

*June 2023 Webinar*

# **Teen Parenthood Matters: Let's Talk About Prevention**

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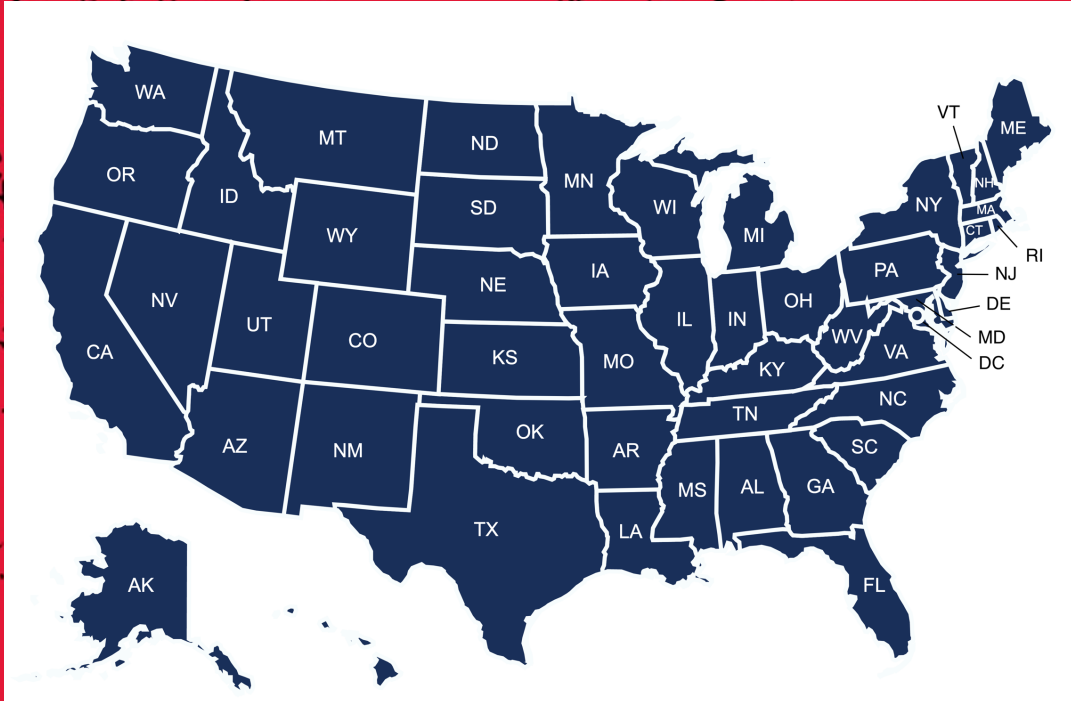
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# Our Mission

*Empowering teens and young adults with knowledge and research-based skills to successfully navigate their intimate relationships.*



We believe in research.





We believe in stable, safe, and nurturing families.



We believe that relationship education is for everyone.





# Teen Parenthood Matters: Let's Talk Prevention

Kristin A. Moore and  
Alison McClay

June 14, 2023

ChildTrends®



# Introduction

**Kristin Anderson Moore, PhD**  
Past President & Senior Scholar



**Alison McClay, MPH**  
Research Scientist



# Overview

- Teen Childbearing in the U.S.
- The Social Genome Model
  - Simulation: Preventing Births to Teens
- An Overview of Prevention Approaches
  - Positive Youth Development
  - El Camino

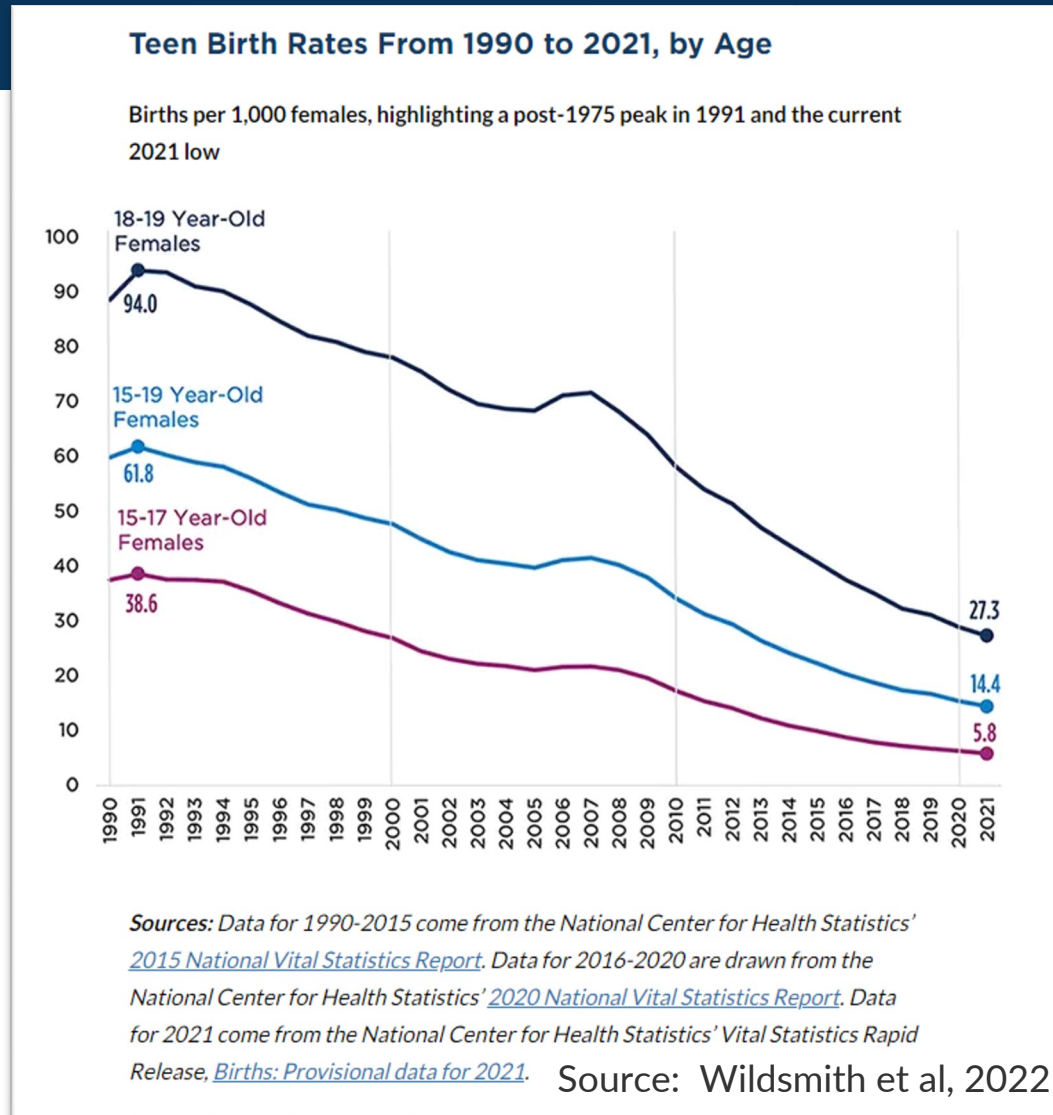


# Objectives

Webinar participants will be able to:

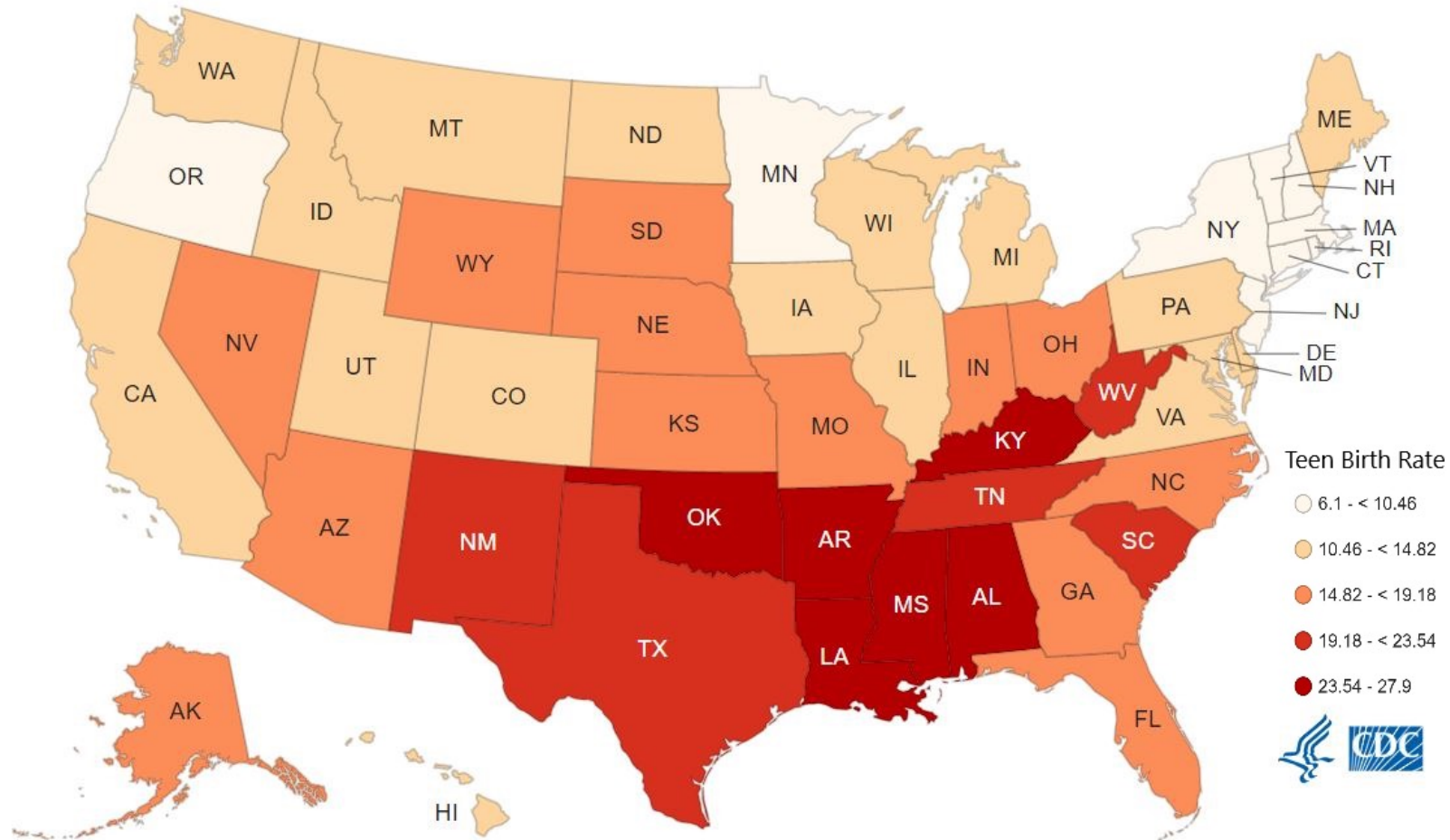
1. Discuss the implications of teenage childbearing;
2. Appreciate the positive youth development approach to avoiding teen parenthood; and
3. Understand the El Camino positive youth development curriculum that helps youth identify goals that lead them to delay sex and pregnancy.

# The teen birth rate has declined



- Provisional birth rate for teens in 2022 was 13.5 births per 1,000 females aged 15–19—a record low for this age group

# Birth rates for females ages 15–19 by state, 2020

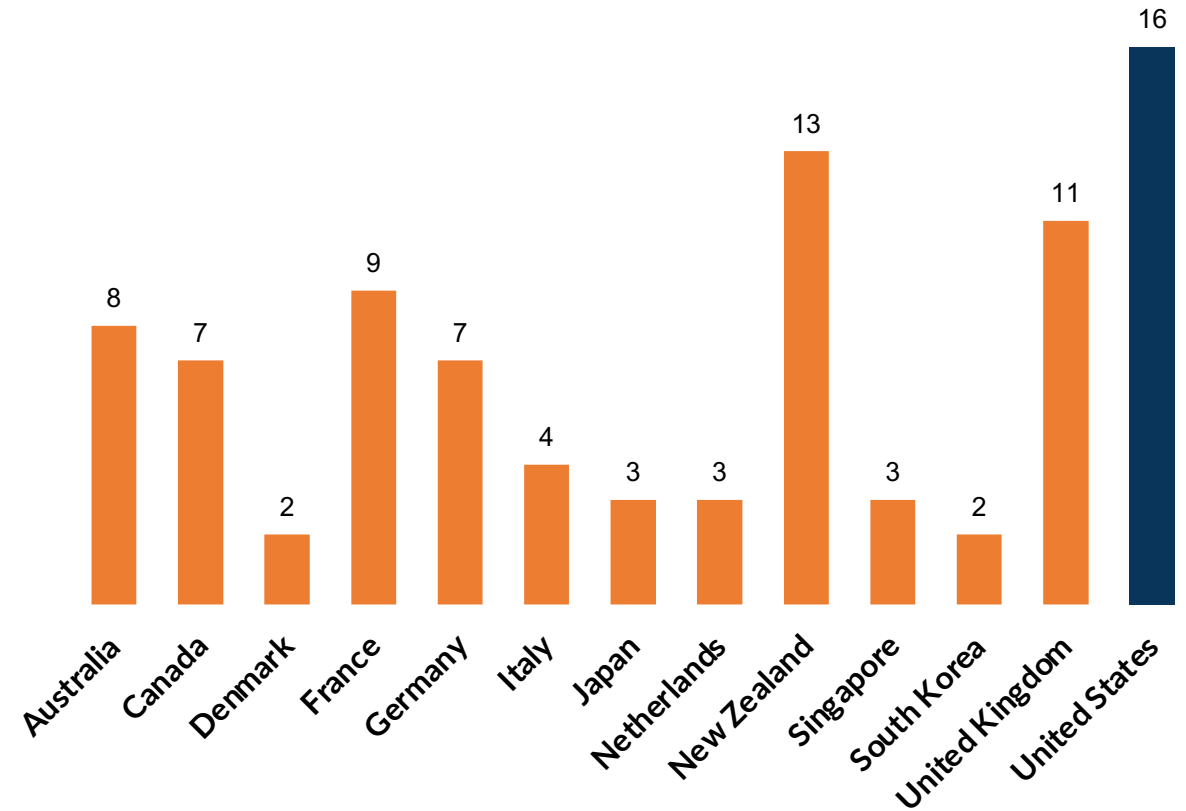




Despite decline, U.S. still has higher teen birth rate than other developed countries.

