



BUILDING BRIGHTER FUTURES  
WITH TODAY'S YOUTH LEADERS

JUNE 25-27 | SAN FRANCISCO, CA

# LESSONS WE LEARNED IN 2023

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# Lessons We Learned in 2023

We strongly believe in fostering healthy lifestyles for Native American youth.

Desiree' Amos, CTAP Program Director  
Deborah Scott, Evaluator of CTAP



# About Cherokee Teen to Adult Program (CTAP)

- CTAP is a 4-year, evidence-based intervention that educates youth and their families in a culturally relevant way about health, sexuality, abstinence, preventing early teen pregnancy, STI's and the importance of cultural connectedness.
- The program includes adult preparation topics and activities to prepare youth for a healthy adulthood.



# Program Description

- Curriculum – Respecting the Circle of Life: Mind, Body, Spirit
- Target – 6<sup>th</sup>-8<sup>th</sup> graders in three counties in northeastern OK
- Content – 12 hours of classroom-based lessons
- Culture – Facilitators model Cherokee values of:
  - Respect for self and others
  - Respectful communication
  - Importance of family
  - Connection to community

# Start to Finish

- 3-week window prior to start.
- All groups begin together and end together.
- 2-week window post to tidy up loose ends, makeup sessions, post surveys and celebrations.





2024 ADOLESCENT PREGNANCY  
PREVENTION GRANTEE CONFERENCE



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# Tool Kits

- Each location & group has a curated tool kit including everything needed for each session.
- Additional session information and curriculum are kept on hand.
- All kits have been digitized via Google and USB.





# Consent and Surveys

- Opt-out Consent
- Shortened Surveys
- Paper to QR Codes
- Question Box



# Facilitator Support

- Classroom Management Training
- Practicing situational instruction



# Goals of CTAP

- Increase cultural connectedness
- Improve family relations and communication skills
- Increase understanding of sexual health and adulthood
- Improve decision-making and refusal skills
- Decrease rates of STIs and unplanned pregnancies

# Evaluation Design

- Assess changes in:
  - Understanding of sexual health and adult preparation topics
  - Communication behaviors
  - Cultural beliefs
  - Self-esteem
- Assess fidelity of implementation and challenges by site
  - Comparison of dates to session number

# Results from July 2023 to June 2024

- 259 students participated and 208 completed the baseline and exit surveys
- 85% completed 9 or more of the 12 sessions

# Evaluation Results

- Cultural Connectedness Questions
  - Family uses Tribal stories to teach
  - Someone in the family speaks Tribal language
  - Family talks about Tribal events/activities
  - Family is traditional
    - Have talks increased?
    - Has interest increased
- $\wedge$  in connectedness
- $\wedge$  in new/rekindled interest in culture
- $\wedge$  at post in family talks/interest in culture

# Evaluation Results

- Family Communications
  - Has a trusted adult
  - Has serious conversations
  - Frequency of conversations
  - Ease in conversations about puberty
  - Sources of information

- Results

- ^ in number of students with a trusted a trusted adult\*
- ^ in conversations with adults\*
- ^ in frequency of talks\*
- ^ ease of conversations about puberty
- ^ in number of students going to parents for information about sex, puberty, HIV/STIs and pregnancy prevention

\* Statistically significant



# Evaluation Results

- KABB
  - Pre/post question about sex knowledge
  - 10-question scale for HIV/AIDS
  - 10-question Rosenberg Self-Esteem Scale
  - 14-questions belief/behavior scale about sex
- Results
  - 4-fold increase in self-reported knowledge about sex
  - Increase in HIV/AIDS knowledge
  - Improved self-esteem
  - Positive changes in beliefs about sex, abstinence, relationships

# Evaluation Results

- Most Important Things Learned
  - Safe sex practices and condom use
  - STIs
  - Role of abstinence
- How Will This Information Make a Difference
  - Better decision-making
  - Staying sexually safe
  - Practicing abstinence

- The secret to our success is that we never give up.

-Wilma P. Mankiller

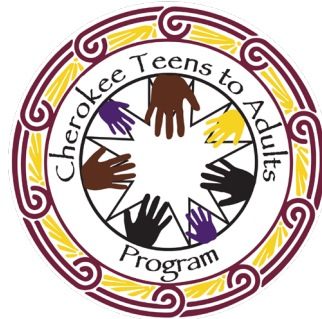


# Questions?



# Your Presenters from Cherokee Teen to Adults Program

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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>

