



2020-2021 PREP Program Summary

Aggregate Report

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SCHOOL OF MEDICINE AND PUBLIC HEALTH

Background

What is PREP?



The Personal Responsibility Education Program, or PREP, is an evidence-based, federally funded program.



State agencies are awarded to educate young people on both abstinence and contraception to prevent pregnancy and sexually transmitted infections, including HIV/AIDS.



The program targets youth ages 10–19 who are homeless, in foster care, live in rural areas or in geographic areas with high teen birth rates, or come from racial or ethnic minority groups. PREP also supports pregnant and parenting youth.



Projects replicate effective, evidence-based or evidence-informed program models or substantially incorporate elements of projects that have been proven to delay sexual activity, increase condom or contraceptive use for sexually active youth, or reduce unintended pregnancy among youth.



Wisconsin PREP

Wisconsin PREP aims to strengthen coordination of adolescent health programs at the state and local level to reduce unintended teen pregnancy, sexually transmitted infections, HIV/AIDS, and reduce racial and ethnic disparities in health outcomes for primarily high school-aged adolescents in the state. Wisconsin PREP is committed to centering health equity at every step of programming from program planning to implementation and evaluation.

Four PREP sub-awardees provide programming in Wisconsin: **Community Action, Inc.** in Beloit, **Neighborhood House of Milwaukee** in Milwaukee, **Racine Family YMCA** in Racine, and **Sawyer County Health and Human Services** in Hayward/Sawyer County Wisconsin.

Why have a program summary?

The purpose of this evaluation report is to highlight PREP program outcomes and to inform continuous quality improvement measures.

It also serves as a document that can be used for engaging stakeholders and promote discussion within organizations and with partners about strengths and gaps in youth programming.



Background Cont.

Evaluation Context and Limitations

There are numerous contextual considerations and limitations to the PREP program summary evaluation:

1. The UWPHI Adolescent Health Evaluation Team does not track individual youth responses on the entry and exit surveys. This helps protect youths' anonymity but does not allow us to compare how sexual health knowledge, attitudes, and beliefs of individual youth have changed as a result of programming.
2. In response to the shift in educational demands due to the impacts of COVID-19, WI PREP was forced to pivot and offer programming virtually for youth. After careful review, Advocates for Youth comprehensive curriculum, Rights, Respect, Responsibility (3 R's) was selected to be replicated. Sub-recipients were given flexibilities to meet the educational needs of their communities, therefore, the program fidelity was compromised due to various delivery methods of asynchronous and/or synchronous implementation.
3. In spring 2020, the COVID-19 global pandemic caused PREP sub-awardees to shift their program implementation to a virtual environment in order to continue serving youth. Program and evaluation adaptations occurred rapidly and created learning curves for both curricula delivery and data collection for the 2020-2021 programming year.
 - i. Programming was delayed, and sometimes cancelled, throughout the year due to youth and/or staff either contracting COVID-19 or having to go into quarantine as a precaution.
 - ii. Across the board, sites struggled with obtaining local partnerships because class times were shortened due to virtual education practices.
 - iii. The shift to virtual program implementation influenced the lesson/Adulthood Preparation Subjects (APS) sequencing and program dosage. There were difficulties getting youth to attend asynchronous lessons.
 - iv. Some facilitators reported difficulties building a rapport with youth and keeping them engaged in a virtual setting. Sites also reported youth burnout with virtual learning.
 - v. Virtual programming came with technical barriers. I.e., not being able to access certain curricula content because of firewalls, issues with audio and video, and issues with internet connectivity.
4. There were some limitations related to virtual survey administration this year:
 - i. Youth having to take the survey at home or in another, less monitored, environment lead to overall fewer completed survey responses than in pre-pandemic years.
 - ii. When using Qualtrics' survey mailer, some youth emails bounced back. As a back-up, UWPHI Ad Health Eval gave each facilitator an anonymous survey link to share with youth.

More evaluation information may be found in Appendix A at the end of this report.

