

Male Experiences in PREP: Effect on Intended Sexual Behaviors & Understanding Healthy Relationships



INTRODUCTION: Illinois State PREP

The Center for Prevention Research and Development (CPRD) at the University of Illinois serves as the external evaluator of the Illinois State Personal Responsibility Education Program (PREP), which is overseen by the Illinois Department of Human Services. Fourteen providers across the state of Illinois administer an adolescent pregnancy prevention (APP) evidence-based curriculum (EBC) in middle school and high school settings. The providers are a combination of youth and family services, health departments, treatment agencies, and community centers.

Illinois State PREP utilizes the PREP Entry and Exit Surveys to capture youth knowledge, experience, and the effect of APP EBC on intended behaviors. As such, these youth-reported data inform site performance and project-wide implementation and continuous quality improvement planning.

Teen Pregnancy Prevention (TPP) Program

According to the Office of Population Affairs, research and data collection efforts have tended to focus on female adolescent parenthood; however, an estimated 8% of adolescent males will become fathers before the age of 20. Little is known about effective strategies and approaches for engaging males in preventing teen pregnancy. We wanted to look at whether there was any evidence the PREP program positively impacted males by analyzing exit surveys for this population.

Methods

CPRD analyzed the FY22 PREP exit survey for responses by males for: 1) communications with parents/guardians, 2) understanding of a healthy relationship, 3) intended sexual behaviors, and 4) program satisfaction. The following data is based on male responses to the survey using descriptive statistics (frequency data).

FY22 Illinois State PREP Completed Exit Surveys by Gender

Gender	Total	Percent
Male	728	44%
Female	927	56%
Totals	1741	100%

RESULTS:

Communications with Parents/Guardians

Male students responded positively to whether they were likely to have discussions with parents/guardians about things in their life, with 54% reporting they would be somewhat or much more likely to talk with a parent, guardian, or caregiver about their life. Approximately, a third of male students reported they were more likely to discuss sex with parents/guardians.

Being in the program made you more likely to

	Somewhat more likely	Much more likely
talk with your parent, guardian, or caregiver about things going on in your life?	27.3%	26.7%
talk with your parent, guardian, or caregiver about sex?	20.6%	17.0%

Understanding of a Healthy Relationship

In response to the question on understanding of a healthy relationship, 86.1% of the males said they are somewhat or much more likely to better understand what makes a healthy relationship.

Being in the program made you more likely to better understand what makes a relationship healthy?

	Somewhat more likely	Much more likely
	31.3%	54.8%

Intended Sexual Behaviors

Nearly half (49.7%) of male students indicated they planned to abstain from sexual intercourse for at least the next 3 months. As to the likelihood they would have sexual intercourse in the next 3 months, male students' responses were:

	About the same	Somewhat less likely	Much less likely
	42.7%	14.2%	22.8%

Of the male students who indicated they would have sexual intercourse in the next 3 months, 74.5% indicated they were somewhat or much more likely to use a condom, and 57.6% would use or ask their partner to use birth control other than condoms.

	Somewhat more likely	Much more likely
Use (or ask your partner to use) a condom if you were to have sexual intercourse in the next 3 months?	61.2%	13.3%
Use (or ask your partner to use) birth control OTHER than condoms if you were to have sexual intercourse in the next 3 months?	38.7%	18.9%

Program Satisfaction

More than half of the male students reported that they felt interested in program sessions and classes most (37.0%) or all (20.7%) of the time. They also reported being satisfied with the content of the curriculum.

Thinking about the program, how satisfied are you with

	Somewhat satisfied	Very satisfied
the amount of information you received about abstaining from sex (choosing to not have sex)?	34.8%	52.8%
the amount of information you received about condoms and birth control?	23.6%	66.0%

DISCUSSION OF RESULTS:

The results of the survey indicate male students are benefiting from the TPP program. Students self-report increased communication with parents/guardians. They also indicate they understand healthy relationships. As for intended sexual behaviors, responses were positive as to abstaining from sexual intercourse and using condoms or other forms of birth control. Overall, male students indicated they were satisfied with the TPP program content.

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Reunite, Reignite, Re-Energize: Innovating for the Future

U.S. Department of Health and Human Services, Administration on Children, Youth, and Families (ACYF), Family and Youth Services Bureau (FYSB) Adolescent Pregnancy Prevention Program Grantee Conference held May 23-25, 2023