

PREP Studies of **Performance Measures**
and **Adulthood Preparation Subjects**

Lessons learned on enhancing PREP Adulthood Preparation Subjects through inclusive programming

2024WARD: Building Brighter Futures for Today's Youth
**U.S. Department of Health and Human Services, Administration for
Children, Youth and Families (ACYF), Family and Youth Services
Bureau (FYSB) Adolescent Pregnancy Prevention Program Grantee
Conference**

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Disclaimer

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Workshop objectives

- **By the end of the session, attendees will be able to:**
 - Identify the most commonly implemented Adulthood Preparation Subjects (APSs) and how PREP grantees cover them
 - Understand how grantees adapt APS content for different youth populations
 - Share successes, challenges, and lessons learned about the design and implementation of APS content, including content designed for subgroups
 - Know the APS resources grantees can access

Overview of the APS Study

Adulthood Preparation Subjects (APSs)

Adolescent development. Understanding and support for youth's physical, cognitive, social, and emotional maturation that occurs roughly from ages 10 to 19.

Educational and career success. School engagement and completion; guidance on education, training, and career planning; and skills for employment preparation, job seeking, and workplace productivity.

Financial literacy. Having the knowledge and skills to understand financial concepts and take steps to acquire and manage financial resources successfully, including spending, budgeting, savings, investing, borrowing, and insurance.

Healthy life skills. Competencies to solve problems and address common challenges in positive ways, including goal setting, decision-making, negotiation and refusal, communication, and stress management.

Healthy relationships. Relationships between youth and romantic partners, peers, family members, and others, that are based on trust, honesty, communication, respect, and clear boundaries.

Parent-child communication. Exchanges of information, opinions, concerns, or advice, either verbal or nonverbal, between youth and their parents, caregivers, or other trusted adults.





APSs

Research questions

- 1. What APSs—including their topics and content—do grantees deliver to youth, how are they delivered, and how much is delivered?**
- 2. Is there alignment between the APS content and dosage and the needs of the populations served?**
- 3. What is the cultural relevance of the APS topics and content that grantees deliver to youth?**
- 4. What are the successes, challenges, and lessons learned about delivering relevant APS topics and content to youth?**

Data sources and analyses

	Quantitative data 	Qualitative data 
Data sources	<ul style="list-style-type: none"> • 2021–2022 performance measures from Competitive and State PREP grantees 	<ul style="list-style-type: none"> • 2023 APP Conference listening session with 8 grantees serving Tribal communities • Virtual interviews with 17 grantees • In-person and virtual site visits with 3 grantees, including: <ul style="list-style-type: none"> • Interviews with program leaders and facilitators • Focus groups with youth and community members
Analysis methods	<ul style="list-style-type: none"> • Descriptive analysis, broken down by different program and youth characteristics 	<ul style="list-style-type: none"> • Identified themes across data

What APSs do grantees deliver to youth, and how are they delivering them?

APs that grantees delivered

Most commonly implemented APs



Less commonly implemented APs

Parent-child communication
52%



Educational and career success
41%






Financial literacy
33%



Note: Most programs implemented more than one AP. Data from Competitive PREP and State PREP grantees, covering 2021–2022 period.

How grantees covered the APSs

Delivery method	Programs that implemented...		
	 Healthy relationships, healthy life skills, adolescent development, or parent-child communication APSs	 Educational and career success APS	 Financial literacy APS
Number of programs	179–323	142	114
Primary adolescent pregnancy prevention curriculum	79–85%	66%	42%
Original content created by grantee or partner	22–28%	42%	58%

Note: Most programs implemented more than one APSs, and they may have used more than one delivery method. Data from Competitive PREP and State PREP grantees, covering 2021–2022 period.

What is the cultural relevance of the APS topics and content grantees deliver to youth?

- Does this differ by subgroup of youth?
- Are there ways to adapt the existing APSs to make them more relevant to youth?