## Adolescent fertility rate, 2020

Births per 1,000 women ages 15–19



Source: The World Bank. (n.d.). Adolescent fertility rate indicator.  
<https://data.worldbank.org/indicator/SP.ADO.TFRT>



# The Social Genome Model

BROOKINGS



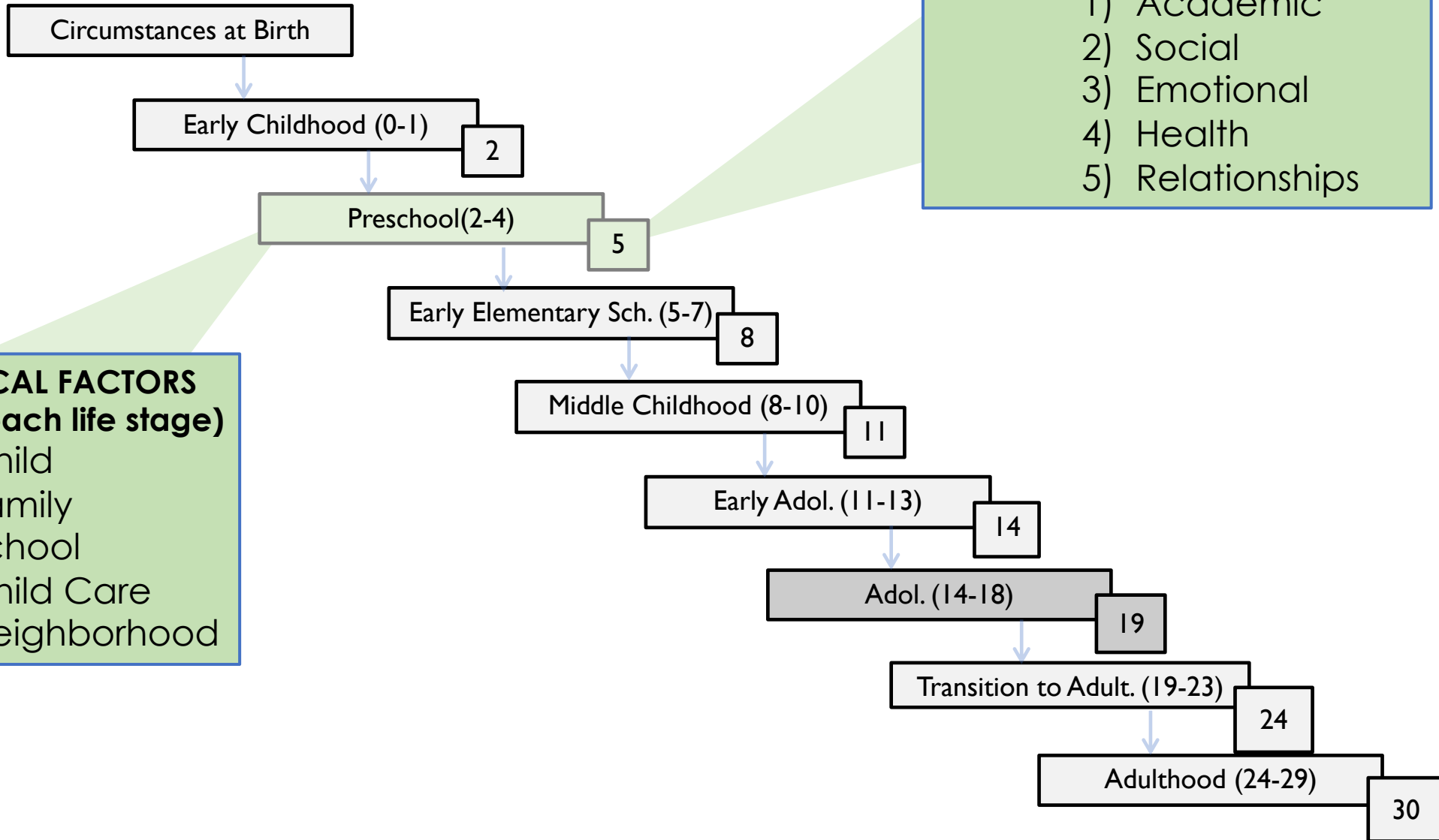
# What is the Social Genome Model?

- A projection model from the prenatal period to age 30
- Structured around key life stages and benchmarks of success for each stage
- Estimated are done separately by race/ethnicity and sex
- Built from publicly available data





# The Model



# = indicates the age at which outcomes are measured for a given stage

# Two Types of Simulations

- The Social Genome Model (SGM) can simulate the potential effects of changes at different points of the life course on later life outcomes such as educational attainment, earnings at age 30, and lifetime earnings:
  - **Scaling simulations** to expand results from evaluations. In these simulations, we use effects from real life evaluations of programs and policies, plug them into the SGM, and see how later life outcomes are affected.
  - **“Aspirational”/ What if... simulations.** In these simulations, we use effects that are not based on evaluation findings but are truly aspirational. We plug those effects into the SGM and see how later life outcomes are affected.

# Benefits and Limitations of the Model

## Limitation:

- The SGM is not a causal model and cannot be used to make causal conclusions.

## Benefits:

- Users can estimate the additive effects of multiple program interventions (for example, the effect of early childhood *plus* an elementary program).
- Users can compare the effects of different interventions on an outcome.
- SGM can project varied outcomes to age 30 and lifetime earnings to age 65.
- The model can show how effects vary by race/ethnicity and sex and affect disparities across these groups.

