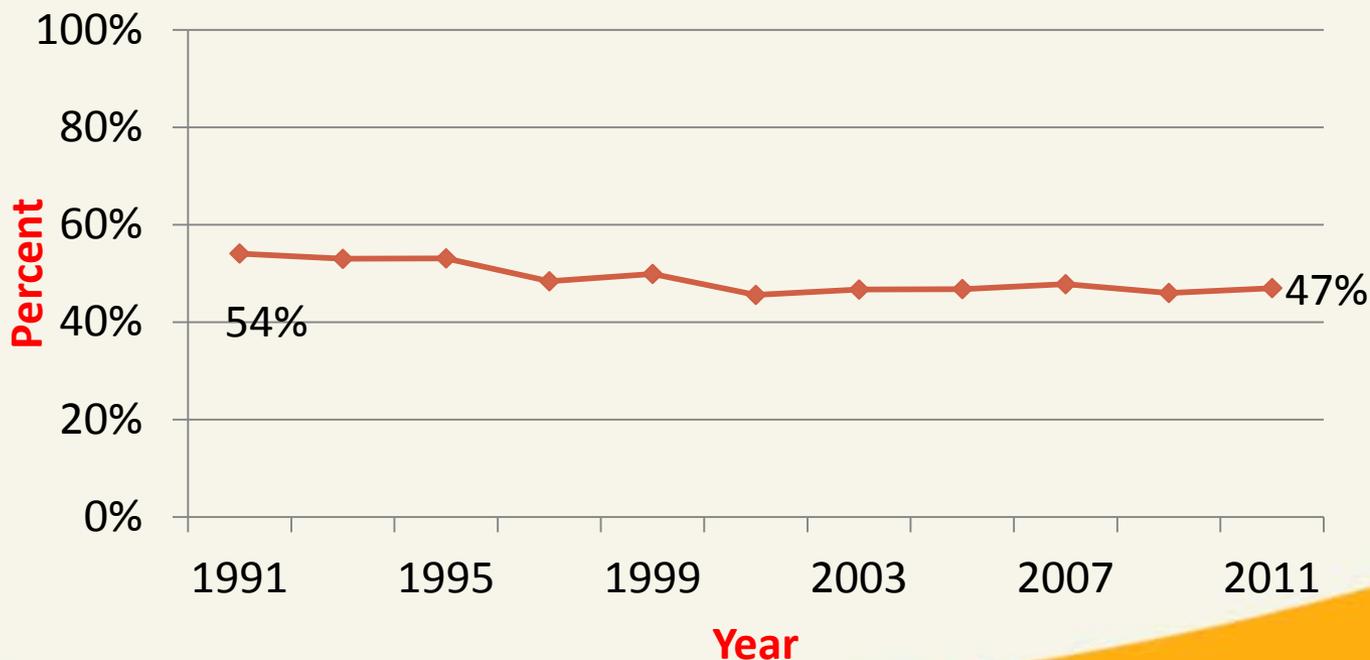


Teens Who Have Ever Had Sexual Intercourse

Overall, the percentage of teens who report ever having sex has decreased since the early 1990s.^{1,2}

Among teens in high school, 47% have ever had sex.¹

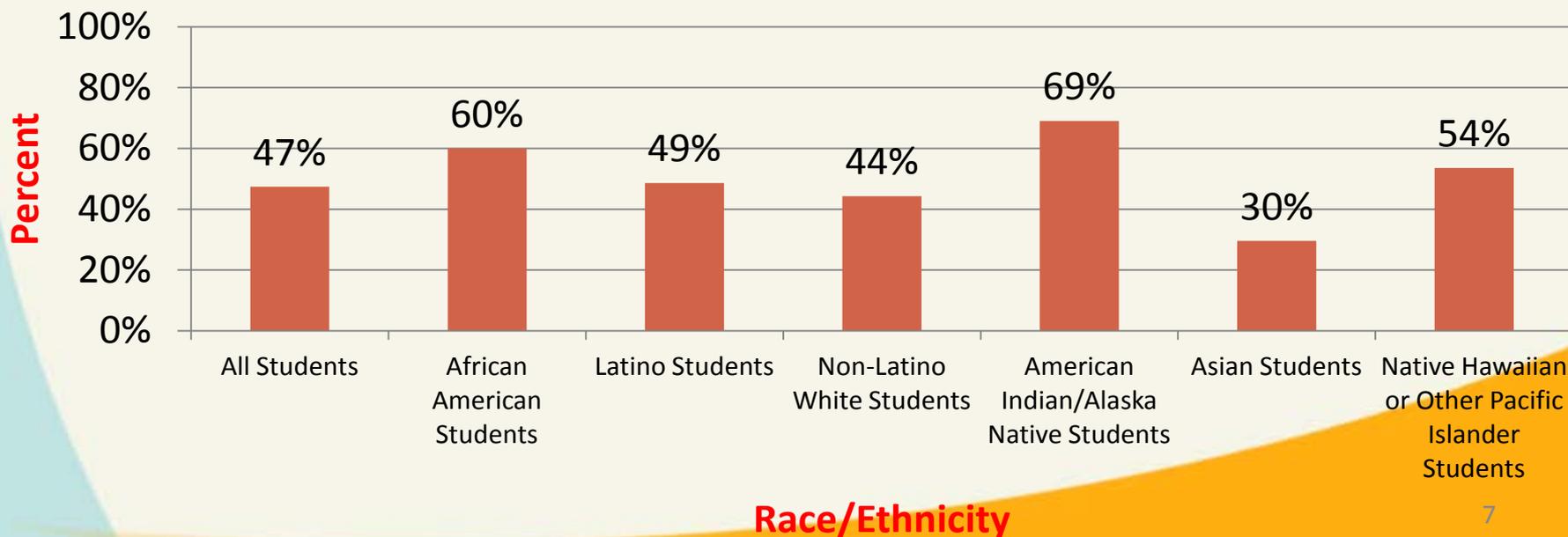
High School Students Who Have Ever Had Sex, 1991-2011



Trends in Sexual Activity

The proportion of teens who have ever had sex are higher for African American, American Indian/Alaska Native, Latino, and Native Hawaiian/Pacific Islander students than for non-Latino white and Asian students.¹

Percent of High School Students who Have Ever had Sex, by Race/Ethnicity, 2011



Trends in Sexual Activity

- Among teens in high school, 47% have ever had sex.¹
- About one-third (33.7%) are currently sexually active (sex in the past 3 months).¹



Trends in Sexual Activity

The likelihood of sexual experience increases with age:

- In 9th grade, about 33% of students have ever had sex. ¹
- By 12th grade, 63% of students have had sex. ¹



Trends in Sexual Activity

- On average, teens have sex for the first time at age 17.²

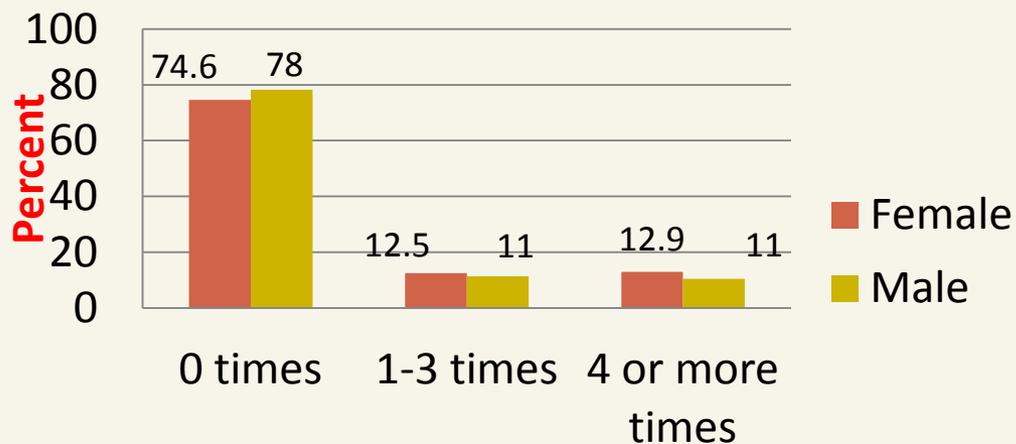


- The vast majority of teens (almost 75%) are in what they consider a serious relationship with their partner the first time they have sex.²

Trends in Sexual Activity

Most teens are having sex infrequently. Only about 21% of teens report having sex in the past 4 weeks.²

