March 2019 Webinar

Rural vs. Urban: Are They Really That Different?

Presenters:
Melissa Ballard, Crystal Agnew, & Torri Childs
Webinar Information
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2. Raise your hand questions.
3. Answer the poll questions.

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Charlie and Helen Dibble
The Dibble Institute
Resources for Teaching Relationship Skills
The Dibble Institute believes in research.
The Dibble Institute believes in stable, healthy families.
The Dibble Institute believes all people deserve respect.
Crystal Agnew
Deputy Director of Trinity Church,
Peacemakers Family Center

Torri Childs
Field Research Associate, AMTC and Associates

Melissa Ballard
Program Director, Mission West Virginia
Learning Objectives

By the end of this presentation, participants will be able to:

- Identify elements of an effective risk avoidance curriculum
- Explain why youth need risk avoidance education
- Discuss with youth the aspects of healthy and unhealthy relationships through a hands-on activity
SRAE Overview

• The purpose of the SRAE program is for projects to implement sexual risk avoidance education that teaches participants how to voluntarily refrain from non-marital sexual activity and prevent other youth risk behaviors.

• SRAE programs are to provide services to youth at risk for poverty, unhealthy relationships, sexual coercion, dating violence, underage drinking, substance abuse, and other adolescent risk behaviors.
SRAE Overview (Cont’)

SRAE Program provides education on:

- Refraining from non-marital sexual activity
- Self-regulation
- Goal setting
- Decision-making skills
- The success sequence
Rural vs Urban
The Problem: Is it Bigger in Urban? Rural?

New York City: East and Central Harlem

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Teen Birth Rate
NY Dept. of Health, Bureau Vital Statistics (2016)

Southern West Virginia

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Teen Birth Rate

STD Rates of 15-19 year olds (per 100,000)
NY Dept. of Health, Bureau Vital Statistics (2016)

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<thead>
<tr>
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<th>Chlamydia</th>
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<td>Gonorrhea</td>
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STD Rates of 15-19 year olds (per 100,000)

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<th>Chlamydia</th>
<th>Gonorrhea</th>
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<tbody>
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<td>Gonorrhea</td>
<td>410</td>
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Trinity Harlem
Overview of Trinity Harlem

Trinity Church, Inc. is a non-profit organization that serves New York City, NY through the Trinity Harlem campus. Since 2000, Trinity has been a leader in developing and operating quality programs through its Peacemakers Family Center, to strengthen vulnerable families; thus assisting families from a place of crisis to self-sufficiency. Trinity has successfully implemented programs in the area of adolescent pregnancy prevention, positive youth development, healthy relationship and marriage education, children’s programming and overall family strengthening.
Trinity’s PlanBe program is about helping youth know who they plan to be so they don’t need to have a Plan B.

Trinity has been providing evidence-informed and evidence-based APP for 15 years, during which time it has received and managed $19.6 million from 9 federal grant awards funding APP, serving more than 51,000 youth through 44 public, charter, and alternative schools and 13 community based organizations.
Trinity Harlem PlanBe_SRAE Program

- The PlanBe_SRAE program includes education on healthy relationship & adolescent pregnancy pre-vention, marriage education, financial literacy and overall family strengthening.
- The Plan Be_SRAE program serves culturally underrepresented high school and middle school youth in Harlem, who is plagued with many socioeconomic disparities like high poverty, unemployment, low levels of education and stubborn pockets of high TBRs.
- “My choices today affect my tomorrow. I am the only one that can fulfill my destiny. I vow to make choices that protect my future.”

#FutureReady
Trinity Harlem PlanBe_
2017-2018 SRAE Program Demographics

Gender

- Males: 50%
- Females: 50%

Age

- Ages 10-14: 87%
- Ages 15-19: 13%
Trinity Harlem PlanBe_ 2017-2018 SRAE Program Demographics

Race/Ethnicity

- Hispanic: 41.60%
- Black: 7.14%
- Asian: 6.75%
- White: 22.22%
- Other: 18.65%
- Multiple Races: 3%
- Native American: 0.40%
<table>
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<tr>
<th>Program Component</th>
<th>Target</th>
<th>Enrolled</th>
<th>Completed</th>
<th>Completion Rate</th>
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<td>Deliver RSP Curriculum</td>
<td>100</td>
<td>653</td>
<td>616</td>
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<td>Deliver LN Curriculum</td>
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<td>63%</td>
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<td>Needs Assessment</td>
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<td>100%</td>
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<tr>
<td>Referral</td>
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<td>68</td>
<td>68</td>
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</tbody>
</table>
Overview of MWV

Established in 1997, MWV improves family stability in the Appalachian region by providing programs and services in the areas of adolescent character development, foster care, teen pregnancy prevention and technology.

