Personal Responsibility Education Program (WA PREP)  
Connections Between Substance Use and Adolescent Sexual Health

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Agenda

• About WA PREP & Other WA Sexual Health Collaborations
• Connections between Adolescent Sexual Health & Substance Use
• Safe and Supportive Environments
• Linking Youth to Sexual Health Services
• Answering Difficult Questions
ABOUT WA PREP & OTHER WA SEXUAL HEALTH COLLABORATIONS
What is WA PREP?

Washington Personal Responsibility Education Program

– Teen pregnancy prevention grant
– Teen pregnancy happens for a variety of reasons other than a failure in an adolescent’s personal responsibility: family, intergenerational, economic, interpersonal, and school risk factors, community norms, coercion, and non-consensual sex
What does PREP do?

- Implement five evidence-based teen pregnancy and STI prevention curricula in high need sites across the state including:
  - Juvenile detention facilities (state and community)
  - Schools (traditional and alternative)
  - Boys and Girls Clubs
  - Other youth serving agencies with access to youth at particularly high risk for teen pregnancy and STIs
Goals of Evidence-Based Interventions

- Delay initiation of sexual intercourse
- Increase condom use
- Reduce frequency of sex
- Reduce number of sex partners
What does PREP do?

WA PREP also educates participants in three adulthood preparation subjects including:

- **Healthy relationships**, such as positive self-esteem, relationship dynamics, friendships, dating, romantic involvement, marriage, and family interactions
- **Parent-child communication**
- **Healthy life skills**, such as goal-setting, decision making, negotiation, communication and interpersonal skills and stress management
What does PREP fund?

- WA PREP funds:
  - Training
  - Technical assistance
  - Fidelity monitoring
  - Outcome evaluation
  - Participation stipends to sites
  - A liaison at the Juvenile Justice and Rehabilitation Administration (JJRA) and the Office of the Superintendent of Public Instruction (OSPI) to ensure continued access, site recruitment, and progress toward long-term sustainability
Why is WA PREP different from other PREP sites nationally?

– EBI facilitators receive additional training in:
  • Lesbian, gay, bisexual, transgender, and questioning youth topics
  • Answering challenging sex/sexuality-related questions
  • Delivering trauma-informed sexuality education
Other WA State Sexual Health Education Collaborations

**WISE**
Working to Institutionalize Sexuality Education

- Admin by Cardea
- Funded by Grove Foundation
- Description: helping school districts and ESDs with policy, curriculum options, and training

**ESHE**
Exemplary Sexual Health Education

- Admin by OSPI
- Funded by CDC Dash
- Description: working with 14 school districts to implement comprehensive sex ed and form an expert sex ed teacher cadre
- Evaluated by Cardea
Map of Sex Ed Projects in WA
Stories from WA PREP Partners
Share Your Stories and Discussion
CONNECTIONS BETWEEN ADOLESCENT SEXUAL HEALTH & SUBSTANCE USE
Risk and Protective Factors

• Several things lead to youths’ unhealthy behavior
  – Culture and structure of society
  – Individual and interpersonal factors
  – Abuse and neglect, bullying and harassment
  – Peer and parent modeling and norms

• Doug Kirby’s research on sexual risk and protective factors

• Hawkins, Catalano and Miller’s research on alcohol and substance use risk and protective factors
Overlap of Risk and Protective Factors

**Community**
- Extreme economic deprivation

**School**
- Academic failure beginning in late elem school

**Family**
- Family history of problem
- Family mngt problems
- Family conflict

**Individual/Peer**
- Early and persistent antisocial behavior
- Friends who engage in problem behavior
- Favorable attitudes about problem behavior
- Early initiation of problem behavior
Stories about Trauma that LGBTQ Youth have Experienced in Washington Schools
Welcoming Schools Trailer

What Can We Do? Bias, Bullying, and Bystanders

youtube.com/watch?v=Kla6S-L_xV4
Reteaching Gender and Sexuality Video

youtube.com/watch?v=51kQQuVpKxQ
Effective Substance and Sexual Health Prevention

- Communication and interpersonal skills
- Decision making skills
- Coping and self-management skills
- Resetting peer norms
- Positive school climate and pro-social peer groups
SAFE AND SUPPORTIVE ENVIRONMENTS
Invitations

• Be mindful of language in teaching scenarios
  – Your boyfriend or girlfriend → your partner
  – Are all relationships depicted heterosexual?
• Think about prevention moving towards cultural proficiency
• Recommend services that welcome and include LGBTQ youth and youth of color
LINKING YOUTH TO SEXUAL HEALTH SERVICES
Poll of Teens on Sexual and Reproductive Health Services

Most teens don’t know:

• Where to go for contraception and reproductive care
• What services are available to them
• Their rights to access contraceptive and reproductive health care

Let’s watch a video!

