

Preliminary Findings from the Evaluation of Many Ways of Being

An Innovative Sexual Health Program for Adolescents

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OBJECTIVES

- 1 Describe the methodology of the randomized control trial (RCT) evaluation of the Many Ways of Being (MWB) program.
- 2 Explain preliminary impact findings on adolescents' sexual and reproductive health (SRH) knowledge and self-efficacy.
- 3 Discuss the implications of preliminary findings.

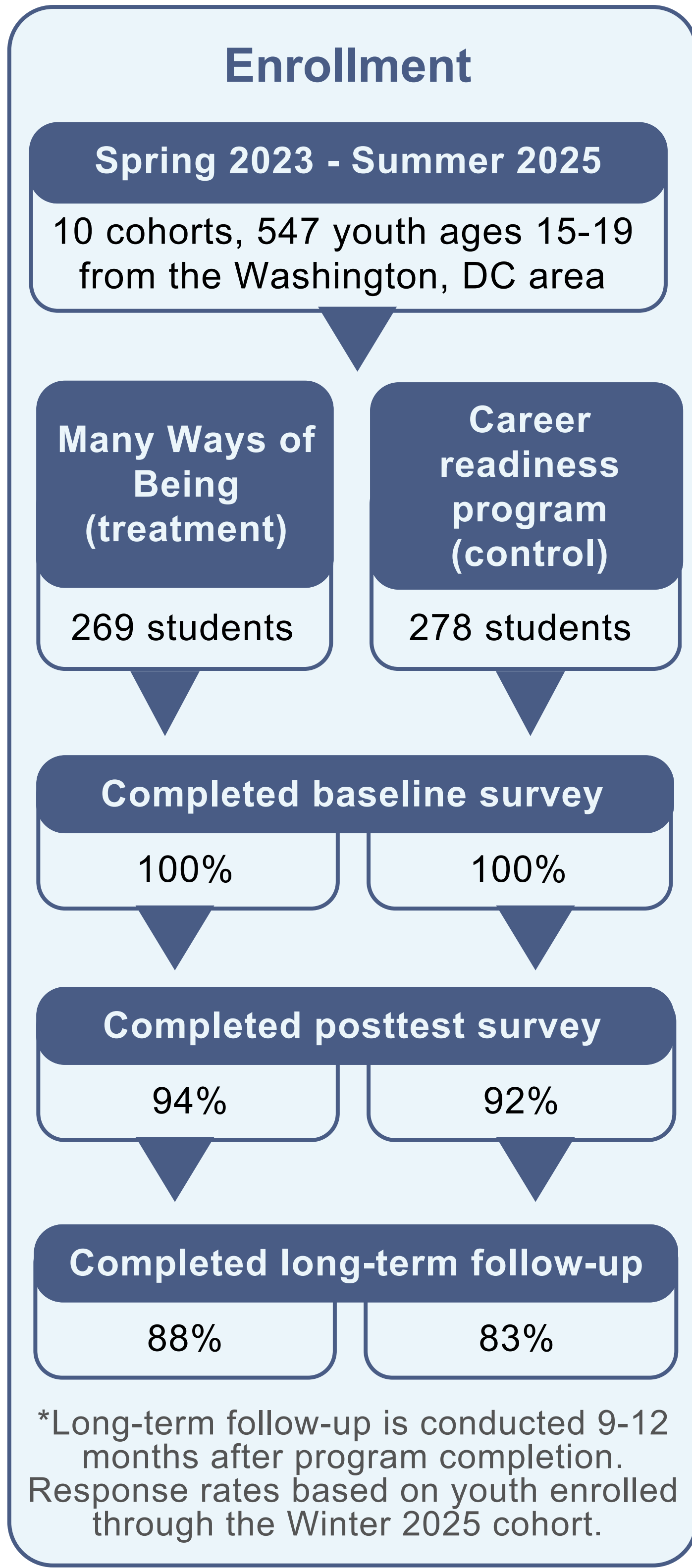
PROGRAM

Many Ways of Being (MWB), designed by Equimundo, is an innovative sexual health curriculum for young people ages 15 to 19 comprised of eight 2-hour sessions or 16 1-hour sessions. The program's overall goal is to reduce the incidence of sexually transmitted infections (STIs), unplanned pregnancy and to promote healthy, consensual, and violence-free relationships among youth. At the core of the curriculum's theory of change are norms and their effect on adolescent beliefs and behaviors related to sexual and reproductive health (SRH). MWB promotes shifts away from restrictive attitudes and strengthens skills to support youth engaging in healthy behaviors.



