
Reproductive Health Education Programming for High Risk Adolescent Males

Paula Braverman, MD
Cincinnati Children's Hospital Medical Center

Overview of Sexual and Reproductive Health for Adolescent Males

- New focus on sexual and reproductive health (SRH) in adolescent males since 1990s
- Consensus that SRH has a broad definition encompassing:
 - Physical and social aspects
 - Sexual health and development
 - Prevention of STIs
 - Prevention of unintended pregnancy
 - Promotion of healthy intimate relationships
 - Promotion of responsible fatherhood

Lindberg et al. Am J Men's Health 2008; 2: 40

Overview of Sexual and Reproductive Health for Adolescent Males

- Services should include counseling and education beyond just clinical care
- SRH needs to address men's quality of life/ social engagement not just their impact on female partners and children
- Services and programs need to be gender specific to make them welcoming

Lindberg et al. Am J Men's Health 2008; 2: 40

Overview of Sexual and Reproductive Health for Adolescent Males

- In U.S. changes have occurred in content of formal sexual health education with shift toward abstinence education with decline in instruction on methods of contraception
- When males do receive sexual health education it commonly focuses on STIs, HIV/AIDs and use of condoms for prevention of infection

Lindberg et al. Am J Men's Health 2008; 2: 40

Overview of Sexual and Reproductive Health for Adolescent Males

- Disconnected youth increased challenges to improving SRH
- Youth with more social disconnection may not have traditional opportunities to demonstrate masculinity (e.g. employment) and instead sexual behaviors/ young fatherhood are two social outlets to do so

Lindberg et al. Am J Men's Health 2008; 2: 40

Sexual Risk Behaviors of Youth in the Juvenile Justice System in U.S.

- Adolescent males in the JJ system have much higher rates of sexual activity, STIs and fatherhood than the general youth population
- 1991 study of 1800 youth in 39 short and long term correctional facilities in U.S.
 - Mean age approximately 15.5
 - 94% of males had been sexually active
 - Majority \geq 4 partners

Morris et al. JAH 1995; 17: 334; CDC 2009 Sexually Transmitted Disease Surveillance; OJJDP Juvenile Justice Bulletin December 2010

Sexual Risk Behaviors of Youth in the Juvenile Justice System in U.S.

- Survey of Youth in Residential Placement
 - Conducted by the Office of Juvenile Justice and Delinquency Prevention
 - Nationally representative sample of over 7,000 youth in custody in 2003 (age 10-20)
- 15% of males reported having children
 - National data: 2% of general population
- A proportion with children expecting another

www.ojp.usdoj.gov Youth's Characteristics and Backgrounds, December 2010

Fatherhood Among Youth in a Long-term JJ Facility

- N=125 males; Mean age 15; 79% AA
- 26% had fathered a pregnancy
 - 41% fathered more than one pregnancy
- 40% would be very pleased if partner became pregnant
- One-third would feel like a real man if he "got a girl pregnant"

Nesmith et al. JAH 1997; 20: 198.

Reproductive Health Fatherhood Among Youth in JJ Facility

- 2/3 "agree a lot" that they would be able to
 - Provide food, clothes, toys for baby
 - Get a good job to support baby
 - Be a good role model for baby
- 85% "agree a lot" that a child is a father's responsibility as much as a mother's
- 79% "agree a lot" that he could be a man his child could be proud of

Nesmith et al. JAH 1997; 20: 198.

