



Continuous Quality Improvement Report

Number of Implementing Agencies: 9

Number of facilitators: 30

Number of newly trained facilitators: 30

Number of youth served: 735

Number of groups implemented: 53

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1 SUMMARY

- ❖ Most youth served identify as Black/African American or Hispanic/Latino, speak English at home, and live with at least one parent. A little over half have been suspended or expelled from school at some point. Almost all youth served have high educational aspirations and a large majority receive grades 'C' or better in school. A nearly equal number of males and females were served by programming. Average age of youth served is 15.81 (range is 10 – 24 years).
- ❖ About half of youth participating in evidence-based interventions have had vaginal sexual intercourse. A large majority report having had a sexual or romantic partner at some point. Approximately sixteen percent of youth served have used methods associated with increased pregnancy or STI risk at last sex. Intentions to abstain from unwanted sex and intentions to only engage in sexual activity when using a condom increased slightly after the program.
- ❖ Youth confidence with condom negotiation remained high after the program; fears remained low. After the program, youth are more confident with condom mechanics, putting on a condom and removing a condom. They are also more knowledgeable about the correct way to use a condom and the best condom type to prevent STIs.
- ❖ STI risk knowledge was high before the program, with little to no change in most areas after the program. After the program youth are much more likely to know that STI symptoms are not always visible. Pregnancy risk knowledge associated with having sex during different times in the fertility cycle increased slightly.
- ❖ Prior to the program, many youth were unaware of their rights to obtain birth control or STI testing. Youths' awareness of their rights to obtain birth control and purchase condoms increased slightly after receiving the intervention.
- ❖ Almost all youth report high satisfaction with the program and facilitators. A third report feeling uncomfortable asking questions. A quarter feel that the program was rushed.
- ❖ Half of the groups implemented completed less than seventy-five percent of activities as planned. The most common reasons for unplanned adaptations were: time (being behind schedule) and DVD issues. Half of groups report rushed pacing. Most groups report high youth participation and interest.

2 DEMOGRAPHICS (n = 556)

Gender: 54.3% female; 45.7% male
Mean age: 15.81(range: 10 - 24)
Mean grade: 9.51(range: 5– college)
Suspended or Expelled: 56.8%

A little over half (54%) of the youth served by EBI programming are female; forty-six percent (46%) are male. The average age of students served is 15.81 years (range 10 – 24 years).

Two thirds of youth (69%) served primarily speak English at home; sixteen percent (16%) primarily speak Spanish and fifteen percent (15%) speak English and Spanish equally at home (Figure 2.1). Most youth (90%) identify as Black/African American (46%) or Hispanic/Latino (34%). Other categories include: Multiethnic/Multiracial (12%), Other (5%), and White/Caucasian (2%). Almost all youth identifying as Multiethnic/Multiracial identify as Hispanic/Latino and/or Black/African American and some other race (Figure 2.2). About half (53%) of youth served live with a single parent; forty-seven percent (47%) live with a single parent mother. A third (31%) live with both parents. Sixteen percent (16%) of youth live with neither parent. Youth who do not live with either parent report living with: other (8%), grandparents (4%), a guardian (3%) or in foster care (1%) (Figure 2.3).

The average grade is 9.51 (range: grade 5– college). Slightly more than half of youth who received the program (57%) had been suspended or expelled at some point in school. Eighty-six percent (86%) aspire to graduate high school; two thirds (65%) want to obtain a college degree (Figure 2.4). Seventy-nine percent (79%) report receiving C’s or above in school (Figure 2.5).

Forty two percent (42%) of youth heard about the program from school. Thirty-nine percent (39%) heard about the program from friends (17%) and family (22%). Eighteen percent (18%) heard about the program from other sources; mostly facilitators or community organizations (Figure 2.6).