Frequency of sex in the past four weeks (ages 15-19), 2006-2008

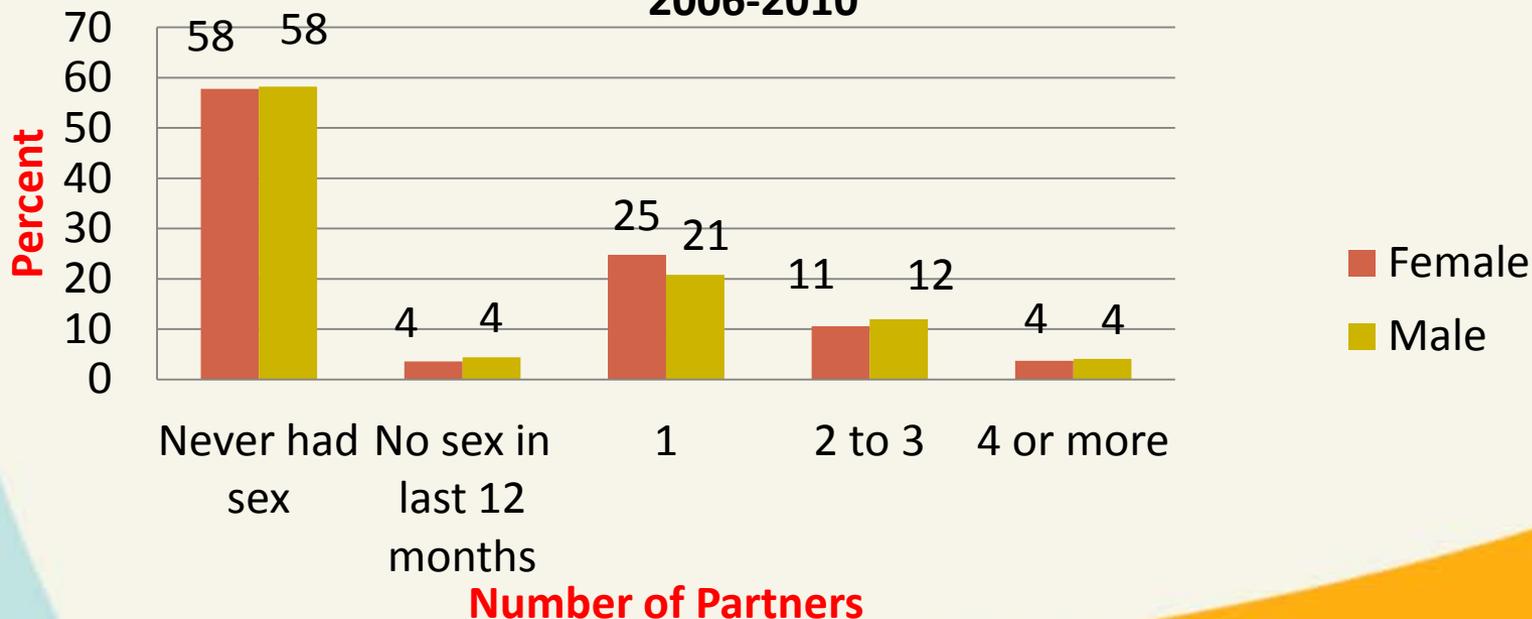


Frequency of Sexual Intercourse

Trends in Sexual Activity

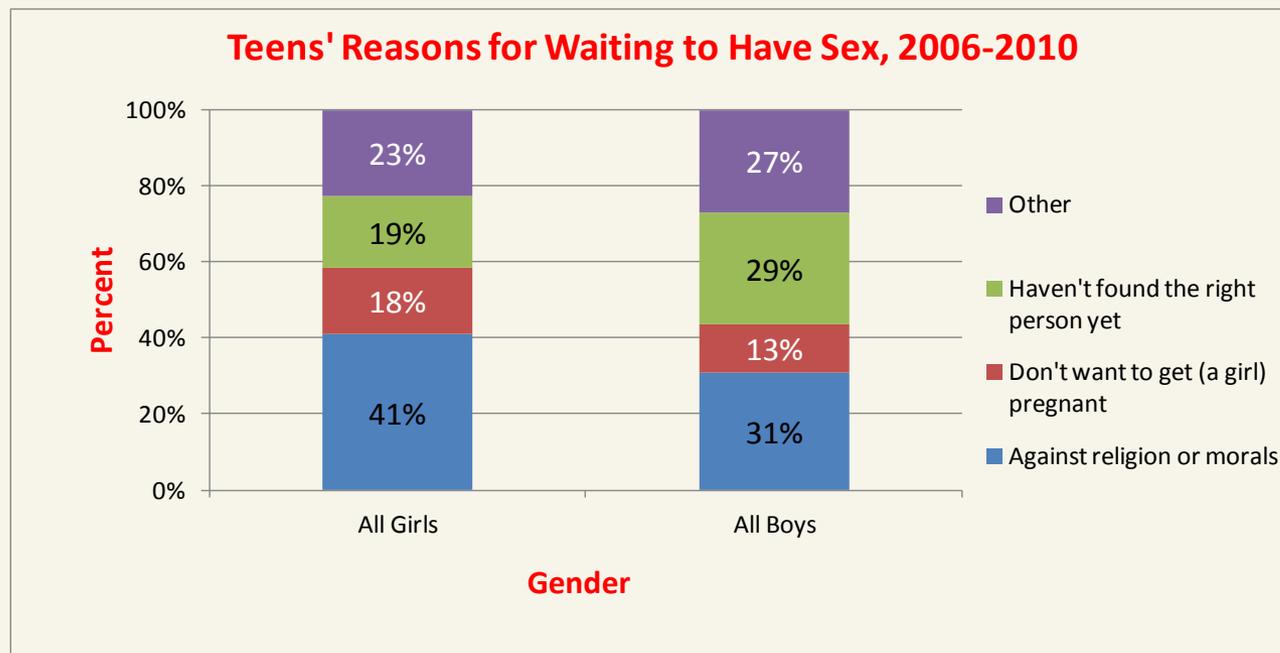
If you ask teens about their current sexual activity, most will report that they either have not had sex in the last year (or *ever*) or have had sex with fewer than four partners.²

Number of opposite sex partners in the last year (ages 15-19),
2006-2010



Why Are Some Teens Waiting?

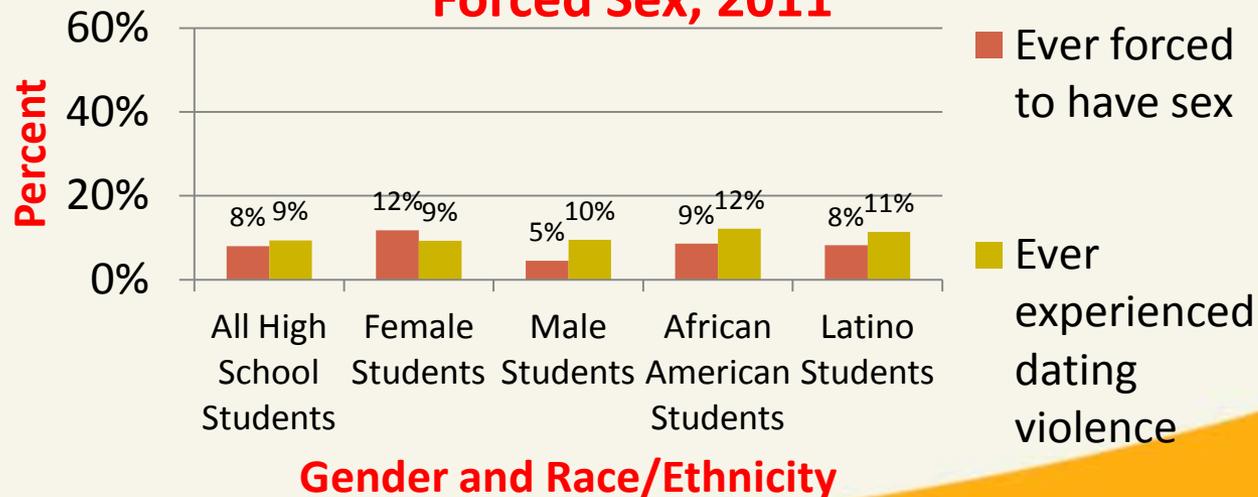
Among teens who have not yet had sex, the largest number of boys and girls say that they have not done so because it is against their religion or morals.²



Teens' Experiences with Forced Sex and Dating Violence

- Girls are forced to have sex more often than boys. Girls and boys report similar levels of dating violence. ¹
- Young people of color experience dating violence more often than white youth. ¹

Percent of High School Students who Report Experiencing Dating Violence and Forced Sex, 2011



Data Sources for Teen Sexual Activity

1. Youth Risk Behavior Surveillance System, 2011, Centers for Disease Control and Prevention. Available at: <http://www.cdc.gov/healthyyouth/yrbs/index.htm>
2. Abma JC, Martinez GM, and Copen CE. (2011). Teenagers in the United States: Sexual Activity, Contraceptive Use, and Childbearing, National Survey of Family Growth, 2006-2010. *Vital Health Statistics*, 23(31).

Learning Exercise

What U.S. racial/ethnic group has the highest proportion of teens who have ever had sex?

