

Personal Responsibility Education Program (WA PREP)

Connections Between Substance Use and Adolescent Sexual Health

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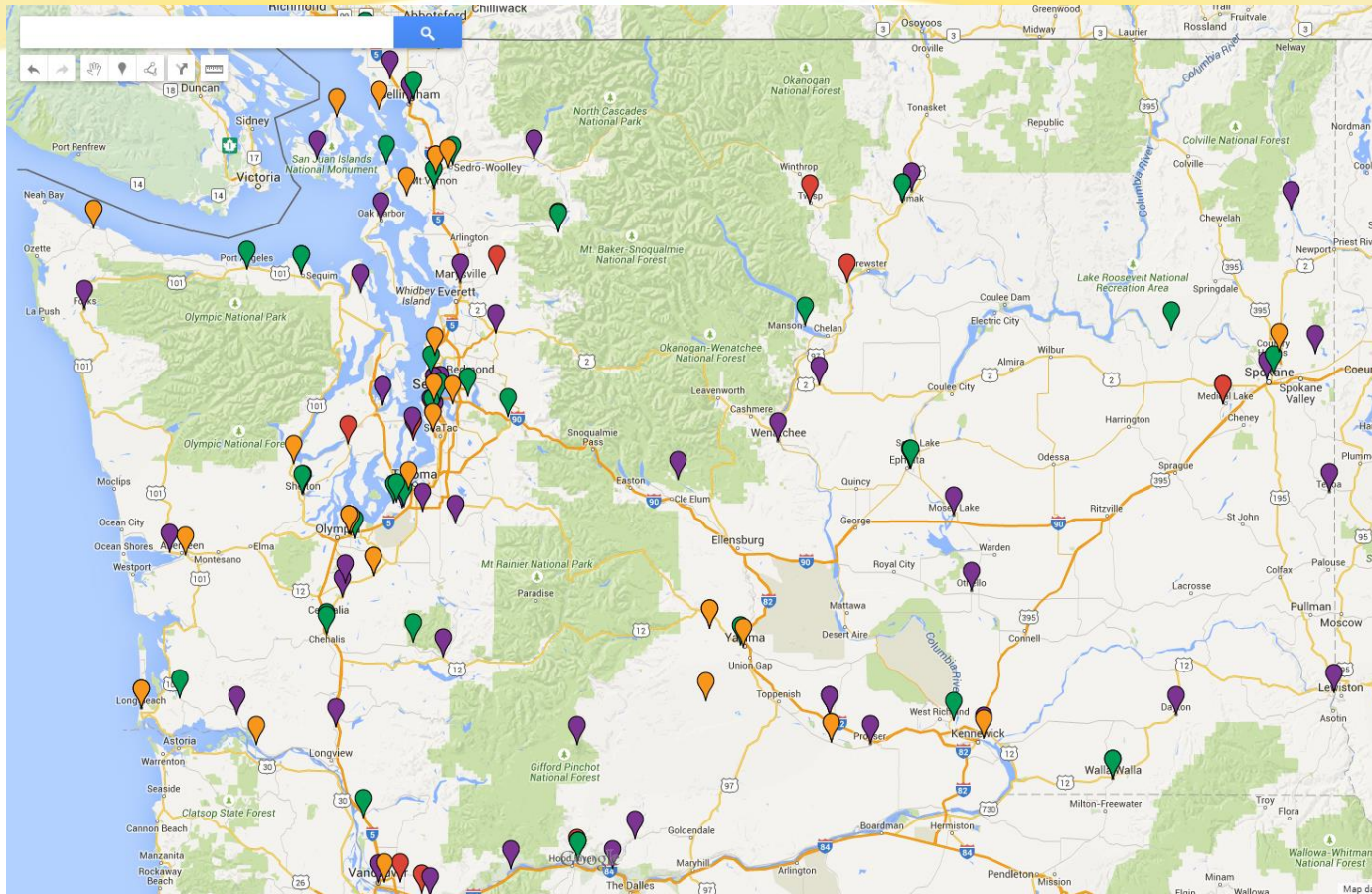
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Agenda

- About WA PREP & Other WA Sexual Health Collaborations
- Connections between Adolescent Sexual Health & Substance Use
- Safe and Supportive Environments
- Linking Youth to Sexual Health Services
- Answering Difficult Questions



ABOUT WA PREP & OTHER WA SEXUAL HEALTH COLLABORATIONS

What is WA PREP?