Award Information

The Wisconsin Department of Health Services (WI DHS), Division of Public Health (DPH) announces the availability of funds for the Wisconsin State Personal Responsibility Education Program (PREP).

PREP is funded through the federal Department of Health and Human Services Administration for Families and Children (ACF), Administration on Children, Youth and Families' (ACYF) Family and Youth Services Bureau (FYSB). Section 2953 of the Patient Protection and Affordable Care Act of 2010 (Public Law (Pub. L.) No. 111-148) established PREP.

PREP is authorized and funded by Section 513 of the Social Security Act (42 U.S.C. § 713), as amended by Section 50503 of the Bipartisan Budget Act of 2018 (Pub. L. No. 115-123) extended by Section 3822 of the CARES Act, 2020 (Pub. L. No. 116-136).

2020-2021 Program Overview

Partners

Wisconsin State PREP sub-awardees partner with a variety of different organizations and schools to deliver programming. Below is a list of each sub-awardee and their 2020-2021 partners.

Community Action, Inc.

Beloit Fresh Start, Clinton High School, and TAGOS Leadership Academy.

Neighborhood House of Milwaukee

Frances Brock Starms Discovery Learning Center, Golda Meir School, Milwaukee Academy of Chinese Language, Milwaukee Academy of Science, and Rufus King Middle School.

Racine Family YMCA

Case High School and Horlick High School.

Sawyer County Health and Human Services

Hayward High School and School District of Winter.

Surveys

Sub-awardees used either a middle or high school version of the PREP surveys depending on the ages of youth served.

905 youth completed entry surveys and **744** completed exit surveys during the 2020-2021 programming year.

Curriculum & Setting

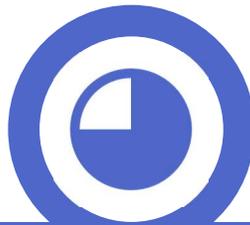
All sub-awardees used the **Rights, Respect, and Responsibilities** curriculum for 2020-2021 PREP programming.

Lessons were completed **synchronously or asynchronously**, dependent on local partners needs.



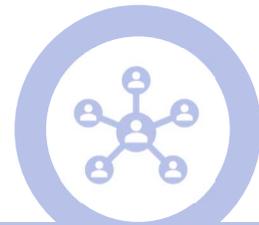
1,421

Total youth attended at least one program session



1,093

Youth attended at least 75% of sessions (77%)



53

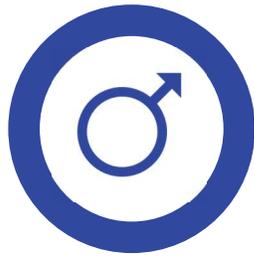
Total cohorts completed

Youth Demographics



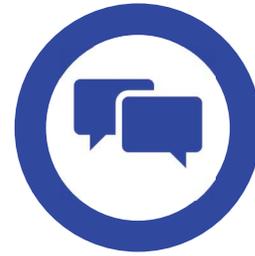
399

Youth identify as **female** (54%)



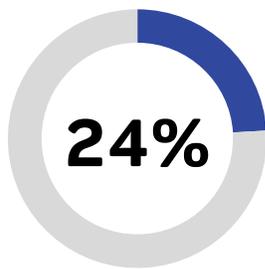
340

Youth identify as **male** (46%)



Most youth speak **English** at home.

Youth can write in languages other than English and Spanish on their survey. During this programming period, there were 3 youth enrolled who also spoke **Burmese**, 3 youth who spoke **Hmong**, 3 youth who spoke **Swahili**, 2 youth who spoke **American Sign Language**, and 2 youth who spoke **Ojibwe**, showing a diversity of languages spoke at home.