- a. White non-Latino
- b. Latino
- c. African American
- d. Asian American

Trends in Contraceptive Use

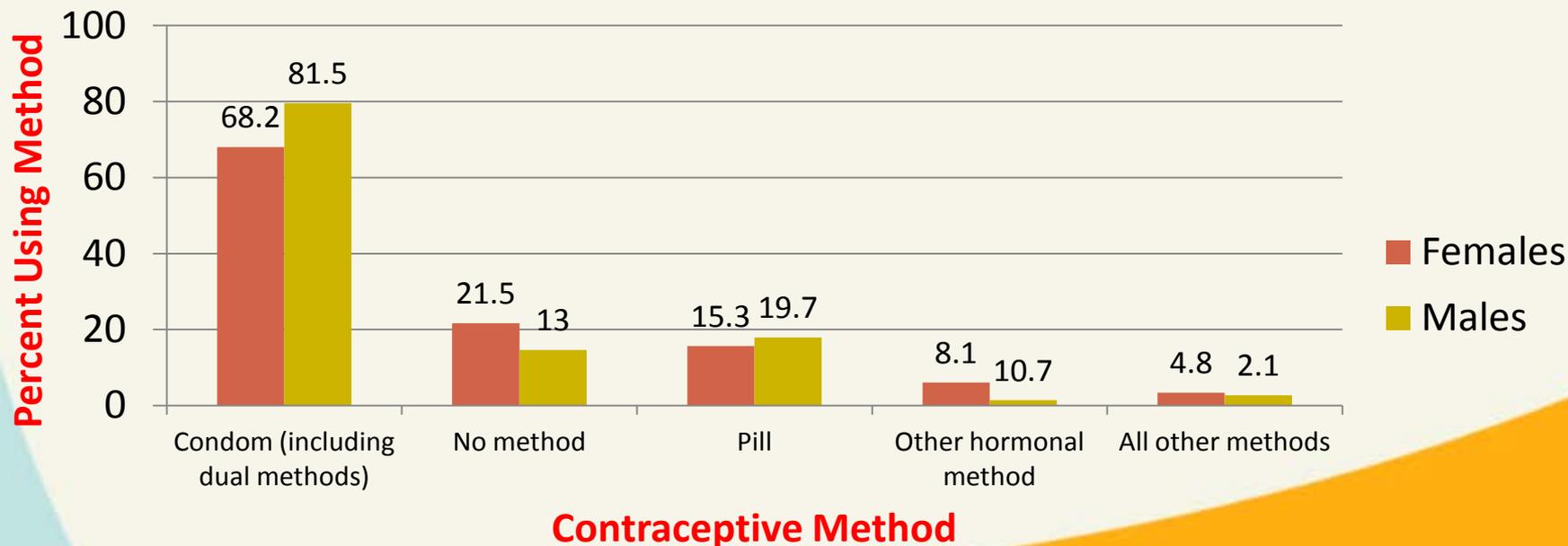
In this section, you will learn:

- Methods of contraception teens are using
- The prevalence of contraceptive use among all teens

Contraceptive Use First Time Having Sex

The vast majority of teens use some form of contraception the first time they have sex. Condoms are the most common method, with nearly 70% of girls and more than 80% of boys using them (sometimes combined with other methods).¹

Contraceptive Use First Time Having Sex (ages 15-19), 2006-2010



Contraceptive Use at Most Recent Sex

- About 60% of all teens used a condom the last time they had sex. ¹



- About 30% of all teens used birth control pills the last time they had sex. ¹



Contraceptive Use Overall

Nearly all sexually experienced teen girls (98.9%) have *ever* used some method of contraception.¹ Almost all have used condoms (95.9%), and more than half have used pills (55.6%).¹



Data Sources for Teen Contraceptive Use

1. Abma JC, Martinez GM, and Copen CE. (2011). Teenagers in the United States: Sexual Activity, Contraceptive Use, and Childbearing, National Survey of Family Growth, 2006-2010. *Vital Health Statistics*, 23(31).

Learning Exercise

True or False: Most teens used the withdrawal method for contraception the first time they had sex

- a. True
- b. False

Trends in Teen Pregnancy and Childbearing

In this section, you will learn:

- Data sources for teen pregnancy and birth
- The teen pregnancy rate over time, and differences by age, race/ethnicity and state
- The teen birth rate over time, and differences by age, race/ethnicity and state

Measuring Teen Pregnancy: What's Included

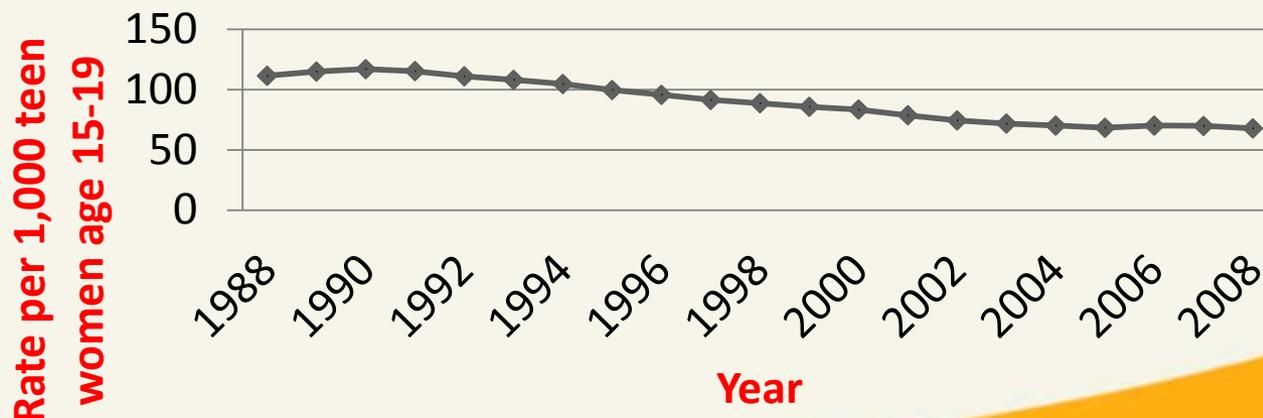
- Births (states report birth certificate data to CDC)
- Miscarriages (estimated as either 20% of live births plus 10% of abortions¹ or based on self-report data from the National Survey of Family Growth²)
- Abortions (estimated from voluntary CDC reporting system and Guttmacher Abortion Provider Survey)

Pregnancy data often lag considerably behind birth data reports due to the need to combine all of these data sources.

Overall Trends in Teen Pregnancy

- The teen pregnancy rate peaked in 1990 at 117 pregnancies per 1,000 teens age 15-19.¹
- Between 1990 and 2005, the teen pregnancy rate decreased significantly—42%. Then it increased slightly (3%) between 2005 and 2006. The rate appears to be declining since 2007.¹

Teen Pregnancy Rate (Age 15-19), 1988-2008

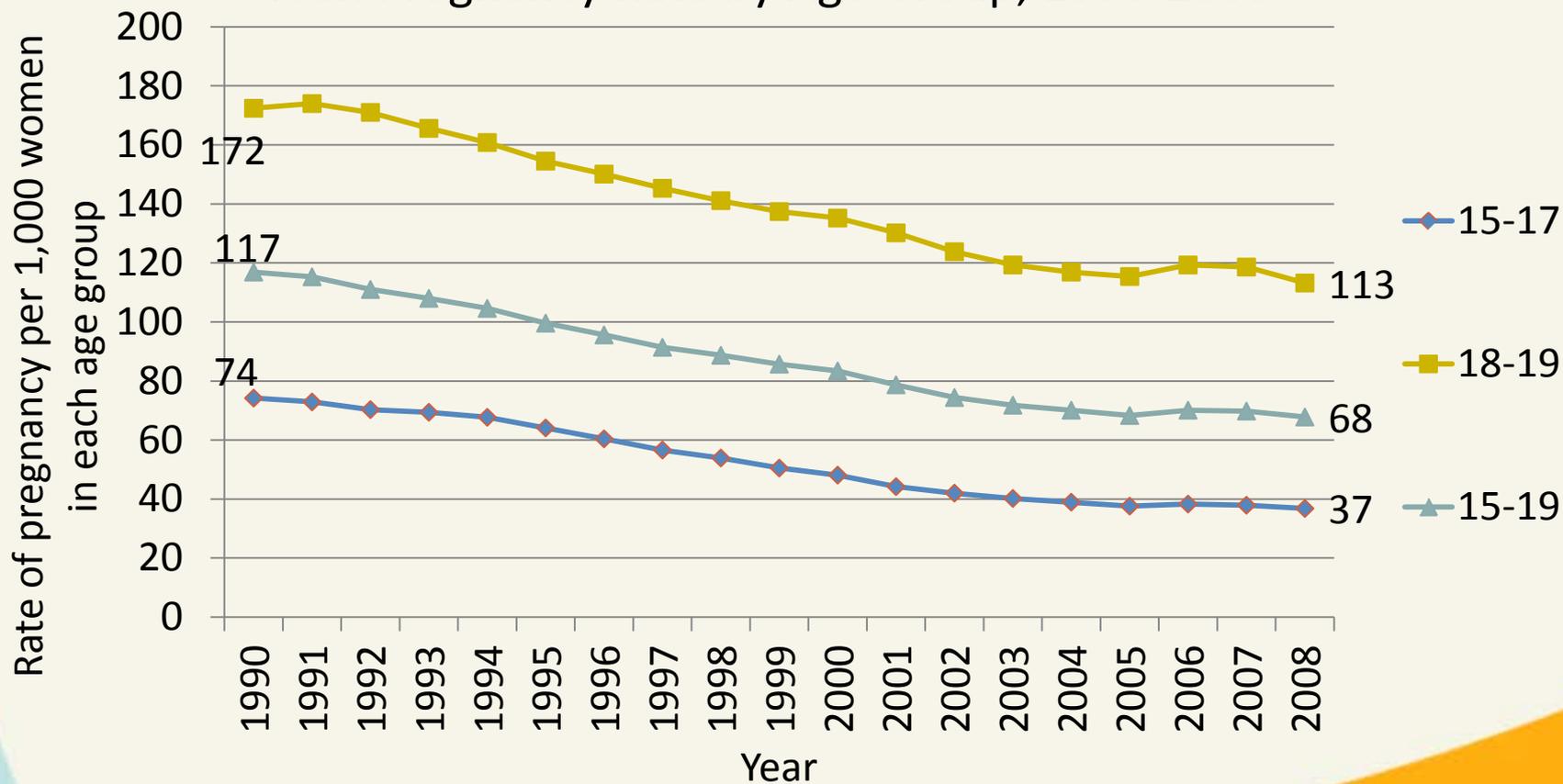


Trends in Teen Pregnancy by Age Group

- Older teens (age 18-19) have much higher rates of teen pregnancy than younger teens (15-17).¹
- The pregnancy rate among older teens decreased 34% between 1990 and 2008 and even more—50%— among younger teens.¹