Figure 2.1 Home Language

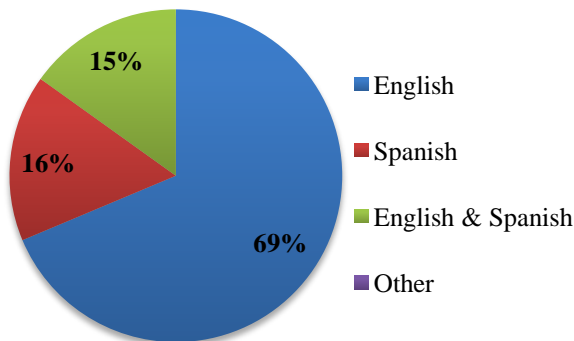


Figure 2.2 Race/Ethnicity

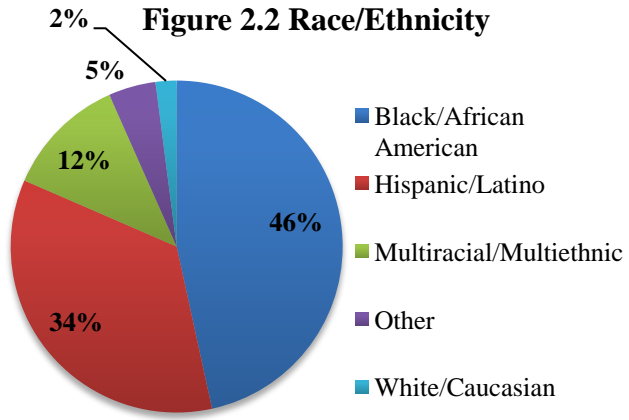


Figure 2.3 Family Structure

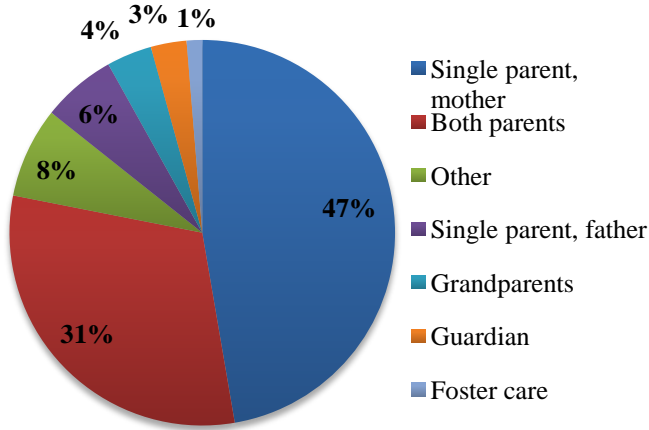


Figure 2.4 Educational Aspirations

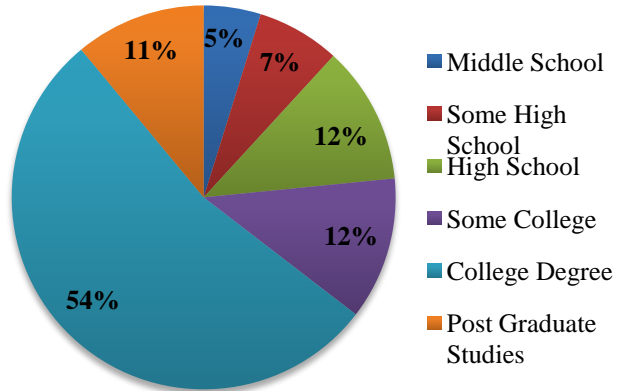


Figure 2.5 Common Grades

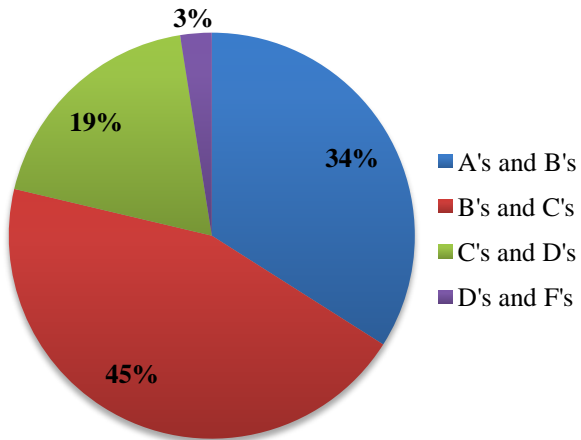
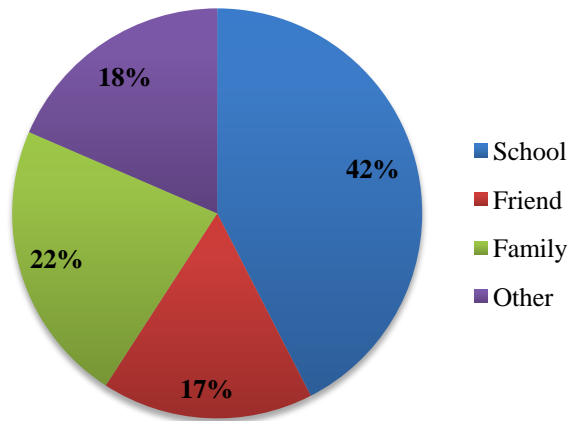


Figure 2.6 Heard about program



3 PRE-TEST AND POST-TEST DATA (n = 531; 468)

3.1 Behaviors

A little over half (54%) of youth served have not had sexual intercourse. Twenty-one percent (21%) first engaged in sex age at 14 or under. Twenty-one percent (21%) first engaged in sex between ages 15 and 17; four percent (4%) first engaged in sexual intercourse 18 or over. Of those who have had sex in the past month (26% of all youth), 40% (11% of all youth) used a condom every time during intercourse, 43% (11% of all youth) used a condom inconsistently during intercourse, and 17% (4% of all youth) did not use a condom any time during intercourse in the past month. Almost a third of youth served (29%) are sexually active; sixty-four percent (64%) of youth who have had sex are sexually active. Of those who have had sex, 15% (7% of all youth) report a history of pregnancy or causing a pregnancy.

The most common form of protection at last sex is a condom alone (50%). A fifth (21%) of youth who have had sex did not use any method at last sex. Thirty-four percent (34%) utilized methods at last sex associated with increased risk of STI transmission; 28% used methods associated with increased pregnancy risk at last sex. Six percent (6%) used a combination of hormonal contraceptive methods and condoms at last sex.

Figure 3.1 Ever Had Sex

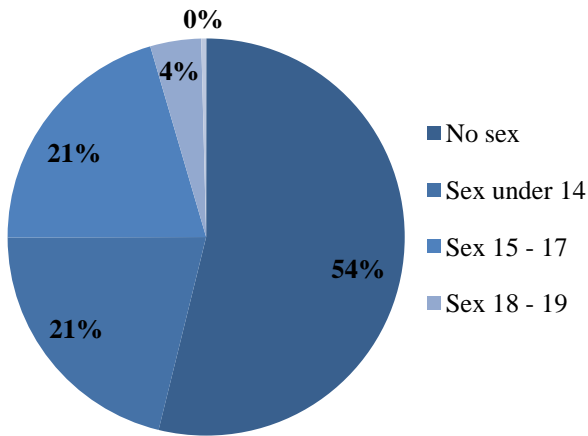
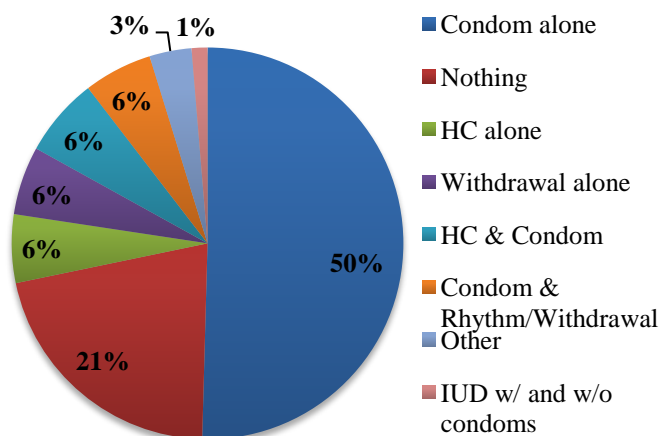


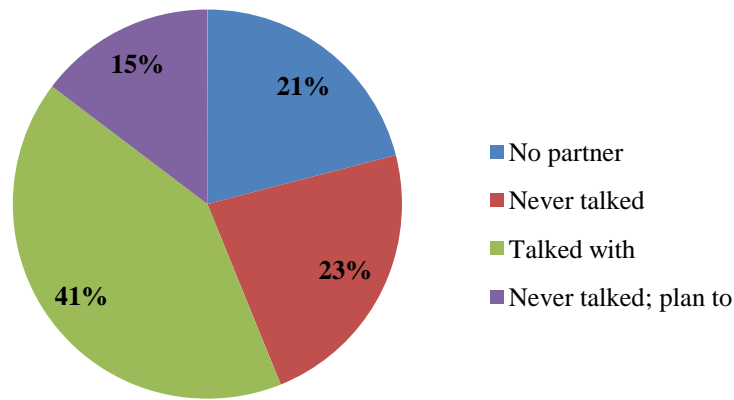
Figure 3.2 Protection at last sex



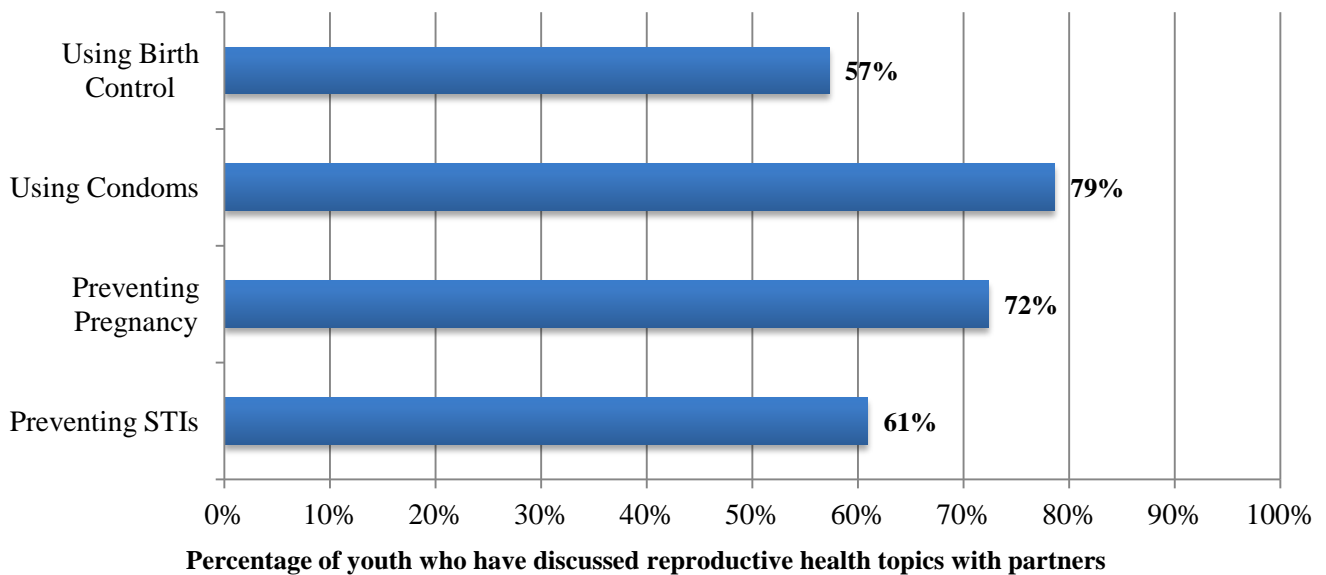
Most youth served (79%) have had a sexual or romantic partner. Of those who reported having had a partner, half (52%; 41% of all youth) have discussed sexual health topics with a sexual or romantic partner (Figure 3.3). Thirty-eight percent (38%) of all youth served have had a sexual or romantic partner, but have not talked about reproductive health topics with a partner.