Washington

Personal Responsibility Education Program

- Teen pregnancy prevention grant
- Teen pregnancy happens for a variety of reasons other than a failure in an adolescent's personal responsibility: family, intergenerational, economic, interpersonal, and school risk factors, community norms, coercion, and non-consensual sex

What does PREP do?



- Implement five evidence-based teen pregnancy and STI prevention curricula in high need sites across the state including:
 - Juvenile detention facilities (state and community)
 - Schools (traditional and alternative)
 - Boys and Girls Clubs
 - Other youth serving agencies with access to youth at particularly high risk for teen pregnancy and STIs

Goals of Evidence-Based Interventions

Delay initiation of sexual intercourse

Increase condom use

Reduce frequency of sex

Reduce number of sex partners

What does PREP do?



- WA PREP also educates participants in three adulthood preparation subjects including:
 - **Healthy relationships**, such as positive self-esteem, relationship dynamics, friendships, dating, romantic involvement, marriage, and family interactions
 - **Parent-child communication**
 - **Healthy life skills**, such as goal-setting, decision making, negotiation, communication and interpersonal skills and stress management

What does PREP fund?

– WA PREP funds:

- Training
- Technical assistance
- Fidelity monitoring
- Outcome evaluation
- Participation stipends to sites
- A liaison at the Juvenile Justice and Rehabilitation Administration (JJRA) and the Office of the Superintendent of Public Instruction (OSPI) to ensure continued access, site recruitment, and progress toward long-term sustainability



Why is WA PREP different from other PREP sites nationally?

- EBI facilitators receive additional training in:
 - Lesbian, gay, bisexual, transgender, and questioning youth topics
 - Answering challenging sex/sexuality-related questions
 - Delivering trauma-informed sexuality education



Other WA State Sexual Health Education Collaborations

WISE

Working to Institutionalize Sexuality Education

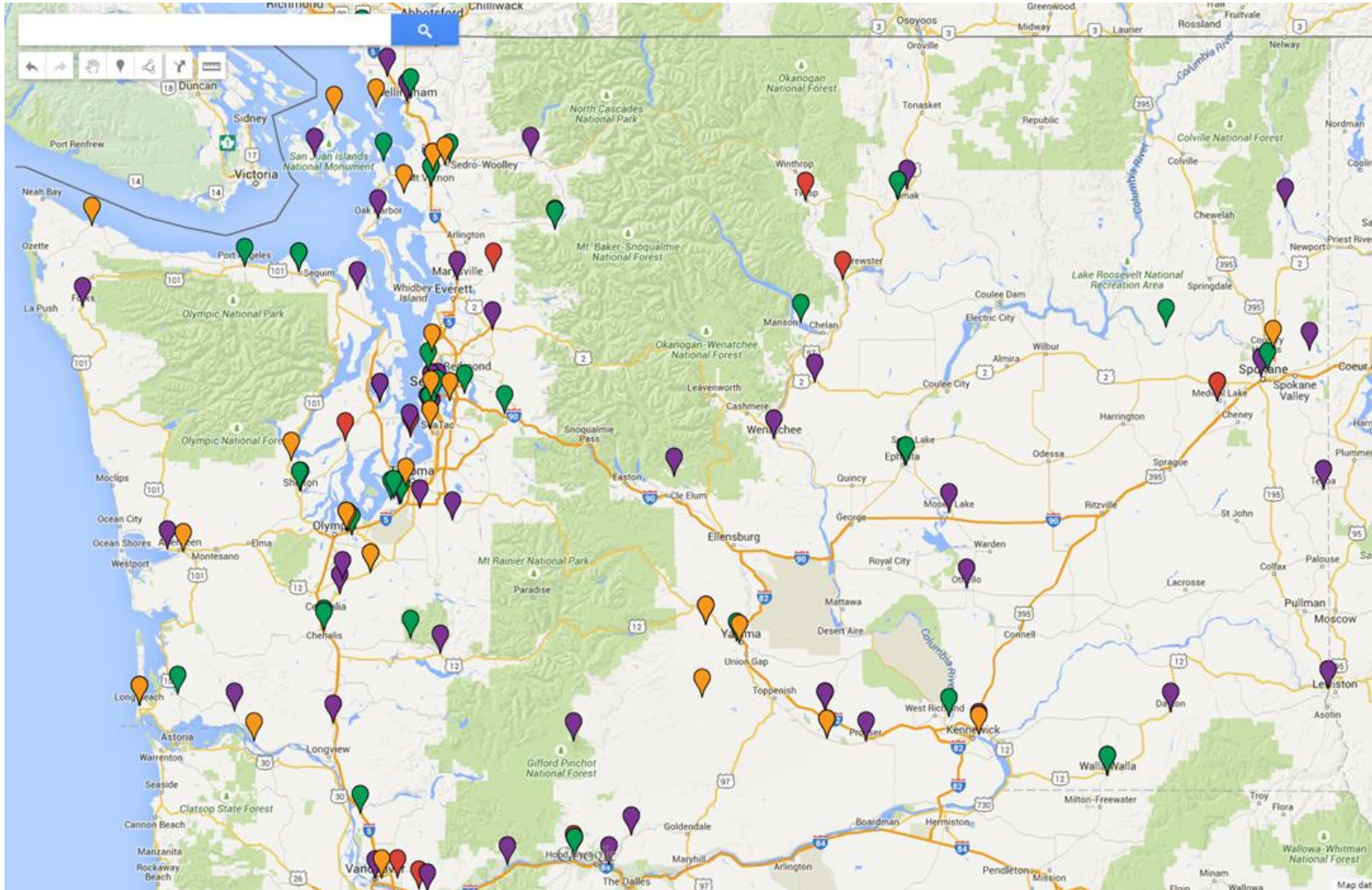
- Admin by Cardea
- Funded by Grove Foundation
- Description: helping school districts and ESDs with policy, curriculum options, and training