Teen Pregnancy Rates by Age¹

Teen Pregnancy Rate by Age Group, 1990-2008



Learning Exercise

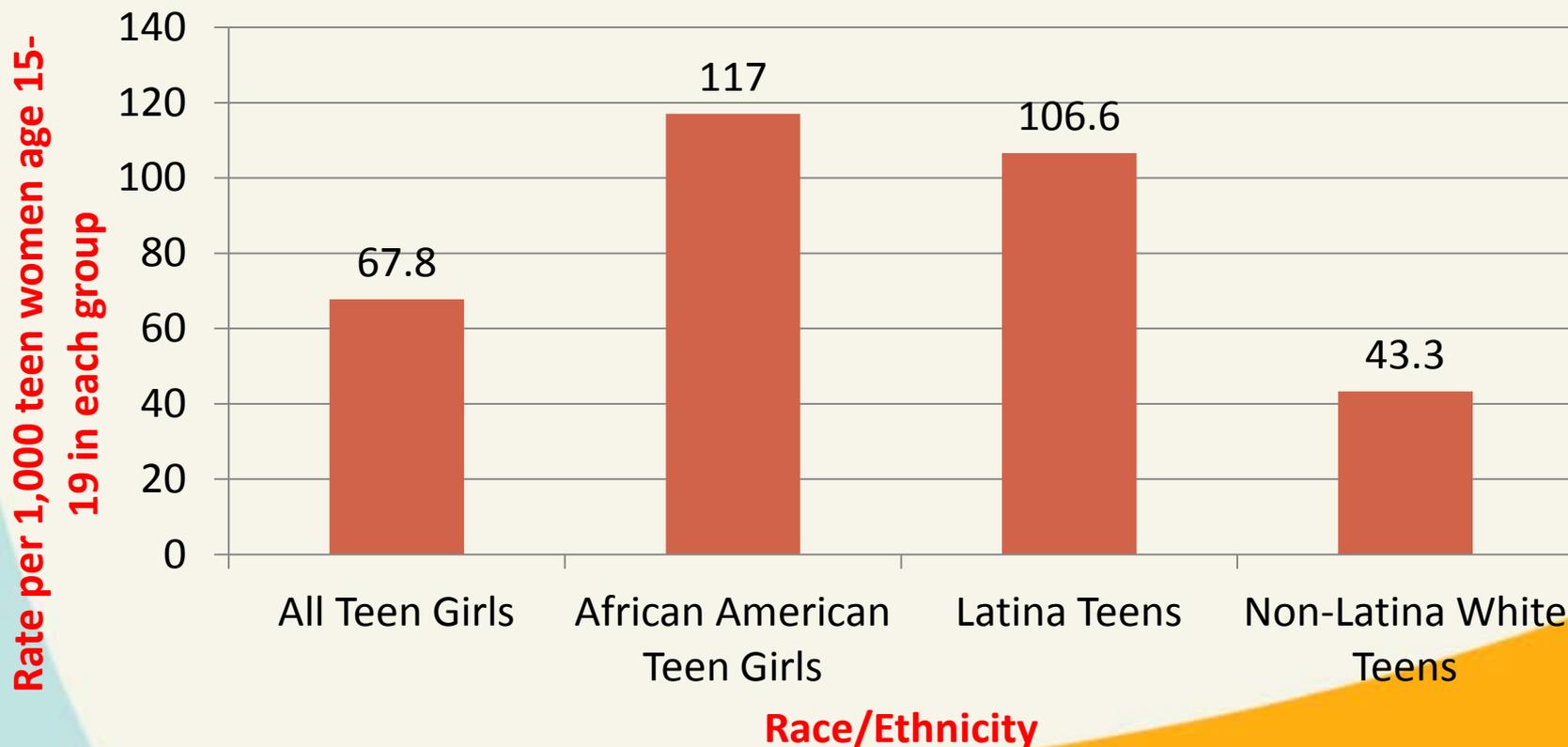
There is sometimes confusion between teen pregnancy rates and teen birth rates, particularly in the media. Pregnancy data include which of the following?

- A. Estimates of miscarriage or fetal loss
- B. Birth data
- C. Estimates of abortion or pregnancy termination
- D. Numerical counts of women who report that they were pregnant in the last year
- E. A, B, and C only
- F. All of the Above

Trends in Teen Pregnancy by Race/Ethnicity

Overall, Latina and African American teens have the highest rates of teen pregnancy.¹

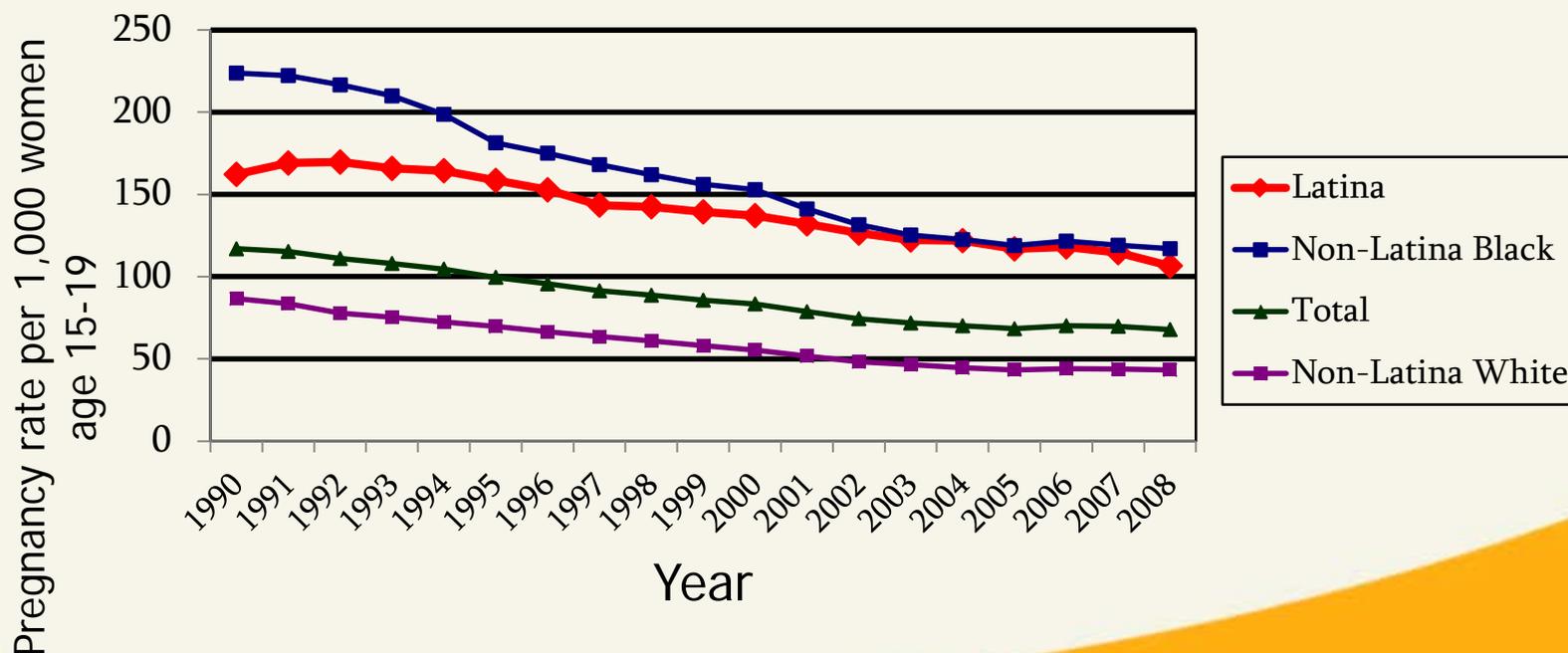
Teen Pregnancy Rate by Race/Ethnicity, 2008