A third of all youth served have discussed using condoms (33%) and preventing pregnancy (23%) with a partner. A quarter of youth served have discussed using birth control (24%) and preventing STIs (25%) with a partner. Of those who talked about risk, using condoms (79%) and preventing pregnancy (72%) are the most commonly reported topics discussed with a partner. Youth also discuss STI prevention (61%) and using birth control (49%) (Graph 3.1).

Figure 3.3 Discussed prevention with partner



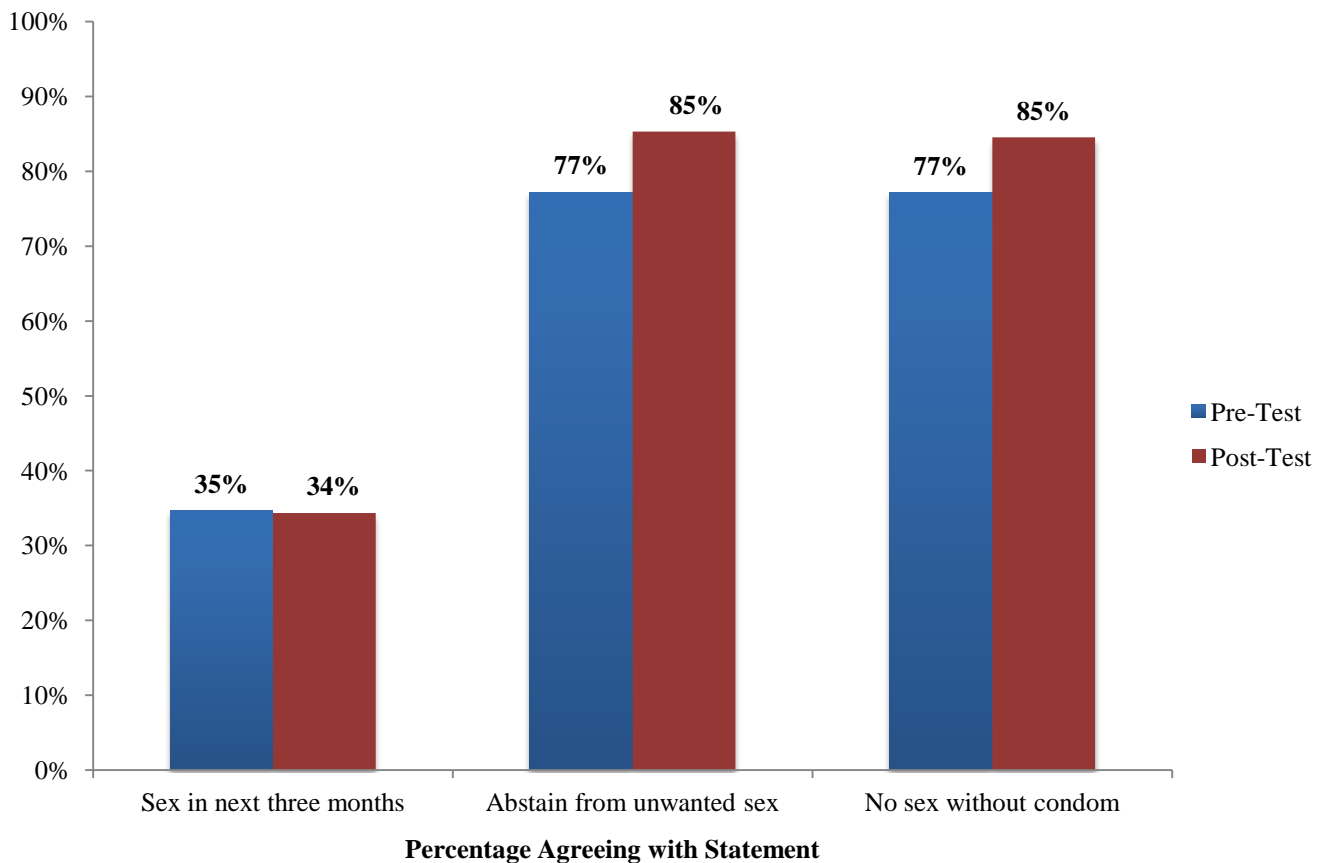
Graph 3.1 Topics discussed with partner



A third of youth (34%) have utilized sexual health services or know someone who utilizes sexual health services. Youth most often report going to Planned Parenthood (15%), a doctor’s office (13%), a general local clinic (12%), a local hospital (12%), a local gas station or corner store (10%), or CVS (9%) for sexual health services. Other places include: the school nurse (3%), CHS (3%) or an OB/GYN (3%). The remainder of youth (8%) report going to specific clinics or places: Charter Oak Health Center, Hartford Hospital, Albany Avenue clinic, Hartford Job Corps, Rite Aid, and friends or family.

Intentions to have sex in the next three months did not change after the program. Youth are more likely to report intentions to abstain from unwanted sex (77% pre-test vs. 85% post-test) and only engage in sexual intercourse when using a condom (77% vs. 85%) (Graph 3.2).