Of youth identify as **Hispanic** or **Latino**

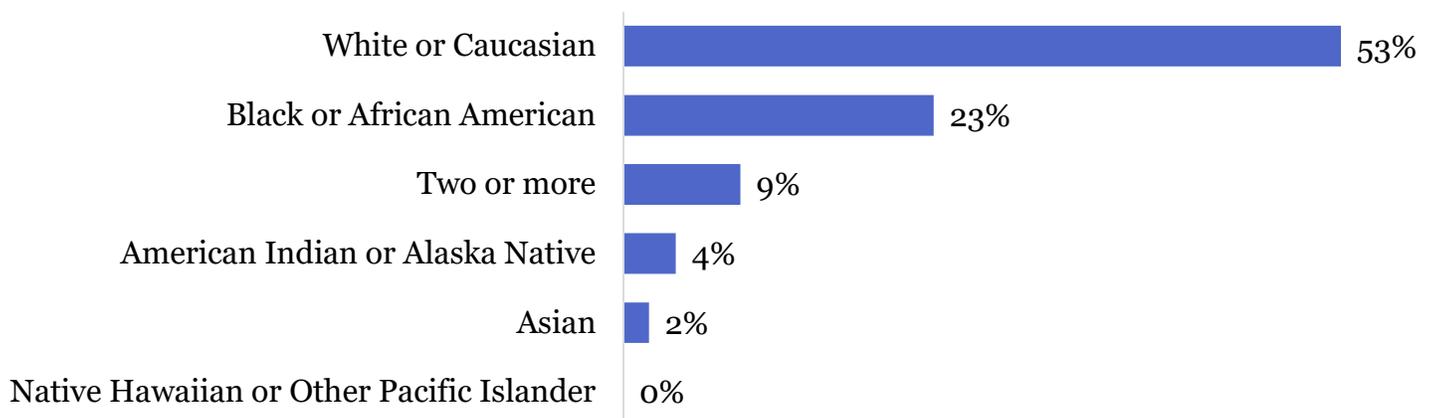


14 was the **average age** of youth served.



9th was the **average grade** youth were enrolled in at the time of programming.

Most youth served identify as **White/Caucasian**



Youth demographics come from the exit surveys.

Note that youth are only given the option to choose “female” or “male” as their sex. Youth who feel uncomfortable choosing or otherwise do not feel represented with the two choices are instructed to skip this survey item.

N=744 - 738 - Average response rate of 99.5%

Youth Outcomes Post-Programming

This section includes select exit survey items about youth attitudes, likelihood to understand healthy relationships, and likelihood to act in healthy ways post-programming. The sample size for these items ranged from 716 to 702 youth; an average response rate of 95%.

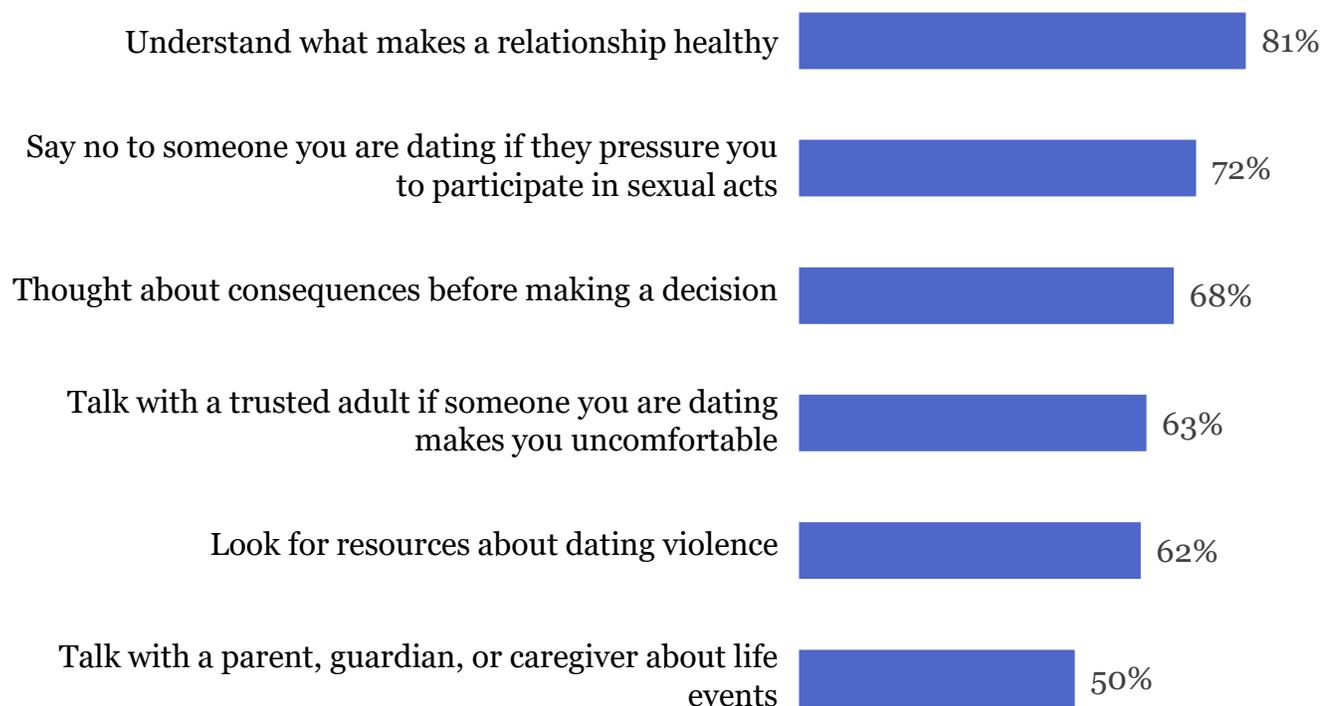
Across all Wisconsin PREP sub-awardees, 81% of youth are much more or somewhat more likely to **understand what makes a relationship healthy**.

