Providing Adolescent-Friendly Family Planning Services in School Settings
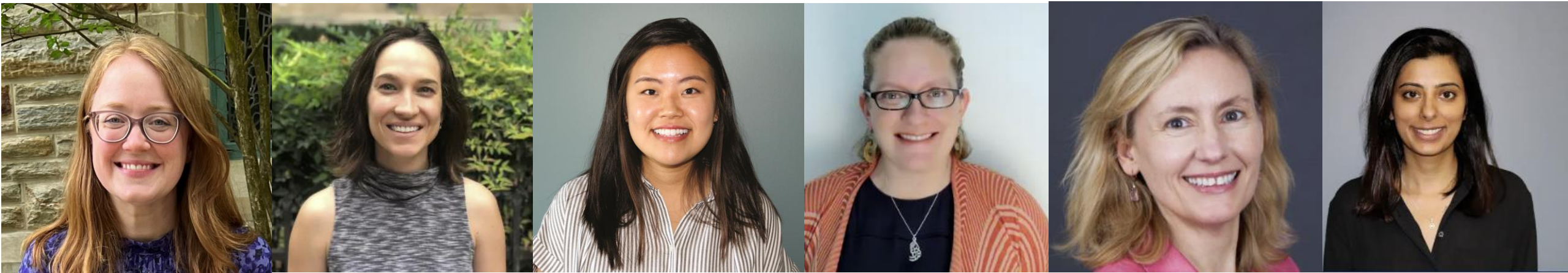
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Child TRENDS®

Project Team

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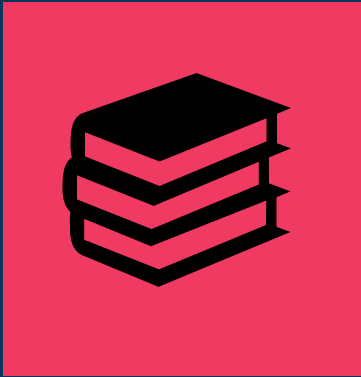
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Study Background

Literature review

Interviews with 48 providers and administrators

Virtual process evaluation with 4 sites

Accessible

Toolkit for Improving Family Planning Services in School Settings

🏠   **Approaches** ⌄   **Case Studies** ⌄

Access to high-quality and comprehensive family planning services helps promote adolescent sexual and reproductive health. However, youth—especially those who are historically excluded or who live in resource-

Strategies for Providing Adolescent-Friendly Care

Facilitate access to sexual health services

Ensure privacy and confidentiality in care

Create a warm and welcoming environment

Foster safety and comfort around sexual health

Address the whole person

Engage and uplift youth voices

Strategy: Foster safety and comfort around sexual health

Programs can...

- Use evidence-based tools to introduce uncomfortable topics
- Employ health educators for individualized counseling
- Allow a support person to be present

Providers can...

- Avoid assumptions
- Use anatomically correct and gender-neutral terminology
- Acknowledge social and cultural considerations
- Use open-ended questions

Case Example: La Clinica LARC Doula

A LARC Doula is a person who is trained to provide emotional, physical, and informational support before, during and after a LARC procedure.

Trauma-informed Language for IUD Procedures

Adapted from Arin Kramer, MS, RN, FNP-BC

Instead of…	*Try saying…*	*Why?*
I'm going to do the exam now	Before we start, I want you to be aware that you are in control of the pace. If you ever want me to slow down or stop, let me know.	Model consent and build autonomy
Open/spread your legs	Let your knees fall to the sides or towards the walls	Be mindful of triggering language
Everything looks good/ beautiful	Everything looks normal and healthy	Remove the focus on image

Engage and uplift youth voices

- **Light touch:** Feedback through surveys, suggestion jars, listening sessions

- **Digging deeper:** Youth advisory councils or peer education programs
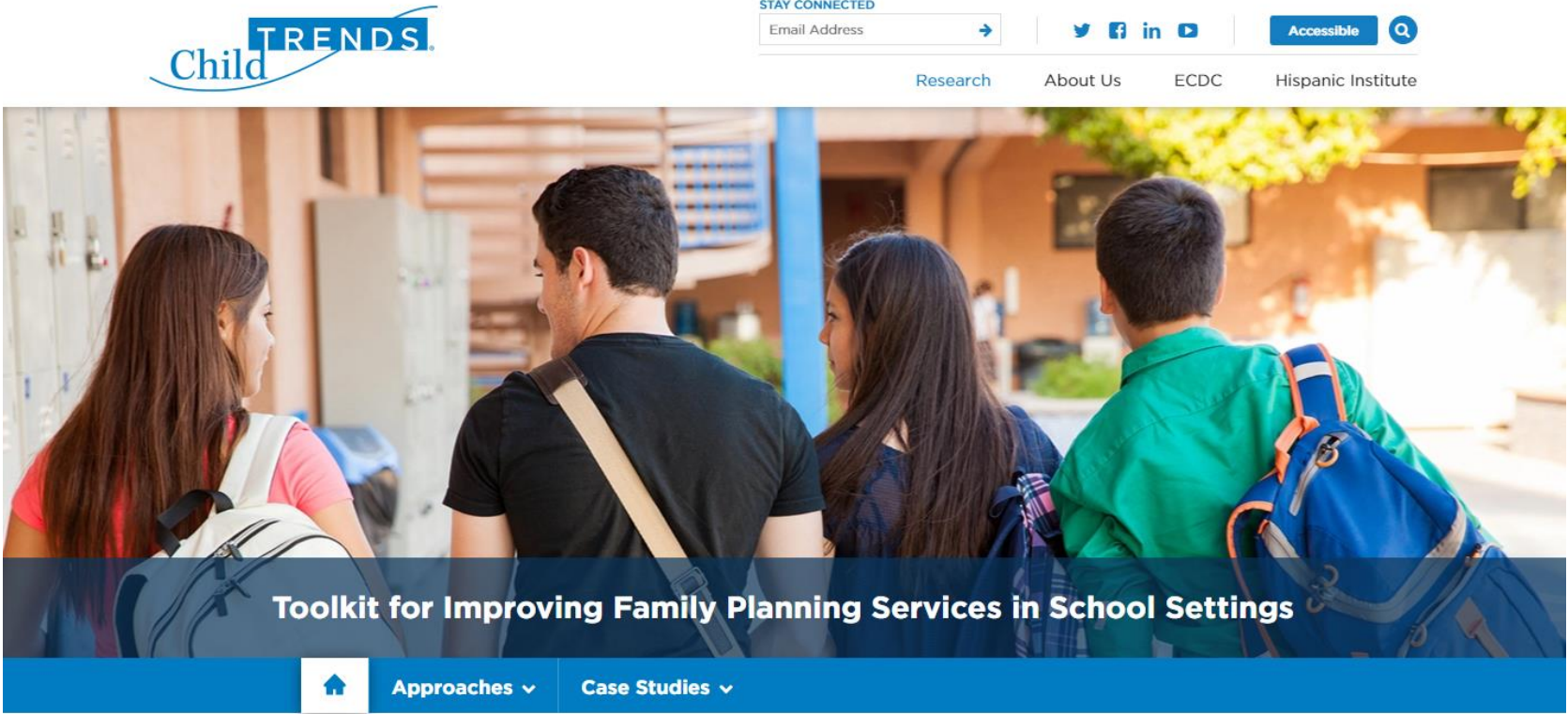
Case Example: Minneapolis School-Based Clinics' Teen Empowerment Council

- Provide feedback through both light touch activities and deeper activities (e.g. "secret shopping")

- Led to tangible changes in clinic approach, such as creation of social media presence

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