



Adolescent Pregnancy Prevention Program

Innovative Strategies for Adulthood Preparation Subjects: Adolescent Development, Healthy Relationships, & Parent-Child Communication

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Presenter

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HELLO

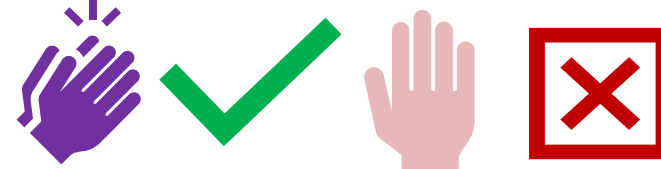
Live Virtual Training Logistics

Logistics

- You are muted
- Check your computer audio volume and enable speaker (if you have trouble hearing)
- Share video (if comfortable)

Engagement

- Poll
- Chat box
- Zoom icons



Group Agreements

- Participate fully
- Delay distractions
- Honor different experiences
- Be brave and explore
- Others? (Type in chat)



Agenda

- Learning Objectives
- Strategies for Implementing Adulthood Preparation Subjects
 - Adolescent Development
 - Healthy Relationships
 - Parent-Child Communication
- Questions and Answers



Photo Credit: Power to Decide, 2017

Learning Objectives

- Describe topics to cover during adulthood preparation subjects implementation
- Identify program design and implementation considerations
- Use example activities to create tailored activities for youth, parents, and caregivers in your current program format

Poll



What adulthood preparation subjects do you include in your PREP programming?

Wellness Moment



Adulthood Preparation Subjects

- **Adolescent Development**
- **Healthy Relationships**
- **Parent-Child Communication**
- Educational and Career Success
- Financial Literacy
- Healthy Life Skills



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Adolescent Development

Adolescent development is the physical, cognitive, social, and emotional maturation that occurs for youth roughly between the of ages 10 and 19.

Adolescent Development

Examples of Topics

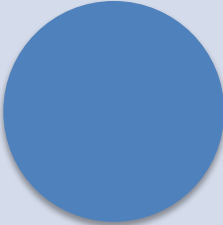
- To support adolescent development, PREP programs should specifically support
 - Physical development
 - Cognitive development
 - Emotional development
 - Social development



Photo Credit: Power to Decide, 2017

Adolescent Development

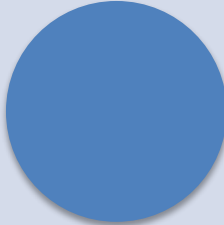
Tips for Program Implementation



Choose
supplementary
curricula with a
focus on adolescent
development



Offer supplemental
activities



Incorporate videos,
brochures, and fact
sheets



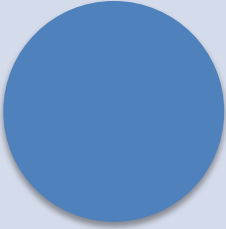
Identify
opportunities to
facilitate
development