Similarly, 72% of youth are much more or somewhat more likely to **say no to someone they are dating if their partner pressures them into participating in sexual acts**.

Relative to other intended outcomes, youth reported the least change in likelihood to **talk with a parent, guardian, or caregiver about things going on in their life** (50%).

Most youth experienced changes in behavioral intention after participating in PREP.

*Percent of youth who said much more or somewhat more likely.



Youth Behavioral Intentions

This section includes exit survey items about youth intention to abstain from sex, the reasons for abstaining, and contraceptive use in the event of sexual intercourse post-programming.

The sample size for these items ranged from 595 to 214 depending on youth intention to have sex. Average response rate was 68%. Note that these indicators only appear on the high school version of the survey. Depending on how youth answer select items, skip logic reduces sample size.

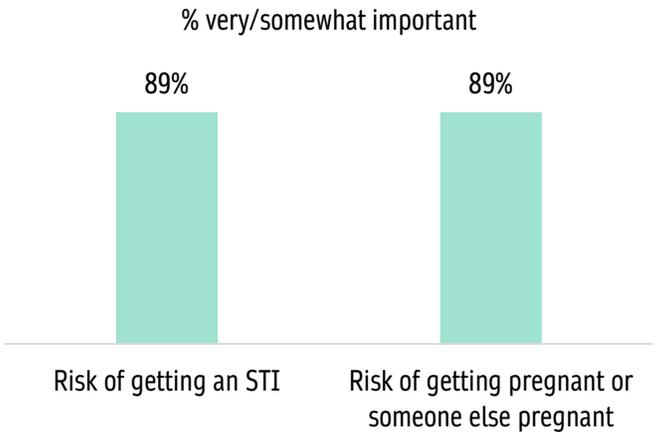
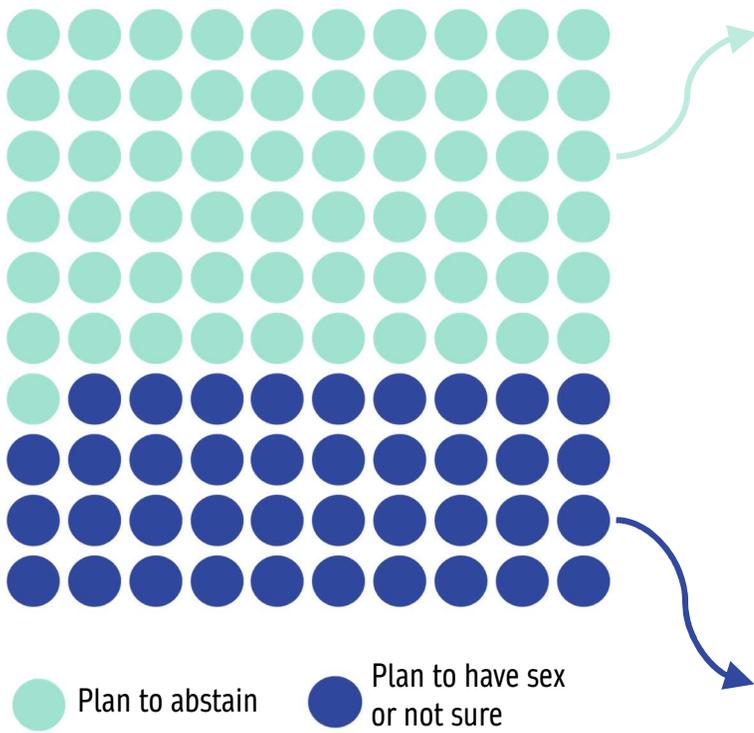
61% of all youth surveyed **plan to abstain** from sexual intercourse for at least 3 months. Of those youth planning to have sex or are unsure, 55% and 49% are more likely to use (or ask their partner to use) **a condom or other birth control**, respectively.

