

EVIDENCE-BASED SEXUALITY EDUCATION IN CT

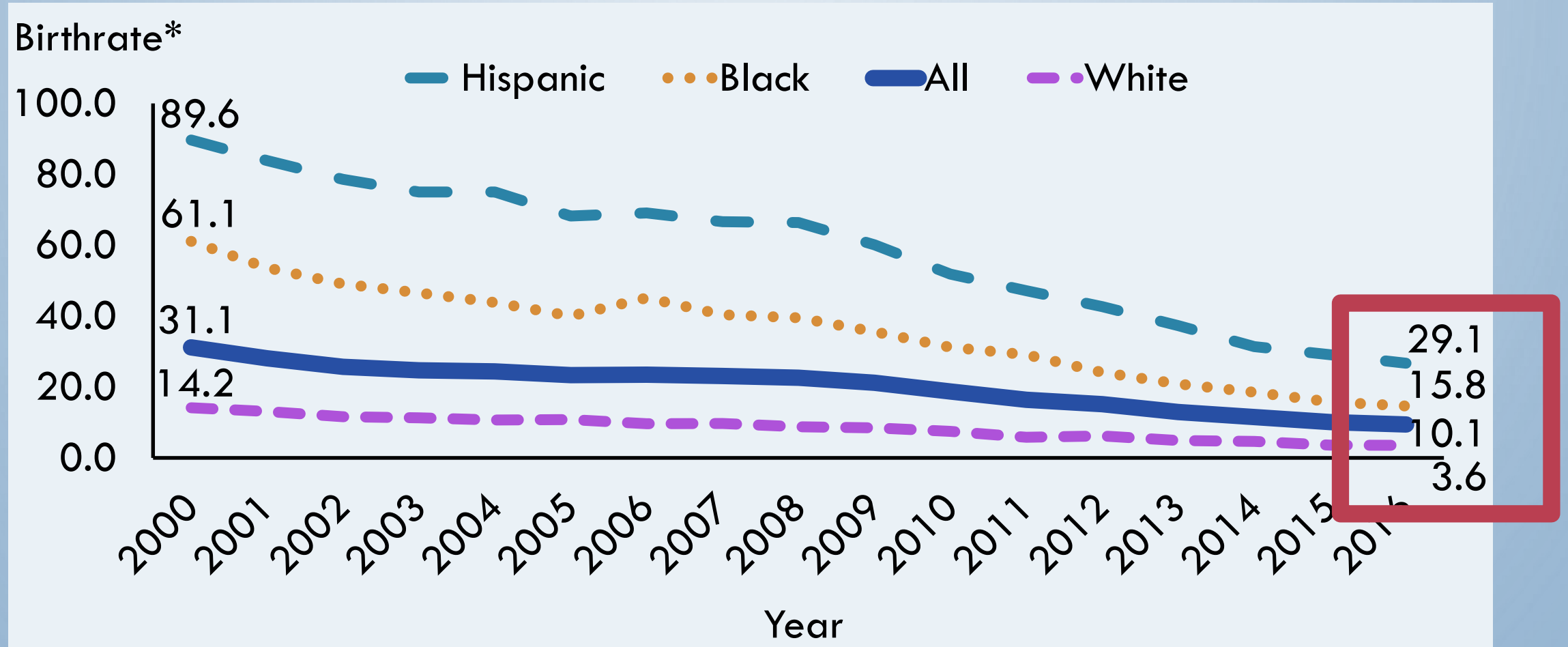
IVA KOSUTIC, PhD MFT

AGENDA

1. Background on teen pregnancy and sexually transmitted infections in CT
2. CT Personal Responsibility Education Program (PREP)
3. PREP Participants
4. Participants' perceptions of PREP
5. Implementation challenges

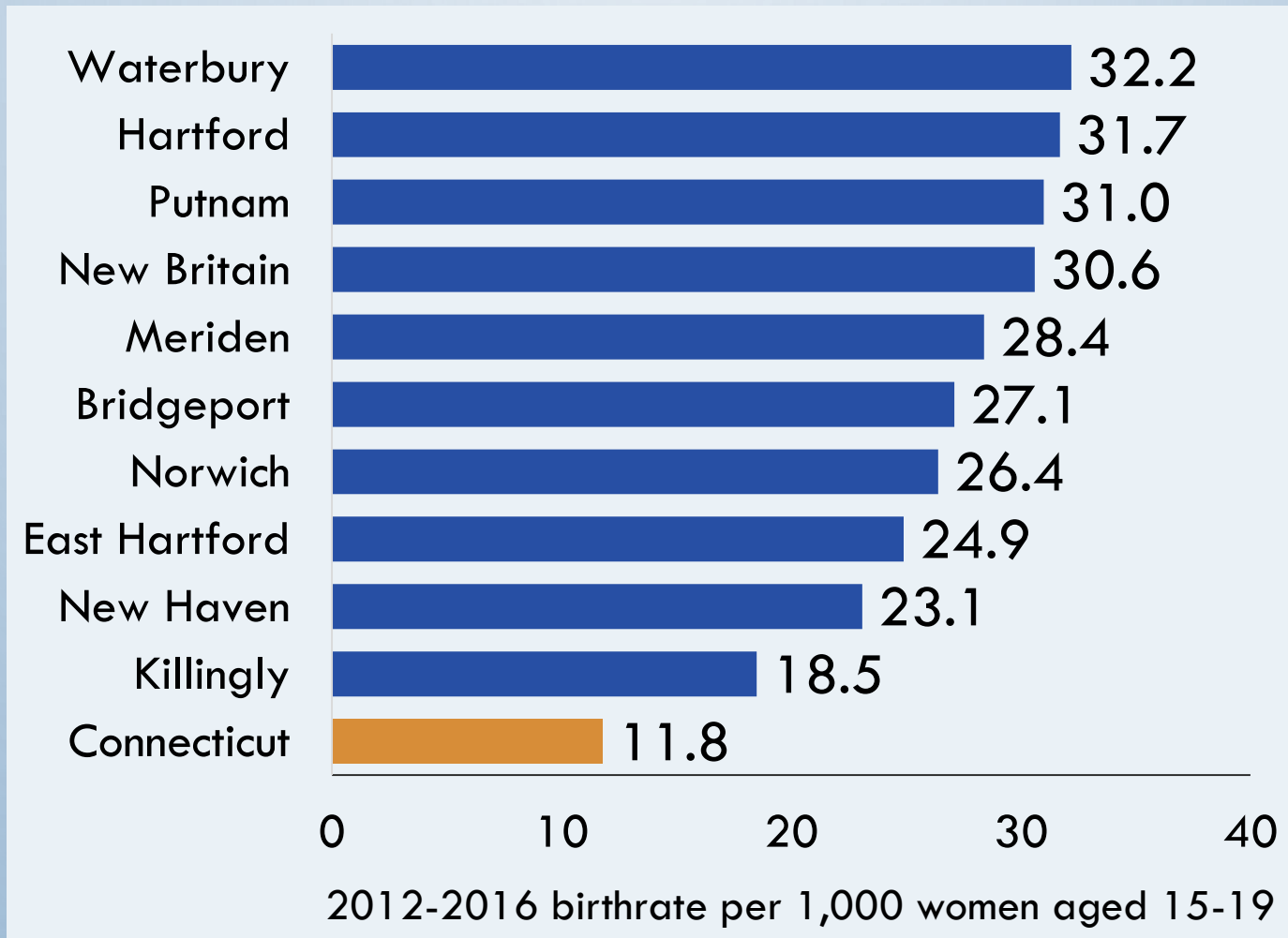
STATE OF AFFAIRS

CT TEEN BIRTHRATES HAVE BEEN ON A DECLINE ...



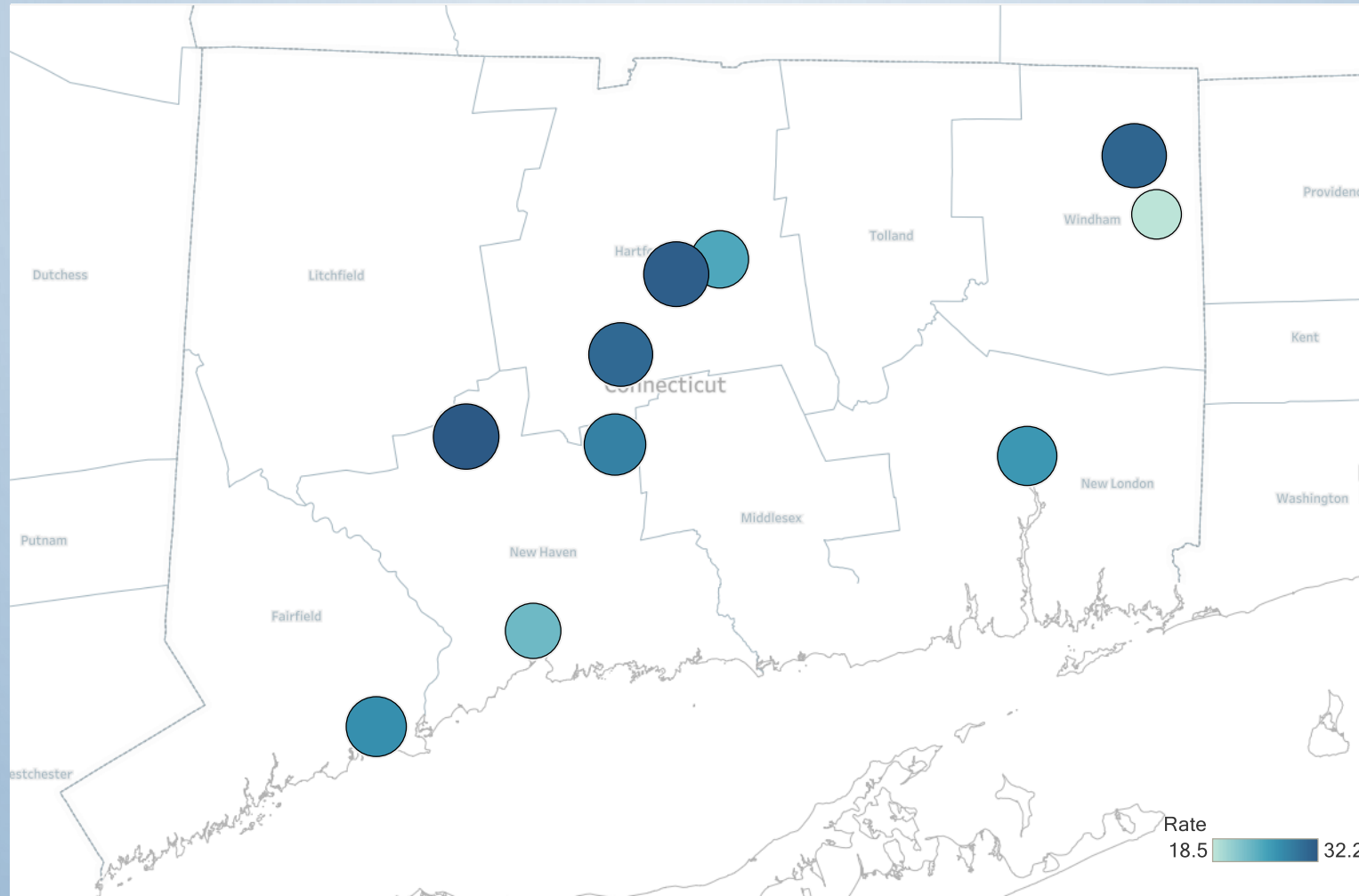
Source: CT DPH Vital Records. *Per 1,000 women aged 15-19.