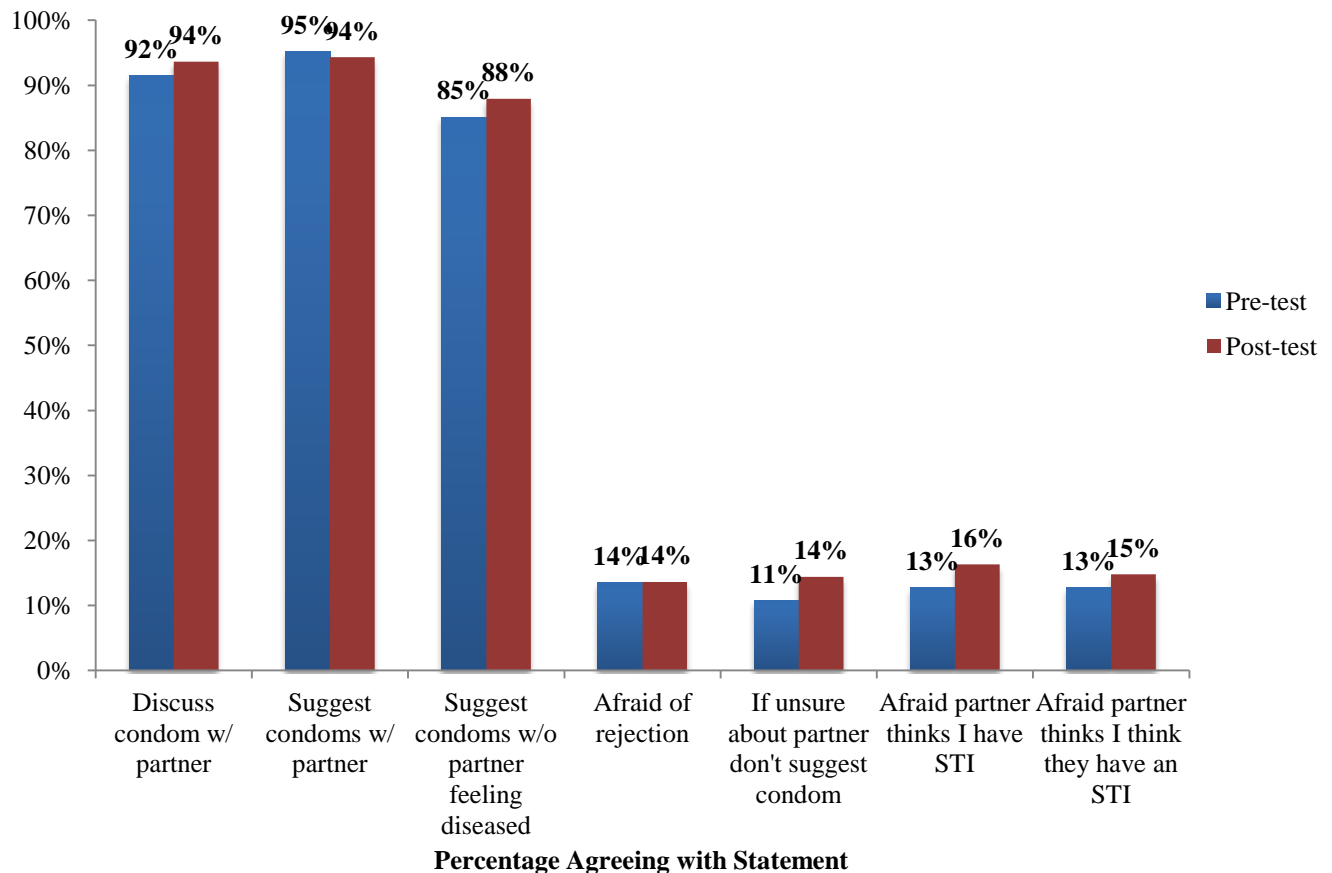
Graph 3.2 Sexual Activity Intentions



3.2 Condom Efficacy

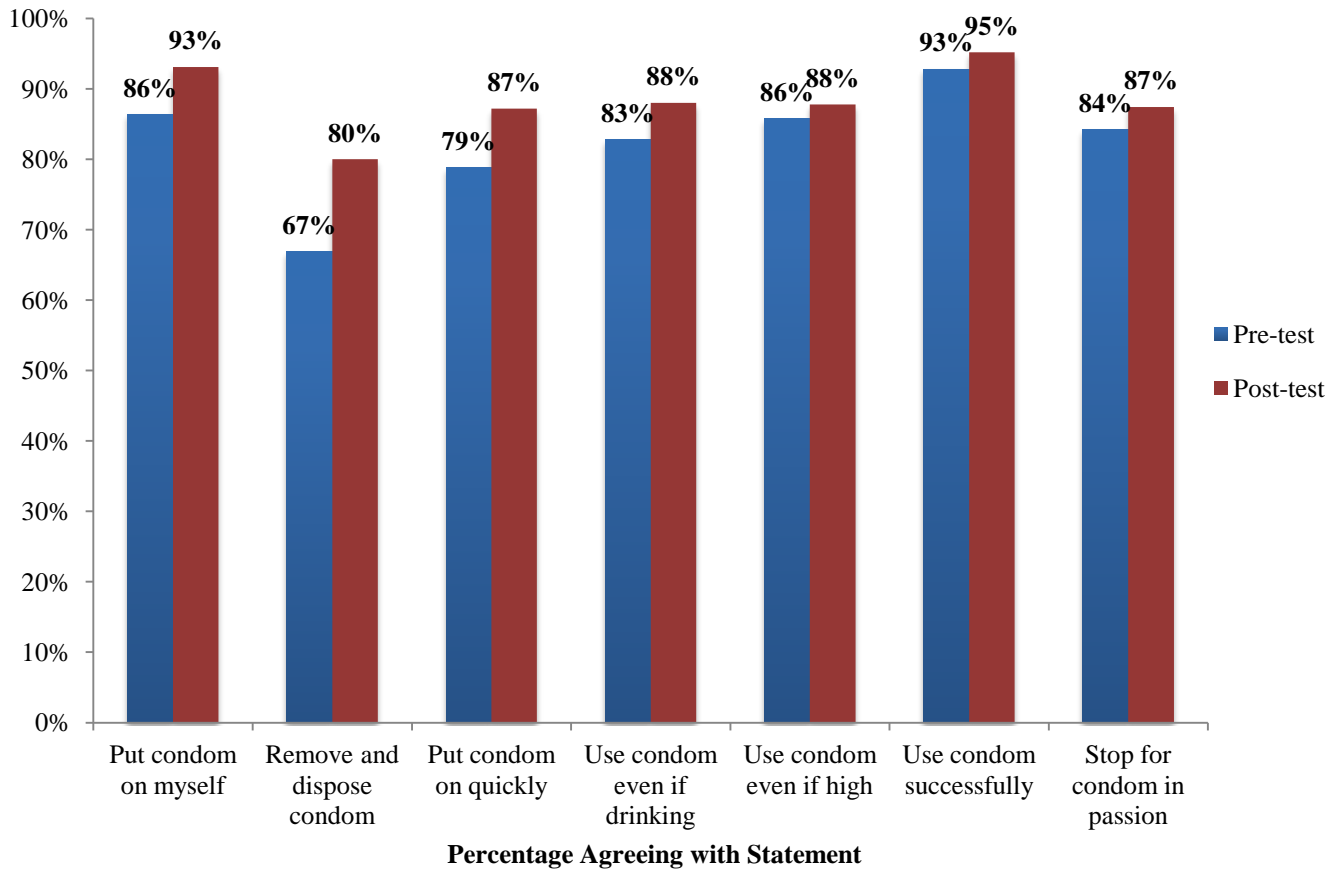
Confidence discussing condom use (> 85%) has remained high and fear discussing condom use (< 16%) has remained low after the program. Almost all youth feel confident discussing condoms with a partner (92% pre-test vs. 94% post-test), suggesting condoms with a partner (95% vs. 94%), and suggesting condoms with a partner without feeling diseased (85% vs. 88%). Few youth are afraid of rejection (14% vs. 14%), their partners' perceptions of their personal STI status (13% vs. 16%) or their partner's perceptions of their thoughts about their partner's STI status (13% vs. 15%) if suggesting condoms. Youth are as likely (13% vs. 16%) to intend on not suggesting condoms if they are unsure about their partner's feelings about condom use (Graph 3.3).

Graph 3.3 Confidence Discussing Condom Use



After the program, youth are as confident using a condom under the influence of substances (86% pre-test vs. 88% post-test) and in passion (84% vs. 87%). They are more confident using a condom successfully (93% vs. 95%). Youth are slightly more confident using a condom under the influence of alcohol (83% vs. 85%). They are much more confident with condom use mechanics: putting on a condom alone (86% vs. 93%), removing and disposing of a condom (67% vs. 80%), and putting on a condom quickly (79% vs. 87%) (Graph 3.4).