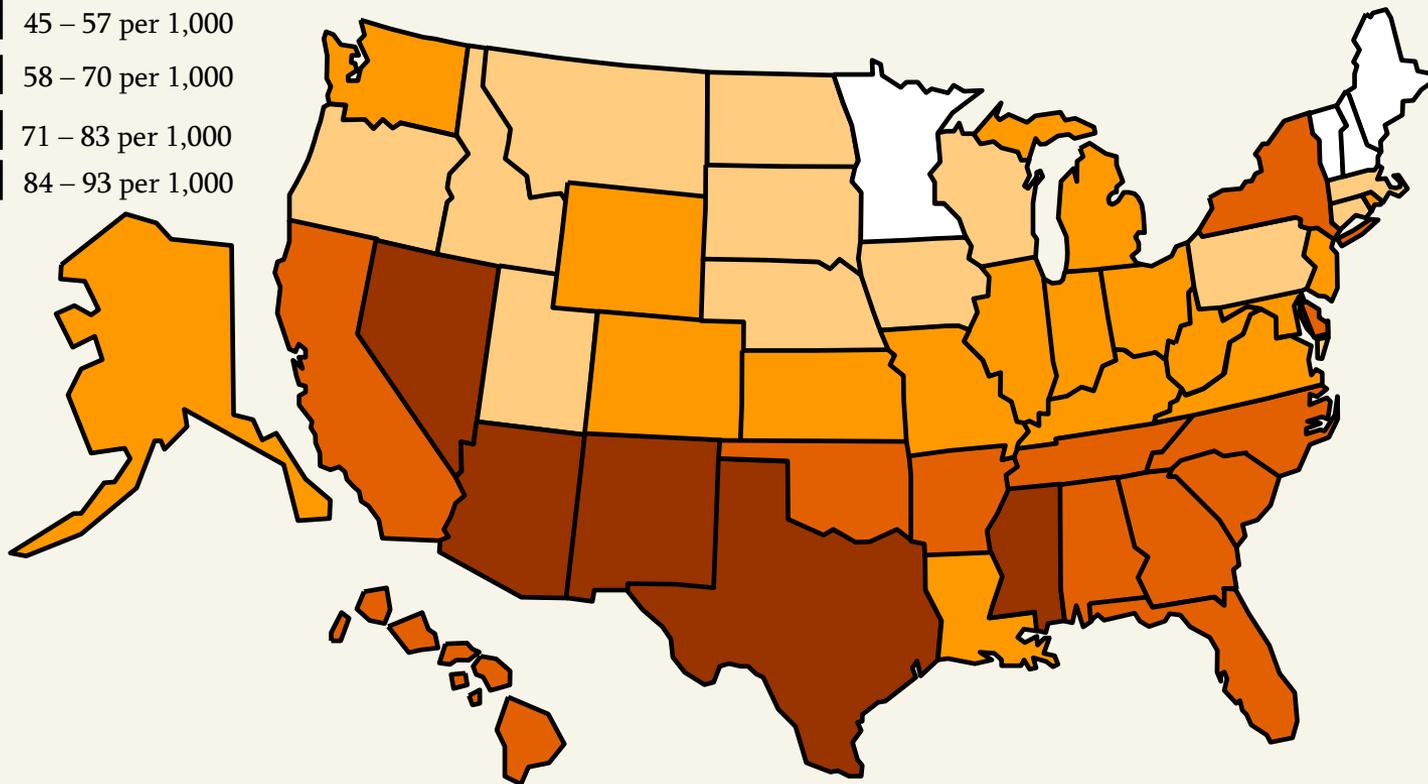
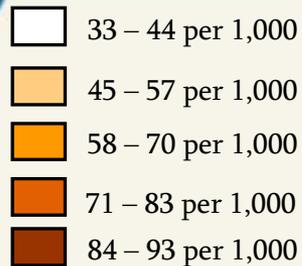
Teen Pregnancy Rates by Race/Ethnicity, 1990-2008

- Rates of pregnancy among African American teens decreased 48% between 1990 and 2008.¹
- Rates of pregnancy among Latina teens decreased 34% during the same time period.¹

Teen Pregnancy Rate by Race/Ethnicity, 1990-2008



Teen Pregnancy Rates by State, 2005¹



Teen Pregnancy Rate, 2005 (Rate per 1,000 Women age 15-19)

The teen pregnancy rate ranges from a low of 33 per 1,000 in New Hampshire to a high of 93 per 1,000 in New Mexico.

Data Sources for Teen Pregnancy

1. Kost K and Henshaw S (2012). *U.S. Teenage Pregnancies, Births and Abortions 2008: National and State Trends and Trends by Race and Ethnicity*.
<http://www.guttmacher.org/pubs/USTPtrends08.pdf>
2. Ventura, SJ, Curtin, SC, Abma, JC, and Henshaw, SK (2012). Estimated Pregnancy Rates and Rates of Pregnancy Outcomes for the United States, 1990–2008 : An Update. *National Vital Statistics Reports*, 60(7). Retrieved October 2012 from
http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_07.pdf

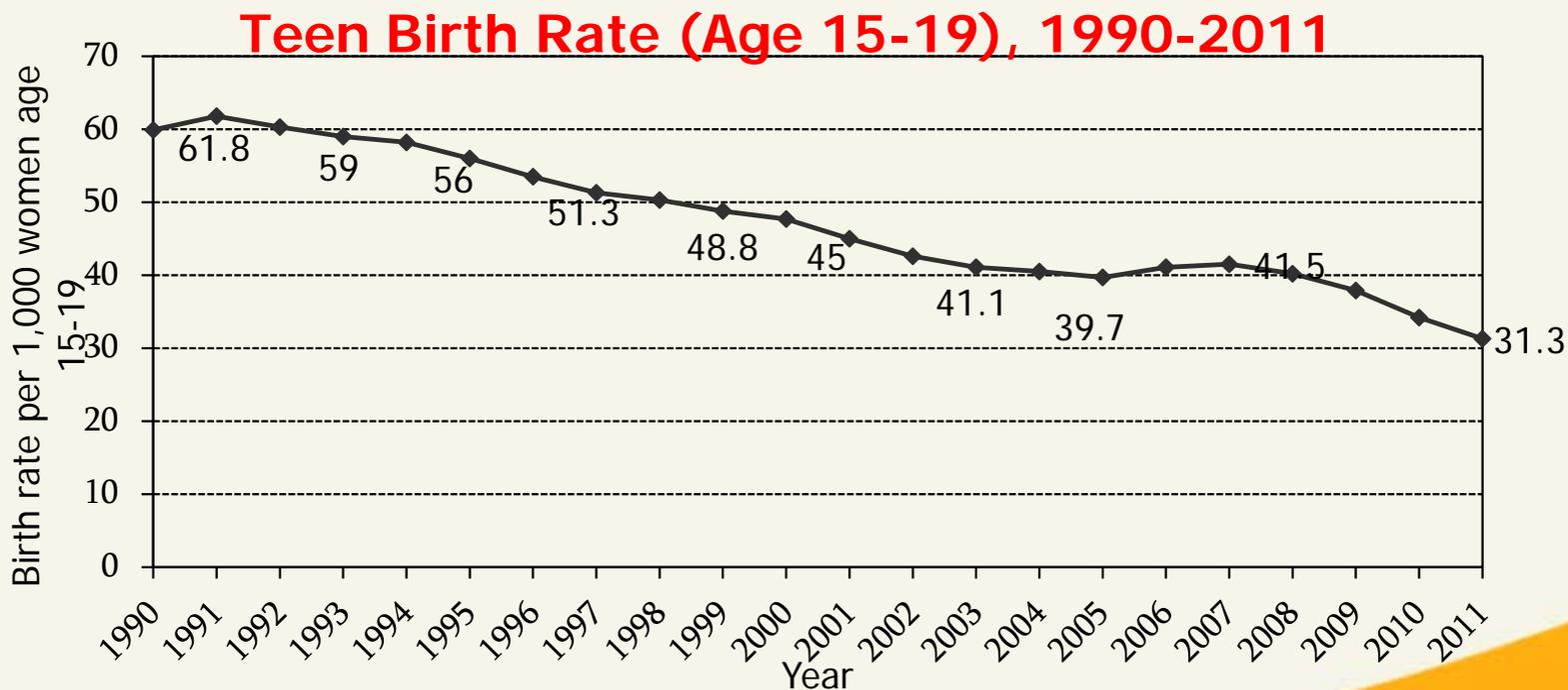
Learning Exercise

Which age group has the highest rate of teen pregnancy in the United States?

- a. Teens under age 15
- b. Teens age 18-19
- c. Teens age 15-17

Overall Trends in Teen Birth Rates, 1990-2011

Though there was a slight increase in the teen birth rate from 2005 to 2007, overall the rate has decreased 49% from 1991 to 2011. The most recent data (2011) show a record low of 31.3 births per 1000 women age 15-19.¹



