



PuroPREP Program Overview

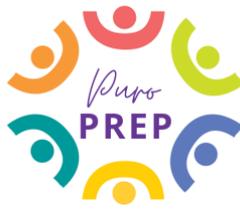
Purpose: In partnership with the Urban Strategies (US), National Alliance for Hispanic Families (NAHF) will provide youth in our community with holistic relationship and sexual health education programming on abstinence and contraception to prevent pregnancy and sexually transmitted infections (STIs), including human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS).

Target Population & Ages: High-risk youth ages 12 to 19 and pregnant and parenting youth under 21 years of age, including adolescents in foster care, youth experiencing homelessness, youth with HIV/AIDS, youth who are victims of human trafficking, pregnant and parenting youth, and youth who live in the areas most at need of Houston and San Antonio, Texas.

Curriculum: Love Notes Evidence-Based Program (EBP) is a highly rated program on the Office of Adolescent Health (OAH) list of Evidence-Based Teen Pregnancy Prevention Programs. It has undergone a rigorous evaluation in a 5-year randomized control trial at the University of Louisville. Findings of the evaluation noted, Love Notes-EBP reduced participants' teen pregnancy rate by 46%. It is the only curriculum evaluated by the U.S. Department of Health and Human Services (HHS) that has both reduced the teen pregnancy rate and had positive outcomes for helping sexually active teens decrease their frequency of sexual activity. The PREP Program uses the condensed version of Love Notes that takes around 10-12 hours to implement (12 lessons with a duration of 30-60 minutes for each lesson). The curriculum addresses the following topics:

- How to start and maintain healthy relationships
- How to set realistic expectations
- How to communicate better
- How to tell if your relationship is healthy
- How to stand up for yourself in relationships
- How to recognize red flags and warning signs in your relationships
- How to get along better with your boyfriend/girlfriend, parents, family, and peers
- How to achieve your education, employment, and relationship goals
- An opportunity to think about what you want for yourself and your future
- Moves beyond a typical Health Education/Sex Ed. Class

To learn more about the Love Notes EBP curriculum, please visit:
<https://www.dibbleinstitute.org/our-programs/love-notes-ebp/>



Additional Components of the Program:

A program evaluation will be conducted to provide insight about the curriculum's effectiveness in a variety of contexts with subsets of the youth population. This data will be used to adapt program practices and will mainly be collected through surveys.

Further, an additional innovative element of the project is the Youth Leadership Council, which is composed of youth who have completed the program. The members of the Youth Council will be nominated by Youth Advocates (who teach the Love Notes curriculum) to join the group. The Youth Council will enable the project to reflect the interests and needs of youth served. The Youth Council will contextualize outcomes data, give feedback, and be a voice of lived experience for communicating emerging needs. The project will utilize an evidence-based approach reflective of the research findings that also allows for practical application of project strategies across PREP program requirements as detailed below.

Each trimester, partners will host a Family Celebration Night to celebrate the accomplishments of program graduates and to deepen the connections between the family and the participant.

Program Objectives & Outcomes: The program objectives and outcomes are as follows:

- Objective 1: 95% of PREP programming is delivered with fidelity to Love Notes EBP, as measured by The Dibble Institute fidelity monitoring observation tools;
- Objective 2: 90% of youth participants will complete the program (defined as completing 10 of 12 modules), as measured by FBO Implementation Partner attendance records;
- Objective 3: On the post-survey, 90% of youth participants will report the program was delivered in a high-quality manner with average responses of 3.0 or higher (i.e., most of the time) on six items assessing various aspects of delivery;
- Objective 4: On the post-survey, 75% of participants will report average responses of 4.0 or higher (i.e., somewhat more likely) on six items assessing intentions to engage in healthy relationships;
- Objective 5: On the post-survey, 75% of participants will report that they are "very likely" or "likely" to abstain from sexual intercourse;
- Objective 6: On the post-survey, 75% of participants will report average responses of 4.0 or higher (i.e., somewhat more likely) on six items assessing their goal setting and plans for future;
- Objective 7: From pre-survey to post-survey, 75% of participants will demonstrate an increase in knowledge about contraceptives.