Adolescent Development


Tips for Program Implementation




Incorporate
mentors into
programming



Consider gender
differences and
cultural
sensitivity

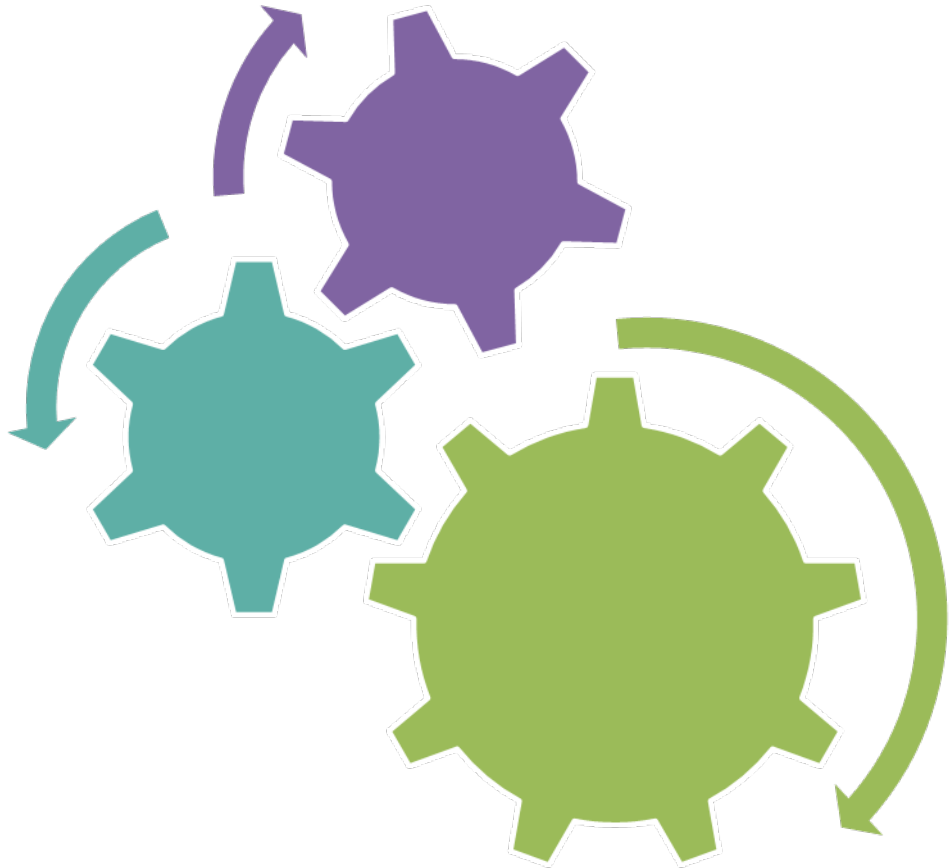


Prioritize
program
monitoring and
evaluation



Be mindful of
emerging trends

Adolescent Development Activities



- Physical development
 - Bring in a health care provider to offer guidance on health and hygiene practices
- Cognitive development
 - Provide opportunities for adolescents to learn physical, intellectual, psychological, emotional, and social skills
- Emotional development
 - Conduct body mapping activity
- Social development
 - Encourage youth to prioritize personal values that contribute to identity building
 - Encourage youth to serve as youth leaders and peer

Chat Question



What activities or lessons have you integrated into your programming to address adolescent development?



Photo Credit: Power to Decide, 2017

Healthy Relationships

Healthy relationships, including marriage, are based on trust, honesty, listening, and respect and allow adolescents to feel supported, connected, and independent.

Healthy Relationships

Examples of Topics

- Healthy and unhealthy relationships
- Intentional decision-making and partner selection
- Respect for self and partner
- Age-appropriate social networks



Photo Credit: Power to Decide, 2017

Healthy Relationships

Examples of Topics (continued)



Photo Credit: Power to Decide, 2017

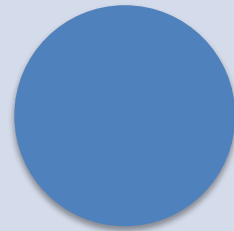
- Positive relationships with peers
- Communication and conflict resolution
- Gender equality/power balance
- Joint responsibility for contraceptive use and STI/HIV prevention practices

Healthy Relationships

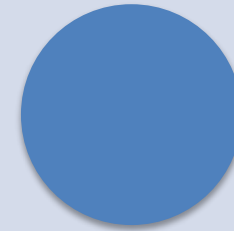
Tips for Program Implementation



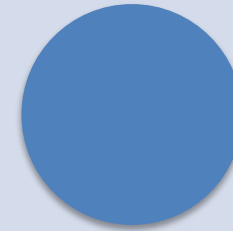
Train facilitators to model healthy relationships



Ensure that activities include skills training and are culturally, developmentally, and age appropriate



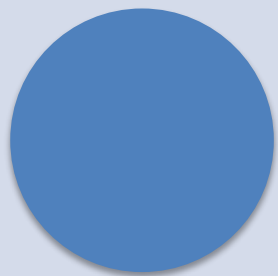
Leverage youth's use of technology when designing interventions



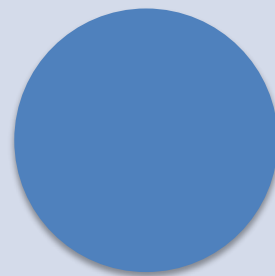
Select curricula and staff members who can cover abstinence, the prevention of pregnancy and STIs among youth, and healthy relationships content