EVALUATION

Child Trends, along with implementation partner, Latin American Youth Center, is completing an RCT to assess the MWB program's impacts on reducing unprotected sex and on key mediators (sexual agency, knowledge, attitudes, self-efficacy, and intentions) related to sexual health-promoting behaviors. Utilizing post-test data, we analyzed the short-term impacts of MWB using regression models that controlled for randomization blocks, the baseline value of outcome, and other covariates.



- #### Curriculum
1. Welcome/Introduction
 2. Exploring Identity
 3. Understanding and Expressing My Emotions
 4. Exploring Power and Relationships
 5. Sex and Sexuality in the Media Today
 6. Keeping Yourself and Others Healthy and Safe
 7. Contraceptives and Seeking Services
 8. The Journey Ahead

Youth Demographics

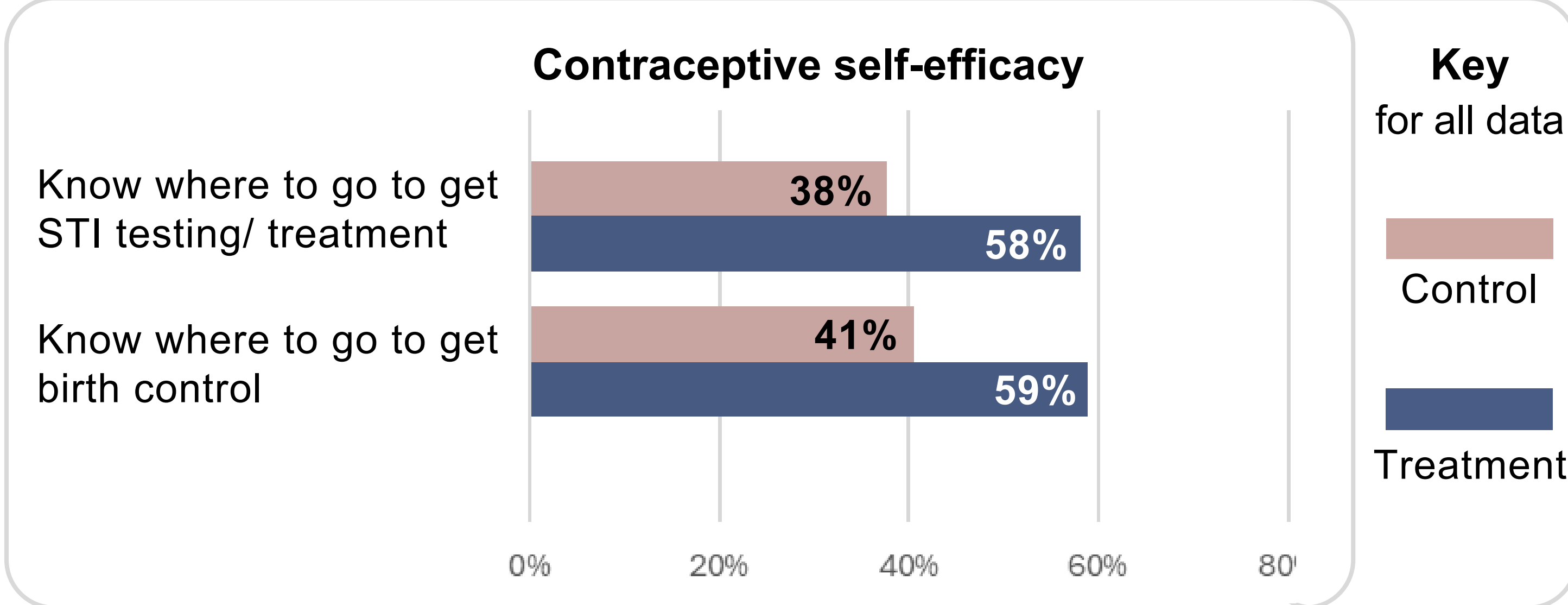
- Race/ethnicity**
 - Hispanic: 65%
 - Black: 30%
 - White/other: 5%
- Language spoken at home**
 - English: 39%
 - Spanish: 38%
 - English and Spanish: 21%
 - Other: 3%
- Age**
 - 15: 38%
 - 16: 32%
 - 17: 21%
 - 18+: 7%
 - Average age: 16
- Grade level**
 - 9th grade: 13%
 - 10th grade: 44%
 - 11th grade: 26%
 - 12th grade: 16%
 - Not enrolled: 1%