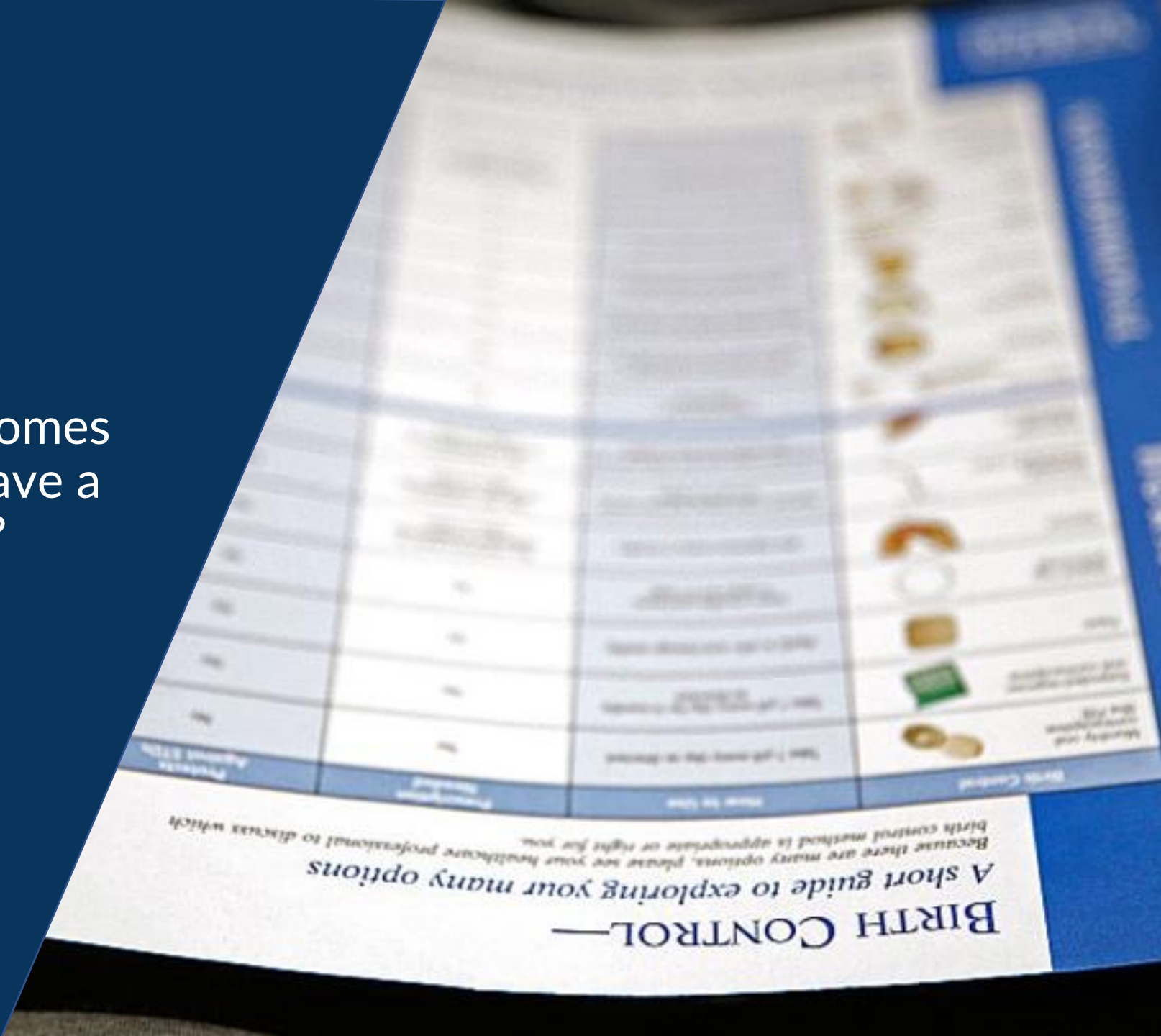
*Preventing births to teens is associated with long-term health and socioeconomic benefits, according to simulation.*

Analyses & Brief by A. McClay & K. A. Moore (2022)

<https://doi.org/10.56417/2270z3088p>



How might later life outcomes change if teens did not have a child during adolescence?

