Impact of Programs:
No Complete Answers – Many Partial Answers

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Based in Part on the Report:

Emerging Answers 2007:

Research Findings on Programs to Reduce Teen Pregnancy and Sexually Transmitted Disease

- Published by the National Campaign to Prevent Teen and Unplanned Pregnancy

Sex and STD/HIV Education Programs

The Number of Programs with Indicated Effects on Sexual Behaviors

	Abstinence Programs (N=9)	Comprehensive Sex & STD/HIV Education Programs (N=48)
Initiation of Sex		
▶ Delayed initiation	2	15
▶ Had no sig impact	7	17
▶ Hastened initiation	0	0
Sexually Active or Frequency of Sex		
▶ Decreased frequency	2	6
▶ Had no sig impact	4	15
▶ Increased frequency	0	0
# of Sexual Partners		
▶ Decreased number	1	11
▶ Had no sig impact	4	12
▶ Increased number	0	1

The Number of Programs with Indicated Effects on Sexual Behaviors

	Abstinence Programs	Comprehensive Programs
Use of Condoms		
▸ Increased use	0	15
▸ Had no sig impact	5	17
▸ Decreased use	0	0
Use of Contraception		
▸ Increased use	0	4
▸ Had no sig impact	4	4
▸ Decreased use	0	1
Sexual Risk-Taking		
▸ Reduced risk	0	15
▸ Had no sig impact	3	9
▸ Increased risk	0	0

The Number and Percent of Comprehensive Sex & STD/HIV Programs with Indicated Effects on *Any* Behavior

Any Behavior

▸ Had positive impact   33 (69%)

▸ Had negative impact   2 (4%)

▸ Total number   48 (100%)

The Percent of Comprehensive Programs with Effects on *Two or More* Behaviors

Two or More Behaviors

▸ Had positive impact   18 (38%)

▸ Had negative impact   0 (0%)

▸ Total   48 (100%)

Conclusions about the Impact of Sex/HIV Education Programs *continued*

- Programs are quite robust; they are effective with multiple groups:
  - Males and females
  - All major ethnic groups in U.S.
  - Sexually experienced and inexperienced
  - Youth in advantaged and disadvantaged communities

- Programs can be effective:
  - With higher risk youth in disadvantaged communities

- Programs are effective when replicated with fidelity
- Have the potential to reach large number of youth

Clinic Programs
(Including Changes in Clinic Protocols)

Advance Provision of Emergency Contraception

The Number of Clinic Programs with Indicated Effects on Sexual Behaviors

	Clinic Programs (N=6)	Advance Provision of EC (N=4)
Use of Condoms		
▸ Increased use	3	1
▸ Had no sig impact	1	3
▸ Decreased use	0	0
Use of Contraception		
▸ Increased use	2	0
▸ Had no sig impact	0	2
▸ Decreased use	0	1
Sexual Risk-Taking		
▸ Reduced risk	2	0
▸ Had no sig impact	0	3
▸ Increased risk	0	1

The Number of Clinic Programs with Indicated Effects on Sexual Behaviors

	Clinic Programs (N=6)	Advance Provision of EC (N=4)
Use of Emergency Contraception		
▶ Increased use	0	4
▶ Had no sig impact	0	0
▶ Decreased use	0	0

Conclusions about the Impact of Clinic Programs

- Programs can increase condom and contraceptive use

- Programs can reduce unprotected sex

- Advance provision of EC can increase use of EC

Common Characteristics of Effective Clinic Programs

- **Clinics changed their protocols for working with adolescent clients**
  - Provided more than routine information
  - Asked questions about adolescents' sexual behavior and barriers to abstaining from sex or using protection
  - Did role plays refusing sex or using condoms
  - Gave a clear message about avoiding unprotected sex

Youth Development Programs

- Some youth development programs without a good sexuality education program did NOT reduce teen sexual risk-taking or pregnancy

- But some did

Youth Development Programs that *May* Reduce Teen Pregnancy

Service Learning

- Examples:
  - Teen Outreach Program
    - Reduced pregnancy in academic year among girls
  - Learn and Serve
    - Reduced pregnancy in academic year, especially among junior high students
  - Reach for Health Service Learning
    - Delayed sex and reduced recent sex for four years

Youth Development Programs that May Reduce Teen Pregnancy

Service Learning

- Included:
  - Volunteer service in community
  - Small group discussions
- Curriculum content about sexuality less important

Integrated Sex Education and Youth Development Programs that Reduce Teen Pregnancy

Children's Aid Society Carrera Program

- Included many components (e.g., help with school, job club, sex education, health and mental health services, art and sports)

- Delayed initiation of sex and increased contraceptive use among females

- Reduced pregnancy by half for 3 years as reported by females

- Not all positive results replicated elsewhere

Other Kinds of Programs that Can Be Effective

- Programs for parents
  - Or for parents and their teens
- Interactive computer-based programs with video
- School-based clinics
  - If they focus on reproductive health, are intensive and give clear message

Conclusions

- Multiple kinds of programs can be effective

- Sex and STD/HIV education programs and some clinic programs address sexual risk and protective factors and have the strongest evidence of impact

  - Most commonly studied

  - Not all effective

  - Especially likely to be effective if they incorporate 17 characteristics

  - Not a cure-all – reduce unprotected sex by roughly 1/3

- A few youth development programs (e.g., service learning) address non-sexual risk and protective factors and have an impact

  - Others do NOT

Conclusions (continued)

- One intensive and comprehensive program (the CAS-Carrera program) addresses both groups of factors and had a large impact among females

  - All results not always replicated

- Most effective programs:

  - Emphasized risk of pregnancy or STD

  - Emphasized ways to reduce risk (e.g., not having sex, condoms, and occasionally having fewer partners)

  - Gave a clear message about avoiding unprotected sex

  - Involved youth interactively so that they personalized the message

Looking to the Future

- Innovative "Sex-Tech" programs
- Curricula with more about relationships
- Sex positive curricula for sexually active older teens and young adults

Thank You