



**HIGHLIGHTS**

**Cuyahoga County  
Family and Children First Council  
School-Based  
Teen Pregnancy  
Prevention Program  
1998-2004**

# Wellness Teen Pregnancy Prevention Agency Partners

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**Beech Brook**

**Berea Children's Home and Family Services**

**Center for Families and Children (CFC)**

**City of Lakewood**

**CityYear Cleveland**

**Cleveland Municipal School District (CMSD)**

**HealthSpace of Cleveland**

**Hispanic UMADAOP of Cleveland, Inc.**

**Huron Hospital/East Cleveland School District**

**Murtis H. Taylor Multi-Service Center**

**Northeast Ohio Neighborhood Health Services (NEON)**

**Operation Keepsake**

**Options for Families and Youth**

**Planned Parenthood of Greater Cleveland**

**Singleton & Partners Limited**

# Program Description

This report highlights the successful efforts of the Cuyahoga County Teen Pregnancy Prevention Program. This is a school-based program funded through the Cuyahoga County Family and Children First Council and administered by the Cuyahoga County Board of Health.

Each year community agencies receive funding to partner with an area school district to provide an in-class intervention curriculum and wrap-around activities aimed at reducing the consequences of early sexual activity, including STDs and teen pregnancy. Since 1998 this program has reached over 35,000 area students. The 7th and 8th grade participants (average age 13) came from ten school districts and over 50 different schools.

The agency/school partnership chooses an in-class curriculum that has been tested and evaluated (see next page). They can select an abstinence-only or safer-sex approach. In addition, they agree to participate in a rigorous evaluation program that examines the short term effectiveness of the program. Program success is measured by the eight performance objectives listed below. Each year partners meet to review prior year results. Modifications are made based on these discussions. This collaborative effort allows the greatest flexibility for optimal programming.

## Cuyahoga County Teen Pregnancy Prevention Program Objectives

*In comparison to a control group of students, intervention participants will:*

- ✓ demonstrate a significant increase in their knowledge of HIV/STDs from baseline to post-test.
- ✓ demonstrate a significant increase in their sexual abstinence values.
- ✓ demonstrate a significant increase in their efficacy (confidence) to avoid risky sexual situations or sexual advances of others.
- ✓ demonstrate a significant increase in their efficacy (confidence) to access and properly use a condom should they be sexually active.
- ✓ demonstrate a decrease in their perceptions of peer sexual behavior (e.g., not everyone is doing it).
- ✓ demonstrate (a) a significant decrease in their intentions to have sex in the future and (b) a significant increase in their intentions to use a condom if sexually active.
- ✓ demonstrate a significant decrease in sexual activity; that is, for those sexually active at baseline (prior to the intervention beginning), to demonstrate increases in renewed abstinence; and for those sexually inexperienced at baseline, to demonstrate a decrease in the number who initiate sex activity for the first time.
- ✓ demonstrate a significant increase in consistent condom use (among those who are sexually active during the evaluation period).

# Curricula Summary

**Be Proud! Be Responsible!** is a curriculum that stresses the importance of protecting one's community, as well as oneself, against the potentially negative consequences of unprotected sexual intercourse. Also addresses behaviors related to pregnancy prevention, including skills to recognize and avoid risky situation, and using condoms.

**For Keeps™** is an abstinence-until-marriage curriculum that focuses on the benefits of abstinence and the physical, emotional, psychological, and economic consequences of early sexual activity. It emphasizes character development, future orientation, and presents virginity as a "gift" that is shared in marriage at a time when individuals are more prepared for sexual relationships.

**Safer Choices** is a theoretically driven curriculum with the primary goal of reducing unprotected sexual intercourse by encouraging abstinence, and among students who report having had sex, encouraging condom use. This curriculum uses a "whole school" approach by involving teachers, parents, community members, and especially students.

**Draw the Line/Respect the Line** is a new, developmentally appropriate curriculum intended to reduce risk behaviors to prevent HIV/STDs and pregnancy among middle school youth. The curriculum, to be delivered in 6-8th grade, is designed to assist students in developing personal sexual limits and gaining the skills necessary to maintain those limits even when they are challenged.