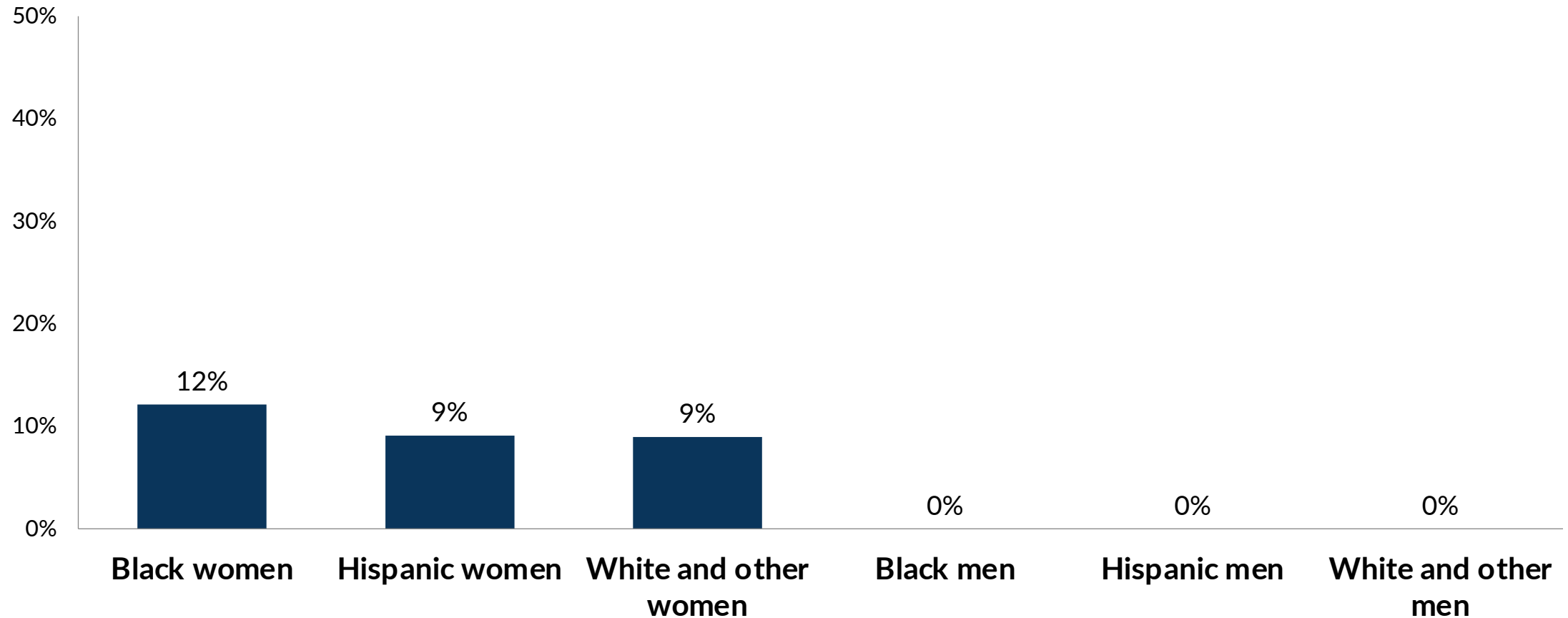


# The Simulation

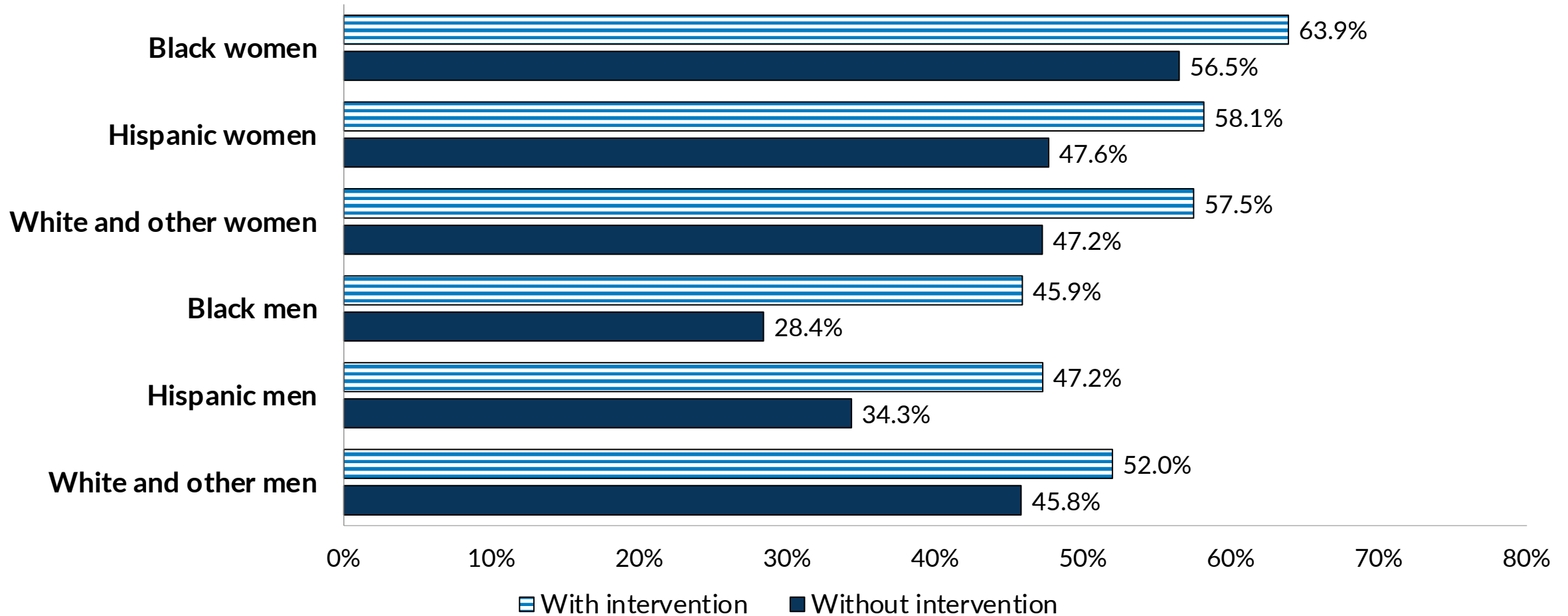
- Simulated what could happen if we prevented all births to teens before age 20
  - Approximately 17% of the SGM population had the propensity to have a child by age 19
  - Reduced the propensity of having a child for all SGM respondents who were likely to have a child by age 19 to zero
- Examined the long-term effects on health, education, and earnings