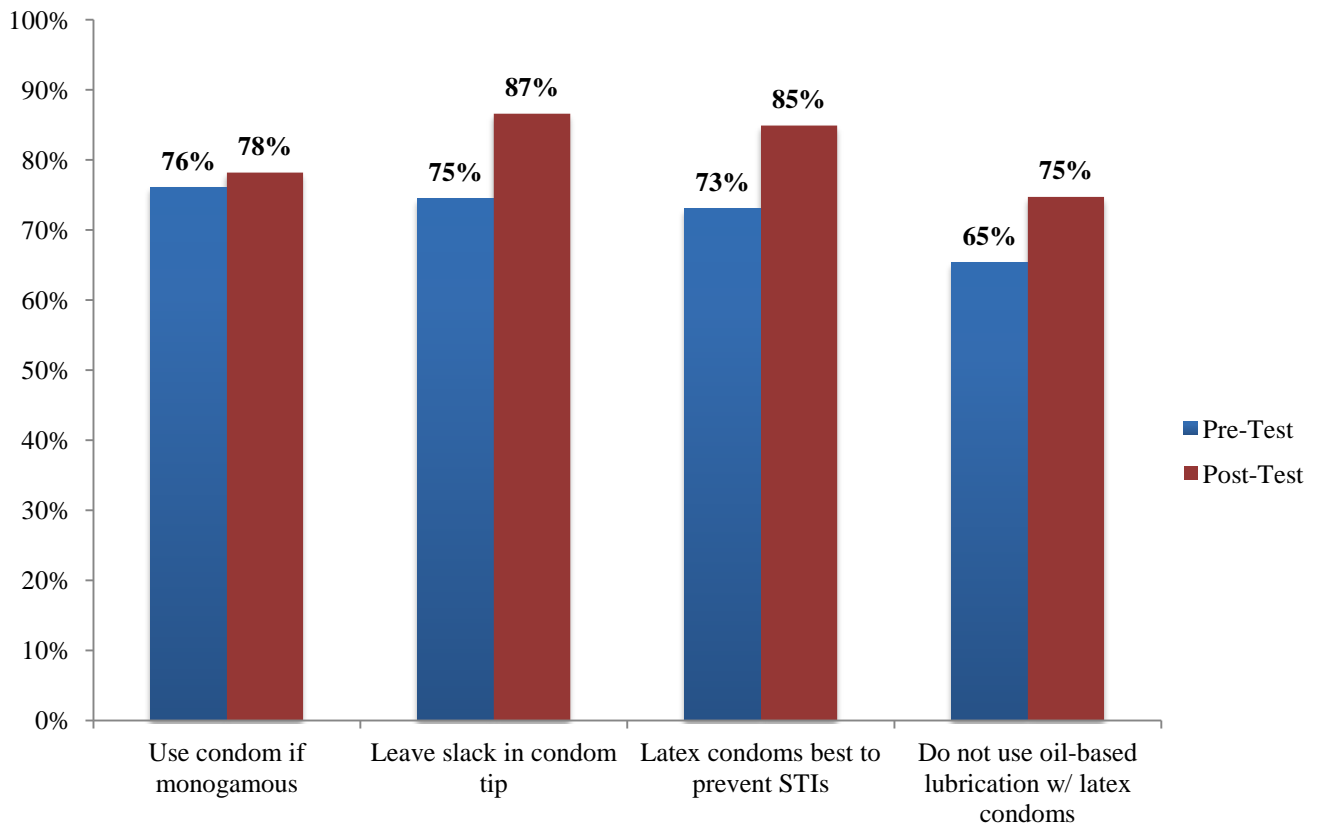
Graph 3.4 Confidence Using Condoms



3.3 Condom Use Knowledge

The percentage of youth who understand the following condom use knowledge concepts has increased: leave slack in the condom tip when putting on a condom (75% pre-test vs. 87% post-test), latex is the most effective condom material to prevent STI transmission (73% vs. 85%), and oil-based lubricants should not be used with condoms (65% vs. 75%). Youth knowledge regarding the importance of using condoms in monogamous relationships (76% vs. 78%) has remained unchanged after the program (Graph 3.5).

Graph 3.5 Condom Use Knowledge

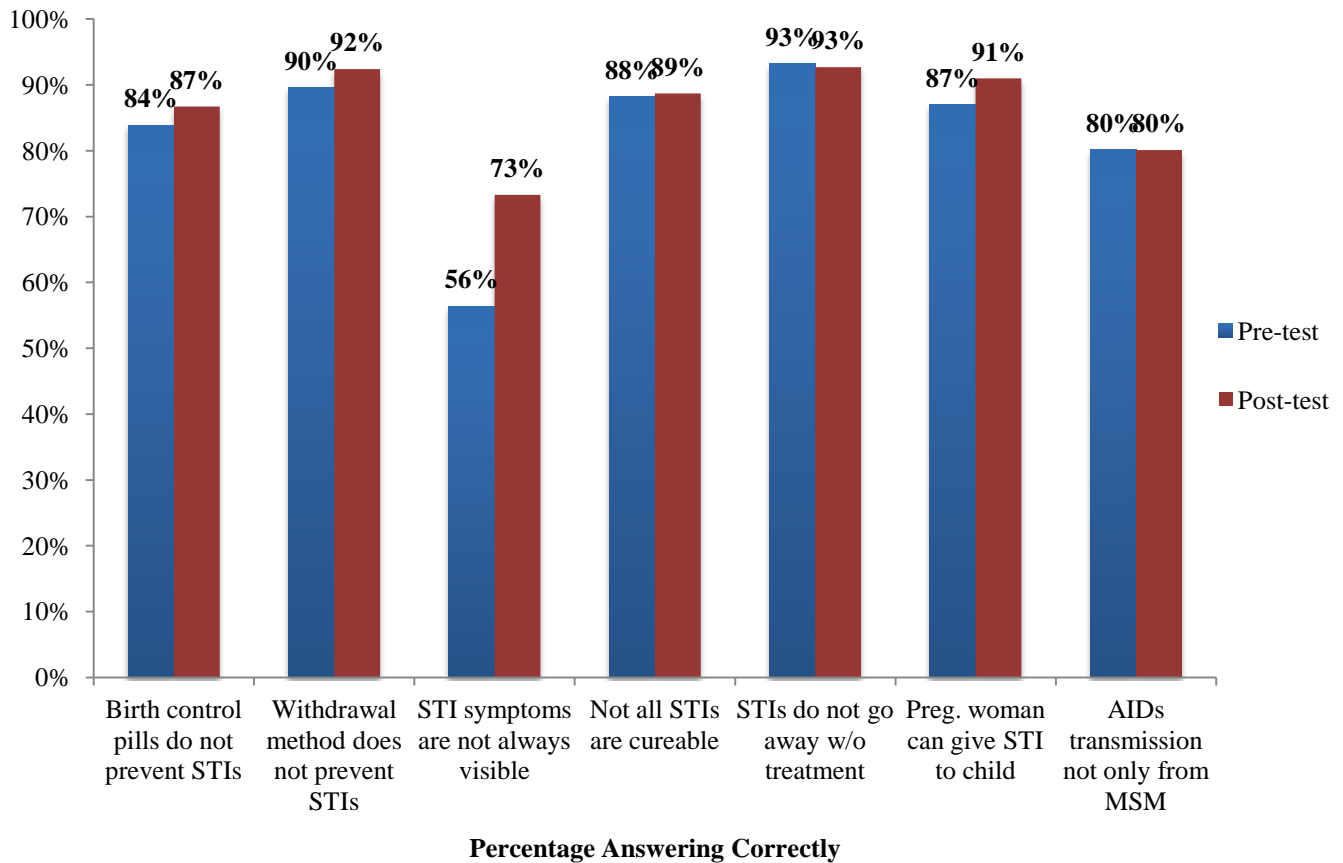


Percentage Answering Correctly

3.4 STI Risk Knowledge

After the program, youth are much more likely (56% pre-test vs. 73% post-test) to understand that a person with STIs does not always have visible symptoms. A large majority of youth understand the following concepts: birth control pills (84% vs. 87%) or the withdrawal method (90% vs. 92%) do not prevent STIs, not all STIs are curable (88% vs. 89%), STIs do not go away without treatment (93% vs. 93%), STIs can be transmitted via birth (87% vs. 91%), and AIDs can be transmitted from men who do not have sex with men (80% vs. 80%).

