

# Alabama Campaign to Prevent Teen Pregnancy

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# ***Risk and Protective Factors***

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## ***Characteristics of Effective Prevention Programs***

**Alabama School Health Services  
Prevention Education & Instructor Training  
2009 Regional Meetings**

# Topics covered

- Definitions
- Alabama Teen Pregnancy and Childbearing Statistics
- Risk and Protective Factors
- Characteristics of Effective Programs
- Beyond Today

# Definitions . . .

- **Teen pregnancy rate** is calculated as the number of pregnancies per 1,000 in a specific population
- **Risk factors** are those that encourage behavior that could result in a pregnancy or sexually transmitted disease or conversely, that discourage behavior that could prevent them
- **Protective factors** are those that discourage behavior that could lead to a pregnancy or STD or that encourage behavior that can help prevent them
- **Effective programs** are those that have been rigorously evaluated and have been proven effective in changing behavior

# Alabama Statistics '07...

## Total pregnancies by age group

- 249 (ages <15)
  - 3,997 (ages 15-17)
  - 8,152 (ages 18-19)
- 12,398 TOTAL**  
**Rate: 39.7**

## Total births by age group

- 136 (ages <15)
  - 2,789 (ages 15-17)
  - 5,851 (ages 18-19)
- 8,776 TOTAL**

# **Risk and Protective Factors**

- 1) What factors influence adolescents' decisions about sex?**
- 2) Which of these factors can be altered?**

# Risk and Protective Factors

- More than 500 factors are known to increase (risk factors) or decrease (protective factors) the chances that teens will engage in risky sexual behavior
- Some factors involve sexuality directly; others affect sexuality indirectly

# Risk and Protective Factors

1. Individual biological factors
2. Disadvantage, disorganization, and dysfunction in the lives of the teens themselves and their environments
3. Sexual values, attitudes, and modeled behavior
4. Connection to adults and organizations that discourage sex, unprotected sex, or early childbearing

# Risk and Protective Factors

- Factors that are extremely difficult, or somewhat difficult for most organizations to change unless special programs have been implemented:
  - Biological factors
  - Family structure
  - Teens' attachment – or lack thereof – to others
  - Other risk behaviors – drugs, alcohol, violence

# Risk and Protective Factors

- Factors that are most amenable to change by organizations accustomed to addressing reproductive health
  - Sexual beliefs
  - Sexual values
  - Attitudes, skills and behaviors regarding having sex, using condoms and other methods of contraception

# Characteristics of Effective Programs

## The Process of Developing the Curriculum

1. Involved multiple people with different backgrounds
2. Assessed relevant needs and assets of target group
3. Used a logic model approach
4. Designed activities consistent with community values and available resources
5. Pilot-tested the program

# Characteristics of Effective Programs

## The Contents of the Curriculum Itself

6. Focused on clear health goals
7. Focused narrowly on specific behaviors leading to the health goals
8. Addressed multiple risk and protective factors affecting sexual behaviors
9. Created a safe social environment for youth to participate

# Characteristics of Effective Programs

## The Contents of the Curriculum Itself

10. Included multiple activities
11. Employed instructionally sound teaching methods
12. Employed activities, instructional methods and behavioral messages that were appropriate to the youths' culture, age and experience
13. Covered topics in a logical sequence

# Characteristics of Effective Programs

## The Implementation of the Curriculum

14. Secured at least minimal support from appropriate authorities
15. Selected educators with desired characteristics, trained them, and provided monitoring, supervision and support
16. If needed, implemented activities to recruit and retain youth and overcome barriers to their involvement
17. Implemented virtually all activities with reasonable fidelity

# Beyond today. . .

- Data tells us that our adolescents are sexually active
- We must be thoughtful and deliberate in assessing, selecting and implementing programs that are science-based and have characteristics of effective programs
- Engage the community: school administrators, local health officials, parents, youth, etc to implement what will work in preventing teen pregnancy, STD and HIV/AIDS among our adolescents

# Resources

## **Alabama Campaign to Prevent Teen Pregnancy**

412 N. Hull Street

Montgomery, AL 36104

334-265-8004

[www.acptp.org](http://www.acptp.org)

## **The National Campaign to Prevent Teen and Unplanned Pregnancy**

1776 Mass Ave, NW, Suite 200

Washington DC 20036

(202)478-8500

[www.thenationalcampaign.org](http://www.thenationalcampaign.org)

# Resources

## **Healthy Teen Network**

1501 Saint Paul St., Ste. 124

Baltimore, MD 21202

410-685-0410

[www.healthyteennetwork.org](http://www.healthyteennetwork.org)