**Focus on Kids** is a community-based HIV/STD prevention program for urban youth. This theoretically driven curriculum emphasizes the balance between pressures to engage in a risk behavior, the risks involved, and the consideration of alternatives. It makes use of existing friendship groups as a means of strengthening peer support and a method for developing decision-making, refusal, communication, and advocacy skills.

**Summary of Funded Agencies, Communities Served and Participation Rates (1998-2004)**

Year	Funded Agencies	Communities Served		# School Sites	# of Enrolled Students
1998-1999	CMSD, Huron Hosp., HUMADAOP, CFC,, Murtis Taylor, Lakewood	Cleveland E. Cleveland	Cleveland Hts Lakewood	13	2719
1999-2000	CMSD, HURON, CFC HUMADAOP, NEON, Options for Families	Cleveland E. Cleveland	Cleveland Hts Parma Lakewood	15	4072
2000-2001	CMSD, Huron Hosp., Health Museum, Operation Keepsake, HUMADAOP, NEON, Options for Families Berea Children's Home	Cleveland E. Cleveland Cleveland Hts Parma	Lakewood Euclid Bedford Maple Hts Brooklyn	26	6934
2001-2002	CMSD, Huron Hosp., HUMADAOP, Operation Keepsake	Cleveland East Cleveland Euclid	Bedford Maple Hts	24	8674
2002-2003	CMSD, Huron Hosp., HUMADAOP, Operation Keepsake	Cleveland East Cleveland Euclid	Bedford Maple Hts	24	6791
2003-2004	CMSD, Huron Hosp., HUMADAOP, Operation Keepsake, Beech Brook	Cleveland East Cleveland Euclid	Bedford Maple Hts Warrensville Hts	31	6041
<b>TOTAL PARTICIPATION 1998-2004</b>					<b>35, 231</b>

**What I liked about the program...**

**“Learning about HIV and AIDS.”**

**“Everything, because now I know to wait for the right person.”**

**“Having sex can be a bigger deal than I thought it was.”**

**“I liked the things we talked about, and how we talked about it.”**

**“When Mrs. L told us to have safer sex or not having any.”**

**“It was OK to speak and feel freely in here.”**

**“We could talk and nobody judged us.”**

**“Learning to be abstinent and if you don't then use a condom.”**

## Program Participants: Who Are They?

Average age = 13 years old

69% urban; 31% suburban

45% 7th grade  
55% 8th grade

69% African-American  
17% Caucasian  
10% Hispanic/Latino  
4% Other

49% males; 51% females

48% live in two parent families  
43% live in one parent families  
9% live in another arrangement

## Trends in Sexual Behavior and Beliefs<sup>1</sup> Among Wellness Program Participants (n=20,242)

	1999-2000 (n=3,141)	2000-2001 (n=5,940)	2001-2002 (n=5,564)	2002-2003 (n=5,597)
<b>Ever Had Sex?<sup>2</sup></b>	<b>31.0%</b>	<b>29.8%</b>	<b>29.2%</b>	<b>27.3%</b>
Males	43.3%	41.4%	39.3%	39.2%
Female	19.6%	18.9%	20.1%	16.0%
<b>Consistent Condom Use<sup>3</sup></b>	<b>NA<sup>4</sup></b>	<b>67.5%</b>	<b>64.8%</b>	<b>69.3%</b>
Males	NA	69.1%	68.2%	71.6%
Females	NA	63.8%	58.0%	65.7%
<b>Abstinence Beliefs<sup>5</sup></b>	<b>77.3%</b>	<b>78.4%</b>	<b>NA<sup>4</sup></b>	<b>80.9%</b>
Males	66.5%	67.1%	NA	71.8%
Females	87.5%	89.2%	NA	89.6%

<sup>1</sup> Pre-intervention data. Percentages adjusted for participants' age, gender, race/ethnicity and community (urban vs. suburban).

<sup>2</sup> Trend across years is statistically significant for both males and females (p<.001).

<sup>3</sup> Used a condom every time during sex in the past 3 months. Trend is not statistically significant.

<sup>4</sup> Questions or response categories are not comparable to other years.