Healthy Relationships

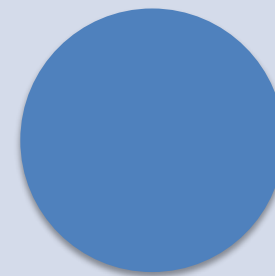
Tips for Program Implementation



Discuss appropriate
online communication
through social media



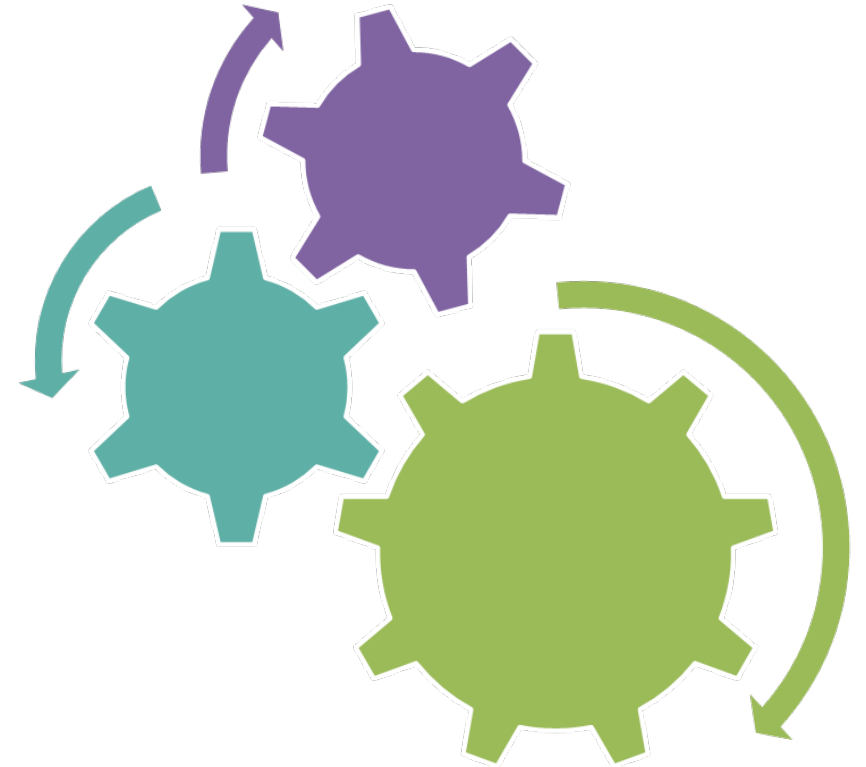
Select a standalone
curriculum or
materials that address
healthy relationships



Address additional
topics

Healthy Relationships Activities

- Role-playing scenarios
- Real-life examples
- Case studies
- Invite local domestic violence community educators
- Provide information and resources



Chat Question



What activities or lessons have you integrated into your programming to address healthy relationships?



Parent-Child Communication

This refers to the exchange of information, opinions, concerns, or advice, either verbal or nonverbal (e.g., hugging, sharing quality time, parental modeling) between parents (or caregivers) and children.

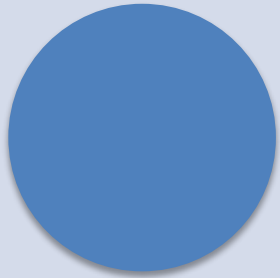
Parent-Child Communication

Examples of Topics

- Proactive communication
- Accurate knowledge of abstinence and the prevention of teen pregnancy and STIs
- Comfort discussing abstinence and the prevention of teen pregnancy and STIs
- Closeness to parents
- Knowledge of parents' expectations
- Initiating conversations with parents and caregivers
- Identifying and communicating with a trusted adult in the absence of a parent or caregiver

Parent-Child Communication

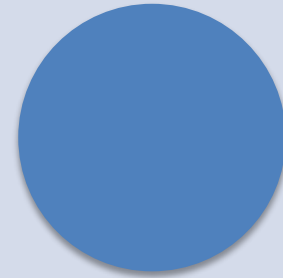
Tips for Program Implementation



Select a curriculum
that addresses
parent–child
communication



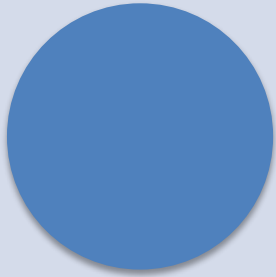
Equip parents/
caregivers to
communicate
effectively with their
adolescent children



