

# partners in education

## building a Minnesota state plan for teen pregnancy prevention and parenting

### Use the State Plan

The goal of "A Work in Progress" is to focus our collective efforts to prevent teen pregnancy on strategies that are proven to be effective. The Plan references three approaches<sup>†</sup> proven to increase the chance that your programs will actually reduce sexual risk-taking or pregnancy.

1. Implement with fidelity an existing program that has been proven to work with similar populations.  
**See Page 7, Teen Outreach Program**
2. Select or design a program that incorporates the key characteristics of programs that have been effective with similar populations.  
**See Page 13, Program Checklist**
3. Design new programs that strategically address the behaviors to be changed, the risk factors associated with these behaviors and the activities that will change them.  
**See Pages 7 - 10, Risk and Protective Factors**

### What Can You do to Reduce Teen Pregnancy?

1. Be prepared. Arm yourself with data and facts that prove the efficacy of evidence-based pregnancy prevention programs.
2. Partner with public health and community educators to take advantage of the resources they have to offer you.
3. Support, advocate and when possible, invest in after-school programs based on youth development philosophies.
4. Encourage and support pregnant teens to stay in school to prevent multiple pregnancies.
5. Critically evaluate the pregnancy prevention programs proposed or in place at your schools. Do they provide accurate information, link teens to supportive resources, and help build skills for healthy decision making?
6. **Take Action** – Visit the State Plan web site and join the community of individuals dedicated to reducing teen pregnancy.

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

### What Works?

Research<sup>†</sup> has shown that three different types of programs show strong evidence in reducing teen pregnancy. These three types of programs are listed below matched to specific programs with evidence of success.

#### *Programs that focus primarily on Sexual Antecedents*

Sex education programs covering both pregnancy and STDs/HIV are proven to reduce sexual risk taking.

- Reducing the Risk
- Safer Choices
- Becoming a Responsible Teen: An HIV Risk Reduction Intervention for African American Adolescents
- Making a Difference: An Abstinence Approach to STD, Teen Pregnancy, and HIV / AIDS Prevention
- Making a Difference: A Safer Sex Approach to STD, Teen Pregnancy, and HIV / AIDS Prevention

[www.etr.org/recapp/programs/](http://www.etr.org/recapp/programs/)

#### *Programs that focus primarily on Non-Sexual Antecedents*

- Teen Outreach Program (TOP) – [www.cornerstone.to](http://www.cornerstone.to)
- Reach for Health Community Youth Service Learning – [www.edc.org/spotlight/health/Reach.htm](http://www.edc.org/spotlight/health/Reach.htm)

#### *Programs that focus upon both Sexual and Non-Sexual Antecedents*

- Children's Aid Society – Carrera Program  
[www.stopteenpregnancy.org](http://www.stopteenpregnancy.org)

### Scientific Evidence?

The following criteria describes the characteristics a study must have in order for its results to be regarded as scientifically valid<sup>†</sup>.

- Appropriate and valid experimental or quasi-experimental design using intervention and comparison groups as well as baseline and follow-up data.
- Post intervention data must have been collected for a minimum number of months after the intervention (the minimum number varies based on the design and behavioral outcomes to be evaluated)
- A sample size of at least 100 and must have measured actual behavior as opposed to attitudes or intentions
- Employed proper statistical analysis

<sup>†</sup>The basis for many of the recommendations in the state plan, and the source for program effectiveness research is *Emerging Answers, Research Findings on Programs to Reduce Teen Pregnancy* by Douglas Kirby, Ph.D. for the National Campaign to Prevent Teen Pregnancy, May 2001.

# a work in progress

evidence-based strategies prevent teen pregnancy