<sup>5</sup> Believe it is important not to have sex until they are older. Percent who responded "probably yes" or "definitely yes". Trend across years is statistically significant (p<.05) for males only.

# Program Evaluation

Program evaluation has been an integral component of the Cuyahoga County Family and Children First Council's School-Based Teen Pregnancy Prevention Program. The purpose of the evaluation is to determine the *program reach* (how many students receive the program) and *program effectiveness* (does it actually change attitudes, beliefs and behaviors). The evaluation process also provides the agency/ school partnerships with feedback on how their program is doing and ways in which they can improve the program to better reach the performance objectives.

The most rigorous method of determining program effectiveness involves four components: an *intervention group* (a group that receives the program), a *control group* (a group that receives the program after the evaluation period is over), a *pre-test* (an assessment of the attitudes, beliefs, and behaviors prior to the program) and a *post-test* (an assessment of the same factors after the completion of the program). If significant changes in these factors (i.e., increase in HIV knowledge) are observed in the intervention group, but not the control group, then the change is attributed to the program intervention.

This study design was applied to the Teen Pregnancy Prevention Program from 1999-2000 and 2000-2001, with the results displayed in the table below. After two consecutive years of positive program outcomes, the subsequent three years involved more descriptive evaluation assessing areas of programming need (i.e., assessing where students turn for information regarding reproductive health, assessing developmental assets and parent/child relationships).



Evaluation Objectives Compared to control students, students exposed to the intervention will...	Were Objectives Met in 1999-2000?		Were Objectives Met in 2000-2001?	
	YES	NO	YES	NO
<b>For all students...</b>				
1. demonstrate a significant increase in their HIV/STD knowledge.	✓		✓	
2. demonstrate a significant increase in their sexual abstinence values.	✓		✓	
3. demonstrate a significant increase in their efficacy (confidence) to avoid risky sexual situations or sexual advances of others.		✓		✓
4. demonstrate a significant increase in their efficacy (confidence) to access and properly use a condom should they be sexually active.	✓		✓ <sup>(a)</sup>	
5. demonstrate a decrease in their perceptions of peer sexual behavior (e.g., not everyone is doing it).		✓		✓
6a. demonstrate a significant decrease in their intentions to have sex in the future.	✓		✓	
6b. demonstrate a significant increase in their intentions to use a condom if sexually active.	✓			✓ <sup>(b)</sup>
<b>For sexually <i>in</i>experienced students at baseline...</b>				
7a. demonstrate a significant decrease in the number of students who initiate sexual activity during the evaluation period.	✓ <sup>(c)</sup>		✓	
<b>For sexually <i>ex</i>perienced students at baseline...</b>				
7b. demonstrate a significant increase in the number of students who abstain from sexual activity during the evaluation period (renewed abstainers).		✓		✓
<b>For those reporting sexual intercourse during the evaluation period...</b>				
8. demonstrate a significant increase in consistent condom use.	na	na	✓	

(a) Only among the safer-sex or comprehensive sex education curricula.

(b) Significant differences were observed, but in the opposite direction than expected.

(c) 1999-2000 analyses was borderline significant ( $p < .06$ ); 2000-2001 results were statistically significant ( $p < .01$ ).

## Acknowledgements

The Family and Children First Council (FCFC) and the Cuyahoga County Board of Health gratefully acknowledges the Board of Cuyahoga County Commissioners for generously supporting the full range of comprehensive program activities aimed at reducing the rate of out-of-wedlock and teen pregnancies.

We also thank Case Western Reserve University, Center for Health Promotion Research for their substantial work on the evaluation of the program. Without question, their careful review and meticulous attention to detail has increased the overall effectiveness, and ongoing improvement of program activities.

Special thanks go to members of the FCFC Prevention Initiative Committee for their leadership and guidance in the program's development and evolution. In particular, we wish to acknowledge their valuable insights in the area of high-quality research on children's issues.

And last, but certainly not least, we extend our heartfelt thanks to the community partners that make it possible to provide these critical services. The quality of their work is manifest throughout various program components as testament to their continued commitment to improve the quality of life of families and children in Cuyahoga County.



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