Since 2005, MWV has successfully completed more than $29 million in programs in the areas of healthy relationship & adolescent pregnancy prevention, marriage education, financial literacy, & overall family strengthening.
Teaching Health Instead of Nagging Kids

- Teaching Health Instead of Nagging Kids (THINK) program is an experienced provider of SRAE services, with an 12-year track record of developing & operating APP programs, being a direct grant recipient of 8 federal U.S. DHHS grants totaling $17.4 million, including SRAE education.
- Since 2007, The THINK program has managed $11 million in APP funding & has partnered with more than 85 public & private schools & 28 community-based organizations and served more than 70,000 youth & 2,000 parents.
MWV’s SRAE Program

- MWV and their THINK partners, Rainelle Medical Center and CASEWV, began providing SRAE through the CBAE program in 2007 and have served over 26,000 youth.
- MWV’s SRAE program enhances available services by offering youth development programming to alleviate the constraints placed on shelter, group home, & juvenile justice employees trying to meet the extensive needs of these youth with trauma histories.
MWV’s SRAE Program (Cont’)

● MWV’s SRAE program offers programming in foster care settings, homeless shelters/ group home, juvenile justice settings, as well as alternative schools and rural middle and high schools.

● MWV’s SRAE project approach to promote sexual risk avoidance incorporates a pro-social approach which integrates evidence-based SRAE curricula rich in embedded positive youth development content, comprehensive sexual risk avoidance activities, with reinforcement of youth strengths & securing services and/or resources for program participants.
Mission West Virginia

2017-2018 SRAE Program Demographics

**Age**
- Ages 10-14: 69%
- Ages 15-19: 31%

**Gender**
- Male: 41%
- Female: 59%
Mission West Virginia

2017-2018 SRAE Program Demographics

- 85% White
- 6% African American
- 6% Other
- 1% Asian
- 1% Multiracial
- 1% American Indian/Alaskan Native

Race
## Mission West Virginia

### 2017-2018 SRAE Program Completion

<table>
<thead>
<tr>
<th>Program Component</th>
<th>Target</th>
<th>Enrolled</th>
<th>Completed</th>
<th>Completion Rate</th>
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</thead>
<tbody>
<tr>
<td>Deliver LN Curriculum</td>
<td>510</td>
<td>1075</td>
<td>817</td>
<td>76%</td>
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<tr>
<td>Deliver RSP Curriculum</td>
<td>125</td>
<td>127</td>
<td>114</td>
<td>90%</td>
</tr>
<tr>
<td>Needs Assessment</td>
<td>635</td>
<td>922</td>
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<td>100%</td>
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<tr>
<td>CPSS Assessment</td>
<td>635</td>
<td>918</td>
<td>918</td>
<td>100%</td>
</tr>
<tr>
<td>Case Management</td>
<td>110</td>
<td>123</td>
<td>123</td>
<td>100%</td>
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<tr>
<td>Referral</td>
<td>100</td>
<td>109</td>
<td>109</td>
<td>100%</td>
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</tbody>
</table>
## 2017-2018 SRAE Program Reach

<table>
<thead>
<tr>
<th>Vulnerable Population</th>
<th># Served</th>
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<tbody>
<tr>
<td>Pregnant or Parenting</td>
<td>15</td>
</tr>
<tr>
<td>Juvenile Justice</td>
<td>282</td>
</tr>
<tr>
<td>Youth in Foster Care</td>
<td>190</td>
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<tr>
<td>Runaway/Homeless Youth</td>
<td>10</td>
</tr>
<tr>
<td>Youth in Adjudication System</td>
<td>10</td>
</tr>
<tr>
<td>LGBTQ</td>
<td>20</td>
</tr>
<tr>
<td>Residential Treatment</td>
<td>15</td>
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SRAE Curricula

Photo Credits: The Dibble Institute
Choosing SRAE Curricula

Why Love Notes SRA (LNSRA) and Relationship Smarts PLUS SRA (RQ+ SRA)?

● Designed for vulnerable youth (rural and urban)
● Age and culturally appropriate
● LGBTQ inclusive
● Compliance with the SRAE requirements
SRAE Components

