Highlights

Teen Pregnancy Prevention Project

Adolescent Health

2016-2017
**Mission:** To promote healthy development across the life course by providing education and tools to youth, schools, families, and communities.

**Goal:** Reduce teen birth rates and prevalence of sexually transmitted diseases (STDs), including HIV, among youth in Oklahoma.

**Why is this important?**

**Good News:** Teen births have decreased by 51% in Oklahoma over the past 25 years.¹ As a result, more young women and men are likely to complete high school, pursue higher education and achieve financial stability.

**Bad News:** Rates are not declining fast enough. Oklahoma is still the 2nd highest (worst) in the nation for teen birth rates.² Rates are disproportionately high in rural communities. Teen childbearing results in substantial social and economic burdens on individuals and communities.

*Did you know that only 15% of births to Oklahoma teen moms were intended?³*

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**Program Overview**

The Oklahoma Healthy YOUTH Project gives students the knowledge, tools and skills to lower their risk of STDs, HIV, and pregnancy.

Based on positive youth development (PYD) research, health education is offered to schools and youth groups in rural Oklahoma counties with high teen birth rates. PYD looks at youth as assets to be developed and gives them a means to build successful futures.

**Positive Experiences + Positive Relationships + Positive Environments**

From July 1, 2016 to June 30, 2017, the project was carried out in 20 rural counties by 4 Adolescent Health Specialists.

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[1] Source: Oklahoma Department of Health

[2] Source: U.S. Census Bureau, American Community Survey

The curricula were implemented in 15 schools and 1 community organization from July 1, 2016 to June 30, 2017.

Participants: 940 participants attended at least 1 program session, 816 (87%) of which attended 75% or more of the program sessions.

Survey
Surveys were used to measure the impact of the program on attitudes, perspectives & behaviors. Participation was voluntary. There were 686 youth who completed the exit survey.

Impact
Youth were asked on the exit survey to think about how the project affected them.

77% Said they were more likely to make plans to reach their goals.

71% Said they were more likely to resist or say no to peer pressure.

73% Said they were more likely to care about doing well in school.

75% Said they were more likely to make healthy decisions about drugs and alcohol.

58% Said they were more likely to share ideas or talk about things that really matter with a parent/guardian.

Youth were also asked questions related to risk of pregnancy and sexually transmitted diseases.

70% Said they were less likely to have sexual intercourse in the next 6 months.

74% Said they were more likely to use (or ask their partner to use) birth control if they had sex in the next 6 months.
Support Healthy YOUth

Individuals can
1. Encourage healthy parent-child communication.
2. Use teachable moments to educate young people.
3. Build positive assets in youth.

Schools can
1. Participate in programs and activities that promote positive youth development.
2. Provide a safe place where young people are free to discuss their concerns about love, sex and relationships.

Organizations can
1. Know and share teens’ healthcare rights.
2. Make resources readily available and accessible for parents and community members.

Communities can
1. Provide youth with opportunities for work and education.
2. Increase community resource sharing and collaborations.

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REFERENCES: