



What Works 2010:

Replicating Evidence-Based Teen Pregnancy Prevention Programs for Latino Youth

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March 23, 2010

This Presentation Will Cover:



- A quick re-cap of new federal funding and of effective programs
- How do I select an effective program for Latino youth?
- What programs have the best evidence of success among Latino Youth?
- What general messages and strategies resonate with Latinos?

Federal Funding for Evidence-Based Programs

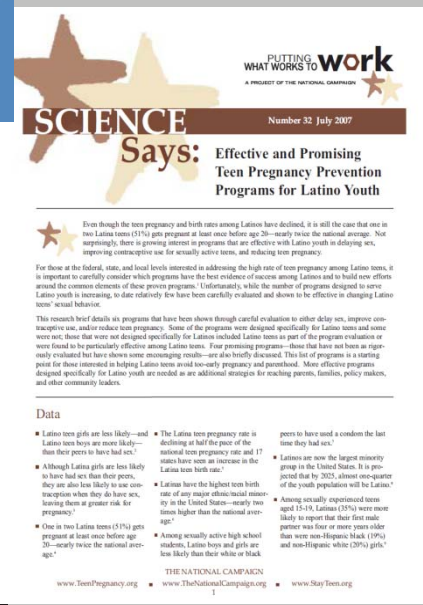
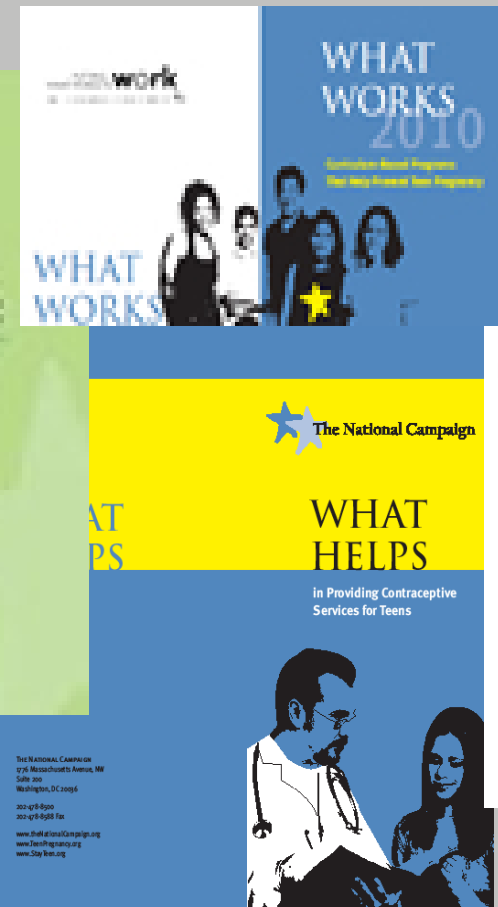
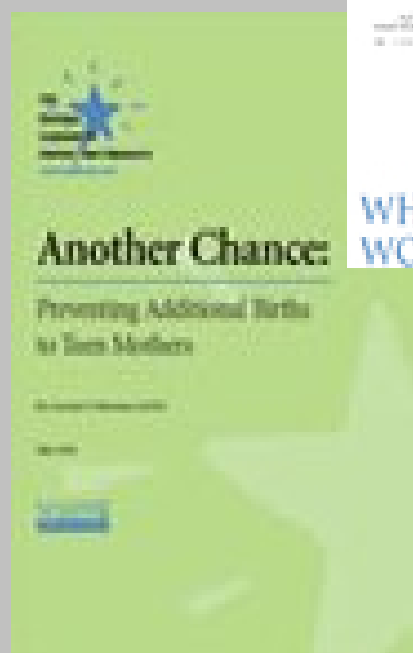
- Run by the Office of Adolescent Health at U.S. Department of Health and Human Services
- \$75 million for replicating programs with strong evidence of success
- \$25 million for promising programs and innovative strategies
- \$10 million for program support

What Is An Effective Program?

- Rigorous scientific study
 - Experimental design
 - Quasi-experimental design
- Changing teens' behavior
 - Measures outcomes like delaying sex, increasing contraceptive use, and reducing teen pregnancy

Effective Programs

- Research and resources available at http://www.thenationalcampaign.org/resources/effective_programs.aspx
http://www.thenationalcampaign.org/resources/pdf/SS/SS43_TPPProgramsLatinos.pdf



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Even though the teen pregnancy and birth rates among Latinos have declined, it is still the case that one in two Latino teens (51%) gets pregnant at least once before age 20—nearly twice the national average. Not surprisingly, there is growing interest in programs that are effective with Latino youth in delaying sex, improving contraceptive use for sexually active teens, and reducing teen pregnancy.

For those at the federal, state, and local levels interested in addressing the high rate of teen pregnancy among Latino teens, it is important to carefully consider which programs have the best evidence of success among Latinos and to build new efforts around the common elements of these proven programs. Unfortunately, while the number of programs designed to serve Latino youth is increasing, to date relatively few have been carefully evaluated and shown to be effective in changing Latino teens' sexual behavior.