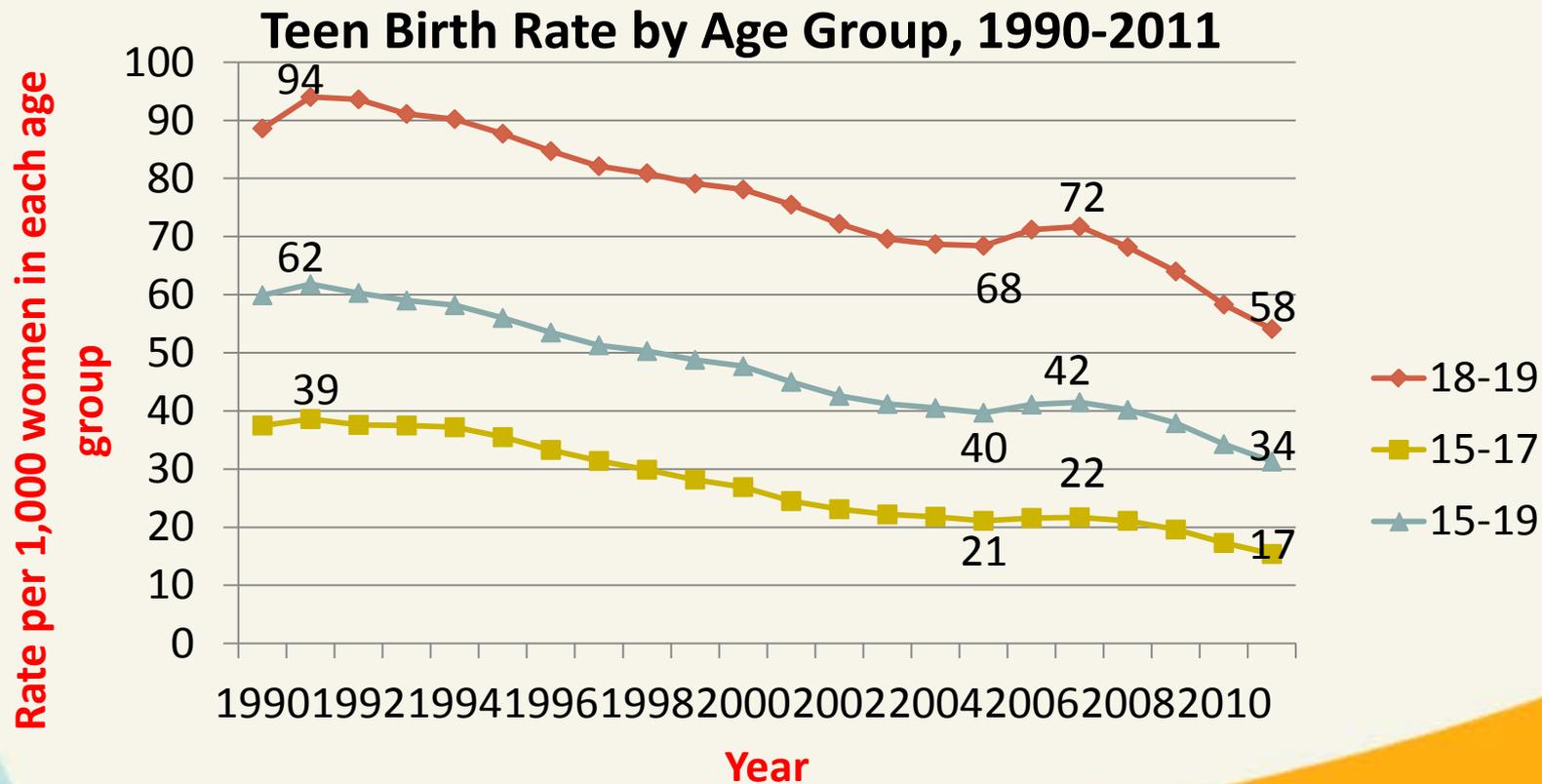
Trends in Teen Births by Age

- Older teens, age 18-19, have the highest rate of teen births, accounting for two-thirds of all teen births in the United States.¹
- An increase in the birth rate to older teens was largely responsible for the increase in the overall teen birth rate between 2005 and 2007.²



Teen Birth Rates by Age

Overall, the teen birth rate has decreased the most among younger teens.¹



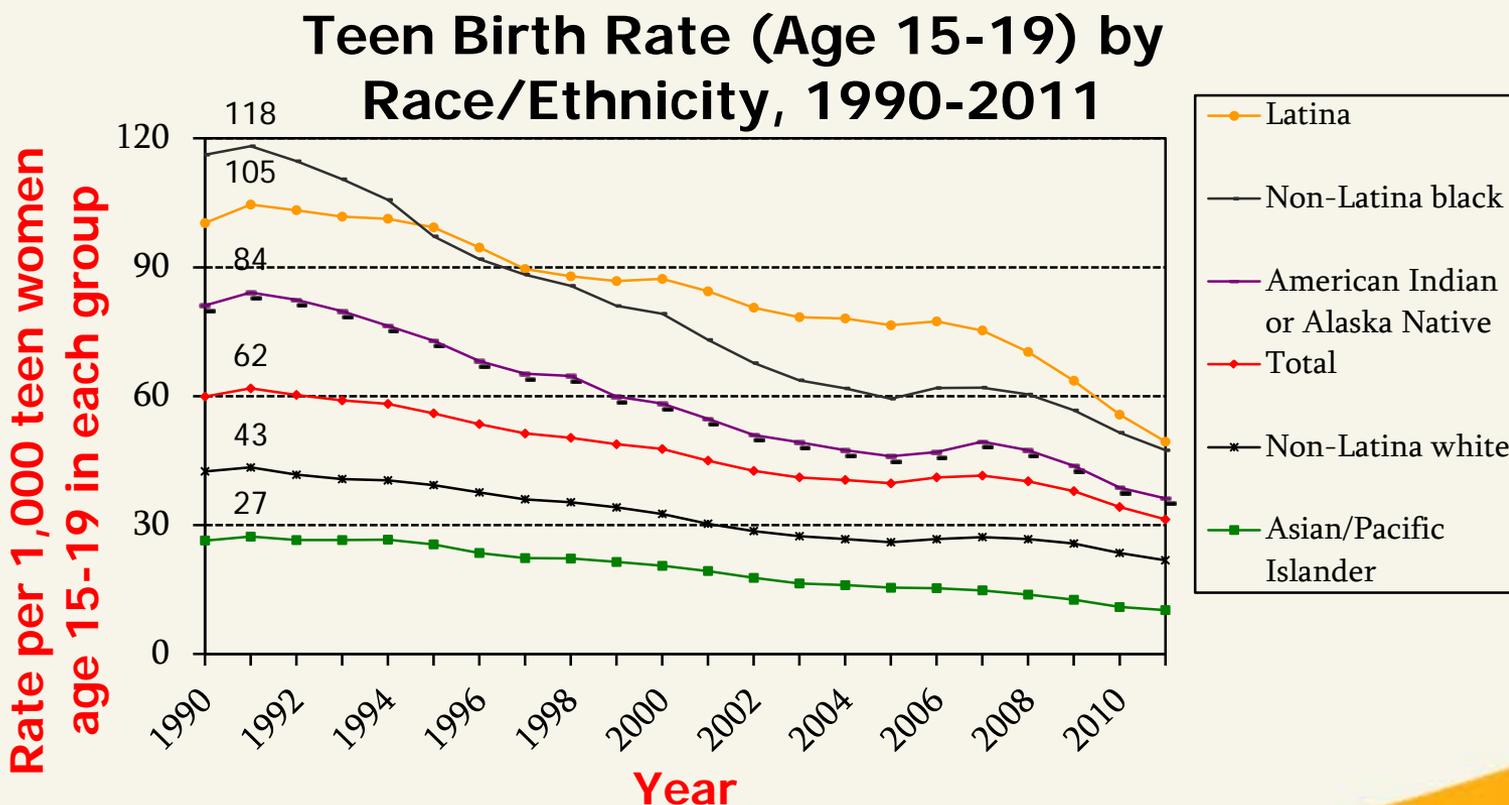
Learning Exercise

True or False: The teen birth rate has increased over the past decade.

- A. True
- B. False

Teen Birth Rates by Race/Ethnicity 1990-2011

Birth rates have been decreasing among U.S. teens in every racial/ethnic group.¹



Trends in the Teen Birth Rate by Race/Ethnicity

- From 2005 to 2007, there was a slight increase in the teen birth rates among all racial/ethnic groups except Asian or Pacific Islander teens and Latina teens.¹
- Between 2007 and 2011, the teen birth rate decreased among all racial/ethnic groups.¹

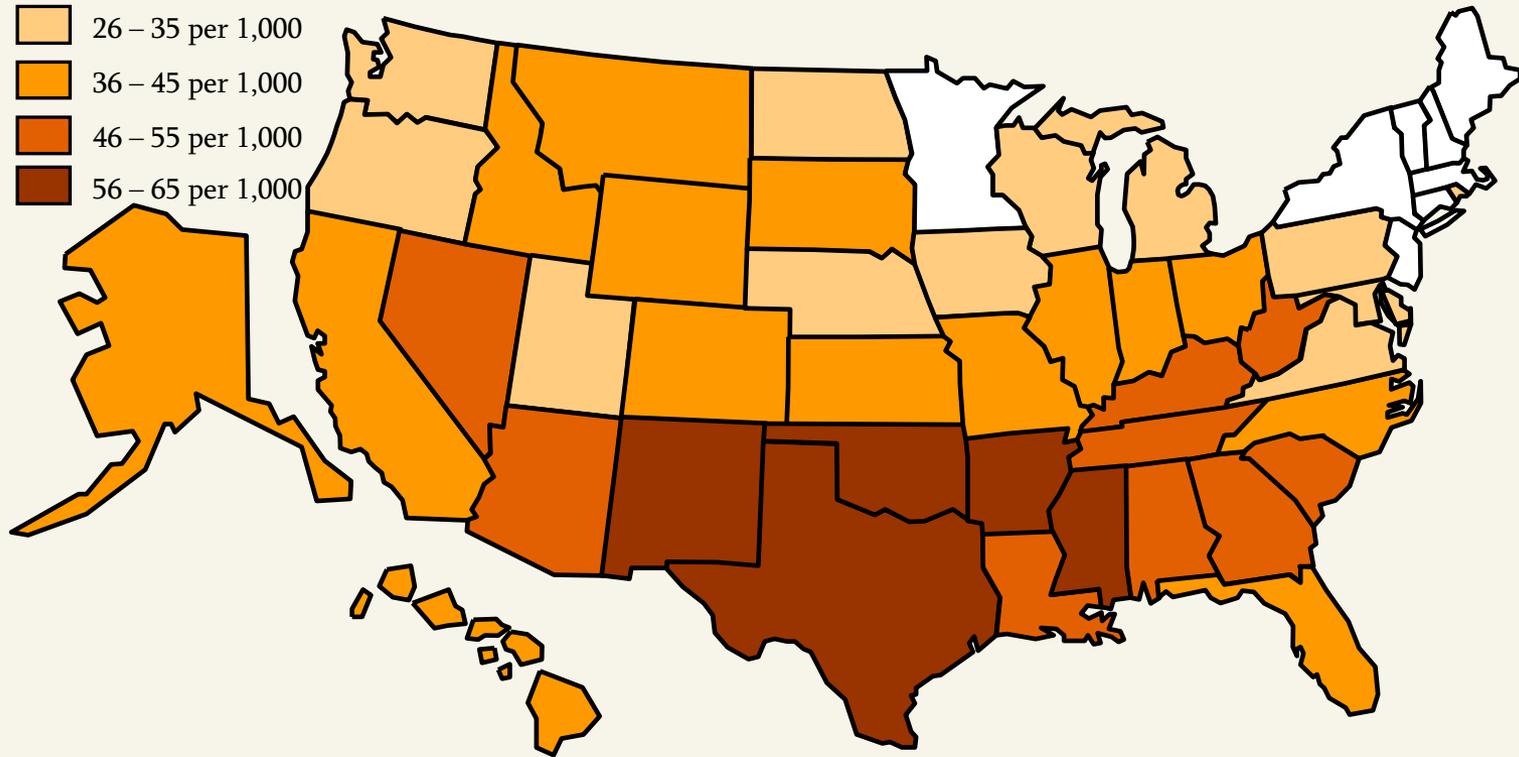
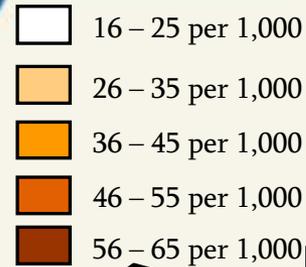


Teen Births by Marital Status

- The vast majority of teen births (89% in 2011) are to unmarried teens.¹
- Births to younger teens are even more likely to be nonmarital (99% of births to teens under age 15).¹



Teen Birth Rates by State, 2009¹



Teen Birth Rate, Girls 15 – 19, 2009 (Rate per 1,000)

Teen birth rates range from a low of 16 per 1,000 in New Hampshire to a high of 64 per 1,000 in Mississippi.