Participants rated both MWB and the career readiness program highly

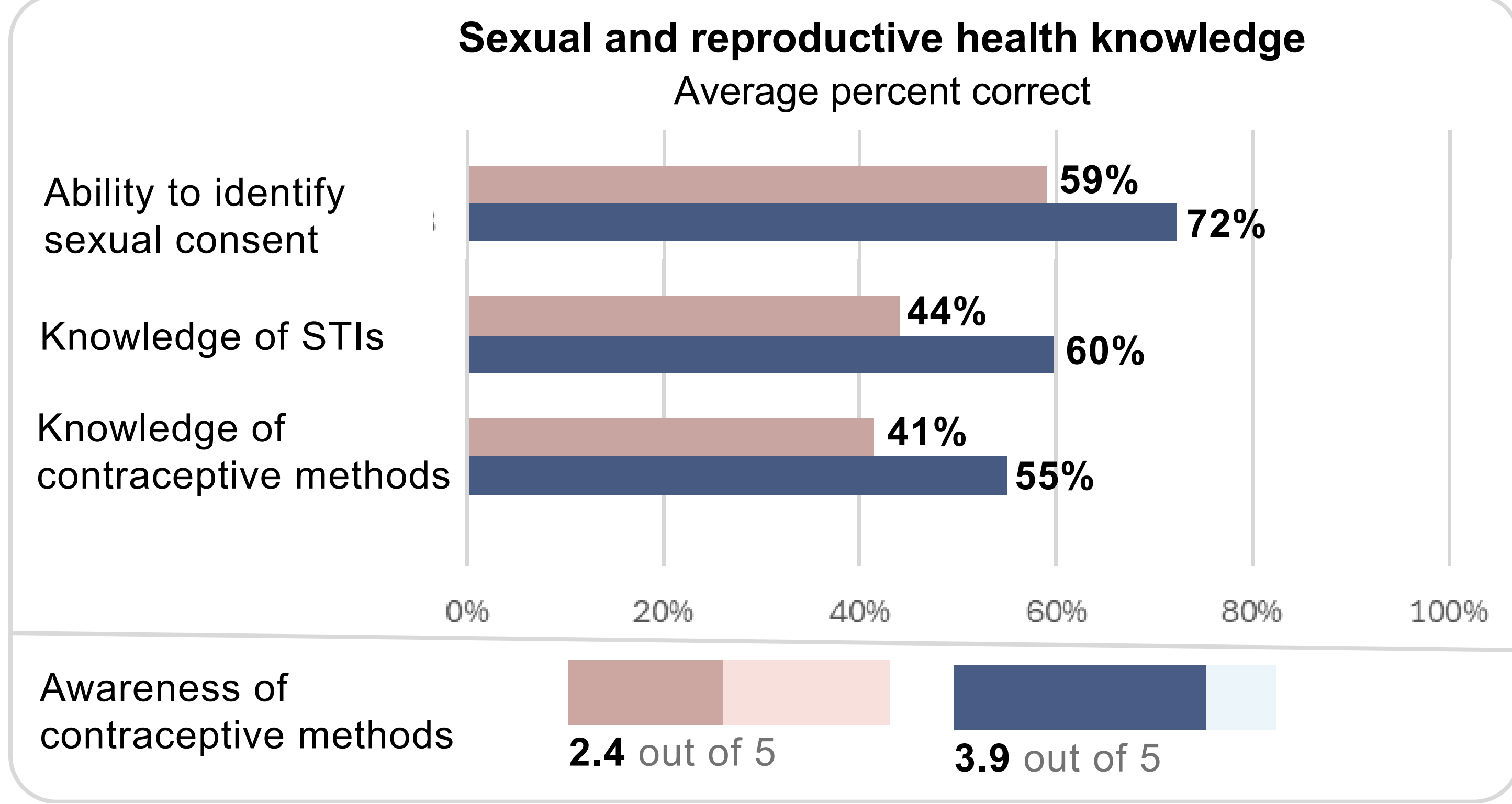
- 95% Liked and trusted the facilitators.
- 88% Rated the program as "excellent" or "very good".
- 85% Felt respected as a person.
- 97% Would recommend the program to a friend.

