

# The R's of Teen Pregnancy Prevention

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Family Planning Council / TRAINING 3  
Maryland's 30<sup>th</sup> Annual Reproductive Update

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## *Adolescent Expectations*



Teens want to make healthy choices -

63% of sexually active boys and girls ages 12 to 17 say they wish they had waited until they were older.

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## **R** - Something to shout about??

Teen birth rates 34 per 1,000 teens aged 15-19

National Center for Health Statistics

Low SES more likely to give birth, living in a state with high income inequality.

Levine and Kearney



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## R - Shutting the clinic doors

- School boards
- "Family Planning" stigma
- Lack of male partner services
- Funding constraints
- Competing priorities
- Perception of Confidentiality

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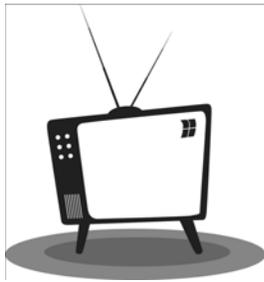
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## R - Getting the Word Out



- Schools
- Billboards
- TV Commercials
- Radio PSA's
- Websites
- Hotlines
- Facebook/Twitter
- Local News

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## R - Talking with Teens

- Too embarrassed
- Don't know your facts
- Feels awkward
- Worry that it gives them permission
- Conflict with values
- Waiting for the right time
- Give "motherly" advice



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## Reproductive Health and Family Planning Services



*If we are culturally-sensitive and comfortable talking about sex with adolescents... then teens can bring-up their concerns and explore their sexual relationships.*

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## R - Getting the Message

- Programs designed to include males increase partner communication and decision-making skills



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## R - Outreach Practices



- Contests
- Referrals
- Flyers
- Posters
- Wallet cards
- Give-away Gifts
- Street Fairs

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## Program Strategies

- Target youth “at-risk”
- Training for teens and parents
- Link with youth interests
- Community-based development
- Holistic approach to healthcare
- One-to-one relationships

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## R - Clinic Services

- Walk -in clinic services
- ECP and pregnancy testing
- Faith-based adolescent initiatives
- Programs for parenting teens
- Peer mentor outreach & counseling
- Teen advisory group
- Quick-Start method
- Sports physical

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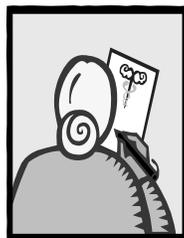
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## Best Practices

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## The Four Facets of Contraception

Helping Teens Improve Efficacy



- Method Choice
- Correct Method Use
- Consistent Use
- Method Switching

Tips from [thenationalcampaign.org](http://thenationalcampaign.org)

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## Choosing Contraception

- Effectiveness
- Side effects and complications
- Advantages and disadvantages
- How to use
- When to return
- STD/HIV prevention



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## R- RLP and Pregnancy Ambivalence

- 1) How important is it for you to...?
- 3) Why did you choose \_\_\_ instead of...\_?
- 2) How confident are you that you can ...?
- 3) What would it take to move from a \_\_\_ to \_\_\_?

Measuring Intentions



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## R - Prevention Counseling



The focus is to help teens...

- Increase awareness
- Learn from their successes and failures
- Make a safer plan
- Offer testing & supportive resources

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## Nicole...

- 15 yr. old
- sexually active
- takes birth control pills
- has Chlamydia
- can't believe this has happened to her, again!



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## Kanisha...

Kanisha has been having sex for awhile - her friend Andrea suggested she get on birth control, but she doesn't want her Mom to know. Her boyfriend doesn't like condoms, either. So, she's been thinking more and more about "the shot".



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## Shannon...

- Shannon has been diagnosed with gonorrhea
- Shannon has been cheating on Chris
- Had sex with an old friend
- Didn't think to use a condoms
- HIV rapid test is positive
- Remorseful and worried about explain all of this to Chris

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## R - Explore and Support

- How could you address *abstinence* with **Nicole** as one of her options?
- What will you need to discuss with **Kanisha** to help her make a decision?
- How might you support **Shannon** on how to talk to Chris?

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## Improving Teen Interactions

- **Treat all teens with respect!**
- **Tailor approach to teen's unique characteristics and circumstances!**
- **Engage them and be interactive!**
- **Give them their preferred method!**
- **Avoid information overload!**
- **Provide memory aids to support use!**

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