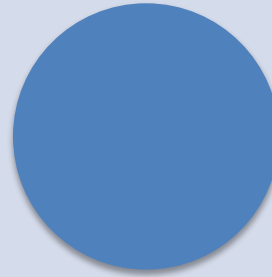
Partner with
parents, parent
groups, and other
trusted adults

Parent-Child Communication

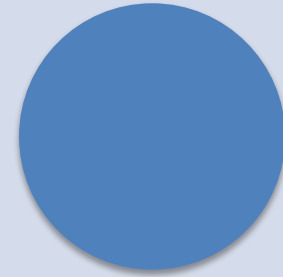
Tips for Program Implementation



Create structured opportunities for youth and their parents/caregivers/allies to talk

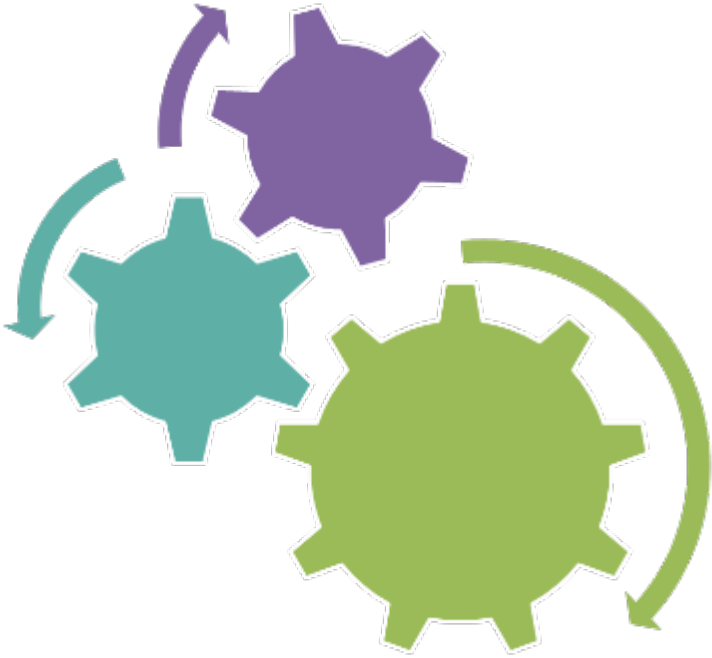


Engage with parents, caregivers, and trusted adults to support vulnerable populations



Incorporate role-play and interactive skill practice

Parent-Child Communication Activities



- Provide opportunities to practice communication skills to help families initiate dialogue
- Provide a list of local and online resources for parents/caregivers to access trustworthy services
- Use role-playing scenarios to practice communicating about family values, aligned with curricula
- Incorporate motivational interviewing techniques and practices to help parents/caregivers engage with youth
- Incorporate the use of technology into programming by using digital and social media to deliver content and engage youth and parents/caregivers

Chat Question



What activities or lessons have you integrated into your programming to address parent-child communication?

Taking Action

What is one action
you will take based
on what you
learned?



A young Black couple is smiling and looking at a white smartphone together. The woman is on the left, wearing a colorful patterned top, and the man is on the right, wearing a grey cardigan over a white shirt. They are both looking at the phone with interest.

Thank You! Questions?

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Photo Credit: Power to Decide, 2017



Adolescent Development Resources

- [Building on the Strengths of Young People: A Relationship-Focused, Trauma-Sensitive Approach](#) webinar
- [Words Matter, Actions Speak](#) youth-focused infographic
- [The Foundations of Resiliency](#) webinar
- [Adolescent Development](#) tip sheet
- [Adolescent Self-Regulation](#) tip sheet

Healthy Relationships Resources

- [Healthy Relationships: Assess, Improve, Take Action](#) youth-focused infographic
- [Think Twice About Sexting](#) youth-focused infographic
- [Healthy Relationships](#) tip sheet
- [Healthy Relationships and Collaboration](#) podcast transcript

Parent-Child Communication Resources

- [Tips for Virtually Engaging Parents & Caregivers During Social Distancing](#) tip sheet
- [Parent-Child Communication](#) tip sheet
- [Working with Parents of Teens](#) tip sheet

Contact



- Reach out to apptta@rti.org if you would like one-on-one assistance
- Reach out to your project officers if you have PREP administration questions