PRELIMINARY IMPACT FINDINGS

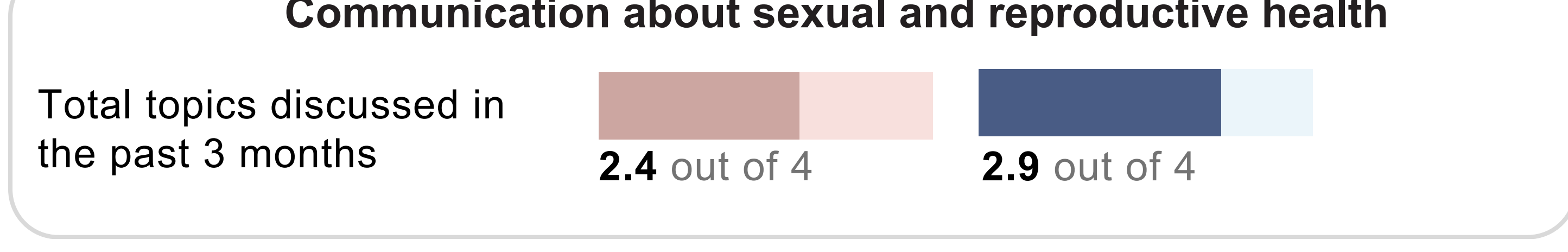
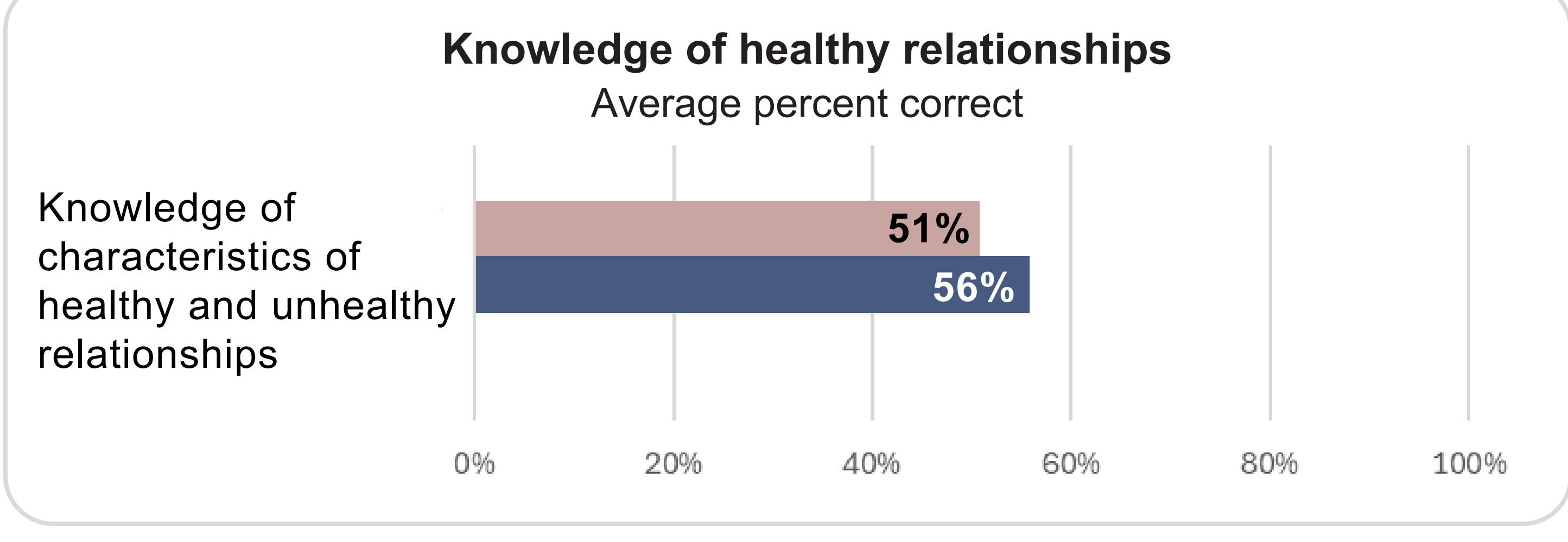
Below we share post-test means for the control group and regression-adjusted means for the treatment group. Differences are significant at $p < .05$. Findings suggest that MWB may be effective in improving adolescent's sexual and reproductive health knowledge and self-efficacy. These results highlight the program's potential to promote healthy SRH behaviors at long-term follow-up.



"[The program taught us to] find, like, places to go in case we do get pregnant or we have an STI and like different companies that would help us as teens to go find help...." - Participant in MWB



"We talked about things that you can't talk about with family or in school. [The facilitator] made us feel safe to talk about these things." - Participant in MWB



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