Are youth planning to abstain?

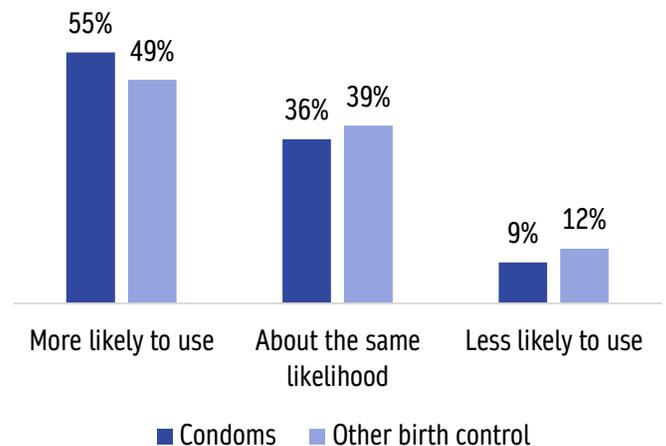
Youth were asked if they plan to abstain from sex for at least 3 months, as a result of being in PREP. **61%** of youth **plan to abstain** from sexual intercourse. 39% plan not to or are unsure. (n=560).

*Of the 61% of youth planning to abstain, **89%** of youth felt the risk of getting an **STI or pregnant** was an important factor in their decision (n=340).*

61% of youth are planning to abstain from sexual intercourse.



*Of the 39% of youth not planning to abstain, **55%** and **49%** of youth are likely to use (or ask their partner to use) **a condom or other birth control** if they have sex, respectively (n=157).*



Program Experiences

This section includes exit survey items about youth perceptions of programming. The sample size for these items ranged from 697 to 691 youth; an average response rate of 94.5%

