


**A Peer Education Approach to Adolescent Pregnancy Prevention**

**Sherry Barr, Psy.D.**  
Vice President and Project Director  
Princeton Center for Leadership Training



Association of Maternal & Child Health Programs  
2013 Annual Conference

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**PCLT Vision and Mission**

PCLT is driven by the vision that one day, all children will thrive in schools that graduate them prepared for the rigors of college and lives filled with meaningful work, active citizenship, and personal fulfillment.

We develop, disseminate, and promote peer leadership, advisory, and other evidence-based K-12 solutions that enable and inspire educators to more fully engage students in learning, better connect students to their schools, motivate and equip students to make decisions responsibly, and accelerate academic achievement.



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**Project Target Population**

- 9<sup>th</sup> grade students enrolled in North Carolina high schools located in communities with high teen birth rates



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*North Carolina has the 18th highest teen birth rate in the nation.*



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### North Carolina Contextual Information

- Until 2009, when new legislation was passed, very few schools in the state provided sexuality education
- The NC Reproductive Health and Safety Legislation (also known as the Healthy Youth Act) requires schools to provide sexuality education to 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> grade students
- Legislation required schools to have programming in place by August 2010



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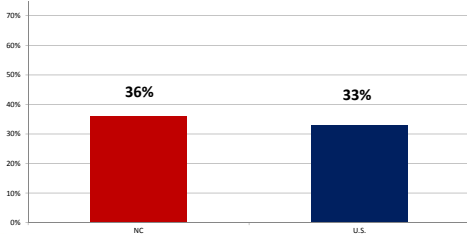
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### North Carolina Compared to U.S.

**9<sup>th</sup> Grade Students Who Have Had Sexual Intercourse**



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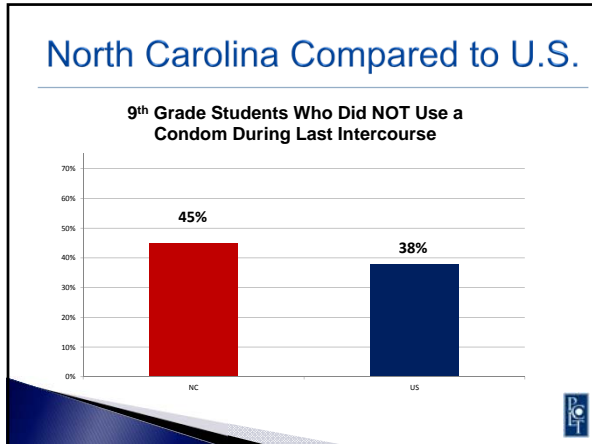
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### Intervention Strategy

**Teen Prevention Education Program (Teen PEP):**

A school-based, peer-to-peer education model that taps into the power of well-trained older students to provide medically accurate and skills-based sexuality education to younger students

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### Overview of Teen PEP Model

- ▶ School-based **youth development** and **sexual health promotion** program
- ▶ Students in grades 11 and 12 are trained to become peer educators who deliver five 90-minute, interactive workshops to 9<sup>th</sup> grade students
- ▶ Peer educators are trained through a **daily credit-bearing peer leadership course** taught by 2 adult advisors
- ▶ Peer educators conduct a Family Night event designed to improve parent-teen communication
- ▶ Peer educators develop a school-wide campaign to reinforce workshop messages
- ▶ Adult advisors participate in 7 days of training to prepare them for their role
- ▶ A stakeholder team supports the planning, implementation, and sustainability of the program

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### 9<sup>th</sup> Grade Workshops

- ▶ *Let's Wait Awhile*: Postponing Sexual Involvement
- ▶ *Later, Baby*: Preventing Unintended Pregnancy
- ▶ *Don't Pass it On*: Other Sexually Transmitted Infections
- ▶ *Break the Silence*: HIV/AIDS Prevention
- ▶ *Sex on the Rocks*: The Role of Alcohol and Other Drugs on Sexual Decision-Making
- ▶ Talk to Me: A Family Night Event (9<sup>th</sup> graders and their parents)



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### Teen PEP Curriculum: Skills Addressed

- ▶ Teamwork & Leadership
- ▶ Decision-Making and Problem-Solving
- ▶ Resisting Peer Pressure
- ▶ Communication with Peers, Parents, and Partners
- ▶ Negotiation and Refusal Skills
- ▶ Competence in Interpersonal Relationships
- ▶ Self-Management
- ▶ Group Facilitation
- ▶ Public Speaking
- ▶ Active Listening
- ▶ Teambuilding