ESHE

Exemplary Sexual Health Education

- Admin by OSPI
- Funded by CDC Dash
- Description: working with 14 school districts to implement comprehensive sex ed and form an expert sex ed teacher cadre
- Evaluated by Cardea

Map of Sex Ed Projects in WA



Stories from WA PREP Partners



Share Your Stories and Discussion



CONNECTIONS BETWEEN ADOLESCENT SEXUAL HEALTH & SUBSTANCE USE



Risk and Protective Factors

- Several things lead to youths' unhealthy behavior
 - Culture and structure of society
 - Individual and interpersonal factors
 - Abuse and neglect, bullying and harassment
 - Peer and parent modeling and norms
- Doug Kirby's research on sexual risk and protective factors
- Hawkins, Catalano and Miller's research on alcohol and substance use risk and protective factors

Overlap of Risk and Protective Factors

Community

- Extreme economic deprivation

School

- Academic failure beginning in late elem school

Family

- Family history of problem
- Family mngt problems
- Family conflict

Individual/Peer

- Early and persistent antisocial behavior
- Friends who engage in problem behavior
- Favorable attitudes about problem behavior
- Early initiation of problem behavior

Stories about Trauma that LGBTQ Youth have Experienced in Washington Schools



Welcoming Schools Trailer



What Can We Do? Bias, Bullying, and Bystanders

youtube.com/watch?v=Kla6S-L_xV4

Reteaching Gender and Sexuality Video



youtube.com/watch?v=5IkQQuVpKxQ

Effective Substance and Sexual Health Prevention

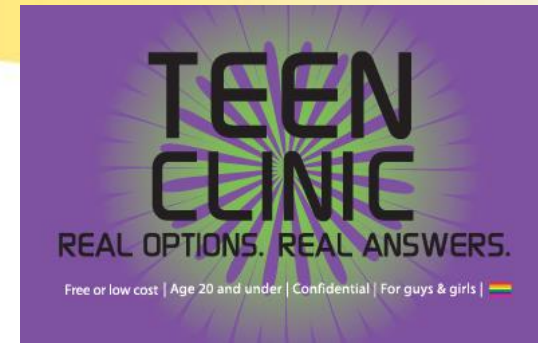
- Communication and interpersonal skills
- Decision making skills
- Coping and self-management skills
- Resetting peer norms
- Positive school climate and pro-social peer groups



SAFE AND SUPPORTIVE ENVIRONMENTS

Invitations

- Be mindful of language in teaching scenarios
 - Your boyfriend or girlfriend → your partner
 - Are all relationships depicted heterosexual?
- Think about prevention moving towards cultural proficiency
- Recommend services that welcome and include LGBTQ youth and youth of color



LINKING YOUTH TO SEXUAL HEALTH SERVICES

Poll of Teens on Sexual and Reproductive Health Services

Most teens don't know:

- Where to go for contraception and reproductive care
- What services are available to them
- Their rights to access contraceptive and reproductive health care

Let's watch a video!