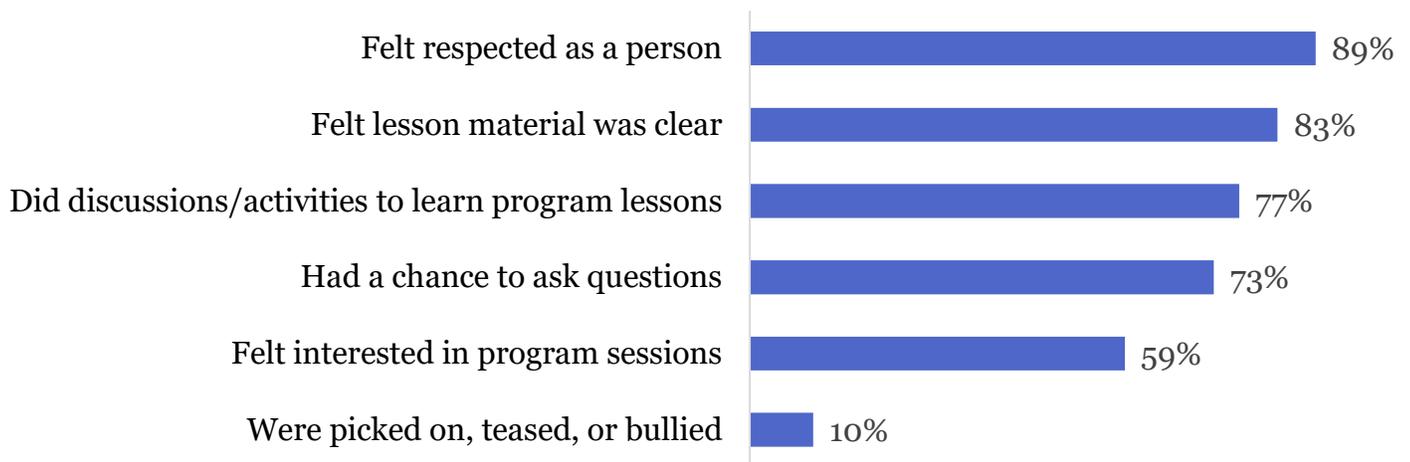
Overall, youth reported positive perceptions of programming. Notably, 89% of youth felt **respected as a person** either all or most of the time.

83% of youth felt that **material presented was clear**. However, only 59% of youth felt **interested in program sessions**.

Alternatively, 10% of youth **felt picked on, teased, or bullied** either all or most of the time during PREP programming.

Most youth had positive perceptions of PREP programming.

*Percent of youth who said all or most of the time.



Community Health Services Exposure

The goal of PREP is to reach **100% Family Planning Only Services (FPOS) exposure**.

1,092 youth
received FPOS
information (77%).

380 youth received
a well-care visit in the
last 12 months (55%).

Appendix A - Evaluation

Data Sources

Survey Data: Data used are from entry and exit surveys that are administered electronically at both the start and end of all PREP components, respectively. The surveys are collaboratively developed between the Studies of Performance Measures and Adult Preparation Subjects (PMAPS) and Mathematica Policy Research and capture information about youth characteristics (age, grade, language spoken at home, race/ethnicity, etc.), behaviors, program experiences, and perceptions of program effects on youth's sexual behaviors and intentions.

There are two versions of the PREP entry and exit surveys. All items on the entry and exit surveys are the same across both versions except for additional questions on the high school version that ask youth about their intention to abstain from sexual intercourse, the reasons for abstaining, likelihood of engaging in sexual intercourse within 3 months, and contraceptive use in the event of sexual intercourse.

Attendance Data: Attendance data is recorded for the duration of a cohort by sub-awardees and is used by UWPHI Adolescent Health Evaluation to calculate the total number of youth served by PREP, the total percentage of program hours delivered, and the number of youth who received info about youth-friendly health care services (FPOS brochure).

OLDC Narrative Data: Online Data Collections System (OLDC) narrative data is submitted via Qualtrics, an online survey software, by sub-awardee program managers every six months (October and April). Program Managers report on major accomplishments and significant events, dissemination activities, challenges, and planned activities for the next six months of programming.

Data Analysis

Descriptive data is used for this report. We used basic frequencies to highlight youth characteristics, behaviors, and program experiences. Findings are not statistically significant but provide comprehensive information that helps PREP facilitators understand program changes over time.

What Curricula is Used?

All sub-awardees used the Advocates for Youth: Rights, Respect, and Responsibilities curriculum for 2020-2021 PREP programming.

Rights, Respect, Responsibility is a sex education curriculum that fully meets the National Sexuality Education Standards and seeks to address both the functional knowledge related to sexuality and the specific skills necessary to adopt healthy behaviors. Rights, Respect, Responsibility reflects the tenets of social learning theory, social cognitive theory and the social ecological model of prevention (<http://3rs.org/3rs-curriculum/>).

Reach out to us!

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Condom icon by Sergey Demushkin
from the Noun Project
(<https://thenounproject.com/search/?q=condom&i=402602>)