... BUT DISPARITIES REMAIN



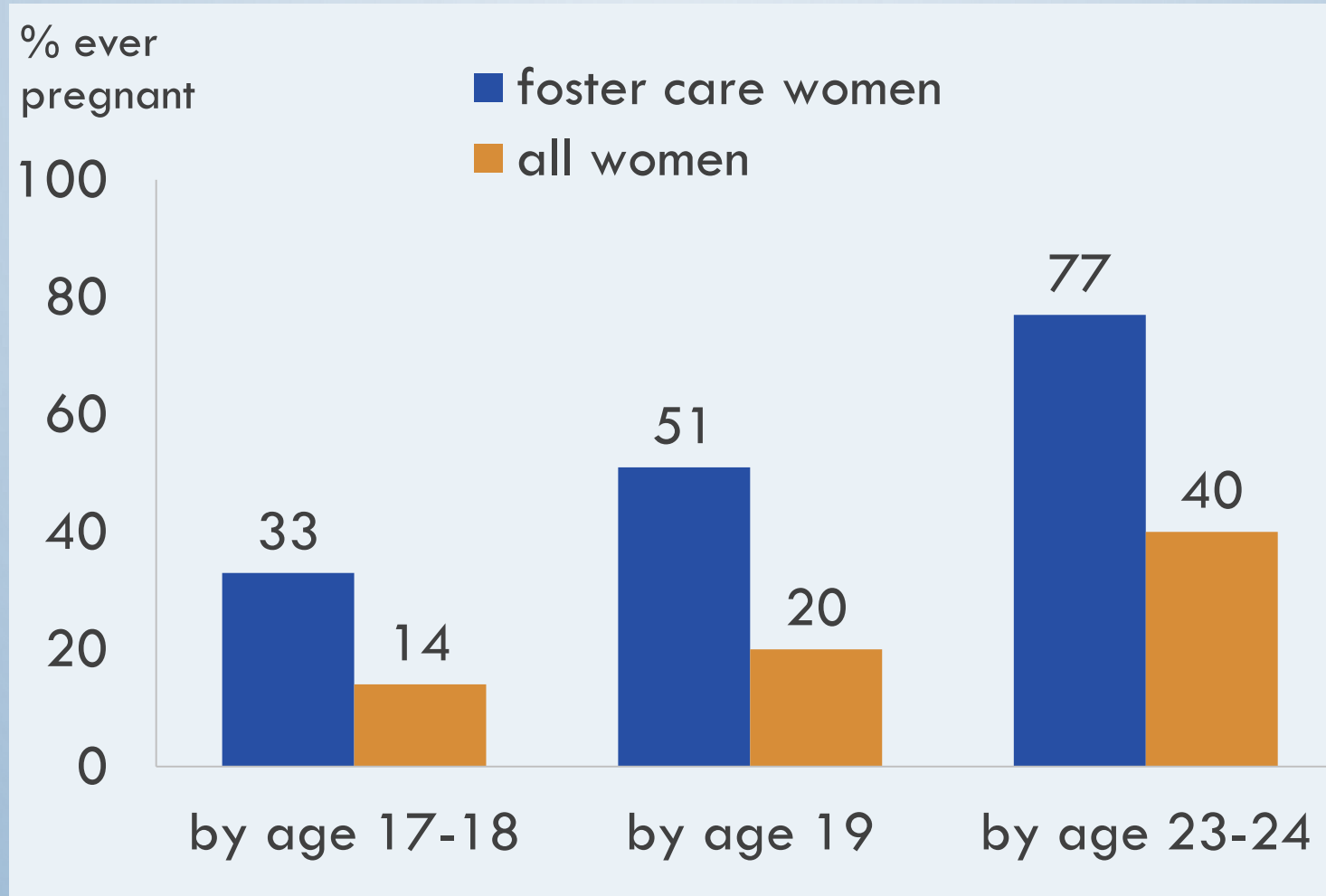
Source: CT DPH Vital Records.

... BUT DISPARITIES REMAIN



Source: CT DPH Vital Records.

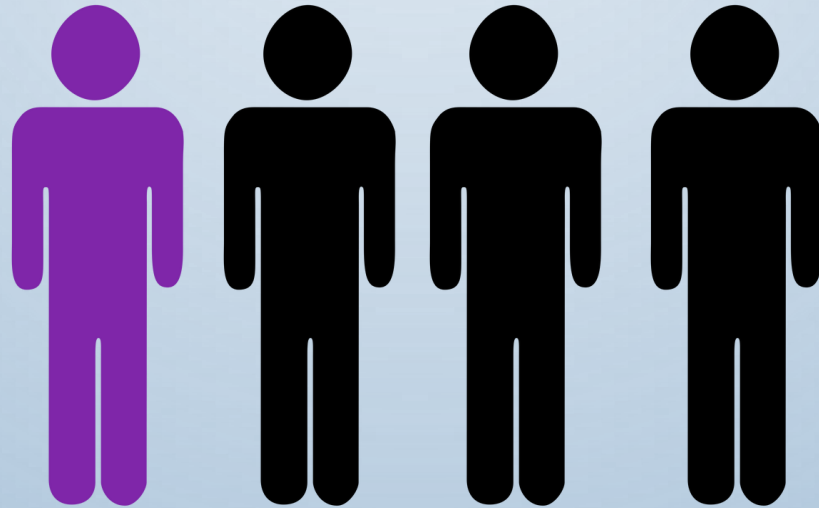
... BUT DISPARITIES REMAIN



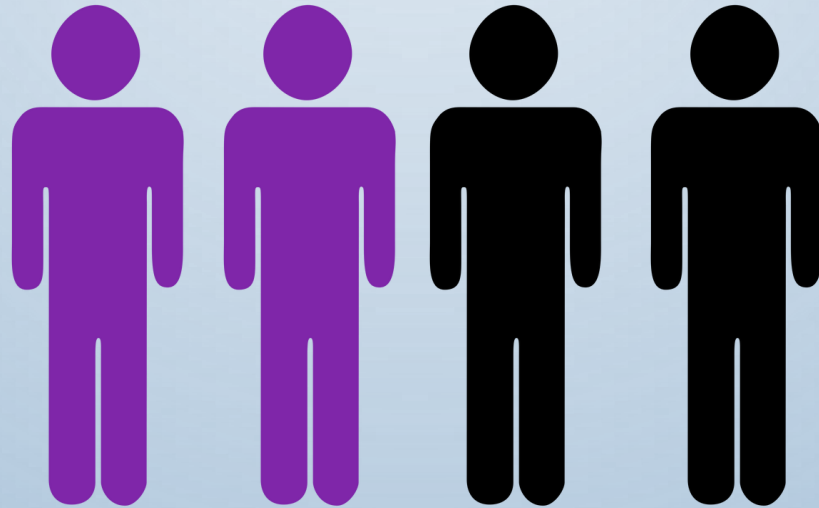
Source: Guttmacher Institute from Chapin Hall at the University of Chicago.

AND, THERE ARE
STIs
TO CONSIDER

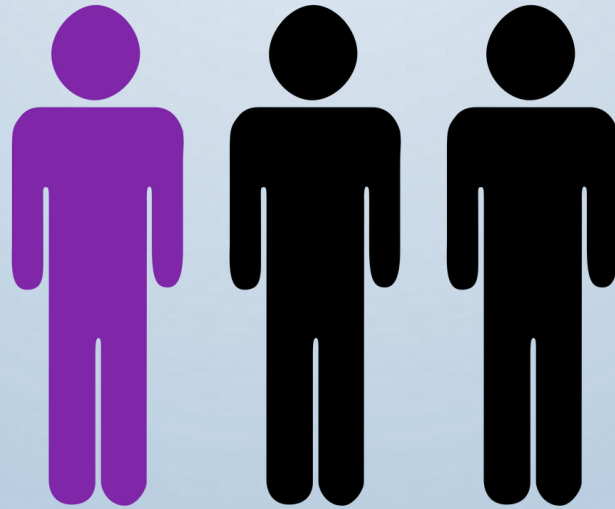
YOUNG PEOPLE MAKE UP A QUARTER OF THE SEXUALLY ACTIVE POPULATION IN THE US



BUT THEY CONTRACT ABOUT
HALF OF ALL STIs ANNUALLY



ADDITIONALLY, THEY ACCOUNT FOR ONE THIRD OF
THE NEW HIV INFECTIONS EACH YEAR



IN CONNECTICUT

3,207

TEENS WERE DIAGNOSED WITH
CHLAMYDIA IN 2016

Source: CDC.