• http://www.healthyteennetwork.org/keep-it-simple

Source for poll: http://www.healthyteennetwork.org/keep-it-simple
Healthy Teen Network Video

vimeo.com/65566324
Adolescents’ Rights to Receive Care - WA

1. At what ages are minors allowed to consent to or refuse birth control services without parental consent in WA?

2. At what ages are minors allowed to consent to sexually transmitted infection treatment (including HIV) without parental consent in WA?

3. At what ages are minors allowed to consent to abortion services without parental consent in WA?

4. At what ages are minors allowed to consent to prenatal care without parental consent in WA?
Services to Be Aware of

Birth Control, Condoms, and HIV/STI Testing
• Family planning clinics
• Planned Parenthood
• School based health centers
• Juvenile Justice clinics

Crisis Pregnancy Centers
• Often do not have trained medical staff
• Do not provide abortion or pre-natal care

Catholic Hospitals
• May not refer for abortion care or EC
Finding Clinics

Family Planning Clinics
doh.wa.gov/YouandYourFamily/FamilyPlanning/Clinics

Rural Health Clinics
doh.wa.gov/Portals/1/Documents/2900/RHCLList.pdf

HIV (and often STI) Testing
aids.gov/hiv-aids-basics/prevention/hiv-testing/hiv-test-locations/

Planned Parenthood Clinics
plannedparenthood.org/

Health Insurance – Enrollment extended to April 15!
wahealthplanfinder.org
Remember...

Keep It Simple:
Linking Teens to Sexual Health Care
Facilitator’s Guide

Healthy Teen Network
CAI
ANSWERING DIFFICULT QUESTIONS
Types of Difficult Sexual Education Questions

- Fact
- Slang
- Shock
- Personal
- Values/belief
Fact

State it if you know it.
Get back to them if you don’t.

• What makes the sperm inside the guy?
Slang

State question as is.
Define slang.

• Why do gay people put their dicks in each others’ butts?
Remain calm.
Assume good intent.

• How come women in porn always moan so loud when they have sex?
Personal

Do not answer personal questions. Refer back to ground rules.

• How old were you when you had sex for the first time?
The Role of Values

Is there such a thing as value-free sexuality education?
Universal v Non-Universal Values

Universal Values
• 95%+ of our society holds these values
• We have a responsibility to teach these values

Non-Universal Values
• There is no large consensus on these issues
• We have a responsibility to teach all families’ perspectives with respect…and not express our own
Universal Values

• Forcing someone to have sex with you (rape) is wrong
• Knowingly spreading disease is wrong
• It’s safest and healthiest for school-age kids to wait to have sex
• Taking care of your reproductive health is important
• Sex between children and adults is wrong
• Sex between family members is wrong
Non-Universal Values

- Abortion
- Birth Control
- Masturbation
- Whether it is ok to have sex before or outside of marriage
- Whether lesbian/gay couples should be allowed to marry or raise children
- What age/under what circumstances it’s ok to start having sexual contact
Value Questions Protocol (VQP)

A.N.S.W.E.R.

1. Affirm the asker
2. Note the question as values-based
3. State the facts
4. What are the range of values/beliefs?
5. Encourage talking to family, faith leaders, and/or other trusted adults
6. Remain available & check if your answered the question
Values / Beliefs

Assess, is this a values question?
Use the Values Question Protocol.

• Is it ok if a couple uses alcohol to get in the mood for sex?
• Should gay people be able to marry and have kids?
Application

• What are two things you could do to incorporate sexual health into the work you do?
We hope you are now able to...

• Explain how WA PREP accomplishes prevention of teen pregnancy and STI
• Explain the connections between drug/alcohol use/abuse and unintended pregnancy and STIs (adolescent sexual health)
• Describe concrete action steps you can take to create linkages for your youth with sexual health information and services
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