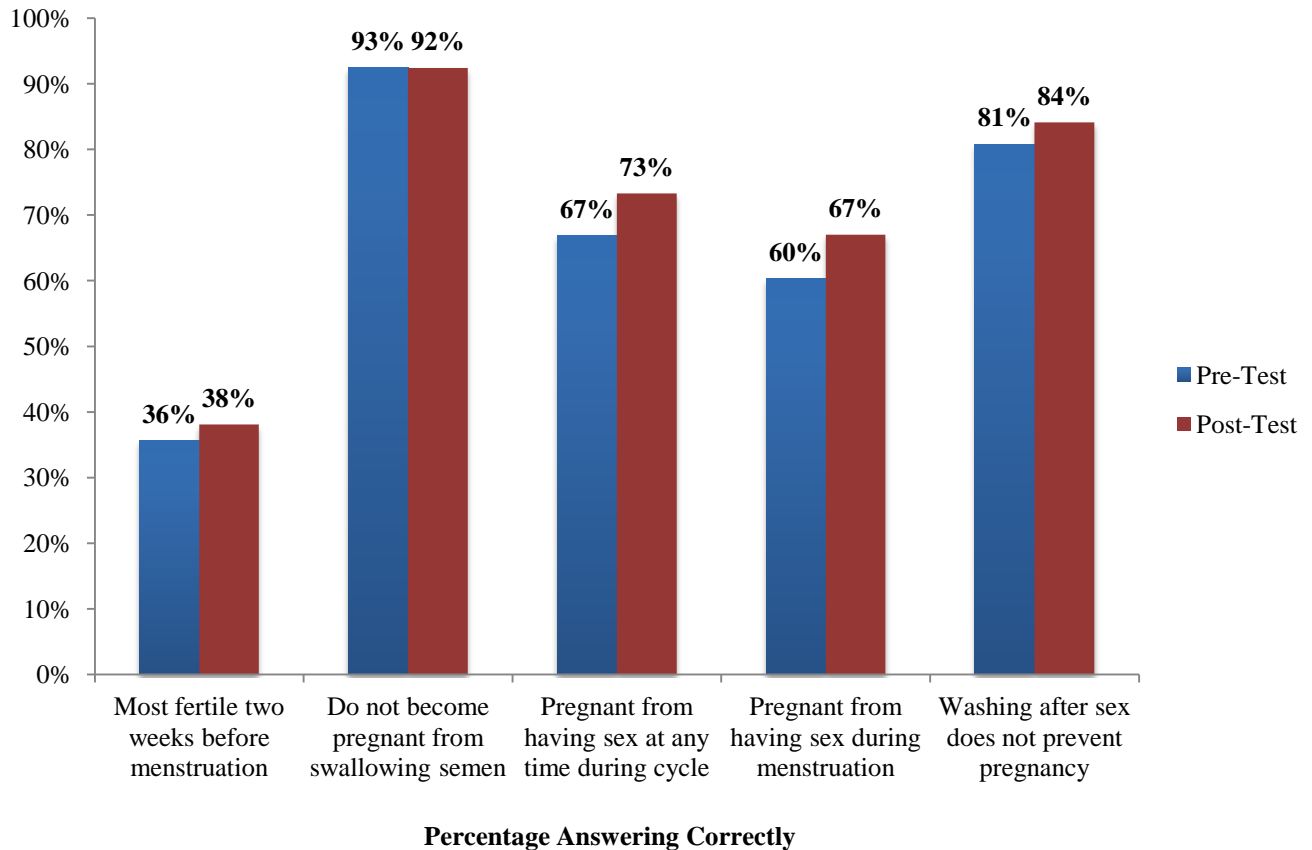
Graph 3.6 STI Risk Knowledge



3.5 Pregnancy Risk Knowledge

Almost all youth who attended programming know about pregnancy risk associated with swallowing semen (93% pre-test vs. 92% post-test) and washing after unprotected sexual intercourse (81% vs. 84%). After the program, a greater percentage of youth know about pregnancy risk associated with sexual activity during menstruation (60% vs. 67%) and at any point during the fertility cycle (67% vs. 73%). About a third (36% vs. 38%) can identify the time in the fertility cycle when peak fertility occurs; this percentage has remained unchanged after the program (Graph 3.7).

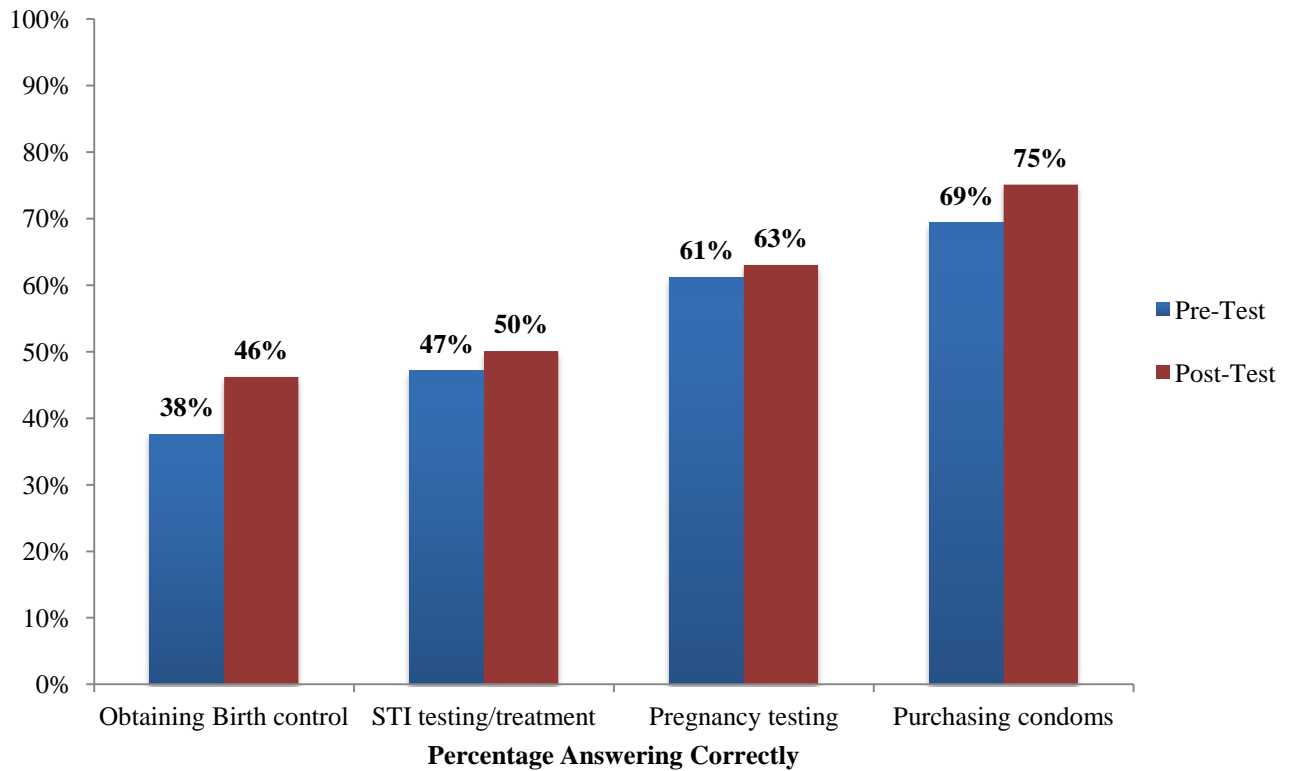
Graph 3.7 Pregnancy Risk Knowledge



3.6 Reproductive Health Rights Knowledge

After the program youth are more likely to know about teens’ rights to obtaining birth control (38% pre-test vs. 46% post-test) and purchasing condoms (69% vs. 75%). Knowledge about rights to STI testing or treatment (47% vs. 50%) and pregnancy testing (61% vs. 63%) has remained unchanged (Graph 3.8).