# Self-rated mental health at age 24 is higher when teen births are prevented.

*Percent difference in mental health rating*

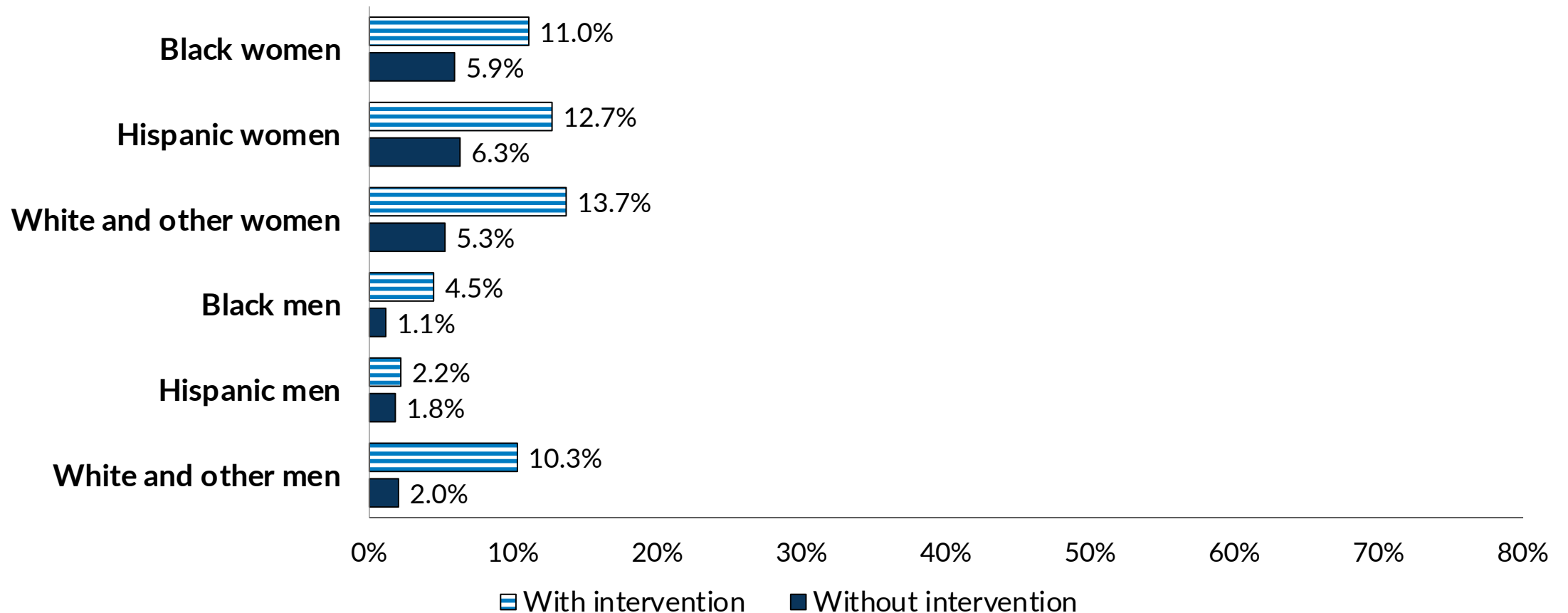


# High school diploma attainment at age 24 increases when teen births are prevented.



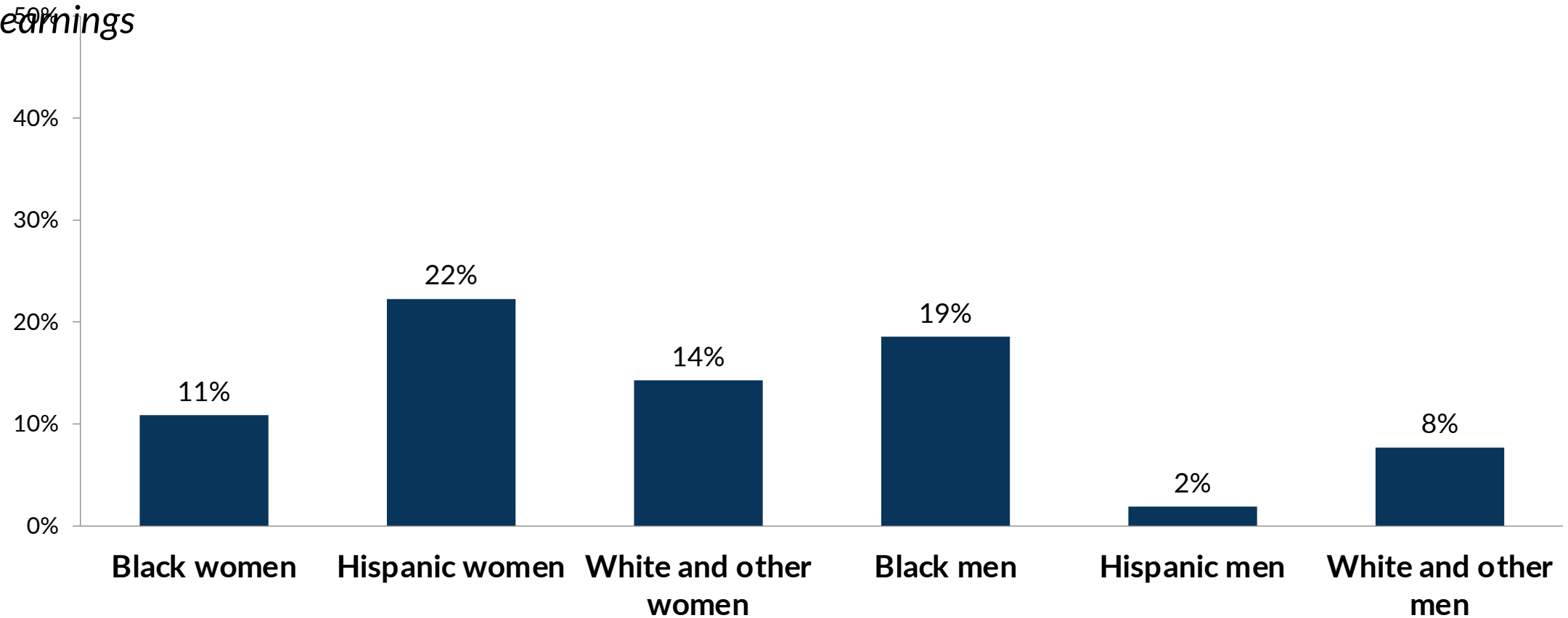


# College degrees are higher at age 30 when teen births are prevented.



# Lifetime earnings also increase when teen births are prevented.

*Percent difference in simulated lifetime (age 65) earnings*



# Major takeaways from the simulation

- Preventing teen births is associated with important differences in life outcomes for everyone—but especially for young women
- We find positive effects on education, physical and mental health, earnings, poverty, and lifetime income when births to teens are prevented

# Limitations

- Simulation is unable to account for heterogeneity in teen birth experiences
- Model does not include measures of protective factors or supports
- Simulation does not directly account for social determinants of health that may contribute to higher teen birth rates among sub-groups of youth



# Implications for future research and programming

- Research and programmatic efforts should continue to encourage and support teens in supporting their family planning decisions
- There is no one-size-fits-all solution
- Policies, programs, and other sexual health promotion efforts should be more intentional in meeting the needs of expectant and parenting teens

# Approaches to Prevention

# A different approach was needed

Siloed prevention efforts  
focused on single problems:

- teen pregnancy
- substance abuse
- juvenile delinquency
- school dropout
- unemployment



# But eventually researchers noticed...

...many risk and protective factors overlapped across silos.





# Enter, Positive Youth Development...

**... which reduces risk factors and builds on protective factors to be:**

- **supportive;**
- **nonpunitive;**
- **youth-oriented;**
- **relationship-based; and**
- **age-appropriate**

**... and seeks positive outcomes**





# How is PYD Defined?





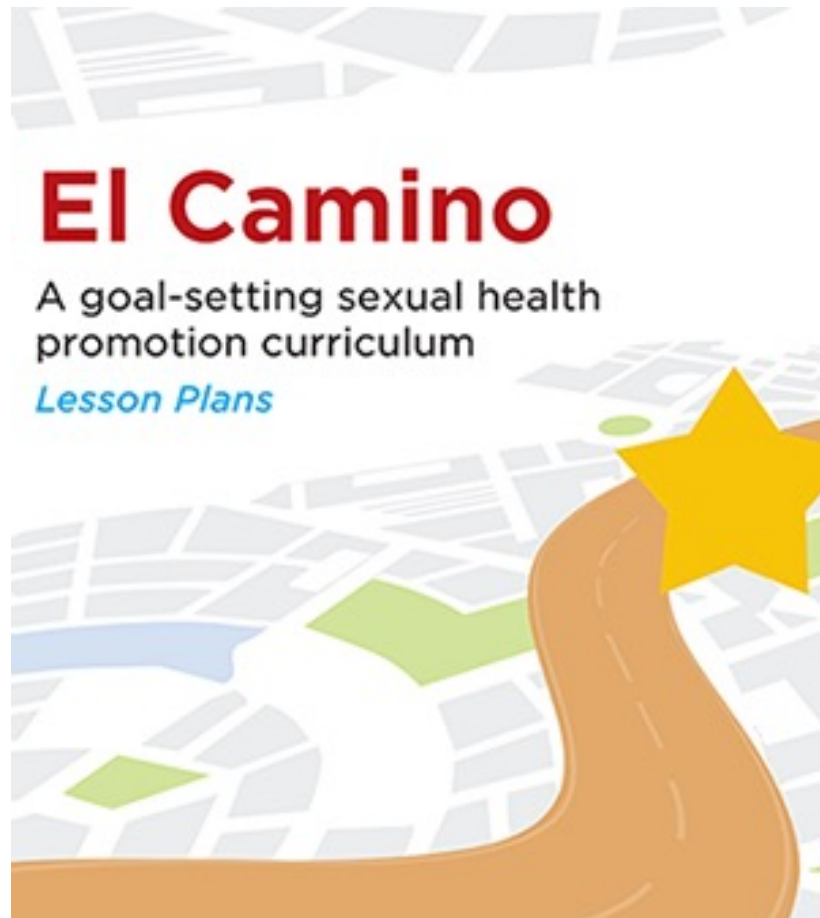
Positive youth development is “an intentional, pro-social approach that engages youth within their communities, schools, organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances youths' strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.”

Source: youth.gov, n.d.



# An Example of a Positive Youth Development Approach to Preventing Teen Childbearing

# El Camino



- A goal-setting sexual health promotion curriculum targeted toward Latino youth
- Takes a Positive Youth Development approach
- Implemented in English and Spanish
- Free and [available online](#) in both English and Spanish



# What is the goal of the program?

To encourage and empower youth to:

1. Set positive life goals
2. Make informed sexual and reproductive health choices
3. Have healthy relationships



Graphic taken from the El Camino Curriculum  
Arc 1 – Lesson 2

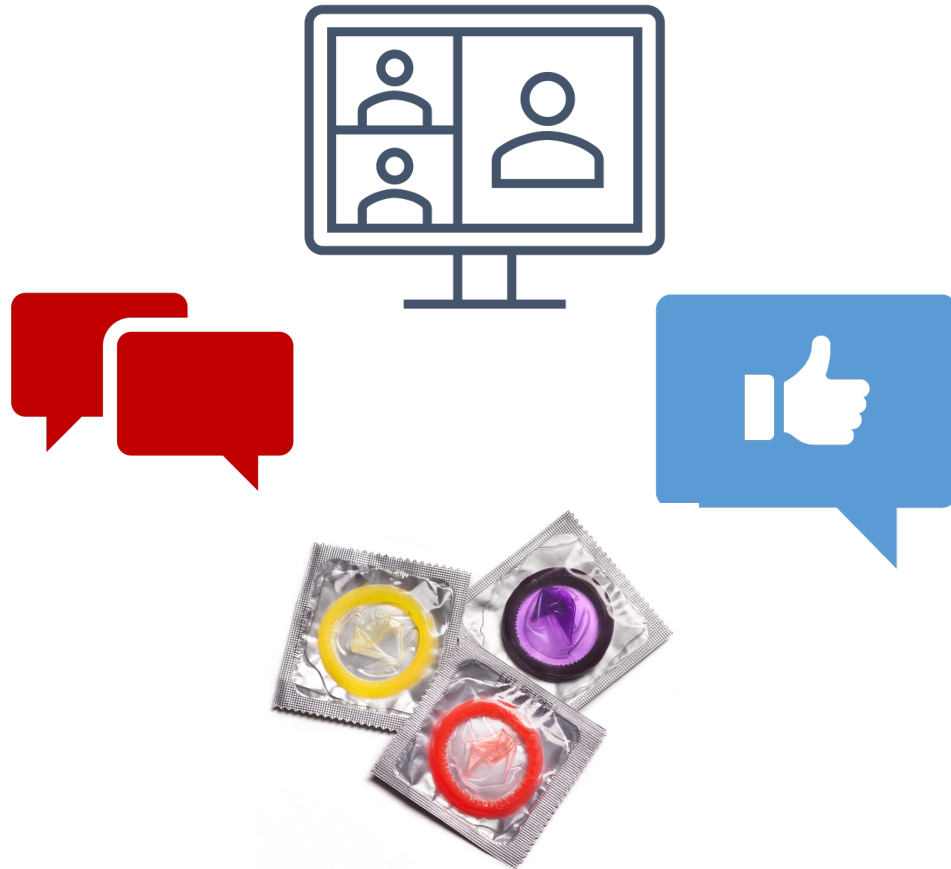
# STAR



# PARA

- **STATE** your goal
- **THINK** about the steps to reach that goal
- **ASSERT** your camino
- **REACH** your goal
- **PON** tu meta
- **ANALIZA** los pasos
- **REAFIRMA** tu camino
- **ALCANZA** tu meta

# Activities in El Camino

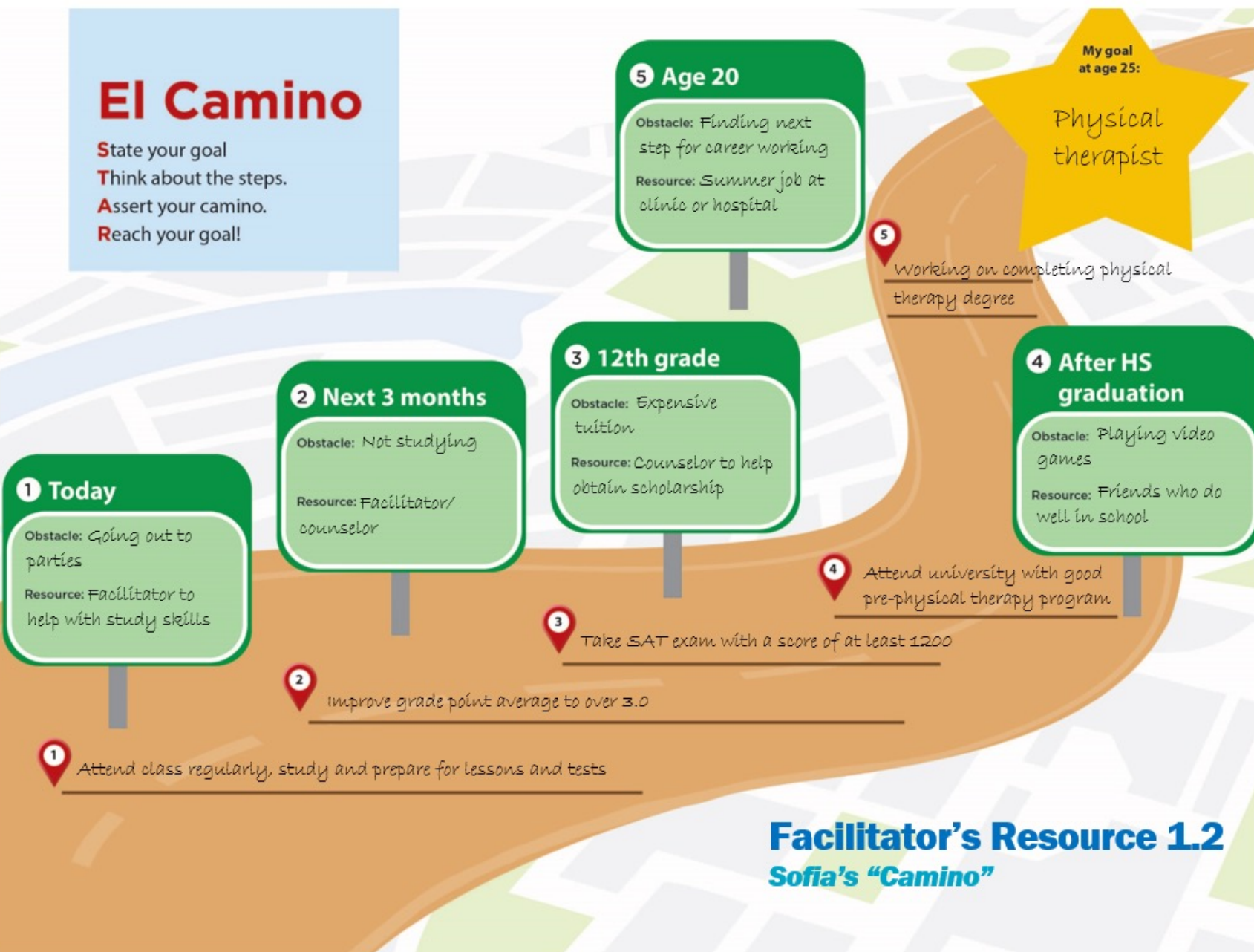


Wide variety of activities are included in the curriculum:

- Goal mapping
- Lectures
- Group discussions
- Vote with your feet
- Text or talk with a parent
- Role-plays and skits
- Condom demonstration/practice
- Contraceptive kits
- Novelas

# El Camino

**S**tate your goal  
**T**hink about the steps.  
**A**ssert your camino.  
**R**each your goal!



# Recognizing Road Trips & Warning Signs— Two Skills Covered in El Camino

# Road Trips: On or Off Track

**ROAD TRIPS** are life experiences that can either:

- Keep you on track to achieve your goals
- Create obstacles that can take you off your Camino and make it harder to achieve your goals.

Sometimes staying on your camino can be difficult. However, to **REACH** your goals, you need to be prepared to stay “on track.”



# Warning Signs



Tell us that there might be a bad outcome or that something is risky or not right in a certain situation



When experienced, use our feelings, brain, and senses to make good decisions



Can help us stay on our Camino



Warning signs can tell you that the situation could get you into trouble. It is important to **THINK** about what you are doing and the consequences of your actions.