Man2Man Program Development

- First developed in 1999: collaborative effort
 - Family Planning Council: Philadelphia, PA
 - Adolescent Medicine Physician/Professor at local children's hospital
 - Professor in School of Public Health at local university
 - Local schools

Man2Man Program Development: Goals

- Designed for 13-17 year old young men as small group intervention with adult males (front line providers) as group facilitators to:
 - Improve knowledge/ attitudes regarding men's health issues
 - Strengthen intentions to engage in responsible reproductive health behavior

Man2Man Program Development: Goals

- Enhance personal values, life skills, family interactions, and self sufficiency
- Increase personal responsibility by developing relationships with adult role models
- Expand utilization of and access to primary care and reproductive health services

Man2Man Program Development

- Comprehensive Review of the Literature
- Focus groups with youth
- Theory of Planned Behavior and Social Learning Theory
- Adapted from existing curricula
 - "Reducing the Risk: Building Skills to Prevent Pregnancy STD & HIV" : Richard Barth
 - Fatherhood Development: A Curriculum for Young Fathers: Developed by Private Public Ventures

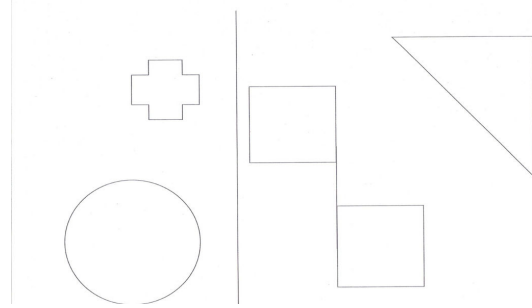
Man2Man Topic Areas

- Meaning of manhood
- Responsibilities of fatherhood
- Costs of child rearing
- Relationships and communication
- Decision making
- Pregnancy and STD/HIV prevention
 - Abstinence, contraception (all methods), condom use
- How to access reproductive health services

Man2Man Program Design

- Primary Aims
 - Increase knowledge
 - Develop healthy attitudes
 - Build skills related to behaviors to prevent STDs and unplanned pregnancy
- Utilize
 - Discussion
 - Role playing, simulations
 - Front line staff as role models/ group leader

Examples of Man2Man Content



Examples of Man2Man Content



Examples of Man2Man Content

- Exercise on the order of steps to use a condom correctly
 - Practice with condom teaching model and how to use a condom
- Dear Darryl letters to open discussion on a topic of qualities of good relationships

Man2Man

Philadelphia Data: Initial Program Evaluation

- Appeal of the small group format
 - Allows discussion of sensitive issues
 - Provides “ a safe place”
 - Builds sense of camaraderie and trust

“I feel real free, like I could say anything and not feel funny about it”

“I have been to a lot of programs, but (at) this one I was able to give my feelings out”

Sherrow et al. Perspectives on Sexual and Reproductive Health 2003; 35: 215

Man2Man

Philadelphia Data: Initial Program Evaluation

- Importance of adult role models
 - Using supportive adult men as facilitators is important aspect
- Many do not otherwise have regular opportunities to interact with caring/supportive men

“(Man2Man) is cool, and I would definitely recommend it. It is an opportunity to spend some quality time with men”

Sherrow et al. Perspectives on Sexual and Reproductive Health 2003; 35: 215

Man2Man

Philadelphia Data: Initial Program Evaluation

- Content relevant to real life situations
 - “I like the sessions because it really helps me out and makes me think about my life and what I am going to do in my future”

“Fatherhood is not just diapers and food, there are lots of responsibilities”

“It takes money to care for a baby. {The program} woke me up to that and to how much it costs to live on your own”

Sherrow et al. Perspectives on Sexual and Reproductive Health 2003; 35: 215

Man2Man

Philadelphia Data: Initial Program Evaluation

- Knowledge about sexual health issues
 - Opportunity to identify and dispel myths

“One teen was shocked to hear that an STD could be transmitted through oral sex”

“The world says to be a man is having sex; you can be a man without sex”

Sherrow et al. Perspectives on Sexual and Reproductive Health 2003; 35: 215

Man2Man

Philadelphia Data: Most recent year

290 pre/post surveys

Statistically significant changes:

- Condom knowledge proficiency
- Identifying abstinence as on 100% way to prevent STDs/ HIV

Improvement in majority of questions related to attitude, self efficacy and behavioral intentions

- Importance of communicating with partner about sex
- Ok for “a guy to decide not to have sex”
- Feeling that it would not be hard to access clinical services