IN CONNECTICUT

378

TEENS WERE DIAGNOSED WITH
GONORRHEA IN 2016

Source: CDC.

IN CONNECTICUT

54

TEENS WERE DIAGNOSED WITH
HIV IN 2015

Source: CDC.

STIs ARE PREVENTABLE

**IF WE WANT TO PREVENT STIs,
SEXUALITY EDUCATION
IS KEY!**

PREP

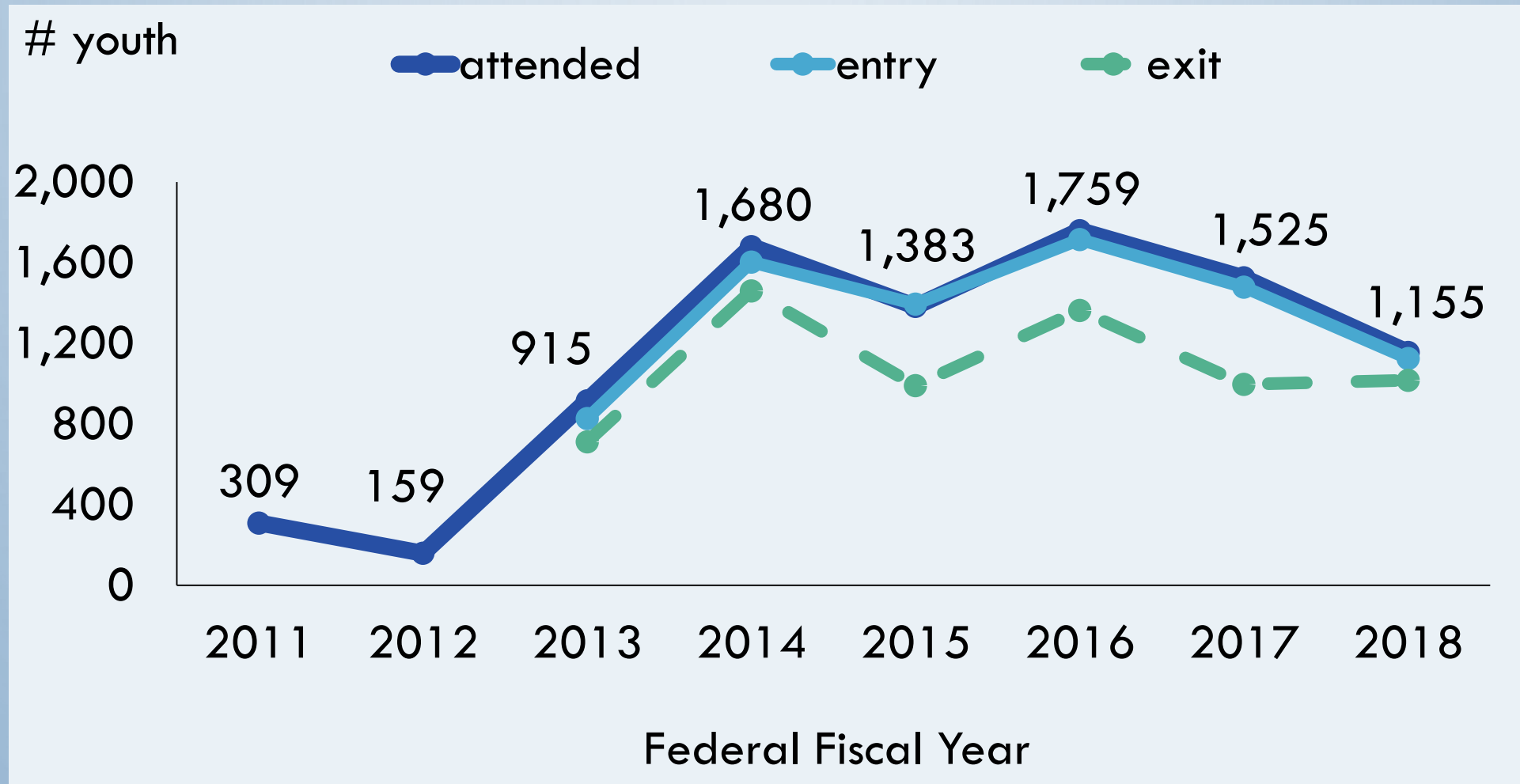
PREP

- Administered by the FYSB and funded through the Affordable Care Act of 2010
- In Connecticut, PREP programs:
 - Educate young people on healthy relationships, including pregnancy and STI prevention
 - Build refusal, negotiation, and decision-making skills
 - Address both abstinence and contraception
 - Utilize evidence-based curricula
 - Teach adulthood preparation subjects, including life-skills and development
 - Cover all 20 sexual health topics highlighted in CDC's School Health Profiles

PREP

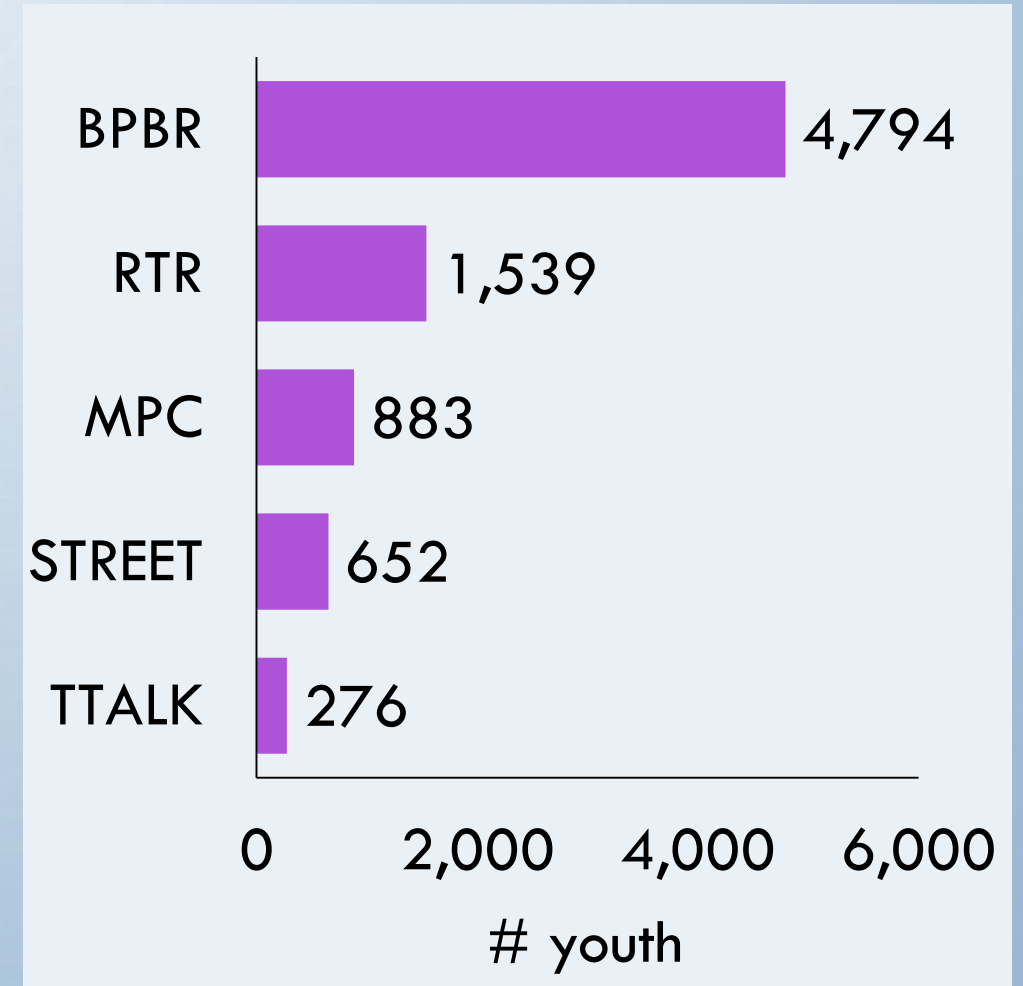
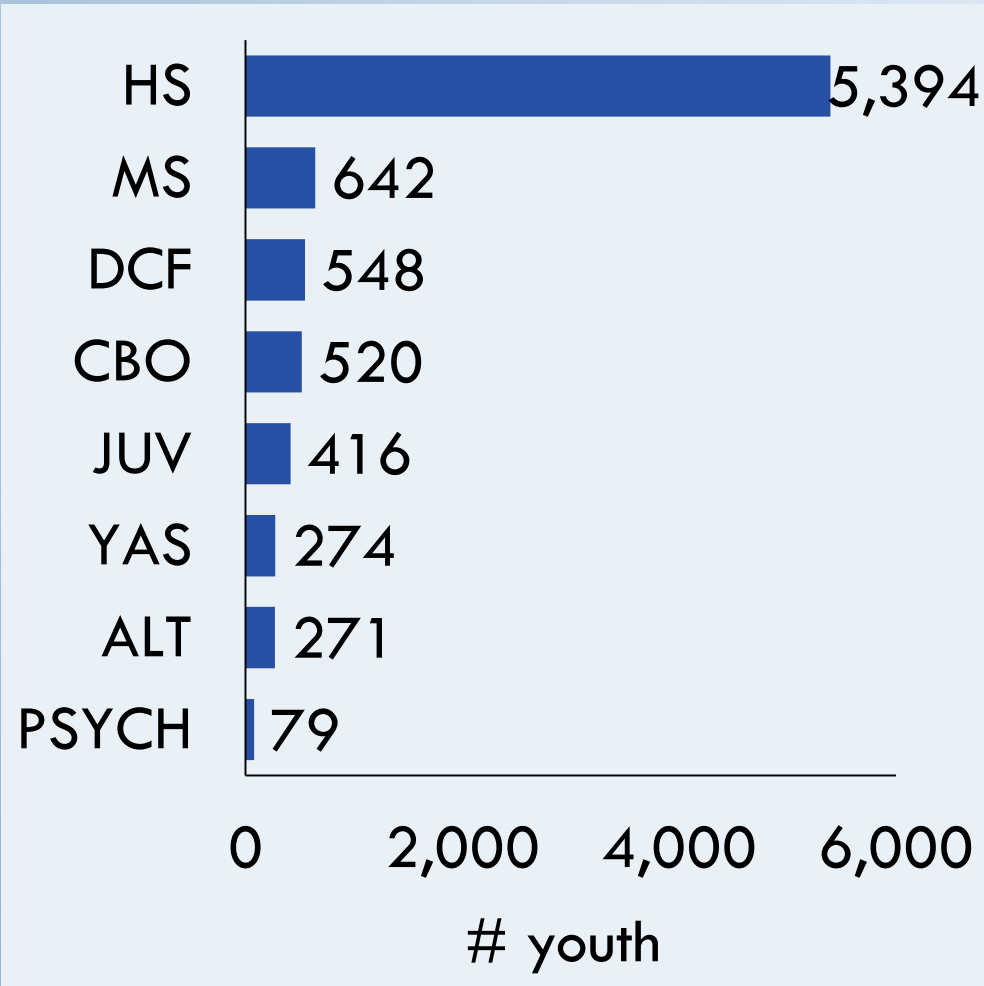
- Planned and implemented by the PREP Advisory Council:
 - DPH (lead agency)
 - DCF
 - DMHAS
 - PPSNE
 - True Colors
 - Klingberg Family Services
 - Partners in Social Research

PREP HAS SERVED OVER 8,500 YOUTH



Source: CT PREP Evaluation.

PREP SETTINGS AND CURRICULA



Source: CT PREP Entry Surveys.

PREP CURRENTLY OFFERS

- Three evidence-based programs (EBPs)
 1. Be Proud! Be Responsible!
 2. Making Proud Choices!
 3. Reducing the Risk

CT PREP CURRICULA

- Included on ACF list of EBPs
 - Promote healthy relationships:
 - refusal skills,
 - negotiation skills, and
 - decision-making skills
 - Teach abstinence and contraception
- Interactive content:
 - group discussions,
 - hands-on exercises,
 - videos,
 - role-play, and
 - workbooks.



CT PREP CURRICULA

- *Be Proud! Be Responsible! and Making Proud Choices!*
 - Negotiation and refusal skills
 - Safe and responsible choices
- Reducing the Risk
 - Refusal skills and delay tactics
 - Abstinence and communication with family

IN ADDITION TO CURRICULA, PREP OFFERS:

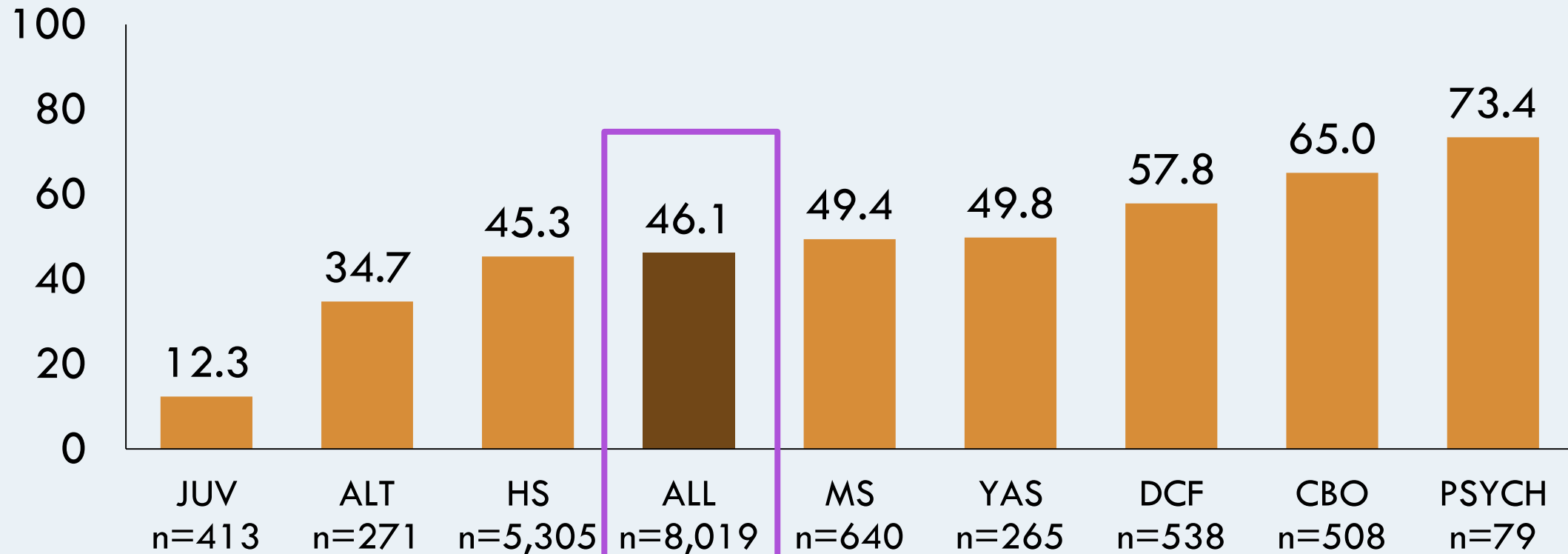
- Educator training
- Educator manuals
- Student workbooks
- Posters & brochures
- Condom demonstrators
- Condoms for demonstration
- Birth control kit
- Technical support and cofacilitation
- Program evaluation
- Funds for substitute teachers

THERE IS **NO COST** TO
SCHOOL DISTRICTS AND
PARTNER AGENCIES

PREP PARTICIPANTS

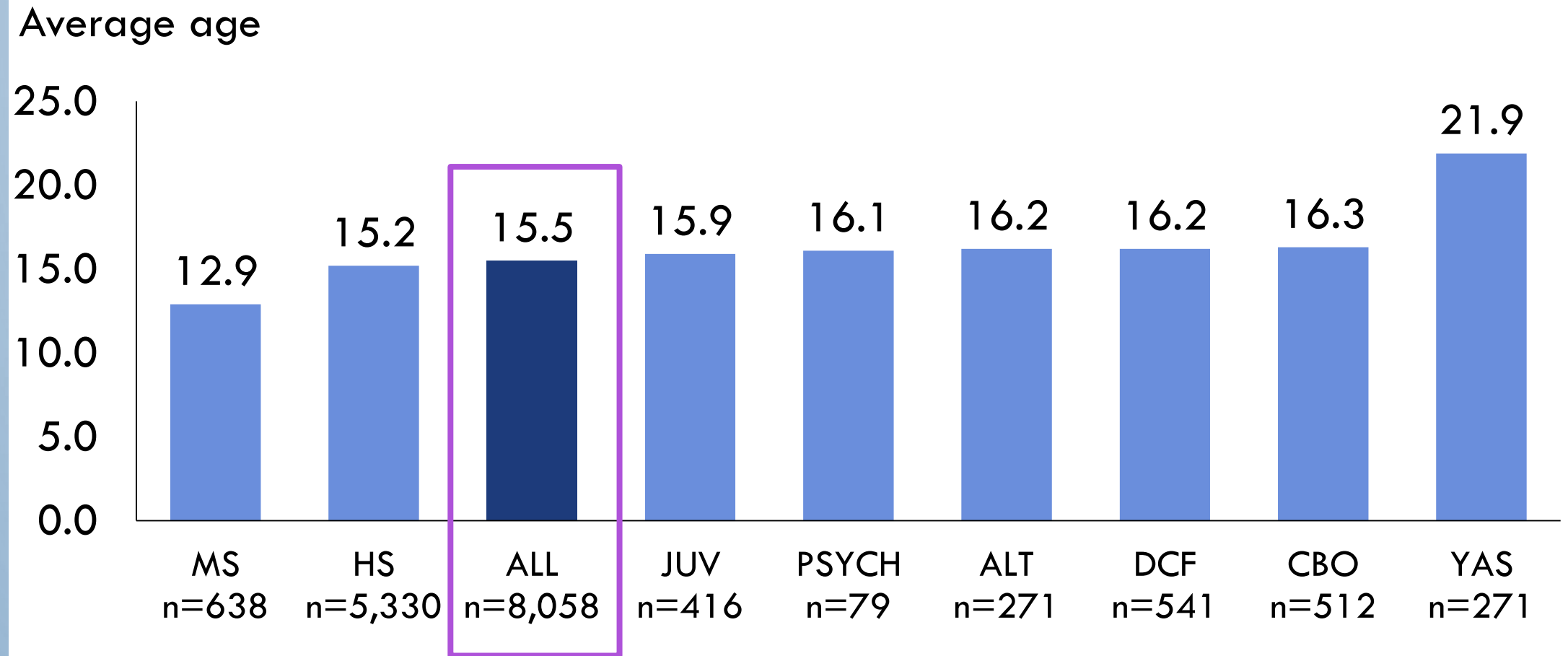
GENDER

% female



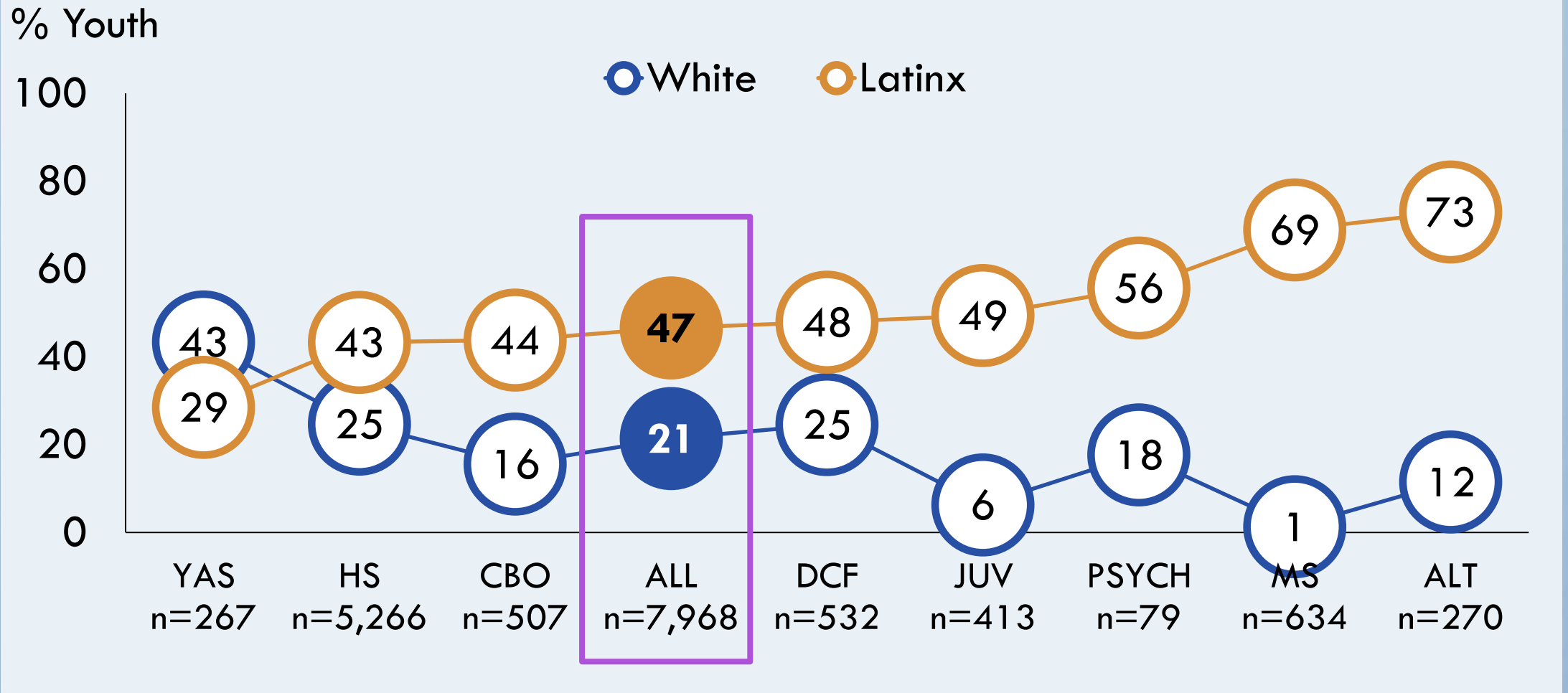
Source: CT PREP Entry Surveys

AGE



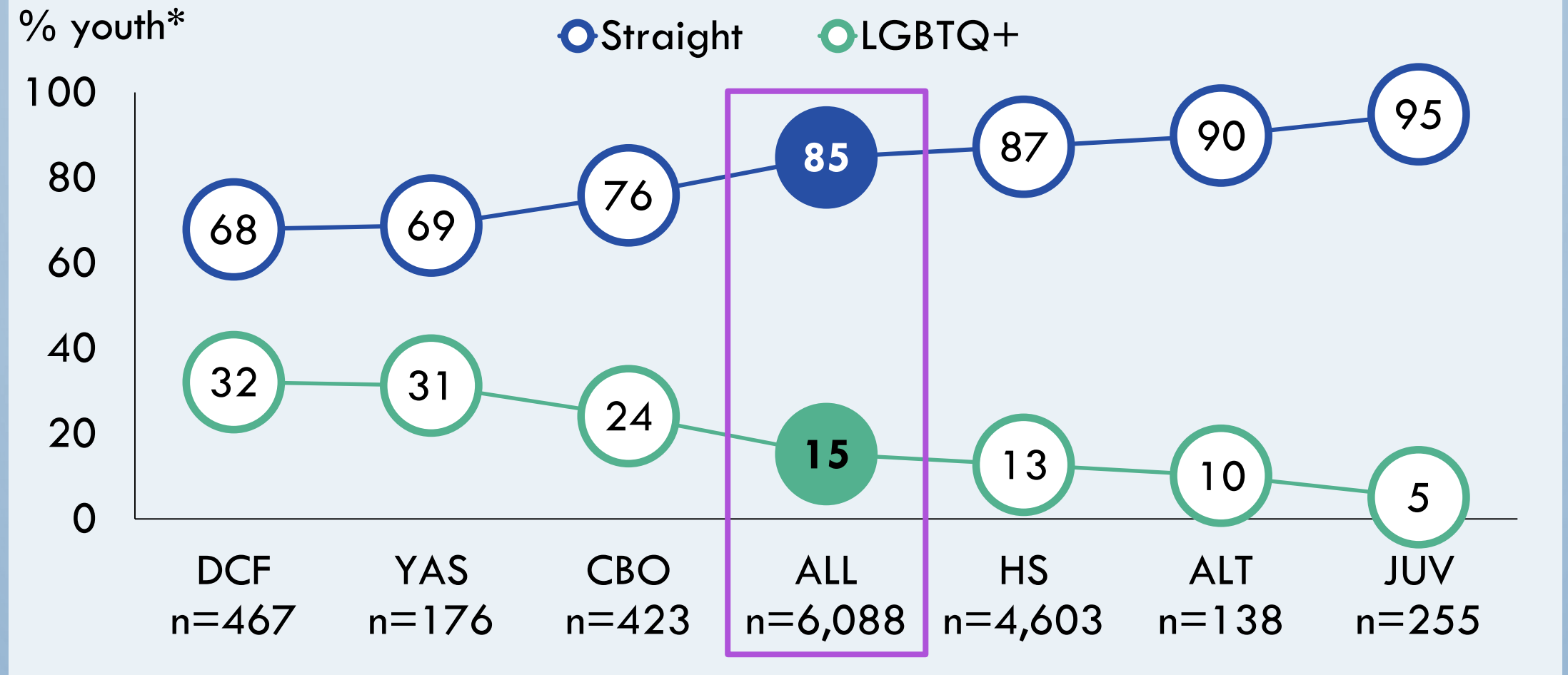
Source: CT PREP Entry Surveys

ETHNICITY / RACE



Source: CT PREP Entry Surveys

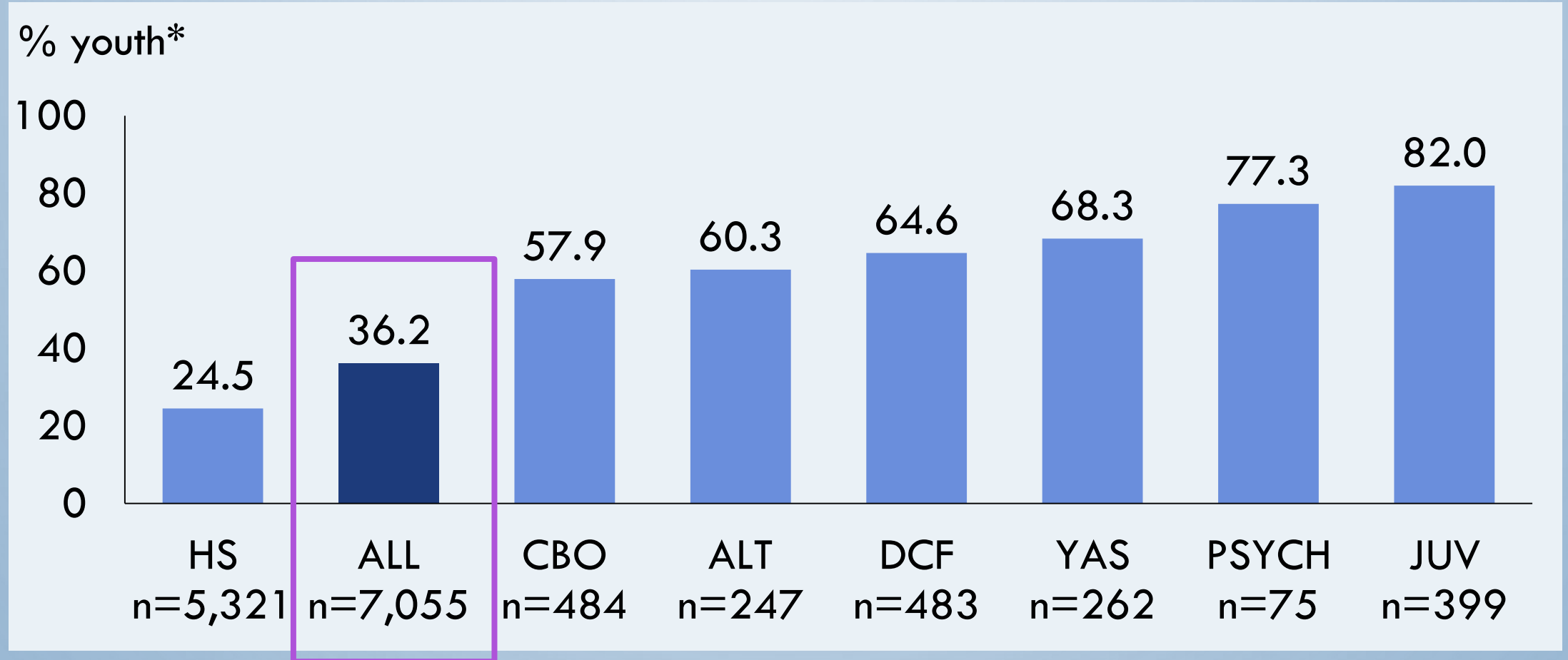
SEXUAL ORIENTATION



Source: CT PREP Entry Surveys. *Question not asked in FY2018 and not asked in middle schools.

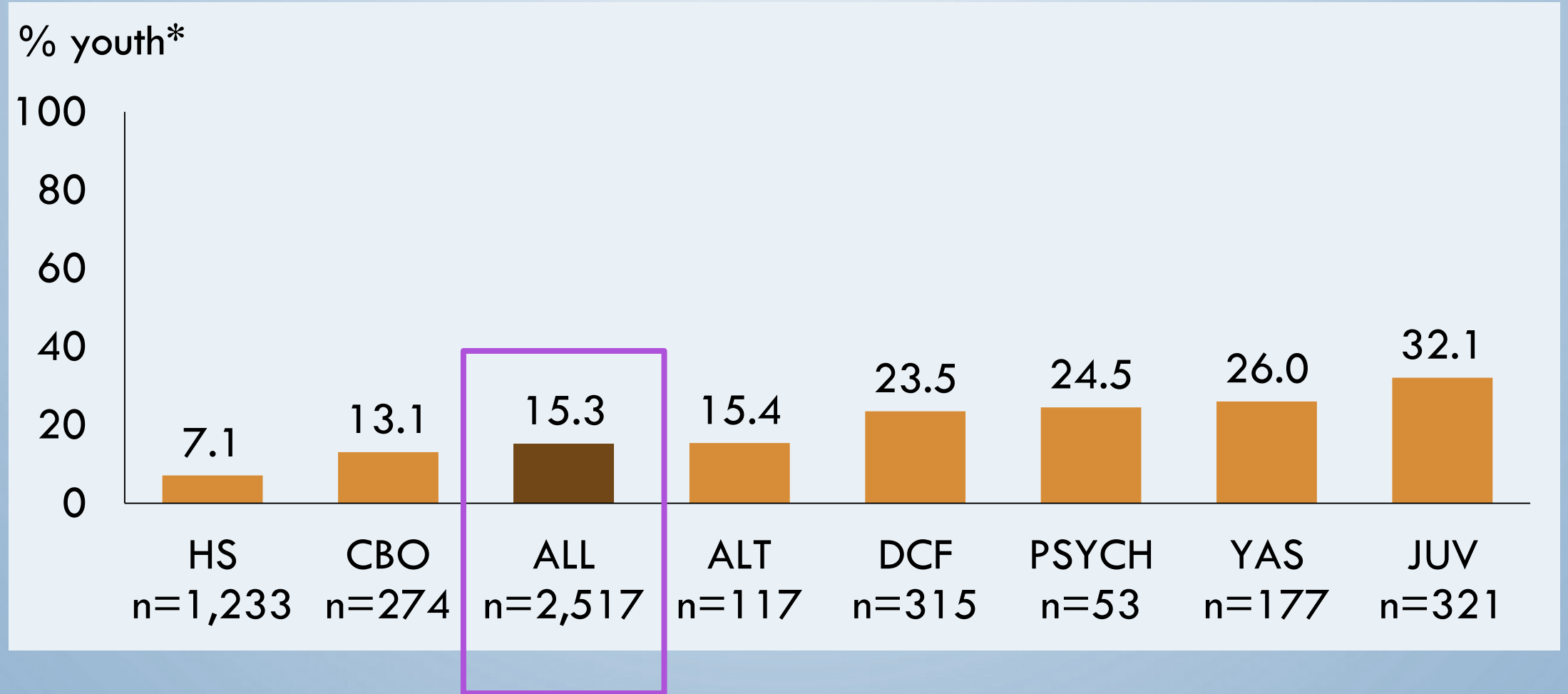
BEFORE PREP

EVER HAD SEX?



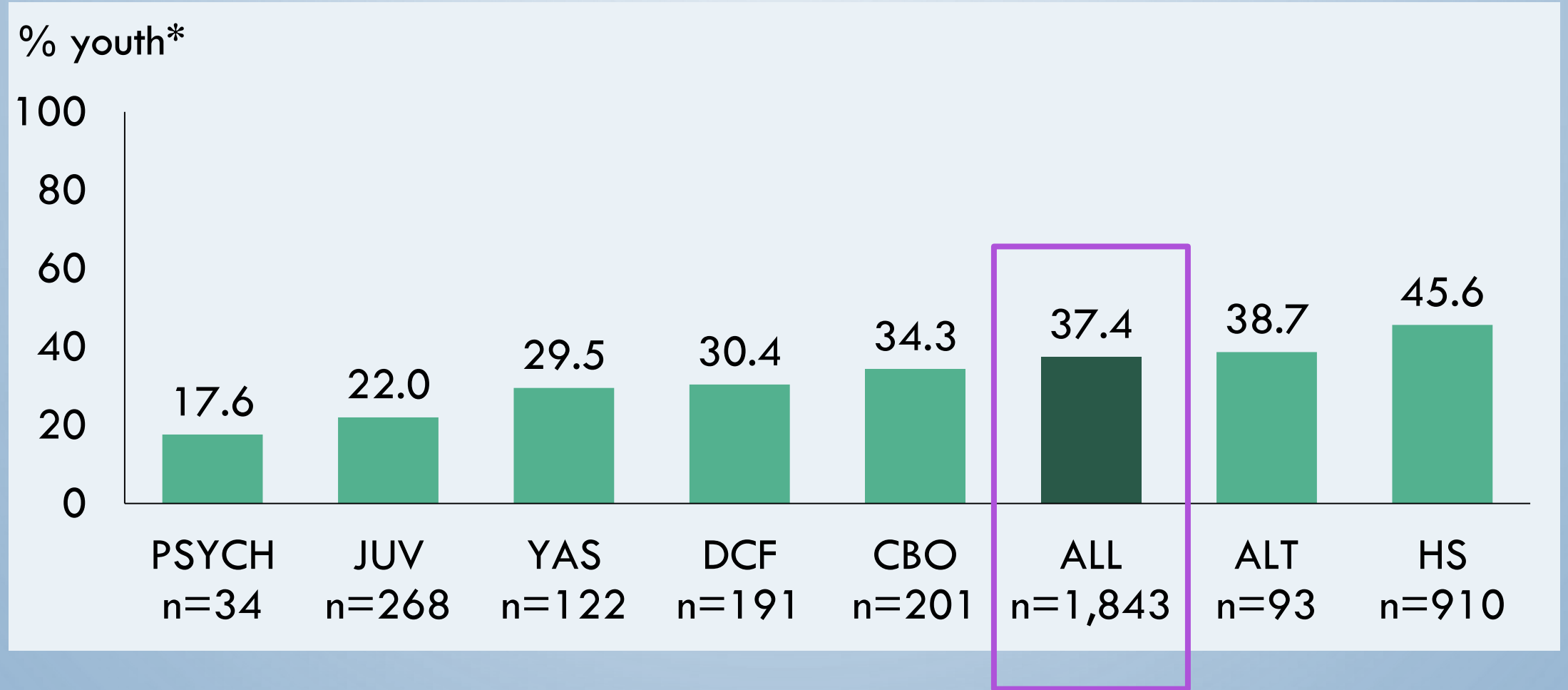
Source: CT PREP Entry Surveys. *Question not asked in middle schools.

EVER BEEN OR GOTTEN SOMEONE PREGNANT?



Source: CT PREP Entry Surveys. *Among those who ever had sex.

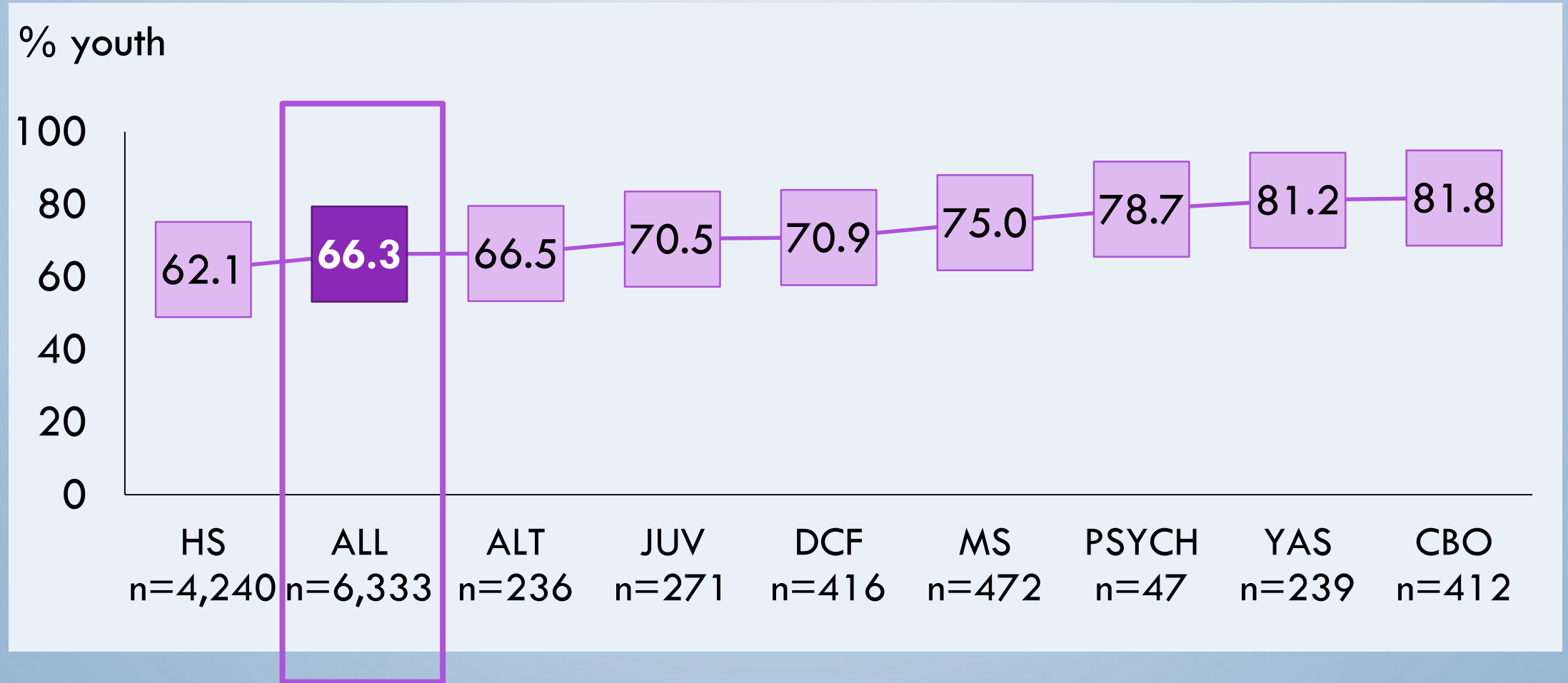
USED CONDOMS CONSISTENTLY?



Source: CT PREP Entry Surveys. *Among those who were currently sexually active.

AFTER PREP

WAS PROGRAM INTERESTING?

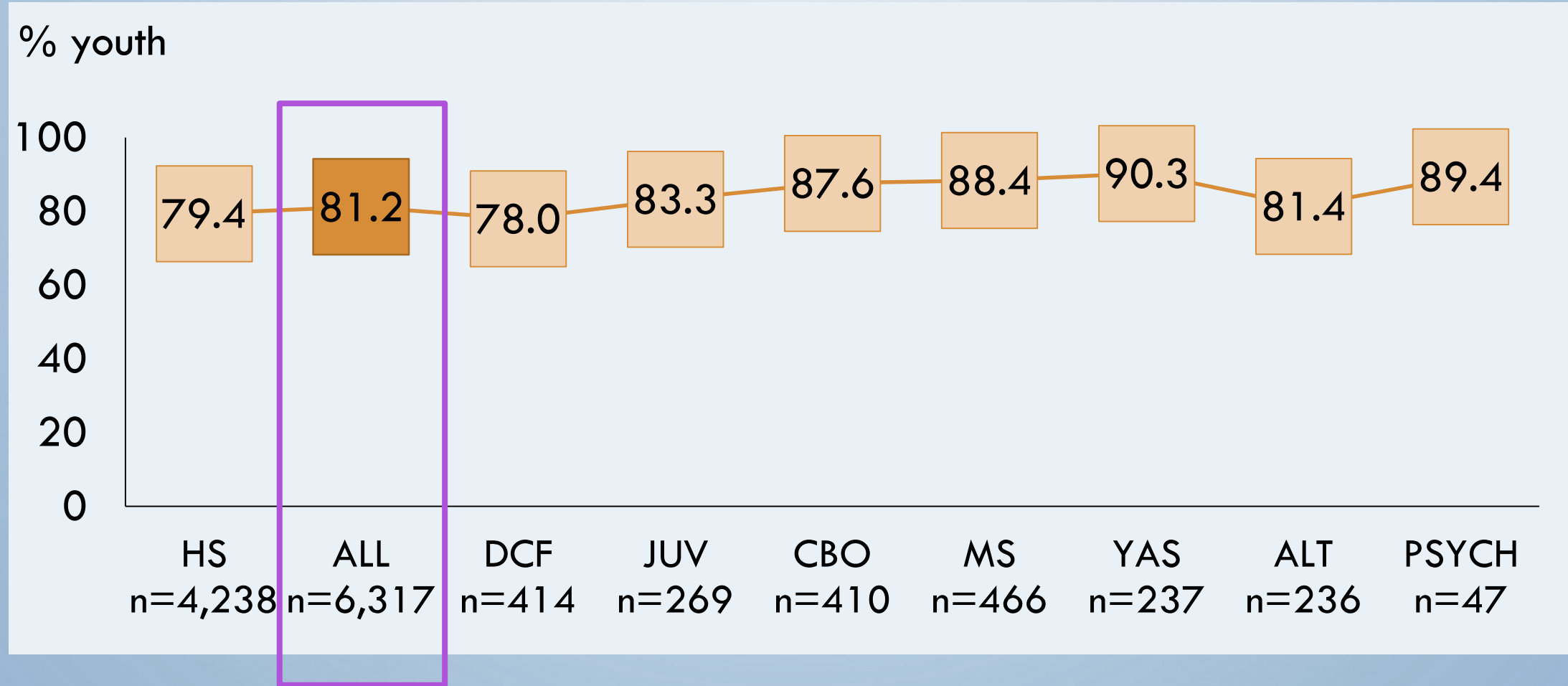


Source: CT PREP Exit Surveys.

WAS PROGRAM INTERESTING?

- *“It's been a blast. I had fun while learning about real life situations. The class has taught me a lot of things. Next time I am about to have sexual intercourse I am going to use a condom.”*
- *“This program was interesting even though I knew mostly everything that was being taught before this program. However, the activities were fun to participate in and absorb more knowledge on the subject than before.”*
- *“I like it, it was fun and the material presented itself in games or activities to grab our attention into the topics.”*

DID PROGRAM PROMOTE LEARNING?

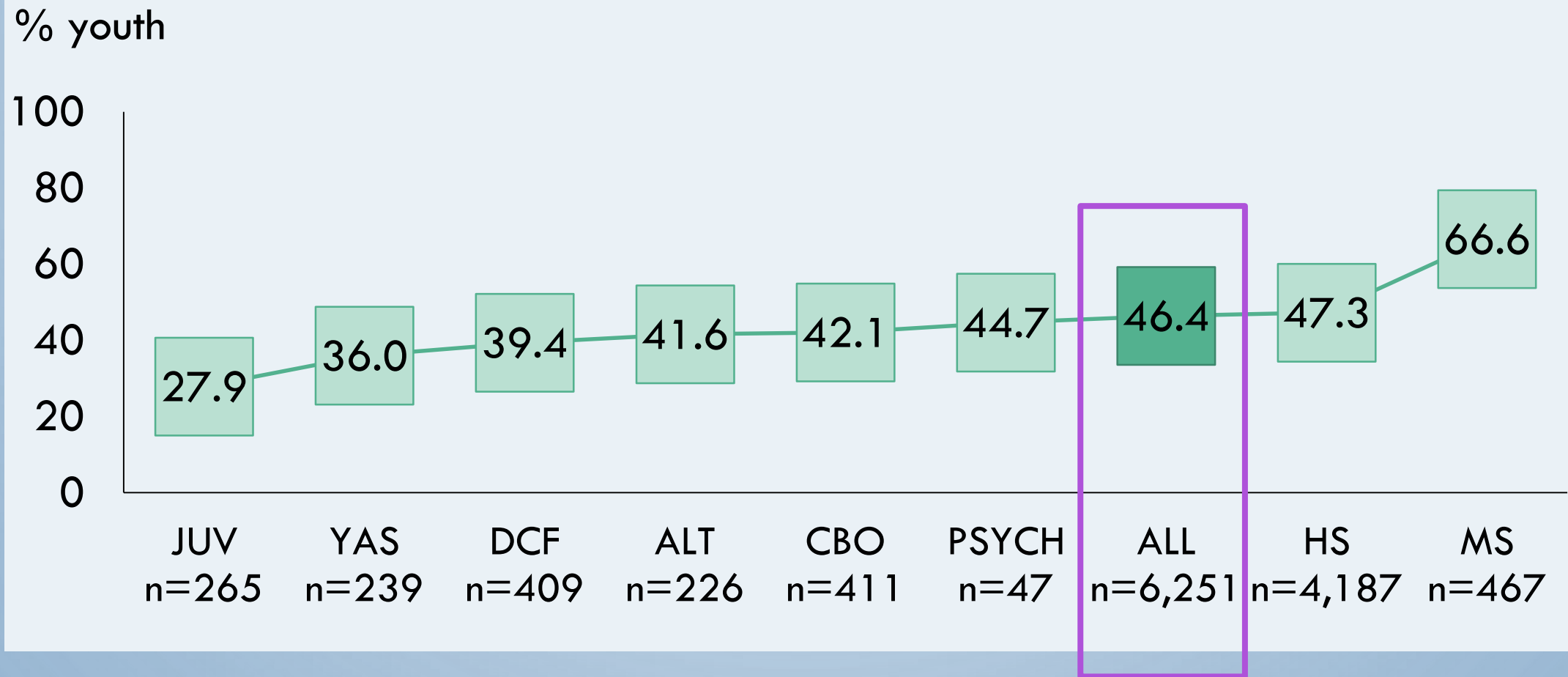


Source: CT PREP Exit Surveys.

DID PROGRAM PROMOTE LEARNING?

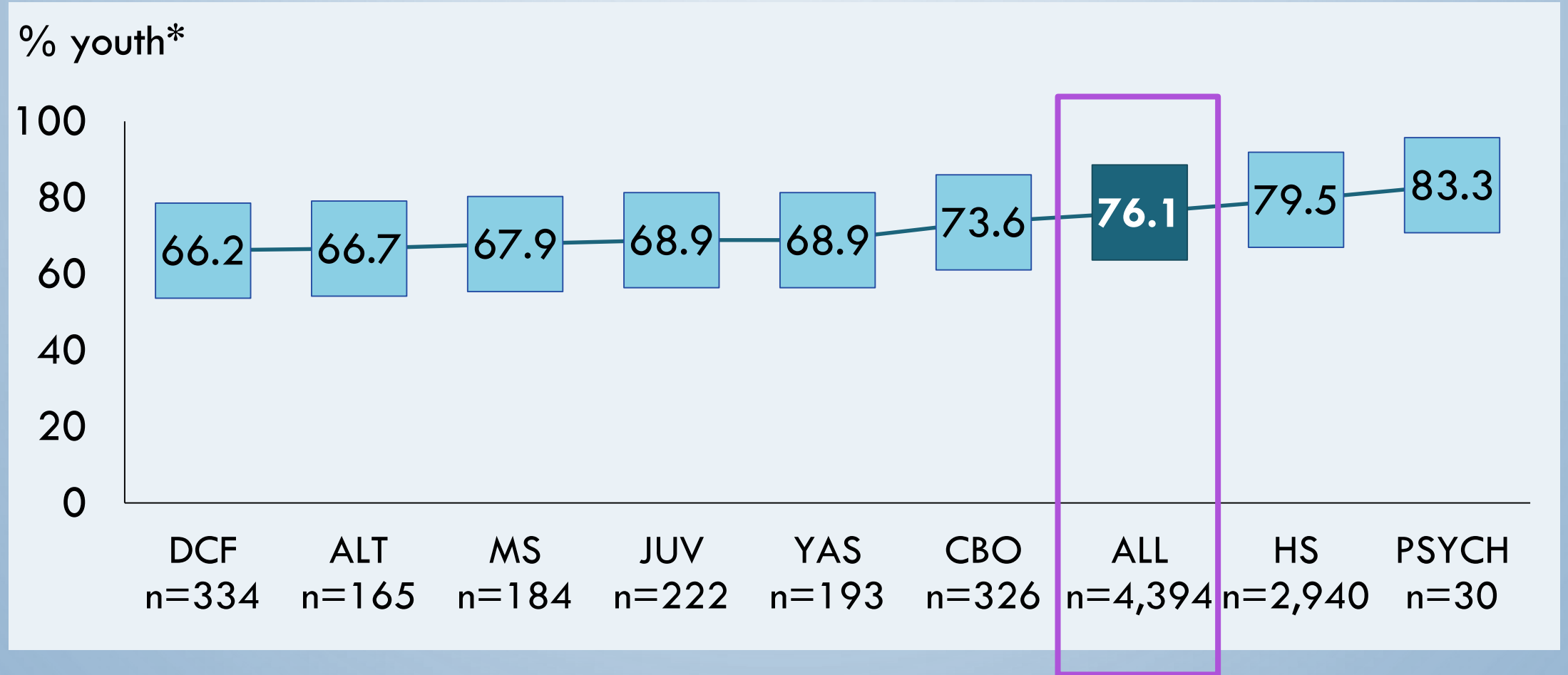
- *“I learned all the risks to having sex and how big of an impact it can have on your life. I liked learning about the different types of birth control and ways to not getting std's [sic] and pregnant.”*
- *“It made me think twice before I did something. I liked everything I learned. I learned how to protect myself for when I choose to have sex.”*
- *“This helped me in my life because now I know how to be careful against STDs.”*