# An excerpt from an El Camino novela *Sofia's and Santiago's Story: Pedro's Party*



# El Camino

**S**tate your goal  
**T**hink about the steps.  
**A**ssert your camino.  
**R**each your goal!

**Obstacle:** Finding next step for career working  
**Resource:** Summer job at clinic or hospital

Physical therapist

5 Working on completing physical therapy degree

## 2 Next 3 months

**Obstacle:** Not studying  
**Resource:** Facilitator/counselor

## 3 12th grade

**Obstacle:** Expensive tuition  
**Resource:** Counselor to help obtain scholarship

## 4 After HS graduation

**Obstacle:** Playing video games  
**Resource:** Friends who do well in school

## 1 Today

**Obstacle:** Going out to parties  
**Resource:** Facilitator to help with study skills

4 Attend university with good pre-physical therapy program

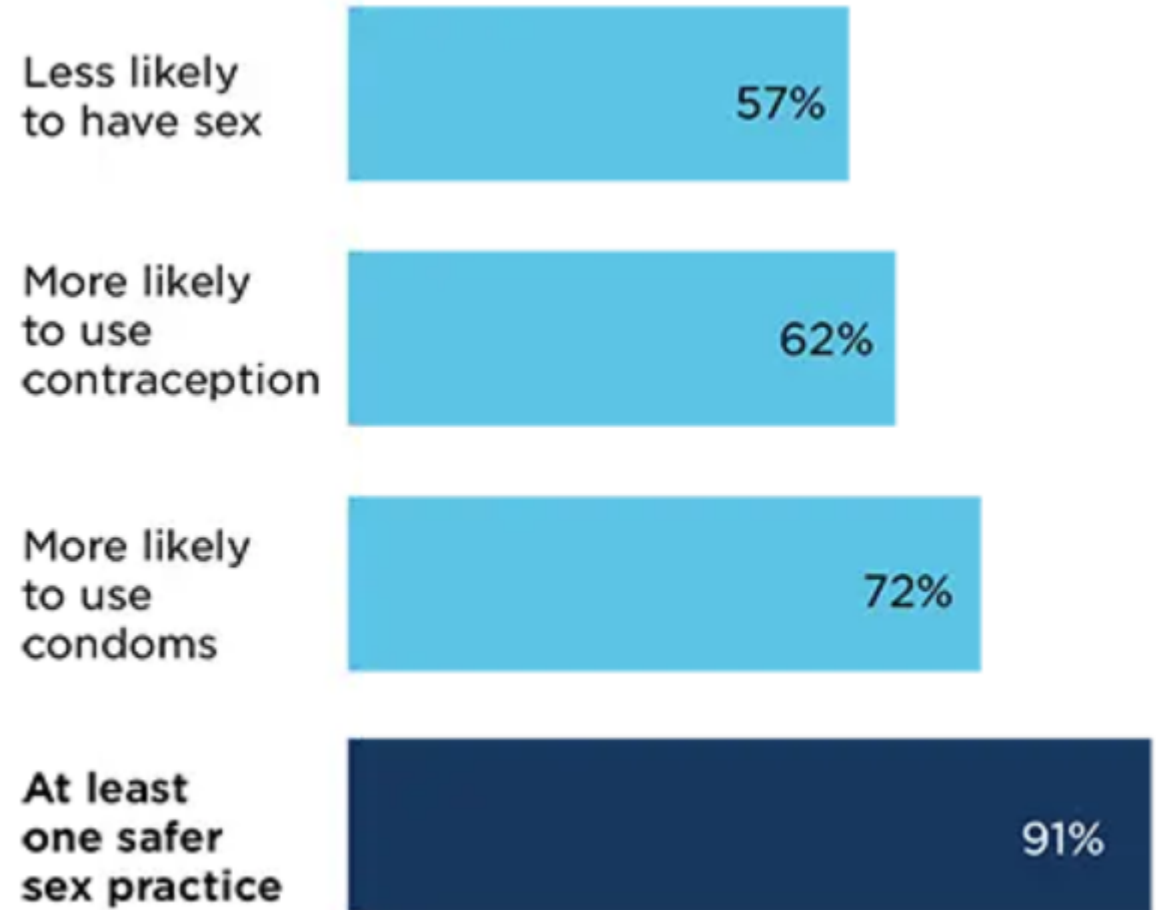
3 Take SAT exam with a score of at least 1200

2 Improve grade point average to over 3.0

1 Attend class regularly, study and prepare for lessons and tests

# Pilot Findings

- Three-fourths of students rated El Camino as “**excellent**” or “**very good**”
- 91% of students reported El Camino made them either less likely to have sex, more likely to use contraception, or more likely to use a condom





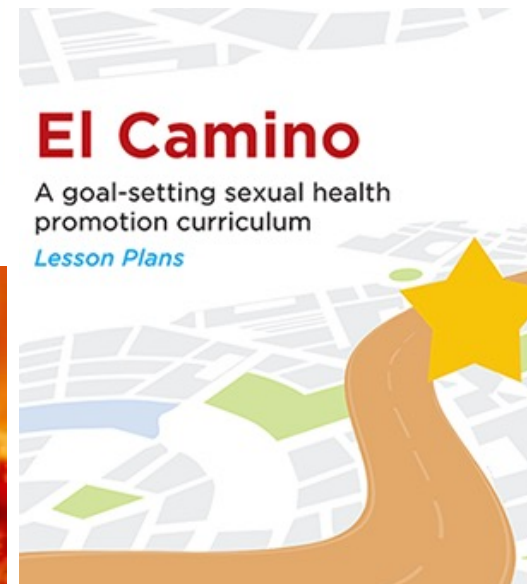
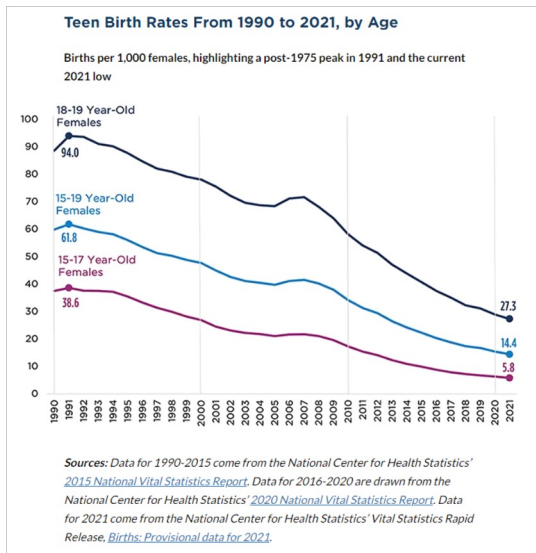
# Tying it all together



## Positive Youth Development



Positive Experiences + Positive Relationships + Positive Environments = Positive Youth Development



## El Camino

A goal-setting sexual health promotion curriculum

[Lesson Plans](#)

# Discussion



# Resources

- McClay, A., & Moore, K. A. (2022). *Preventing births to teens is associated with long-term health and socioeconomic benefits, according to simulation.* Child Trends. <https://doi.org/10.56417/2270z3088p>
- More information on El Camino, including curriculum available for download, is available at <https://www.childtrends.org/publications/el-camino-a-goal-setting-sexual-health-promotion-program>
  - Fact sheet on El Camino (available in English and Spanish): <https://www.childtrends.org/publications/el-camino-helping-teens-set-life-goals-and-promote-sexual-health>
  - If you would like to learn more about this project or to receive supplemental curriculum materials, please contact us at [ElCamino@childtrends.org](mailto:ElCamino@childtrends.org).

# Thank you!

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[amccclay@childtrends.org](mailto:amccclay@childtrends.org)

# Citations

- Centers for Disease Control and Prevention, National Center for Health Statistics. (n.d.). Teen birth rate by state. <https://www.cdc.gov/nchs/pressroom/sosmap/teen-births/teenbirths.htm>
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- Youth.gov. (n.d.). *Positive youth development*. <https://youth.gov/youth-topics/positive-youth-development>

# Thank you for joining us today!

There is a brief survey after the end of this webinar.  
Thank you for providing us feedback by completing this survey.

**Webinar will be available in 3 days:**

**<http://www.dibbleinstitute.org/webinar-archives/>**

**Questions? [RelationshipSkills@Dibbleinstitute.org](mailto:RelationshipSkills@Dibbleinstitute.org)**

**Summer Break!**

**No Webinar during the  
Month of July...**

**See You in August!**