- <http://www.healthyteennetwork.org/keep-it-simple>

Source for poll: <http://www.healthyteennetwork.org/keep-it-simple>

Healthy Teen Network Video



Keep it
Simple

vimeo.com/65566324

Adolescents' Rights to Receive Care - WA

1. At what ages are minors allowed to consent to or refuse birth control services without parental consent in WA?
2. At what ages are minors allowed to consent to sexually transmitted infection treatment (including HIV) without parental consent in WA?
3. At what ages are minors allowed to consent to abortion services without parental consent in WA?
4. At what ages are minors allowed to consent to prenatal care without parental consent in WA?

Services to Be Aware of

Birth Control, Condoms, and HIV/STI Testing

- Family planning clinics
- Planned Parenthood
- School based health centers
- Juvenile Justice clinics

Crisis Pregnancy Centers

- Often do not have trained medical staff
- Do not provide abortion or pre-natal care

Catholic Hospitals

- May not refer for abortion care or EC

Finding Clinics

Family Planning Clinics

doh.wa.gov/YouandYourFamily/FamilyPlanning/Clinics

Rural Health Clinics

doh.wa.gov/Portals/1/Documents/2900/RHCList.pdf

HIV (and often STI) Testing

aids.gov/hiv-aids-basics/prevention/hiv-testing/hiv-test-locations/


Planned Parenthood Clinics

plannedparenthood.org/

Health Insurance – Enrollment extended to April 15!



wahealthplanfinder.org

Remember...



*What's right
for me?*

Keep It Simple:
Linking Teens to
Sexual Health Care
Facilitator's Guide



ANSWERING DIFFICULT QUESTIONS

Types of Difficult Sexual Education Questions

- Fact
- Slang
- Shock
- Personal
- Values/belief



Fact

State it if you know it.

Get back to them if you don't.

- What makes the sperm inside the guy?

Slang

State question as is.

Define slang.

- Why do gay people put their dicks in each others' butts?

Shock

Remain calm.

Assume good intent.

- How come women in porn always moan so loud when they have sex?

Personal

Do not answer personal questions.

Refer back to ground rules.

- How old were you when you had sex for the first time?

The Role of Values

Is there such a thing as
value-free sexuality education?

Universal v Non-Universal Values

Universal Values

- 95%+ of our society holds these values
- We have a responsibility to teach these values

Non-Universal Values

- There is no large consensus on these issues
- We have a responsibility to teach all families' perspectives with respect...and not express our own

Universal Values

- Forcing someone to have sex with you (rape) is wrong
- Knowingly spreading disease is wrong
- It's safest and healthiest for school-age kids to wait to have sex
- Taking care of your reproductive health is important
- Sex between children and adults is wrong
- Sex between family members is wrong

Non-Universal Values

- Abortion
- Birth Control
- Masturbation
- Whether it is ok to have sex before or outside of marriage
- Whether lesbian/gay couples should be allowed to marry or raise children
- What age/under what circumstances it's ok to start having sexual contact

Value Questions Protocol (VQP)

A.N.S.W.E.R.

1. **A**ffirm the asker
2. **N**ote the question as values-based
3. **S**tate the facts
4. **W**hat are the range of values/beliefs?
5. **E**ncourage talking to family, faith leaders, and/or other trusted adults
6. **R**emain available & check if your answered the question

Values / Beliefs

Assess, is this a values question?

Use the Values Question Protocol.

- Is it ok if a couple uses alcohol to get in the mood for sex?
- Should gay people be able to marry and have kids?

Application

- What are two things you could do to incorporate sexual health into the work you do?

We hope you are now able to...

- Explain how WA PREP accomplishes prevention of teen pregnancy and STI
- Explain the connections between drug/alcohol use/abuse and unintended pregnancy and STIs (adolescent sexual health)
- Describe concrete action steps you can take to create linkages for your youth with sexual health information and services

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