This research brief details six programs that have been shown through careful evaluation to either delay sex, improve contraceptive use, and/or reduce teen pregnancy. Some of the programs were designed specifically for Latino teens and some were not; those that were not designed specifically for Latinos included Latino teens as part of the program evaluation or were found to be particularly effective among Latino teens. Four promising programs—those that have not been as rigorously evaluated but have shown some encouraging results—are also briefly discussed. This list of programs is a starting point for those interested in helping Latino teens avoid teen pregnancy and parenthood. More effective programs designed specifically for Latino youth are needed as are additional strategies for reaching parents, families, policy makers, and other community leaders.

Data

- Latino teen girls are less likely—and Latino teen boys are more likely—than their peers to have had sex.
- Although Latino girls are less likely to have had sex than their peers, they are also less likely to use contraception when they do have sex, leaving them at greater risk for pregnancy.
- One in two Latino teens (51%) gets pregnant at least once before age 20—nearly twice the national average.
- The Latino teen pregnancy rate is declining at half the pace of the national teen pregnancy rate and 17 states have seen an increase in the Latino teen birth rate.
- Latinos have the highest teen birth rate of any major ethnic/racial minority in the United States—nearly two times higher than the national average.
- Among sexually active high school students, Latino boys and girls are less likely than their white or black peers to have used a condom the last time they had sex.
- Latinos are now the largest minority group in the United States. It is projected that by 2025, almost one-quarter of the youth population will be Latino.
- Among sexually experienced teens aged 15-19, Latinos (55%) were more likely to report that their first male partner was four or more years older than were non-Hispanic black (39%) and non-Hispanic white (39%) girls.

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Other Resources

- [Replicating Effective Programs Plus](#) (CDC Program)
- [Program Archive on Sexuality, Health, & Adolescence](#) (Sociometrics)
- [Science and Success, Second Edition: Sex Education and Other Programs that Work to Prevent Teen Pregnancy, HIV & Sexually Transmitted Infections](#) (Advocates for Youth)
- [Child Trends' LINKS database](#)
- www.grants.gov

Thinking About Selecting An Effective Program

- Identify needs and resources
- Specify your goal, target population, and outcomes
- Review potential programs
- Determine which program fits best

Check out:

<http://www.cdc.gov/reproductivehealth/adolescentreproductivehealth/PDF/LittlePSBA-GTO.pdf>

Needs and Resources

- What kinds of behavior are teens engaging in?
 - [http://www.thenationalcampaign.org/federalfund
ing/data.aspx](http://www.thenationalcampaign.org/federalfund
ing/data.aspx)
- What resources are available in your community?
 - Partners
 - Programs
 - Facilities



What Specific Types of Behavior?

1. Delay or reduce sexual activity
2. Increase the correct and consistent use of effective methods of contraception – including condoms



Consider Risk and Protective Factors

- More than 500 have been identified
- Some have direct influence on behavior, others are indirect
- Values and attitudes are important
- Consider the factors that are critical for the behavior you want to change, and whether or not you can modify these factors

- Check out:

<http://www.thenationalcampaign.org/resources/pdf/pubs/SexualRisk.pdf>

Teen Pregnancy Prevention Programs

- 8 programs with careful evaluation for Latino youth:
 - Implemented in various settings
 - Various age groups
 - Various lengths

Determine Which Program Fits Best

- Is your program appropriate for your target population?
- Does the program fit with your community?
- Will your organization be able to implement the program?

Programs for Latino Youth

- Children's Aid Society-Carrera Program
- ¡Cuídate!/ Take Care of Yourself: The Hispanic Youth Health Promotion Program
- Draw the Line/Respect the Line
- It's Your Game: Keep it Real
- Positive Prevention
- Safer Choices
- Reach for Health Community Youth Service (RFH-CYS)
- Poder Latino: A Community AIDS Prevention Program for Inner City Latino Youth

Why a Latino Initiative?



- Latinos are the fastest growing racial and ethnic group in the nation
- Latinas have the highest teen pregnancy and birth rates in the United States
- 52% of Latina teens get pregnant at least once before turning 20
- 69% of Latina teen moms drop out of high school

¡Cuidate! / Take Care of Yourself

- Specifically designed for Latino youth in 8th-11th grades
- Results:
 - Reduced the frequency of sex, number of sexual partners, and frequency of unprotected sex
 - increased consistent condom use over a one-year period
- www.SelectMedia.org

It's Your Game: Keep it Real

- School-based program for middle school youth in 7th and 8th grades
- Program Lessons, Topics, and Activities include: setting personal limits, dating relationships, involving parents to encourage discussion about these topics at home
- Results: Delayed sexual initiation
- www.itsyourgame.org

Poder Latino*

- Community and school-based program specifically designed for Latino youth ages 14-20
- Activities include: PSAs, school and health center workshops and parent education
- Results: Delayed sexual initiation and reduction in the number of sexual partners
- www.socio.com

*Evaluated using a Quasi-Experimental Design

Lessons Learned: Potential Strategies/ Messages that Resonate with Latinos

- Emphasize graduation and future goals
- Involve parents and families
- Recognize and respect cultural values
- Role of boys and men



☆☆ ¡Gracias! ☆☆

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Visit our Latino Initiative website:

[http://www.thenationalcampaign.org/espanol/
default_eng.aspx](http://www.thenationalcampaign.org/espanol/default_eng.aspx)