General feedback on the cultural relevance of the APSs

- **Most respondents thought APSs and their topics were generally relevant**
 - But specific content within each APS might not always be relevant for some youth
- **To improve relevancy, grantees:**
 - Described adaptations they have already made
 - Suggested improvements for the future

Examples of adaptations made to improve APS relevancy

Discuss digital communication under healthy relationships

Cover a range of healthy relationships

Address the role of “trusted adults” instead of “parents” under parent-child communication

Scaffold complex financial literacy topics, and use realistic budgeting activities

Adapt content for specific subgroups

Suggested improvements to the APSs (1)

Healthy relationships

- Add topics on consent and respecting boundaries, digital engagement, skills for leaving an unhealthy relationship, and gender fluidity

Healthy life skills

- Add topics on Native governance and rights, social media and digital literacy, health literacy, and suicide prevention

Adolescent development

- Include markers and milestones of adolescence that are culturally relevant for the community
- Add topics on sexual health, identity, and brain development

Suggested improvements to the APSs (2)

Parent-child communication

- Replace “parent” and “child” in APS name with more inclusive or accurate terms
- Add topic on assessing and comparing the parent’s and child’s values

Educational and career success

- Add guidance on delivering content in a trauma-informed manner
- Reflect a wider range of careers and life roles

Financial literacy

- Add guidance on delivering content in a trauma-informed manner

Findings for specific subgroups of youth

Youth in Tribal communities

- **Adaptations made**
 - Added culturally relevant content to healthy life skills APS
 - Linked financial literacy and healthy relationships APSs
 - Encouraged place-based adaptations
- **Suggested improvements**
 - Across APSs, address generational trauma
 - Engage parents and other trusted adults in APS programming
 - Reflect a wider range of culturally relevant and respected careers and life roles in educational and career success APS
 - Expand financial literacy APS topics to include barter systems and mixed-cash economies

Youth in foster care and in the adjudication system

- **Youth in foster care**

- Adaptations made:

- Enhanced content on postsecondary options and available resources in the educational and career success APS
- Added content on risks of sex trafficking to the healthy relationships APS

- Suggested improvement: Help grantees identify trauma-informed ways to deliver educational and career success APS

- **Youth in the adjudication system**

- Adaptation made: Addressed how youth can fill out job applications and choose references in educational and career success APS

- Suggested improvements:

- Acknowledge unique challenges of navigating financial aid in educational and career success APS
- Provide grantees guidance on navigating parent-child communication APS

LGBTQIA2S+ youth and youth of color

- **LGBTQIA2S+ youth**

- Adaptations made:

- Made content more inclusive in the healthy relationships and healthy life skills APSs
- When covering parent-child communication APS, recognized some youth do not have a safe enough relationship to discuss sexual health with parents

- Suggested improvement: Convene experts or work groups to help grantees identify relevant content across APSs

- **Youth of color**

- Adaptations made: Addressed racial disparities, particularly around sexual health and emotional coping skills, within healthy life skills APS

- Suggested improvement: Acknowledge intersectionality of identities (such as LGBTQIA2S+ youth of color) across APSs

What are successes and challenges in delivering relevant APS topics and content to youth?

Successes and challenges

- **Challenges**

- Limited time to deliver or develop APS content
- Not enough curriculum options to cover all APSs
- Some APSs are outside the scope of grantees' expertise
- More guidance on how to deliver APSs in a trauma-informed manner

- **Successes**

- Proactively identifying or tailoring content for the specific youth population
- Incorporating youth and community feedback when developing or adapting APS content
- Skilled facilitators cover content in a way that is relevant to youth

Resources to support implementation of the APSs

- [APS curriculum assessment tool](#)
 - Completed assessment tools for [Be Proud! Be Responsible!](#); [Making Proud Choices!](#); [Reducing the Risk](#); and [Teen Outreach Program \(TOP\)](#)
 - [FAQs](#) on using the tool
- [APS conceptual models](#)
- [APS resource guide](#)
- [Strategies for addressing financial literacy: tip sheet](#)
- [Tailoring APS content to pregnant and parenting youth: tip sheet](#)



Conclusion

- **Limitations**

- Qualitative data includes purposive sample of 21 grantees; quantitative performance measures data includes State PREP and Competitive PREP only
- Most respondents are project directors or other leaders

- **Summary of findings**

- The most commonly implemented APSs are healthy relationships, healthy life skills, and adolescent development
- The APSs are relatively broad and generally relevant for youth
- Grantees have successfully tailored APS content to be more relevant for youth, including for different subgroups of youth
- Grantees have identified potential improvements to make the APSs more relevant

Questions?

Breakout discussion – Rose, Thorn, and Bud



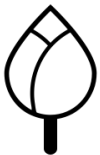
What are your general reactions to the content we shared today?



What are some successes you or your organization have had implementing APS content?



What are some challenges you or your organization have had implementing APS content?



Do you have other suggestions for improving the relevance of the APSs, culturally or otherwise?

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Session Evaluation

Please complete a brief evaluation form for all workshop, forum and networking sessions by scanning the following QR code or visiting the following link:

<https://bit.ly/2024Evaluations>