Graph 3.8 Reproductive Rights Knowledge



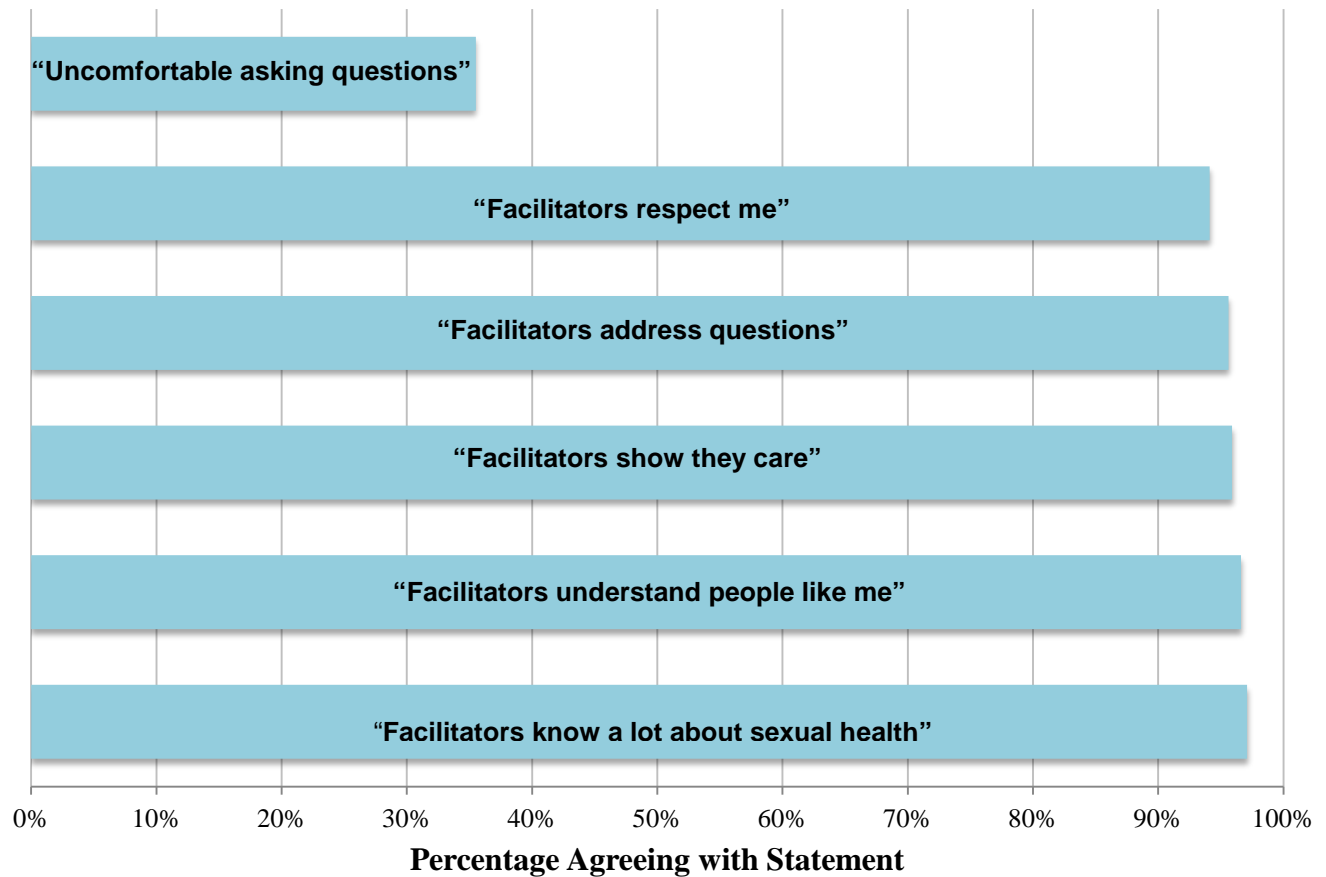
4 SATISFACTION (n = 416)

Almost all youth agree with the following statements:

- “Facilitators know a lot about sexual health” (97%)
- “Facilitators understand people like me” (97%)
- “Facilitators showed that they cared” (96%)
- “Facilitators addressed my questions” (96%)
- “Facilitators respected me” (94%)

About a third of youth (36%) who received the program reported discomfort asking facilitators questions (Graph 4.1).

Graph 4.1 Satisfaction with Facilitators

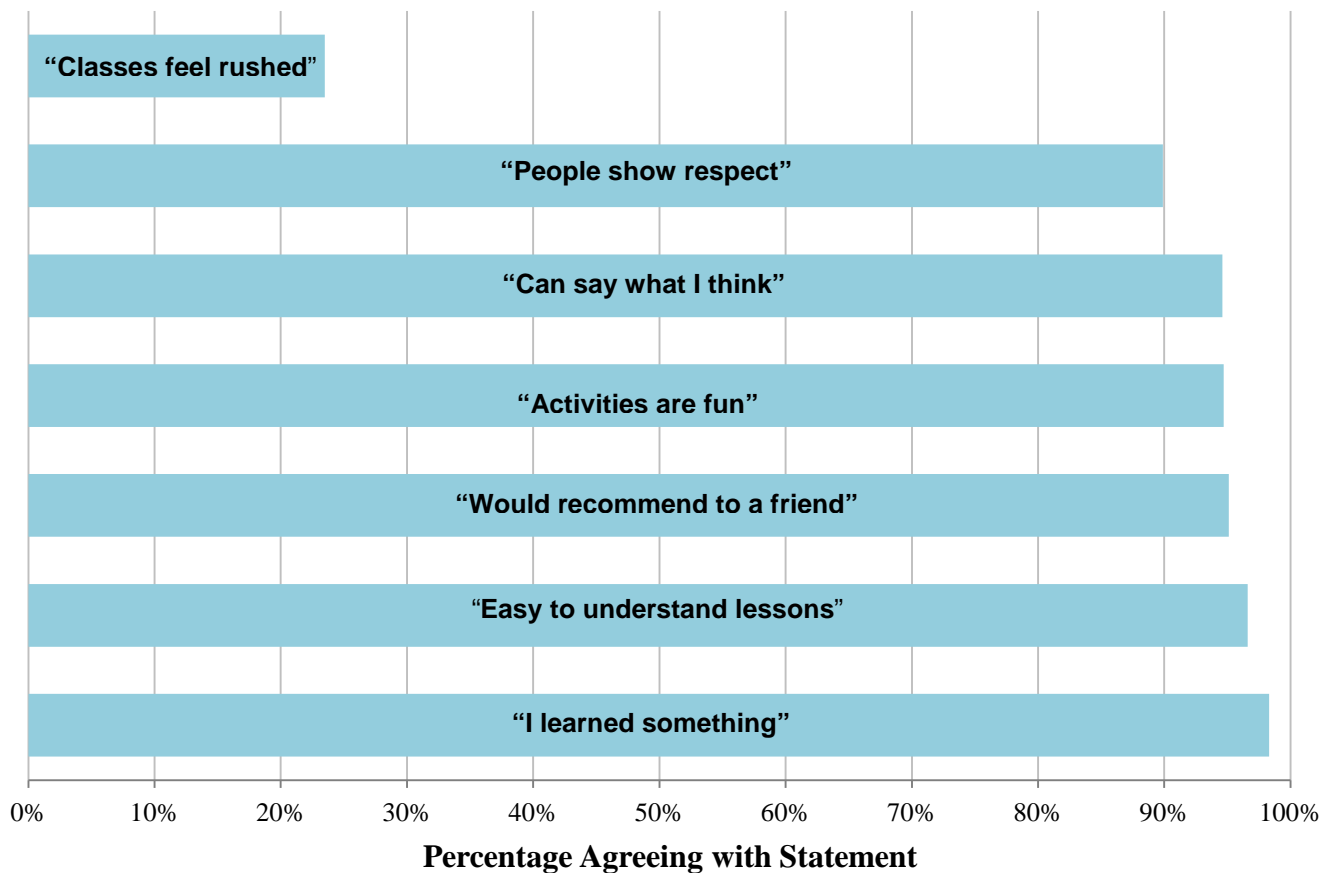


Almost all youth agree with the following statements:

- “I learned something” (98%)
- “Lessons were easy to understand” (97%)
- “Program activities were fun” (95%)
- “I could say what I want” (95%)
- “I would recommend the program to a friend” (95%)
- “People in the program showed respect” (90%)

About a quarter (24%) of youth who attended programming feel that classes were rushed.