Data Sources for Teen Childbearing

1. Hamilton BE, Martin JA, and Ventura SJ. (2012). Births: Preliminary Data for 2011, *National Vital Statistics Reports*, 61(5).
2. Kaye, K (2009). Changes in the Teen Birth Rate from 1991 to 2005 and 2005 to 2006: Assessing the Role of Changes in the Teen Population. The National Campaign to Prevent Teen and Unplanned Pregnancy: Washington, DC.

Learning Exercise

True or False: Teen birth rates have _____ among Latina teens over the past 20 years.

- A. increased
- B. decreased

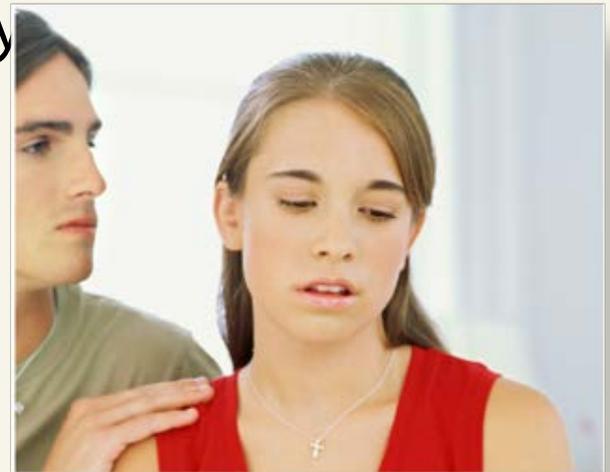
Trends in Teens' Attitudes

In this section, you will learn teen attitudes about:

- Sex
- Condom use
- Pregnancy
- Marriage
- Cohabitation

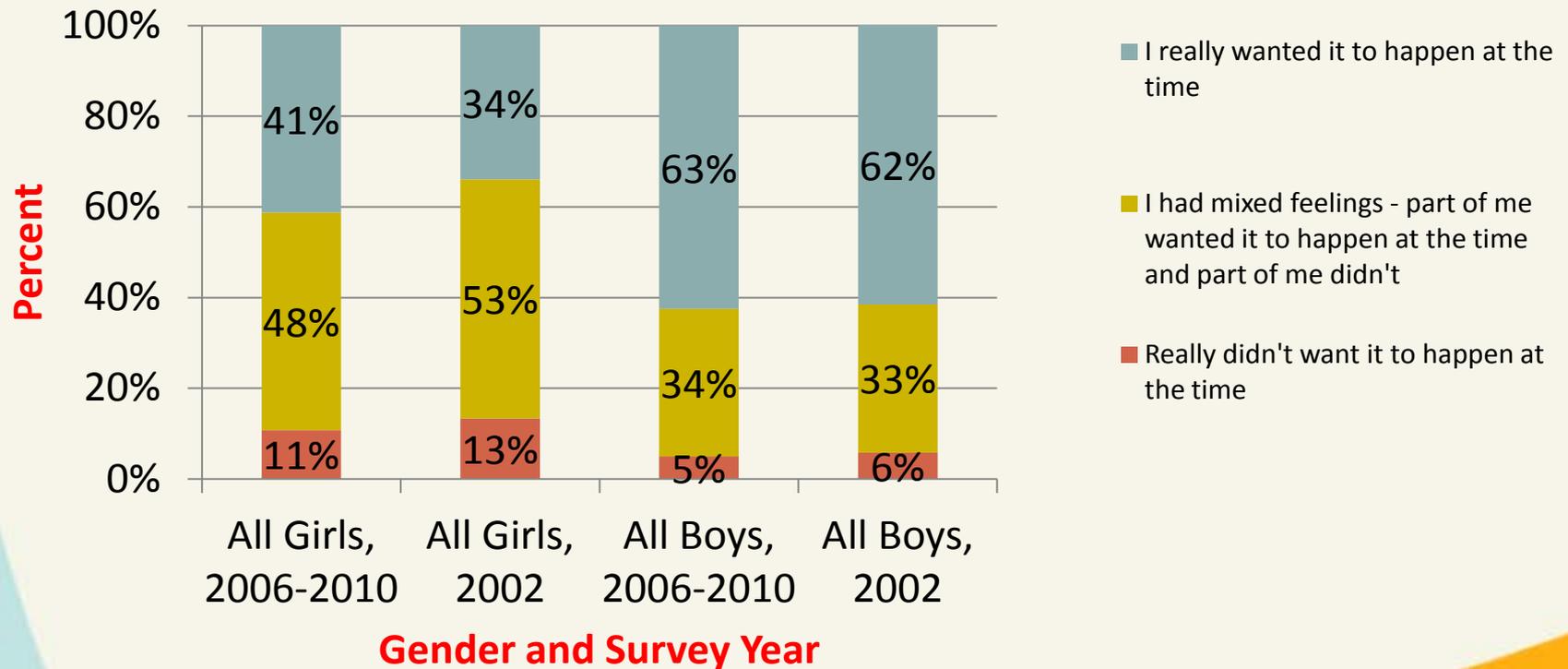
Teen Attitudes Toward Their First Sexual Experience

- Teens tend to have mixed emotions about their first sexual experience. They are more likely to report that they didn't want to have sex if their sexual experience occurred at age 14 or younger, compared to teens who first had sex at 15 or older.¹
- Teen girls are more likely than boys to report that they didn't really want to have sex or they had mixed feelings about it.¹



Teen Attitudes Toward Their First Sexual Experience¹

Attitudes Toward First Sex Among Young Adults Age 18-24 Who Had Sex Before Age 20, NSFG, 2002 and 2006-2010



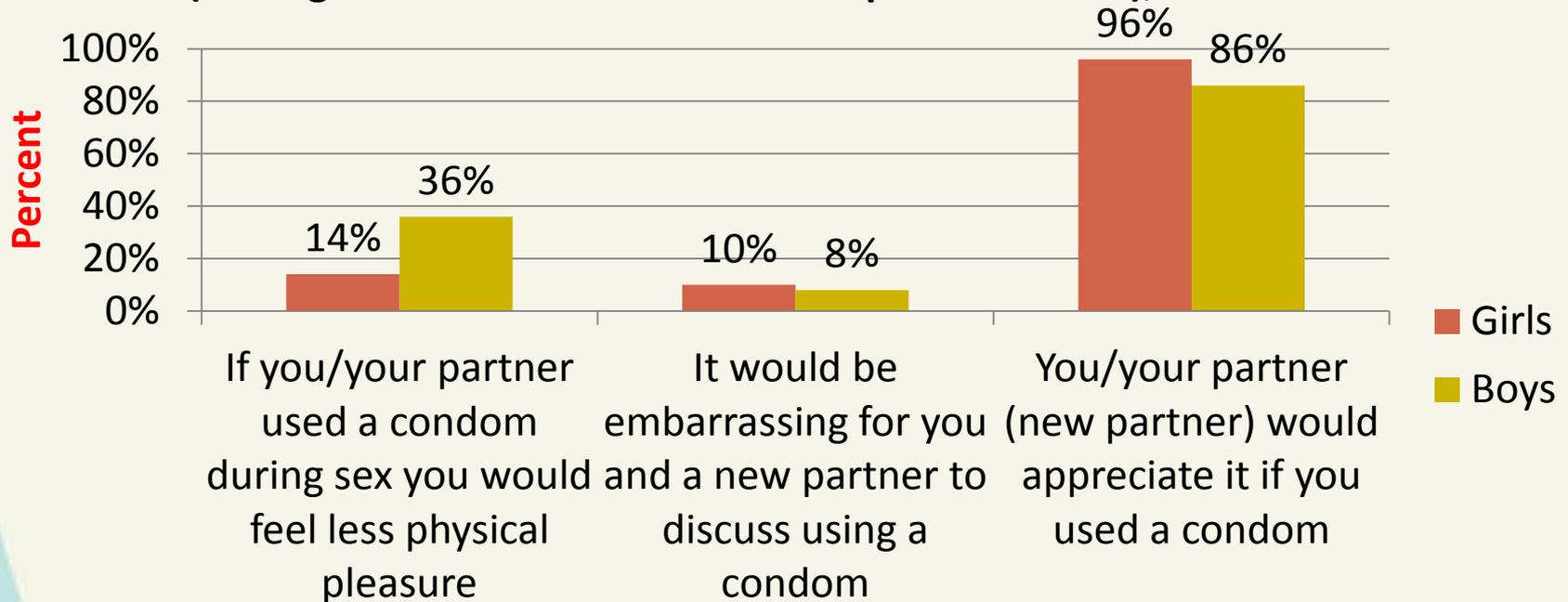
Teen Attitudes Toward Condom Use

- Most girls report that using a condom would not likely result in less physical pleasure. Two-thirds of boys agree.¹
- Most teens also report that it would not be embarrassing to discuss using a condom with a new partner—that a new partner would, in fact, appreciate it if a condom were used.¹



