



Yes and Know: A Virtual Intervention Integrating Group - Based Education with Digital Tools

June 26, 2024

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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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Funded by the Office of Population Affairs, through the Teen Pregnancy Prevention Tier 2 Rigorous Evaluation Cooperative Agreements (AH - TP2-23-001). Grant # TP2AH000079.

Objectives

- + Describe barriers and facilitators to providing virtual adolescent sexual and reproductive health (SRH) interventions.
- + Design practices that meaningfully engage youth in the development of adolescent SRH interventions.
- + Identify strategies to integrate technology-based components into adolescent SRH interventions.
- + Describe possible approaches to collecting data to guide continuous quality improvement mechanisms for virtual adolescent SRH interventions.

A decorative graphic consisting of six colored dots (dark blue, light blue, teal, green, orange, and dark blue) arranged in a cluster to the left of the text.

.yes & know

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What is Yes and Know?

- + Fully virtual intervention that integrates group education with digital tools to support youth ages 14- 19 by increasing relationship and healthy life skills, with the goal to reduce unplanned pregnancies and STIs
- + Adaptation of **In the Know** , an in-person adolescent health sexual health education program co-designed by youth and implemented with community partners in Fresno County, CA, from 2017-2020



Curriculum Overview

- + Healthy relationship and life skills
 - Affirmative consent, conflict resolution, recognizing and ending unhealthy relationships, goal setting, navigating social media
- + Sexual and reproductive health (SRH)
 - Anatomy, gender identity and sexual orientation, pregnancy, correct condom usage, contraception
- + Educational and career success
 - Scholarship and financial aid opportunities, building resumes, budgeting, interview skills

Key Features of Intervention

Synchronous

- + 9 hours of virtual group - based education, delivered by trained facilitators with SRH and youth engagement expertise
- + Utilize strategies to increase engagement and skill building, including role playing and small group discussions
- + Incorporate technology- e.g., videos, activities, games, quizzes

Asynchronous

- + Ongoing support via virtual platform accessible by any internet-enabled device
- + Interactive activities and vetted resources, focused on target population
- + Integration of gamification and rewards to incentivize use

Sample Synchronous Activities

Healthy Relationship and Life Skills

+ Consent voting

Use interactive Zoom tools to vote whether consent has taken place in different scenarios

Sexual and Reproductive Health

+ “What if I’m pregnant?”

Follow a young person who may be pregnant and figure out what steps to take next

Educational and Career Success

+ Rate this resume

Look at sample resumes, rate how good they are, and make suggestions for ways to change them

Sample Asynchronous Activities

Healthy Relationship and Life Skills

+ Relationship sorting game

Sort different relationship behaviors into "great as it is," something to "work on" with their partner, or a situation where their relationship is "over for sure"

Sexual and Reproductive Health

+ Condom lineup game

Correctly order the steps to effective condom use

Educational and Career Success

+ Resume builder tool

Create an individualized resume

Prior Testing and Research

In the Know showed promise for reducing unplanned pregnancy and STI rates among adolescents.

+ Intervention was designed, implemented and evaluated in Fresno County, CA using a mixed-method randomized control trial (RCT) between 2017-2020.

+ RCT showed that intervention participants were significantly more likely to use clinical services and reported greater sexual health knowledge (Yarger et. al, 2024).

Participant feedback for **In the Know**

"This was a very interesting program, I would like to do it again."

"It would be great to get more people involved in this program since it's very informative and it could help a lot of us in any situation"

"It was cool learning things I did not know"

Yes and Know Study Design

- + **Recruit cohorts of 5 - 15 youth** from afterschool settings, clubs, and community - based organizations that are not currently offering sexual health education programming
- + **Randomize cohorts** to intervention (**Yes and Know**) or control (nutrition program)
- + **Survey** at baseline, immediate post-intervention, 3- and 12- months post-intervention, with incentives for participation
- + **Key outcomes:**
 - Sexual risk behaviors
 - Reproductive health and healthy relationship knowledge
 - Self-efficacy to refuse unwanted sex and cope with stress
 - Use of SRH services

Integrating Trauma - Informed Youth - Centered Health Design

ETR's Trauma-Informed Youth - Centered Health Design (TIYCHD) Framework

Integrates principles from:

- + Human-Centered Design
- + Positive Youth Development
- + Trauma-Informed Approaches

We involve and engage youth as partners, respecting their knowledge, lived experience, and leadership to provide insights and feedback that help us design youth - centered interventions.



Youth Advisory Council (YAC)

- + To refine and enhance **Yes and Know**, we are using ETR's TIYCHD framework to engage a **YAC** during the first year of the project
- + Through our community partners, we recruited youth ages 14 – 19 who represent a diversity of age, gender, race/ethnicity, geographic region, and sexual orientation
- + The **YAC** provided insights and feedback on:
 - Visual design
 - Curriculum content
 - Interactive activities
 - Virtual platform functionality
 - Evaluation strategies
 - Recruitment processes
 - Survey questions
 - Measuring engagement

Additional Youth Engagement Opportunities

Pilot Intervention

- + Additional youth insights and feedback on the curriculum and study procedures, to further ensure that the final product reflects youth needs and experiences

Focus Group Discussions

- + Quarterly discussions with 5 - 8 youth to understand their experience with content, activities, and virtual format

User Experience Testing

- + Data on acceptability, usability, and feasibility of virtual platform and digital activities

Implementation



Setting

- + **Yes and Know** will be implemented virtually in rural communities to address persistent geographic disparities in unintended pregnancy and STI rates among youth
- + Locations: Alabama, Georgia, Idaho, Indiana, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee
- + Community partners with deep connections and networks with local youth - serving organizations will recruit participants and co-facilitate the intervention



Access to Intervention

- + **Yes and Know** participants will create a unique login and password for the virtual platform
- + Participants who lack consistent access to an internet - enabled device will receive a tech pack including a laptop and/or a hotspot for the duration of the program



Training of Facilitators

- + **Yes and Know** will be delivered by trained facilitators from ETR and community partner organizations with SRH and youth engagement expertise
- + Training will include three 2.5- hour synchronous virtual sessions with asynchronous activities between sessions to reinforce learnings



Monitoring Dosage, Fidelity, and Quality of Intervention

- + Collect attendance and fidelity/ implementation data for each cohort
- + Conduct observations to monitor quality and provide feedback
- + Engage community partners in piloting evaluation protocols and data collection tools
- + Provide ongoing training and support for data collection and reporting



Thank you.
Any questions?

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References

- + Yarger J, Gutmann-Gonzalez A, Borgen N, Romero J, Decker MJ. In the Know: A cluster randomized trial of an in-person sexual health education program integrating digital technologies for adolescents. *J Adolesc Health*. 2024 Feb 06. PMID: 38323966

Resources

- + [UNESCO Digital Library: Using digital tools to support classroom - based sexuality education](#) – Existing evidence and practical considerations
- + [Digital Learning Collaborative](#) - Membership group dedicated to exploring, producing, and disseminating best practices in digital learning
- + [Amaze](#) – Sexual and reproductive health educational videos
- + [Kahoot](#) – Game-based learning
- + [Mentimeter](#) – Interactive polling to engage learners
- + [Padlet](#) – Uploading and sharing content to virtual bulletin boards

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



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