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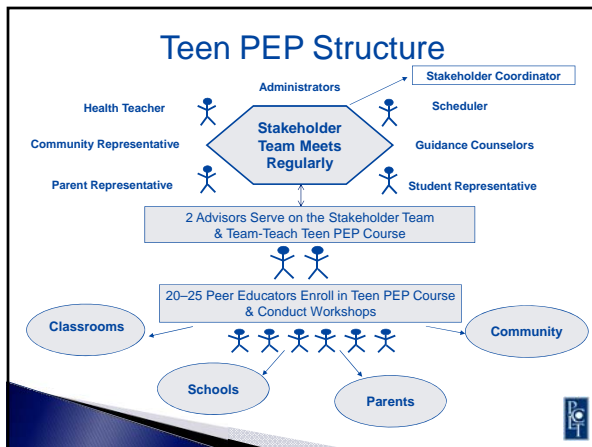
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### Intervention Reach

- ▶ Currently operating in more than 60 high schools
  - Began in New Jersey in 1999 (50+ high schools)
  - Expanded to North Carolina in 2006 (8 high schools)



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### OAH Project Reach

- ▶ During the 2011-2012 school year, **370** ninth grade students across two high schools located in rural North Carolina communities participated in *Teen PEP*
- ▶ 51% were females; 49% were males
- ▶ Races and ethnicities of the participants:
  - 34% White
  - 32% Black/African American
  - 14% Multiple Races
  - 10% Hispanic/Latino
  - 5% American Indian
  - 1.5% Asian or Native Hawaiian/Other Pacific Islander



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### Program Evaluation Overview

- Rigorous evaluation conducted by Mathematica Policy Research and Abt Associates, Inc.
- Up to 12 North Carolina high schools will be randomly assigned to either receive the program or serve as a control school and delay implementation of the program for two years
- Ninth grade students from program and control schools whose parents provide permission for them to participate in the rigorous evaluation will complete a survey to assess knowledge, attitudes, and behaviors related to sexual health
- Surveys to be completed at three points:
  - Pre-program
  - 6-Months Post-Program
  - 17-Months Post-Program



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## Targeted Outcomes

- ▶ To delay first sexual intercourse
- ▶ To increase condom use (or other barrier contraceptive method)
- ▶ To increase contraceptive use
- ▶ To decrease the number of sexual partners
- ▶ To increase testing for HIV and other sexually transmitted infections
- ▶ To improve attitudes that endorse healthy decision-making
- ▶ To increase sexual health knowledge
- ▶ To improve decision making, goal-setting, and negotiation and refusal skills
- ▶ To improve communication with peers and parents




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## Preliminary Results from Perceived Impact Student Surveys