Graph 4.2 Program Satisfaction



Things youth learned from the program (percentage of youth who answered question; n = 385):

- STI/HIV transmission & prevention (29%)
- 'Protect myself'/'use condoms' (23%)
- How to use condoms (21%)
- STI information (18%)
- Condom information/different types of condoms (13%)
- HIV/AIDs information (9%)
- Ways to prevent pregnancy/how pregnancy occurs (9%)
- Anatomy & sex (8%)
- Abstinence (8%)
- Negotiation/'respect my decisions' (6%)
- Ways to practice safe sex (6%)
- Dental dam (6%)
- Other (5%)
- Consequences of unprotected sex (4%)

Things youth like about the program (percentage of youth who answered question; n =381):

- Learning new information about sexual health (29%)
- Activities (specific) (22%): videos (9%), condom demonstration (4%), negotiation/role-play (4%), discussions (2%), games (2%), agree/disagree (1%)
- Activities (general) (12%)
- Facilitators/teachers (12%)
- Other (9%): getting condoms (2%), everything (2%), receiving answers to questions (2%), miscellaneous (2%), nothing (1%)
- People in group (8%)
- Open environment/safe space (6%)
- Candy/food/prizes (5%)
- Having fun (4%)

Things youth dislike about the program:

- Nothing/don't Know/'everything was good' (50%)
- Peer immaturity/disruptions (12%)
- Other (11%): not enough hands on/too much lecture (2%), too long (2%), difficult to understand (2%), no new information (2%), answering questions (2%), boring (1%)
- Condom demonstration/penis models (8%)
- Awkwardness/'talking about sex' (6%)
- Too short (6%)
- Specific activities (6%): role-play, videos, games
- Miscellaneous (6%): no breaks, not enough food, missing information, survey

Suggested program improvements:

- Nothing/‘program was great’ (40%)
- More interactive/more activities (16%)
- Longer/more sessions (10%)
- More topics (10%): abstinence, sexual assault, STIs/HIV, pregnancy and birth, demonstrate different types of protection, sex, anatomy
- More people/more participation (6%)
- ‘Tell my friends/‘protect myself’ (6%)
- Miscellaneous (6%): different teacher, different time, no penis models, more fun, more space, slower, shorter
- More questions (2%)
- More food/give-aways (2%)

5 FIDELITY

Thirty (30) facilitators implemented with fifty-three (53) groups of youth. The average group size was 14 youth (range 4 – 29). Facilitators completed daily fidelity logs assessing youth participation, youth interest, and class pacing. Fidelity logs also were used to determine the percentage of activities completed as planned. Two organizations completed planned adaptations. One organization added an anatomy pre-module before the program; another divided the program into forty-five minute sections.

Of the fifty-two groups, five (5) groups completed all activities as planned. Twenty-six (50%) did not complete 75% or more of the activities as planned. The average percentage of activities completed as planned for organizations was 70% the range was 14% - 100. Common reasons for unplanned adaptations are: time, DVD issues, promoting youth understanding/ engagement, scheduling problems, and missing materials.

A little over half (56%) of groups experienced rushed or somewhat rushed pacing. Eighty-six percent (86%) had high youth participation and eighty-eight percent (88%) had high youth interest.

A technical assistance provider observed the implementation of one module for each group and rated facilitation qualities on a checklist. The checklist measure included ratings (on a five point Likert scale from 1 = low quality to 5 = high quality) for facilitator qualities such as: clarity with delivery, timing, enthusiasm, and program knowledge. Overall observer ratings were calculated for thirty-six groups. The average observer rating was 3.9 (range: 2.6 – 4.8). Common issues identified during the observations include: using value statements or hetero-normative language, using second person statements or sharing personal information, discomfort with curriculum, and low birth control or HIV/STI knowledge.

Table 5.1 Group Fidelity Ratings

Group	Activities	Adaptation Reasons	Interest	Participation	Pacing	Observer rating
1	81%	Missing materials, facilitator discomfort	High	High	Somewhat rushed	3.0
2	91%	Youth discomfort	High	High	Rushed	3.6
3	58%	Time	High	High	Rushed	2.6
4	36%	Time, youth interruptions	Low	Low	Somewhat rushed	3.8
5	36%	Scheduling issues, DVD issues	High	High	Somewhat rushed	3.9
6	100%		High	High	Somewhat rushed	3.6
7	72%	Time	High	High	Somewhat rushed	3.7
8	28%	Time				3.3
9	40%	Time	High	High	Somewhat rushed	4.2
10	72%	Promote youth understanding	High	High	Somewhat rushed	3.6
11	76%	Promote youth understanding	High	High	Not rushed	
12	68%	Increase youth engagement	High	High	Not rushed	4.5
13	68%	Increase youth engagement	High	High	Not rushed	4.0
14	40%	Time	High	High	Somewhat rushed	
15	68%	Increase youth engagement	High	High	Not rushed	4.3
16	28%	Time				3.2
17	60%	Time	High	High	Somewhat rushed	
18	68%	Increase youth engagement	High	High	Somewhat rushed	4.8
19	68%	Increase youth engagement	High	High	Somewhat rushed	
20	64%	Time, youth engagement	High	High	Not rushed	
21	64%	Time, youth engagement	High	High	Not rushed	
22	84%	Time				
23	96%		Medium	Medium		3.3
24	100%		High	High	Not rushed	4.0
25	80%	Time, DVD issues	High	High	Not rushed	
26	48%	Scheduling issues				3.8
27	88%	DVD issues	High	High	Not rushed	3.5

Table 5.1 Group Fidelity Ratings (Continued)

Group	Activities	Adaptation Reasons	Interest	Participation	Pacing	Observer rating
28	80%	Time, DVD issues	High	High	Not rushed	4.0
29	44%	Time, missing materials				
30						
31	44%	Time	High	Medium	Somewhat rushed	
32	78%	Missing materials	High	High	Somewhat rushed	4.2
33	92%	DVD issues, time	High	High	Somewhat rushed	3.7
34	14%	Time				3.7
35	67%	Time, lack of participation	Medium	High	Somewhat rushed	4.1
36	64%	Time	Medium	High	Somewhat rushed	4.1
37	77%	Time	High	High	Somewhat rushed	
38	100%		High	High	Not rushed	3.9
39	100%		High	High	Not rushed	4.0
40						4.0
41	84%	Time	High	High	Somewhat rushed	3.9
42	76%	Scheduling issues	Medium	High	Not rushed	4.6
43	88%	Time	High	High	Not rushed	
44	96%		High	High	Not rushed	
45	52%	Small space	High	Medium		4.0
46	60%	Small space	High	High	Very Rushed	4.0
47	77%	Time	High	High		4.4
48	44%	Time	Medium	High	Somewhat rushed	4.6
49	96%					4.3
50	97%		High	High	Not rushed	
51	100%		High	Medium	Not rushed	
52	80%					
53						3.5