Man2Man

Philadelphia Data: Most recent year

356 Satisfaction surveys

- 96.0%: Liked or really liked program
- 97.8%: Man2Man topic important/ very important
- 55.7%: Learned a lot
- 95.7%: Facilitator made them feel comfortable/ very comfortable
- 79.3%: Would recommend program to other guys their age

Man2Man: Cincinnati
Adaptation to Cincinnati Juvenile Justice System

Man2Man: Cincinnati
2009-2011

- Focus on Juvenile Justice
- Three settings
 - Short term detention
 - Residential Training School
 - Court involved youth living in community
- Added session on job readiness skills
 - How to write a resume
 - Job interview
- Initially 6 and 12 session version but soon after start only realistic to do 6 or 7 sessions

Man2Man: Cincinnati
Program Implementation

- Trained Juvenile Corrections Officers and Science Teacher at training school
- Groups co-lead by JCO and experienced male health educator
- Evaluation
 - Obtained feedback from JCOs
 - Focus groups with youth at end of program
 - Goal: Pre test, post test, 3, 6, 12 month follow up
 - Difficult to find youth after 3 months

Man2Man: Cincinnati
Detention Center

- Benefits
 - Youth present in facility 24/7, chosen by staff
 - Juvenile Corrections Officers can provide role modeling outside of group
 - Topics consistent with school curriculum: credit
- Challenges
 - Short length of stay; discharge timing unpredictable
 - Youth in transition; Hard to find youth for follow up
 - Reduced from 12 to 7 session programming and conducted daily sessions (M-F)

Man2Man: Cincinnati
Training School

- Benefits
 - Youth present in facility
 - Topics consistent with school curriculum
 - Youth chosen by teacher
- Challenges
 - Afterschool program competing with other therapeutic programs
 - Reduced from 12 to 7 session programming

Man2Man: Cincinnati
Community Setting

- Benefits
 - Provides pro-social environment for youth
 - Youth become involved in recreation centers
- Challenges
 - Youth need to travel to recreation centers
 - Need parents to help ensure consistent participation
 - One of many programs available for youth
 - Not mandated

Collaboration

Man2Man: Cincinnati Collaboration

- Project was a collaborative effort
 - Magistrate at juvenile court
 - Administrative head of probation
 - Adolescent Medicine Physician, children's hospital
 - Medical director at detention center
 - Health Educator at children's hospital
 - University Health Education Professor

Man2Man: Cincinnati Role and Responsibilities

- Court based project leaders
 - Facilitated processes for recruitment
 - Provided access to probation officers and magistrates to advertise program
 - Provided insight into procedures likely to work with youth
 - Helped troubleshoot programming

Man2Man: Cincinnati Role and Responsibilities

- Children's Hospital team
 - Provided project leadership
 - Curriculum content expertise
 - Training
 - Organization of program implementation
 - Including ongoing process evaluation and program adaptations
 - Delivery of evaluation tools
 - Development of reports

Man2Man: Cincinnati Role and Responsibilities

- University Professor
 - Design and analyze program evaluation
 - Provide expertise in program delivery and adaptation
 - Assist with development of reports

Man2Man: Cincinnati Organizational Processes and Challenges

- Program not court ordered
 - Recommended, but no consequence for not participating
 - Key was getting youth to first session, after that they kept coming
 - Youth evaluated for level of interest in program and prepared for what to expect
 - Needed to consider timing of program in relation to other behavioral interventions and treatment

**Man2Man: Cincinnati
Organizational Processes and Challenges**

- Takes time for magistrates and probation officers incorporate program offering into system
- Ultimately, the word spread through the court
 - Our health educator was stopped by lawyers for the youth who heard about the program

Outcomes

**Man2Man: Cincinnati
Outcomes**

169/201 unique youth invited participated*

Location	N Recruits	N Groups	N % Unique Participants*	N % Attended > 50%
Detention Center	79	9	66 84%	54 82%
School-based	38	3	35 92%	25 71%
Community-based	99	10	68 69%	53 78%
TOTAL	216	22	169 78%	132 78%