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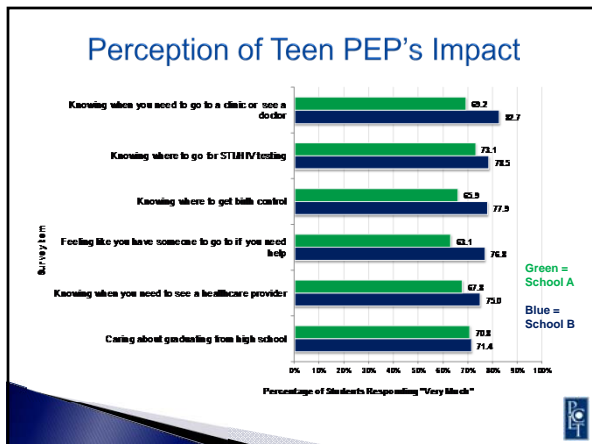
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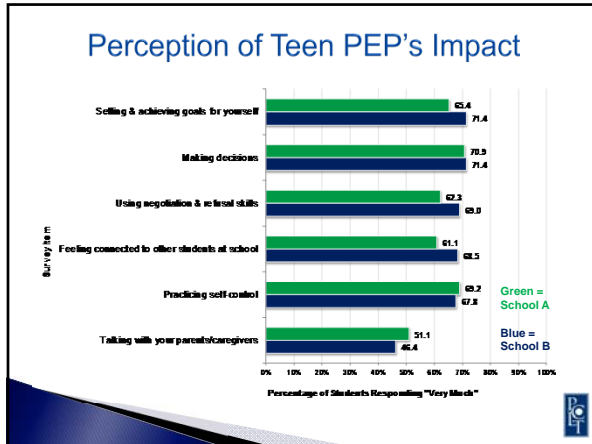
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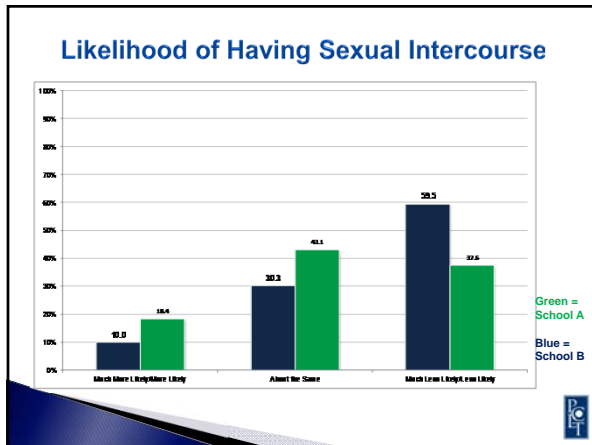
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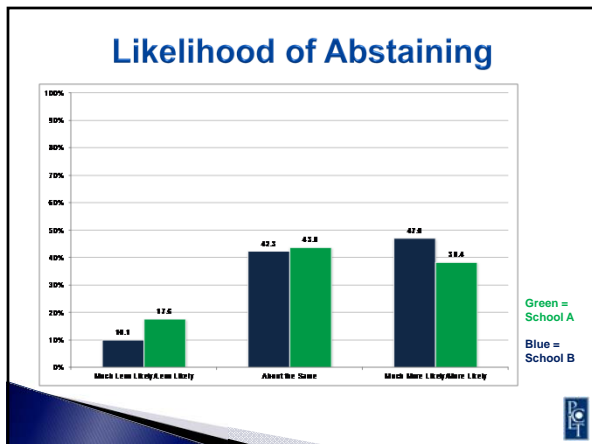
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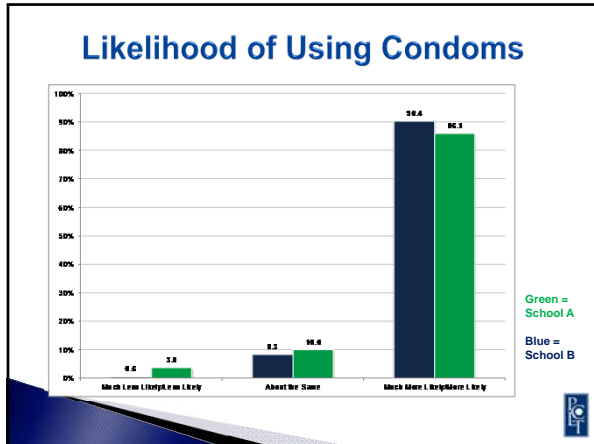
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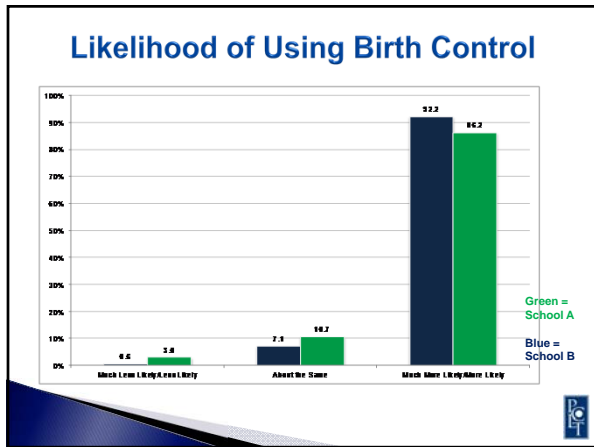
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### Lessons Learned

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## Contact Information

For additional information, please contact:

Sherry Barr, Psy.D., Vice President  
[sbarr@princetonleadership.org](mailto:sbarr@princetonleadership.org)  
(609) 252-9300, ext. 117

[www.princetonleadership.org](http://www.princetonleadership.org)  
[www.teenpep.org](http://www.teenpep.org)



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