

# Innovative, Evidence-Based Teen Pregnancy Prevention Programs

The Office of Population Affairs' (OPA) Teen Pregnancy Prevention (TPP) program is a national, evidence-based program that funds diverse organizations working to prevent teen pregnancy across the United States. OPA funds the exploration, development, testing, and rigorous evaluation of new and innovative interventions to significantly reduce teen pregnancy disparities and advance the field of adolescent sexual health. These OPA-funded programs provide new research on specific types of innovative practices, populations, and/or settings, which can support greater equity in TPP programming.

## Girl2Girl: Harnessing Text Messaging to Reduce Teen Pregnancy Among LGB+ Girls

Girl2Girl is a 20-week TPP program delivered daily via text messaging to cisgender female youth ages 14 to 18, who self-identify as lesbian, bisexual, gay, or other non-heterosexual sexual identity (i.e., do not exclusively identify as heterosexual). They have access to an on-demand advice text line, which shares information about sex, relationships, and the lesbian, gay, bisexual, and queer/questioning (LGB+) community. Girl2Girl content focuses on pregnancy prevention, communication skills, behavioral skills, and healthy and unhealthy relationships.

## High School FLASH: A Public Health Approach to Sex Education

High School FLASH (FLASH) is a 15-session comprehensive sexual health curriculum designed for high school classroom settings. FLASH uses a harm reduction and behavior change framework and rests on the theory of planned behavior. The curriculum covers the following topics: the reproductive system, pregnancy, sexual orientation and gender identity, healthy relationships, coercion and consent, online safety, abstinence, birth control, preventing HIV and other sexually transmitted infections (STIs), condoms, STI testing, communicating and decision making, and improving school health.

## IN-clued – Inclusive Healthcare: Youth & Providers Empowered

IN-clued is the first evidence-based LGBTQ+-centered sex education program. The IN-clued program consists of two workshops: one for clinical staff and one for LGBTQ+ youth. The program is delivered by adult facilitators and teen peers to LGBTQ+ youth ages 15 to 19 and the health center staff who work with them. The youth workshop covers topics such as safer sex for LGBTQ+ youth, how to access and navigate sexual health services, and how to advocate for yourself with a provider. Health center staff and provider workshop shares best practices for working with LGBTQ+ youth.

## **Linking Families and Teens: Reducing Teen Pregnancy by Increasing Family Connectedness and Youth Self-Efficacy**

Linking Families and Teens (LiFT) is a program designed for families and youth ages 13 to 19 in rural communities. It aims to reduce unplanned teen pregnancies by increasing family connectedness and increasing youth's self-efficacy, knowledge, and skills related to sexual health. LiFT is a two-module curriculum workshop for youth and their parenting adults. Topics for youth include communication skills, condom use, and how to access sexual healthcare resources. Topics for parenting adults include building a climate of trust and open communication with youth about sexual health.

## **Peer Group Connection-High School: Helping 9th Graders Transition to High School**

Peer Group Connection-High School is a peer-to-peer group mentoring program for 9th grade students to facilitate the transition from middle school to high school. It also seeks to improve students' social and emotional learning (SEL) skills, engagement, and educational outcomes. Once per week during the school day, pairs of 11th and/or 12th grade peer leaders meet with small groups of 9th grade students for sessions designed to strengthen relationships across grades. Sessions include hands-on activities and discussions to build group cohesion and improve the SEL skills of group members.

## **Plan A: A Video Intervention to Promote Effective Sexual and Reproductive Health Decisions**

Plan A is a video intervention designed for African American and Hispanic/Latinx women ages 18 to 19 that promotes effective contraceptive use, contraception and HIV/STI prevention, and HIV/STI testing. The video aims to improve knowledge of sexual health and self-efficacy for communicating with providers about different contraceptive options that have been proven effective, such as long-acting reversible contraception. The video is delivered just before a reproductive health visit, as the waiting time before a clinic visit is a moment when viewers will be most receptive to the information.

## **Pulse: A Web-Based, Teen Pregnancy Prevention Mobile App Intervention**

Pulse is a web-based mobile health application for Black and Latinx women ages 18 to 20. Pulse provides comprehensive, medically accurate sexual and reproductive health information in English and Spanish. App features include dynamic text and graphics; self-assessments; comics that present sexual and reproductive health scenarios; and videos of racially diverse peers that model real-life scenarios. Pulse has six sections covering material such as birth control methods and reminders, healthy relationships and consent, STIs, finding a provider, and pregnancy.