Teen Attitudes Toward Condom Use¹

Percent of Teens Who Report There Is a Pretty Good or Almost Certain Chance of the Following, NSFG
(among teens who've had sex in the past 3 months), 2006-2008



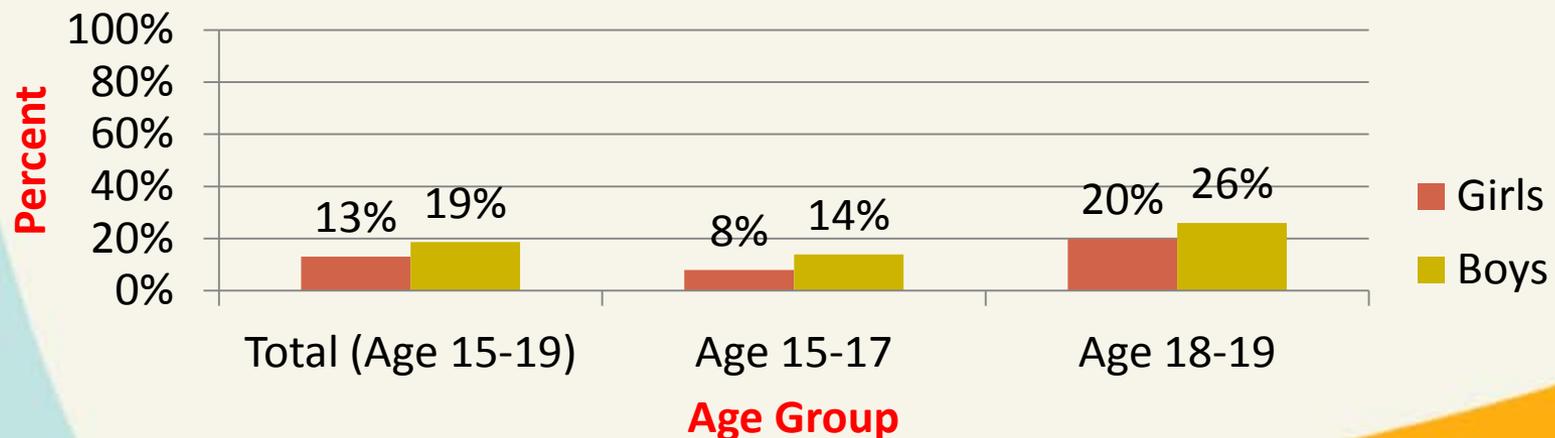
Teens who report there is a pretty good or almost certain chance

Attitudes Toward Pregnancy

Although the vast majority of teen pregnancies are unplanned, some teens report that they would be at least a little pleased if they or their partner were to get pregnant now.¹

- More boys than girls
- More older teens than younger teens

Percent of Teens Who Would be a Little Pleased or Very Pleased if They/Their Partner Were to Get Pregnant Now, 2006-2010



Attitudes Toward Teen Sexual Activity

Many teens disapprove of sexual activity at younger ages.

- Only 27% of girls and 39% of boys say a sexual relationship between unmarried 16-year-olds is all right as long as they have strong feelings for each other.¹
- Comparatively, 60% of girls and 68% of boys say a sexual relationship between unmarried 18-year-olds is all right as long as they have strong feelings for each other.¹



Attitudes Toward Nonmarital Childbearing

Most teens agree that it is okay for an unmarried female to have a child.¹

- 71% of teen girls
- 64% of teen boys



Attitudes Toward Marriage and Cohabitation

- 70% of teen boys and 55% of teen girls agree that it is better for a person to get married than to go through life single.¹
- Only one-third of teens agree that a young couple should not live together unless they are married.¹



Parental Influence

Teens report their parents most influence their decisions about sex.

- 38% say parents most influence their decisions.²
- 22% say their friends most influence their decisions.²



Messages for Boys and Girls

- “Teen boys often receive the message that they are expected to have sex.” (Over half of teen boys and two-thirds of teen girls agree.)²
- “Teen girls often receive the message that attracting boys and looking sexy is one of the most important things that they can do.” (Over two-thirds of both teen boys and teen girls agree.)²

Data Sources for Teens' Attitudes

1. Abma JC, Martinez GM, and Copen CE. (2011). Teenagers in the United States: Sexual Activity, Contraceptive Use, and Childbearing, National Survey of Family Growth, 2006-2010. *Vital Health Statistics*, 23(31).
2. Albert B (2012). *With One Voice, 2012: America's Adults and Teens Sound Off About Teen Pregnancy*, The National Campaign to Prevent Teen and Unplanned Pregnancy: Washington, DC.

Learning Exercise

True or False: In general, teens have positive attitudes toward condom use.

- a. True
- b. False

Risk and Protective Factors

In this section, you will learn about:

- Resources to identify risk and protective factors
- How risk and protective factor research is used in programs to prevent teen pregnancy

Risk and Protective Factors

- More than 500 have been identified.^{1,2}
- Some directly influence; others are indirect.^{1,2}
- Values and attitudes are important.^{1,2}
- Consider the factors that are critical for the behaviors you want to change, and consider whether or not you can modify these factors.²

Risk and Protective Factors

- Risk and protective factors are rooted in:²
 - Communities
 - Families
 - Friends/peers
 - Romantic partners
 - Individuals
- Organizations working on preventing pregnancy should focus on those factors more closely related to sexual behavior and those that can be changed through programmatic intervention.²



Risk and Protective Factors Programs Can Best Influence

- Peer attitudes and behaviors²
- Individuals' sexual beliefs, attitudes and skills²



Data Sources on Risk and Protective Factors

1. Kirby D, and Lepore G (2007). *A Matrix of Risk and Protective Factors Affecting Teen Sexual Behavior, Pregnancy, Childbearing, and Sexually Transmitted Disease*. The National Campaign to Prevent Teen and Unplanned Pregnancy: Washington, DC and ETR Associates: Scotts Valley, CA.
2. Kirby D (2007). *Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy and Sexually Transmitted Diseases*, The National Campaign to Prevent Teen and Unplanned Pregnancy: Washington, DC.

Learning Exercise

Which of the following could be a protective factor for teen pregnancy?

- a. Greater parental supervision and monitoring
- b. Peer support for condom and contraceptive use
- c. High educational aspirations and plans for the future
- d. More perceived benefits and fewer costs and barriers to using condoms
- e. All of the Above

Data Resources

Youth Risk Behavior Surveillance System

- <http://www.cdc.gov/healthyouth/yrbs/index.htm>

The National Survey of Family Growth

- <http://www.cdc.gov/nchs/nsfg.htm>

The National Center for Health Statistics

- <http://www.cdc.gov/nchs/births.htm>

The Guttmacher Institute

- www.guttmacher.org

The National Campaign to Prevent Teen and Unplanned Pregnancy

- www.thenationalcampaign.org
- State specific data: <http://www.thenationalcampaign.org/state-data/state-comparisions.asp?ID=3>

Teen Pregnancy: Data Sources

- Guttmacher Institute
- <http://www.guttmacher.org/pubs/USTPtrends08.pdf>
 - Includes pregnancy, birth and abortion data for teens age 15-19 from 1986 to 2008
 - Includes data for age group and race/ethnicity, but not for age x race/ethnicity (e.g., no data for 15- to 17-year-old African American teens)
- <http://www.guttmacher.org/pubs/USTPtrends.pdf>
 - Also Includes state specific estimates for 1988, 1992, 1996, 2000 and 2005

Teen Pregnancy: Data Sources

- National Center for Health Statistics
 - http://www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_07.pdf
 - Includes numbers and rates of pregnancies, abortions and births for 1990-2008
 - Includes information by age, race/ethnicity and age x race/ethnicity
 - Does not include information by state
- State Health Departments – Vital Statistics Systems might also report pregnancy data

Teen Births: Data Sources

- National Center for Health Statistics
 - <http://www.cdc.gov/nchs/births.htm>
 - Preliminary and final birth data reports
 - Most recent data available are preliminary data for 2011 (based on 99% of the collected birth certificates)
 - States collect the data through their birth certificates and share the information with CDC
- State Health Departments – Vital Statistics Systems might also report birth data

Teen Births: Finding Information at the State and County Level

- Birth data available online from NCHS for each state and counties with more than 100,000 residents
- http://www.cdc.gov/nchs/data_access/vitalstats/VitalStats_Births.htm
- Only available for final birth data
- Data can be downloaded and incorporated into reports, proposals, etc.

Adolescent Reproductive Health in the States

- Office of Adolescent Health, Adolescent Reproductive Health in the States
 - <http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/>

Resources on Risk and Protective Factors

- Risk and Protective Factors Matrix:
 - http://www.thenationalcampaign.org/ea2007/protective_factors_matrix.pdf
- *Emerging Answers, 2007:*
 - <http://www.thenationalcampaign.org/ea2007/>

The End

Questions?