MORE LIKELY TO ABSTAIN?



Source: CT PREP Exit Surveys.

MORE LIKELY TO USE CONDOMS?



Source: CT PREP Exit Surveys. *Among those who did not intend to abstain from sex.

CHALLENGES

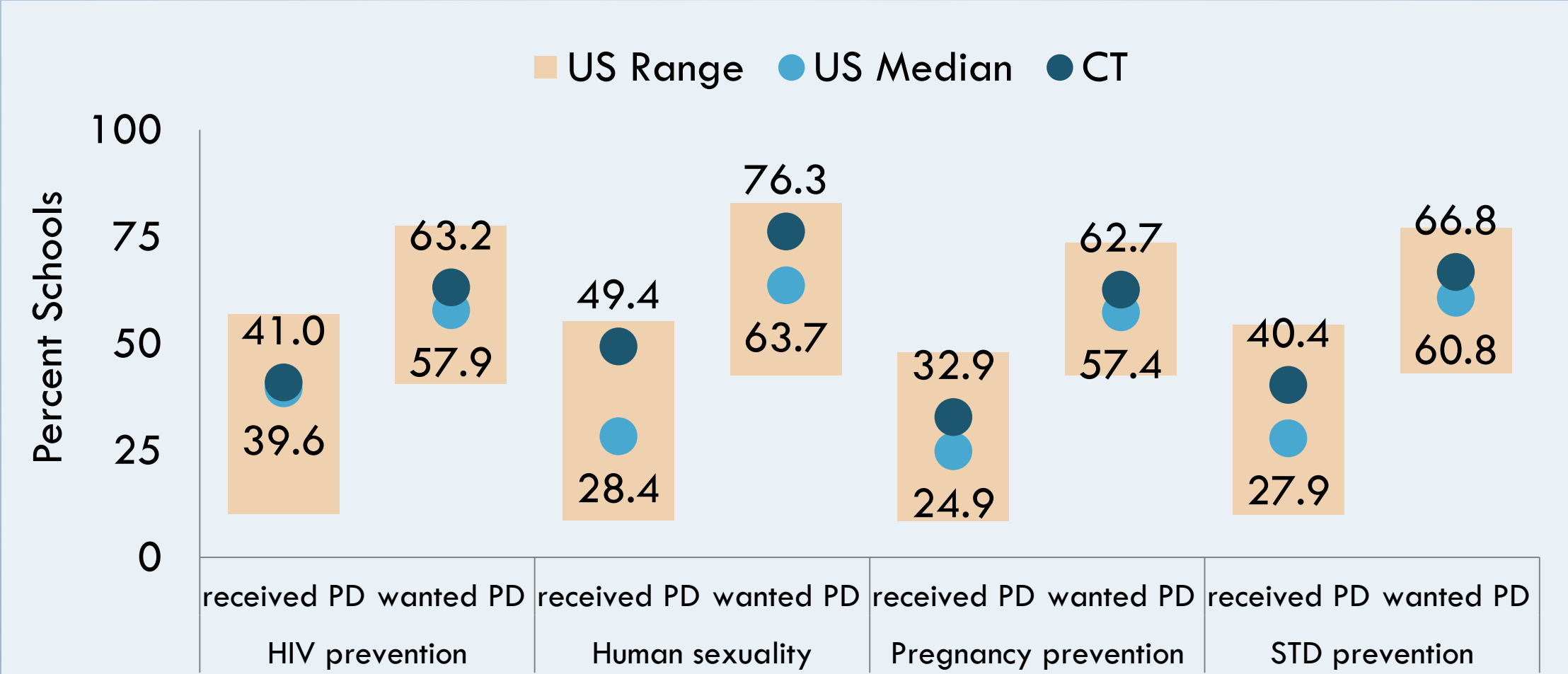
IMPLEMENTATION CHALLENGES

- Inclusion
- Recruitment

RECRUITING SCHOOLS

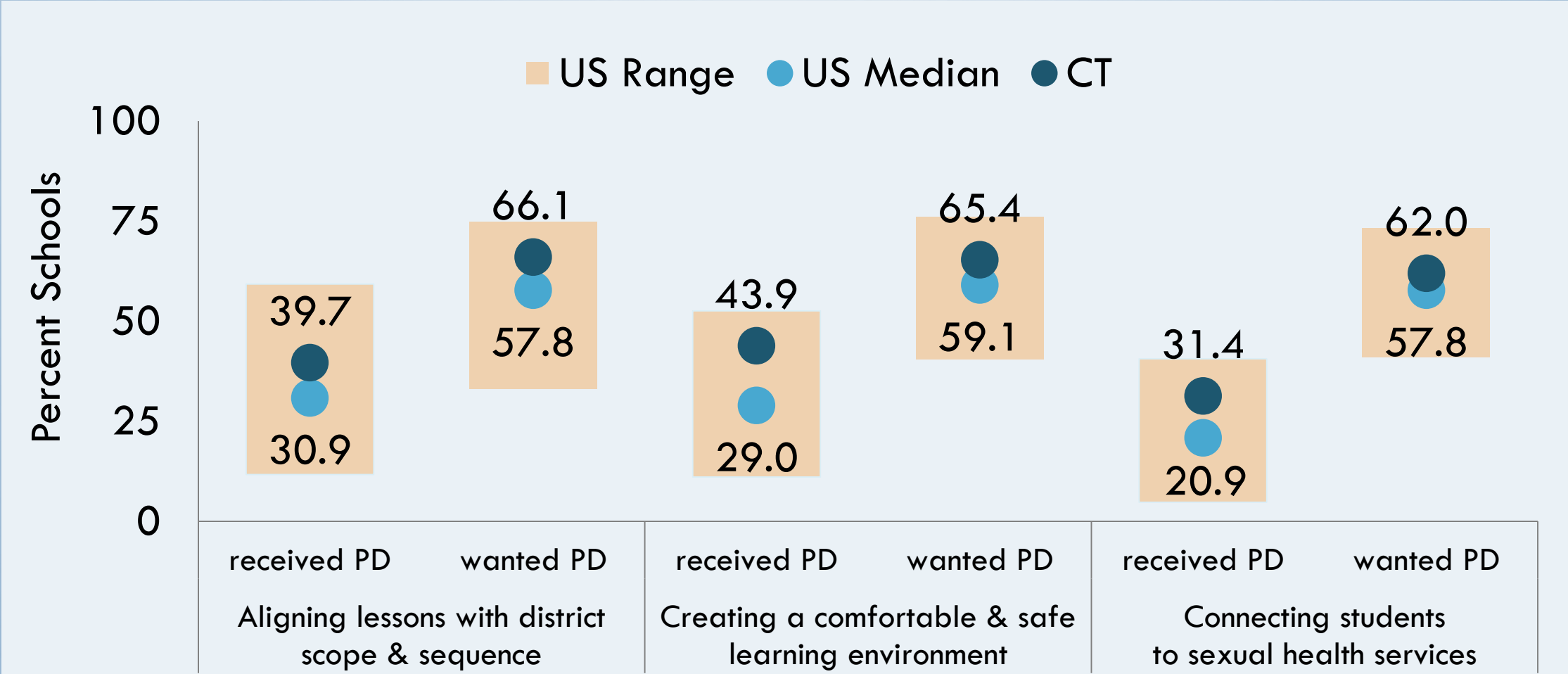
- CT law mandates HIV education (C.G.S. Section 10-19(b))
- Additionally, CSDE recommended 12 hours of research-based sexual health education per grade sequence in 2015-2016
- But:
 - Only 54% of CT schools taught all 19 sexual health topics listed in CDC's School Health Profiles in 2016
 - Most lead health teachers wanted professional development on sexual health topics, but less than half received it

RECRUITING SCHOOLS



Source: 2016 School Health Profiles.

RECRUITING SCHOOLS



Source: 2016 School Health Profiles.

IMPLEMENTATION CHALLENGES

- Inclusion
- Recruitment
- Administrative obstacles

TAKEAWAY

- PREP is well-received
- PREP promotes learning
- PREP influences young people's intentions around sexual risk taking
 - It is important to provide evidence-based sexuality education in schools and in programs serving youth with system involvement