* 15 youth invited twice because didn't attend or finish at original site

**Man2Man: Cincinnati
Outcomes**

Age:	12-18 (mean 15.97)	
	82% 15-17	
Race/ Ethnicity	African American	70.9%
	White	21.3%
	Multi-racial	4.9%
	Hispanic	0.7%
Sexual Behavior	92% ever sexually active	
	22% ever had an STD	
	14% had ever fathered a child	
	> 8 average number of lifetime partners	

**Man2Man: Cincinnati Pilot Data
Outcomes: Detention/ Community Based**

Promising results (post test, 3M) with respect to :

- Increase in knowledge score regarding STD/HIV prevention and responsible manhood
- Confidence and intention to engage in pregnancy/ STD/ HIV prevention behaviors
 - Partner communication
 - Getting tested for STDs/ HIV
 - Being a positive role model
- Intention to
 - Talk to parent or adult role model about sexual decisions

**Man2Man: Cincinnati Pilot Data
Outcomes Detention/ Community Based**

Promising trends in self reported increase at 3 months in:

- Condom use last time sexually active
- Ever being tested for an STD
- Partner using birth control to prevent pregnancy

Man2Man: Cincinnati
Outcome: Program Satisfaction

- > 90% on post-test reported
 - ✓ Enjoyed the program
 - ✓ Learned more about what it means to be a responsible man
 - ✓ Learned how to protect themselves from getting an STD or HIV
 - ✓ Learned how to prevent a partner from getting pregnancy
- > 85%
 - ✓ Learned more about how to get a job
 - ✓ Felt the program was helpful to them

Man2Man: Cincinnati
Themes from Youth Feedback

- Learned new information
 - STDs, condom use, contraception, being a responsible man
- Learned how to listen better and make better decisions
- Enjoyed discussion and interaction with other males their age
- Enjoyed nonjudgmental and respectful discussion

Man2Man: Cincinnati
Themes from Youth Feedback

- Enjoyed getting information from older person, not just peer
- Many wanted the program to last longer and for others to be able to participate
- Some commented on wanting to hear from women about their point of view

Man2Man: Cincinnati
Youth: Written/ Verbal Feedback

What they learned and liked most

- It taught me how to do the right things, to do what I am supposed to do, take responsibility for my actions
- (Learned) If you're going to have unprotected sex you have to be responsible for the consequences
- It makes you think twice

Man2Man: Cincinnati
Youth: Written/ Verbal Feedback

- A lot of people our age talk about sex. I mean we do it. But we don't talk about the consequences and stuff
- I just like coming. I didn't think I would at first, but there are no other programs where we can talk to other guys and grown men about this stuff
- Sitting down and talking with other guys knowing I wasn't the only one with different problems

Facilitator Feedback

- There was active communication between youth and facilitators
- The group dynamics progressed each week of the program
- Interacting with students on such a sensitive topic is very rewarding. Verbal discussions/ questions were excellent and on point
- Liked that the program challenges and encourages youth to apply what they know and what they learn in the program

Man2Man: Cincinnati Strategies to Engage Youth

- Program well received by youth in all venues with minimal incentives
 - Certificates of completion valued
 - In detention, privileges e.g. phone call valued
 - Movie passes/ rec center memberships given for follow up surveys
- Key is getting youth to attend first session
 - Most difficult part is getting youth to come to first session in the community

Man2Man: Cincinnati Strategies to Engage Youth

- Shorter program lengths work better
 - (6-7 sessions) to ensure program completion
- Interactive programming keeps youth engaged
 - Some youth asked to repeat program and told others about it

Lessons Learned

- Interactive multi-session programming on reproductive health can be successfully accomplished with high risk males in the JJ system
 - Including youth with higher and lower level charges
 - Including youth that are incarcerated and in the community

Lessons Learned

- Evaluating youth for interest in program and preparing them for what to expect is important
- Strong administrative support and coordination by onsite staff is crucial for successful implementation
- More information is needed to identify the most effective methods for getting youth to complete follow up evaluation

