Parent Based Approach To Teen Pregnancy Prevention

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No conflict of interest to disclose
Goals and Objectives

1. Gain a better understanding of the health, social and economic consequences of teen pregnancy and the current rates in the US and Texas

2. Learn more about new approaches to teen pregnancy prevention; namely, increasing parent to child communication regarding sexual and reproductive health

3. Understanding the socioecological model regarding teen pregnancy prevention
Definitions

• Teen Birth Rate:
  Number of live births to women between the ages of 15-19 years old/1000 women in that age group

• Teen Pregnancy Rate:
  Number of pregnancies in women between the ages of 15-19 years old/1000 women in that age group
  (includes teen birth, abortion and miscarriage rates)
Teen Pregnancy and the US
US Teen Pregnancy Rates Compared to Other Countries

![Bar chart showing teen birth rates per 1,000 girls age 15-19 by country. The United States has the highest rate at 37.9, followed by Portugal at 16.5, and Switzerland at 4.1.]

**Sources:**
Teen Pregnancy in the US

• The United states has the highest teen birth rate (24.2 in 2014) among industrialized countries

• Reasons cited include:
  • Low acceptance of teen sexuality
  • Inconsistent sex education programs
  • Wide socioeconomic disparities that further target high risk groups\textsuperscript{14}
Southern States Have the Highest Teen Birth Rates in the US

FIG 1: Teenage Birth Rates per 1000 Females Aged 15-19 Years Old by State, 2014

Texas at 37.8 has the 5th highest teen birth rate in the US

Disparities by Race/Ethnicity

Figure 2: Birth Rates per 1000 Females Ages 15-19, by Race/Ethnicity, 1990-2014

Trends Over Time in the US

Figure 3: US Teen Pregnancy, Birth and Abortion Rates per 1000 Females Ages 15-19, 1970-2010

Implications of Teen Pregnancy

• Teen pregnancy is high risk from a medical perspective

• Accounted for nearly $1.1 billion per year in costs to Texas taxpayers in 2010

• Increased incarceration rates among children of teen parents

• Daughters of teen mothers are more likely to become pregnant in adolescence themselves

• Lost tax revenue because of lower educational attainment and income among teen mothers

• Less than 50% (about 40%) of teen mothers receive a high school diploma, versus approximately 90% of women who had not given birth during adolescence
The Parent Based Approach
Why the Parent Based Approach

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<th>Not Effective Interventions</th>
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- “Seven in ten teens say it would be easier for them to postpone sexual activity and avoid teen pregnancy if they could have more honest and open conversation with their parents” (The National Campaign)
- Six in ten teens say that when it come to talking about sex, parents give one message to their daughters and a different message to their sons
- 57% of parents report being uncomfortable when talking to their teen about sexual health
Galveston Island

- Galveston Youth Risk Student Survey done at Ball High (2014)
- Of 1889 students in the high school 1472 completed the survey (78% response rate).
- Sexual Activity:
  - 663 (44.7%) of the students were sexually active.
  - Nearly 20% reported being sexually active before the age of 13 (40% for male African American Students)
Galveston Island

- The teens that reported sexual activity, 1 in 6 said that they had either been pregnant or got someone pregnant.
Galveston

• Fewer children live with both parents
• Parents do NOT keep track of children’s media usage
• Approximately 20-30 % of students report either not feeling loved at home, not living at home or unsure if they are loved at home
Parent-Based Teen Pregnancy Prevention Program

Helping parents communicate with their teens regarding reproductive health

Brought to you by
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Reaching out to Community Partners

- Reached out to multiple community partners that included local organizations, parents, preachers and community leaders.
- Developed a Parent based teen pregnancy prevention program based on materials from the CDC, the National Campaign and advocates for youth
- Initially decided on 4, one hour sessions to be held on a weekly basis for parents/guardians of children between the ages of 11-16 years old.
Program Content

Session one:
- Increase parental knowledge on teen pregnancy in Texas, Galveston and its negative impact
- Hear the teen perspective
- Understand that parents most affect their decision making

Session two:
- Delivered in the form of a mini workshop that concentrates on improving parental communication skills
Program Content

Session Three:

• Importance of communicating parental values regarding sex in a clear and unambiguous manner to teens.

• Using the let’s talk TV guide and Teachable moments.

• How to be an Askable parent.

• How to deal with the concern that talking about both abstinence and contraception may be a mixed message.

Session Four:

• Importance of supervising and monitoring your children and their activities (including online activities)

• Discourage early frequent and steady dating.

• Dealing with Consent: NO means NO.

• Helping teenagers develop future goals.
Challenges

• IRB
• Recruitment
• Program modifications
Socioecological Model for Teen Pregnancy
**Public Policy:**
- Laws limiting access to reproductive health services and contraception

**Community:**
- Limited Access to contraception
- Limited inter organizational community opportunities

**Organizational:**
- Lack of comprehensive sex education programs at school, church, primary care settings
- Media Coverage

**Interpersonal:**
- Relationship with parent/guardian
- Foster care
- Communication with parent/guardian regarding adolescent reproductive health
- Peer pressure
- Pressure from sex partner
- Social Network

**Individual:**
- Low SES
- Low Education
- Race/Ethnicity
- Attitudes and knowledge
Teen pregnancy, contraception, birth control, social stigma, bad news, motherhood, tragedy, teen mom, adoption, sex education, conception, baby, teen pregnancy, premature labor, motherhood, abortion, irresponsible sex education, social support, teen mom, child support, poverty, low birth weight, teen pregnancy, abortion, teen mom, marriage, social stigma, bad news, prevention, teen pregnancy, abortion, teen mom, abortion, teen pregnancy, abortion, teen mom, abortion.