1. Refraining from non-marital sexual activity
2. Self-Regulation
3. Success Sequencing
4. Healthy Relationships
5. Goal Setting
6. Resisting Sexual Coercion
7. Dating Violence
8. Preventing youth risk behaviors
9. Not normalizing teen sexual activity
<table>
<thead>
<tr>
<th>Lesson</th>
<th>Activity</th>
<th>SRAE Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1</td>
<td>Who am I and Where am I Going?</td>
<td>5,8</td>
</tr>
<tr>
<td>L2</td>
<td>Maturity Issues and What I Value</td>
<td>2,5,8</td>
</tr>
<tr>
<td>L3</td>
<td>Attractions &amp; Infatuation</td>
<td>1,2,4,9</td>
</tr>
<tr>
<td>L4</td>
<td>Principles of Healthy Relationships</td>
<td>2,3,4,6</td>
</tr>
<tr>
<td>L5</td>
<td>Is it a Healthy Relationship?</td>
<td>4,6,7</td>
</tr>
<tr>
<td>L6</td>
<td>Breaking up and Dating Violence</td>
<td>6,7</td>
</tr>
<tr>
<td>L7</td>
<td>Decide, Don’t Slide!</td>
<td>1,2,3,4,6,8,9</td>
</tr>
<tr>
<td>L8</td>
<td>Communication and Healthy Relationships</td>
<td>4,6,8</td>
</tr>
<tr>
<td>L9</td>
<td>Communication Challenges and More Skills</td>
<td>4,6,8</td>
</tr>
<tr>
<td>L10</td>
<td>Sexual Decision-Making</td>
<td>1,2,6,8,9</td>
</tr>
<tr>
<td>L11</td>
<td>Pregnancy, STIs and HIV</td>
<td>1,2,8,9</td>
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<tr>
<td>L12</td>
<td>Unplanned Pregnancy through the Eyes of a Child</td>
<td>1,2,5,8,9</td>
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<tr>
<td>L13</td>
<td>Teens, Technology, &amp; Social Media</td>
<td>2,6,8</td>
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<tr>
<td>Module</td>
<td>Activity</td>
<td>SRAE Component*</td>
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<tr>
<td>M1</td>
<td>Relationships Today</td>
<td>4,5</td>
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<tr>
<td>M2</td>
<td>Knowing Yourself</td>
<td>4,8</td>
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<tr>
<td>M3</td>
<td>My Expectations-My Future</td>
<td>4,5,8</td>
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<tr>
<td>M4</td>
<td>Attractions &amp; Starting Relationships</td>
<td>1,2,4,9</td>
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<td>M5</td>
<td>Principles of Smart Relationships</td>
<td>2,3,4,6</td>
</tr>
<tr>
<td>M6</td>
<td>Is it a Healthy Relationship?</td>
<td>4,6,7</td>
</tr>
<tr>
<td>M7</td>
<td>Dangerous Love</td>
<td>6,7</td>
</tr>
<tr>
<td>M8</td>
<td>Decide, Don’t Slide! The Low-Risk Approach to Relationships</td>
<td>1,2,3,4,6,8,9</td>
</tr>
<tr>
<td>M9</td>
<td>What’s Communication Got to Do With it?</td>
<td>4,6,8</td>
</tr>
<tr>
<td>M10</td>
<td>Communication Challenges and More Skills</td>
<td>4,6,8</td>
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<td>M11</td>
<td>Let’s Talk About Sex</td>
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<td>M12</td>
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<tr>
<td>M13</td>
<td>Through the Eyes of a Child</td>
<td>1,3,4,9</td>
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Is it a Healthy Relationship?
Is it a Healthy Relationship? Objectives

- To analyze the difference between healthy and unhealthy relationships
- To demonstrate using a three-question guide in assessing a relationship
- To develop a list of fun activities to keep a relationship strong
- To analyze the issues around breaking up
How Does It Feel? Ask 3 Questions

**Unhealthy**
- Conditional?
- Controlling or Disrespectful?
- Mostly about Sex or Material Things? Selfish?

**Healthy**
- Unconditional?
- Respectful, Equal, and Supportive?
- Attraction on Many Levels? Giving?
Sculpting Activity

1. Students read and discuss the card:
   - Have you seen any relationships like this in real life?
   - What behaviors would be seen in that type of relationship?
   - How would it feel if you were in this relationship?

2. Students brainstorm symbols, images or scenes that would represent this kind of relationship

3. Students make a sculpture to represent it
Sculpting Activity Adaptation

As an alternative to the sculpture, youth can create a song, poem or rap about the scenario and perform it. This helps youth relate to the scenarios in a way that they may be more comfortable with rather than sculpting.
Rural vs. Urban: You decide
Rural vs. Urban: You decide
Rural vs. Urban: You decide
Rural vs. Urban: You decide

Rural
Rural vs. Urban: You decide

Urban
Youth Response to SRAE Programs

● “This is the first program I have ever been a part of that gave us a chance to sit down and talk about it (LGBTQ issues).”

● “I want a man who has ambitions and goals, so I should be someone with ambitions and goals.”

● “The teacher is so understanding and willing to listen.”

● “The program was so fun and interesting. I learned a lot.”
Youth Response to SRAE Programs

- “No one in my family has a marriage that stayed together. I didn’t believe in marriage because of it. But now I’m beginning to think that maybe I can be the different one, I could be first.”
- “Who I end up with is not just someone I’m feeling; it needs to be someone I would want my kids to be raised by.”
- “Mister, all this information makes me not want to be in a relationship, relationships are a lot more complicated than they seem.”
Questions?
References and Resources

Curriculum Resources: The Dibble Institute https://www.dibbleinsitute.org


Relationship Smarts PLUS SRA Edition: https://www.dibbleinstitute.org/relationship-smarts-plus-sra/

References:


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Thank You for Joining Us Today!

There is a brief survey after the end of this webinar. Thank you for providing us feedback by completing this survey.

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Second Wednesday Webinar

April 10, 2019

Tips for Teaching Relationship Education in High Schools:
Lessons from the Field

Phillippia Faust, Director of Programs,
More Than Conquerors, Inc., Conyers, GA.

Brian Goesling, Ph.D., Senior Researcher
Mathematica Policy Research.