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Power to Decide
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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
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?
Adulthood Preparation Subjects

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

Adolescent development is the physical, cognitive, social, and emotional maturation that occurs for youth roughly between the ages of 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
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?
Healthy Relationships

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

Photo Credit: Power to Decide, 2017
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: PowersTo Decide, 2017
Healthy Relationships
Examples of Topics (continued)

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

Photo Credit: Power to Decide, 2017
Healthy Relationships
Tips for Program Implementation

1. Train facilitators to model healthy relationships
2. Ensure that activities include skills training and are culturally, developmentally, and age appropriate
3. Leverage youth’s use of technology when designing interventions
4. 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

1. Select a curriculum that addresses parent–child communication.
2. Equip parents/caregivers to communicate effectively with their adolescent children.
3. 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?
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