

# Preventing Pregnancy: An Important Strategy to Help Foster Youth Succeed in College

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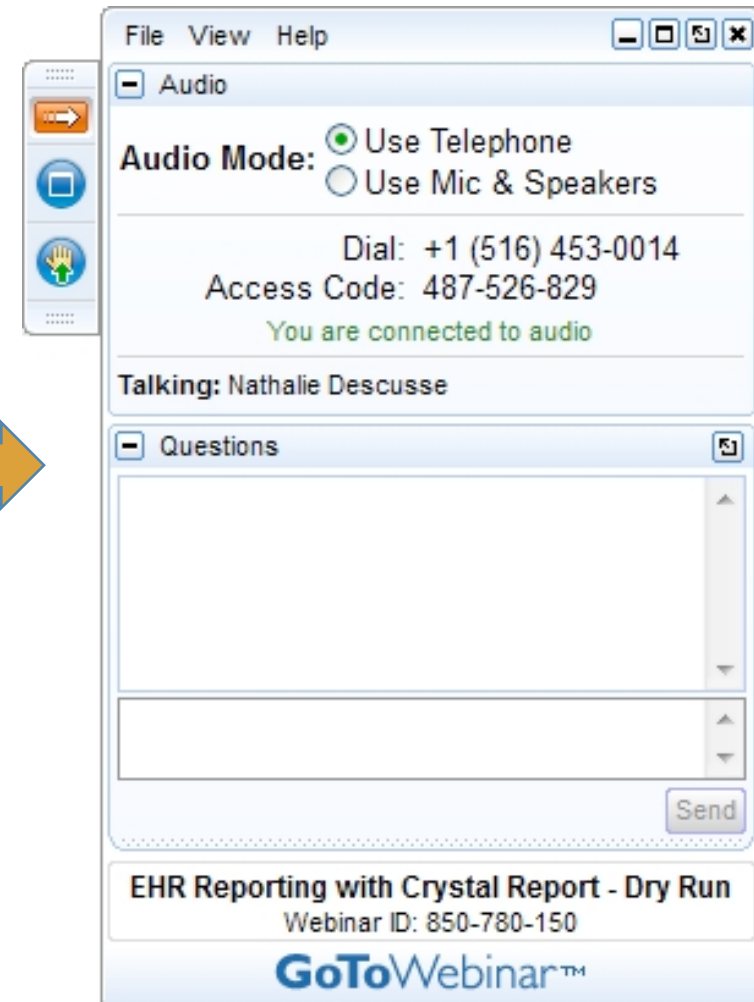
John Burton Foundation  
California College Pathways  
Wednesday, August 19, 2015  
10:00 a.m. to 11:00 a.m.



# TECHNICAL DETAILS

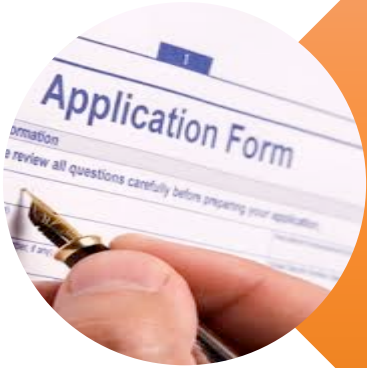
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- Call-in number is (415) 655-0051 and access code is 156-696-573
- To submit questions, click on the “Questions” panel, type your question, and click “Send”
- Presentation materials will be posted at [www.cacollegepathways.org](http://www.cacollegepathways.org)



# ANNOUNCEMENTS

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## CAFYES (SB 1023) Application to Participate Coming Soon!

- Multi-college districts should include all colleges to be most competitive
- Bring departments together to plan – EOPS, FYSI, FKCE, community partners, students etc.
- Be ready to start preparing the application



Blueprint conference – October 26/27 – Los Angeles  
[www.cacollegepathways.org/blueprint2015](http://www.cacollegepathways.org/blueprint2015)

# TODAY'S PANEL

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- Amy Lemley, John Burton Foundation
- Andrea Kane, National Campaign to Prevent Teen and Unplanned Pregnancy

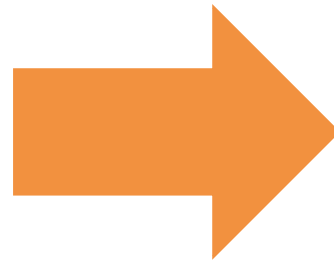


# Compared to their non-foster peers:

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Foster youth are more likely to:

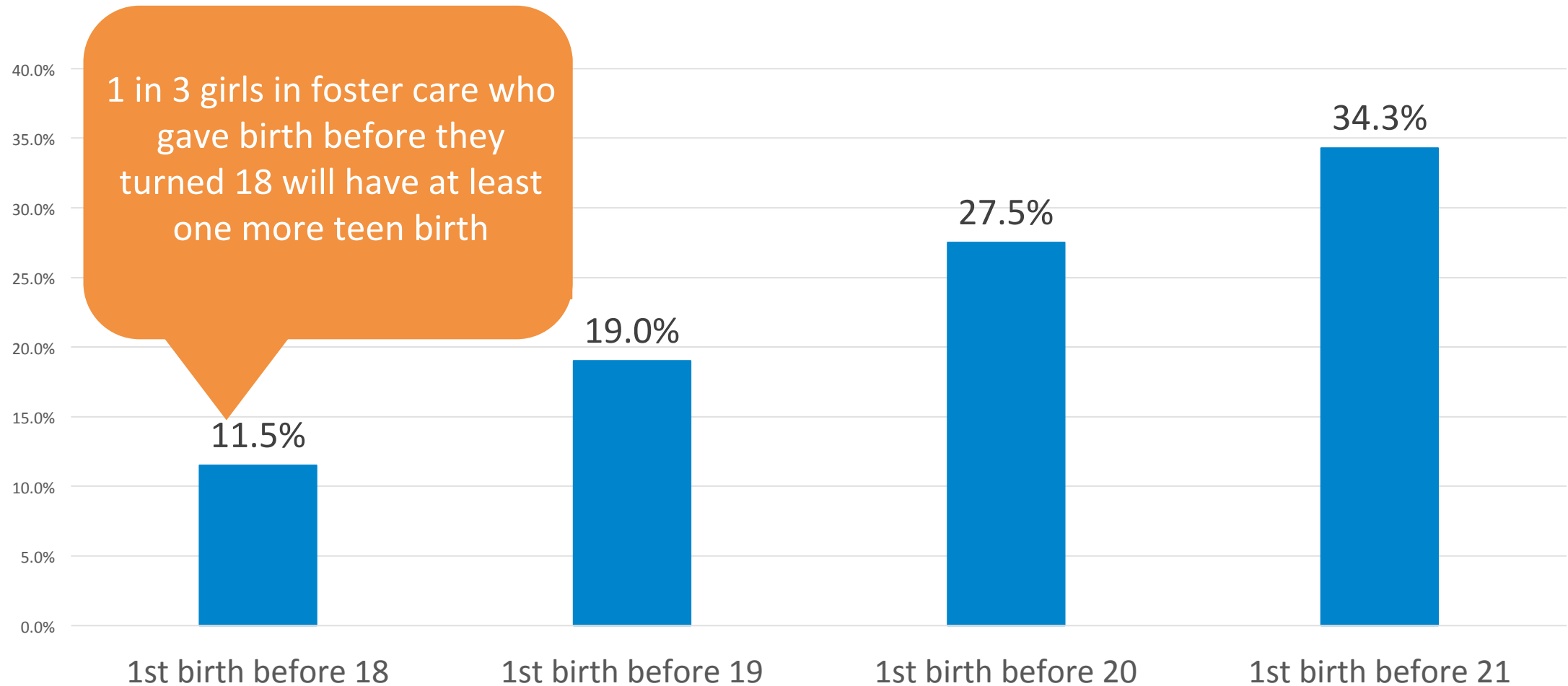
- Begin having sexual intercourse at an earlier age
- Have more sexual partners
- Use contraceptives more inconsistently
- Experience intimate partner violence that includes forced sex



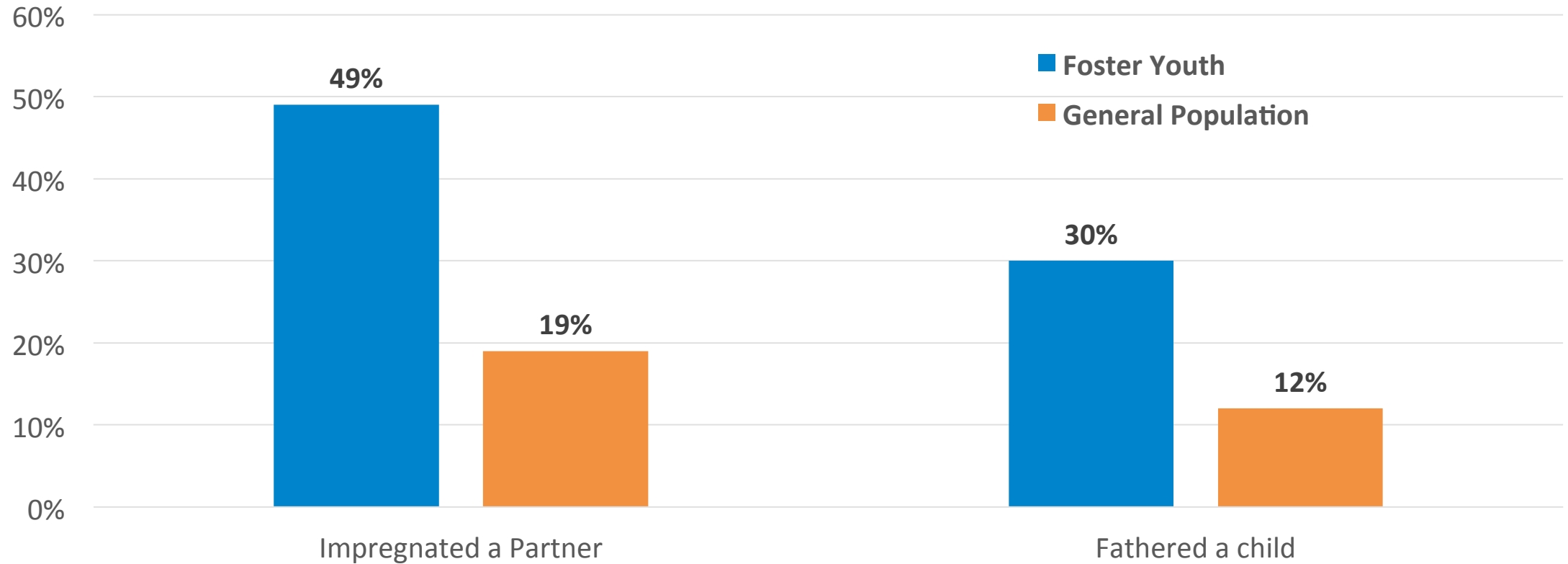
Foster youth are more likely to:

- Experience teen pregnancy and child bearing
- Contract sexually transmitted infections (STI)

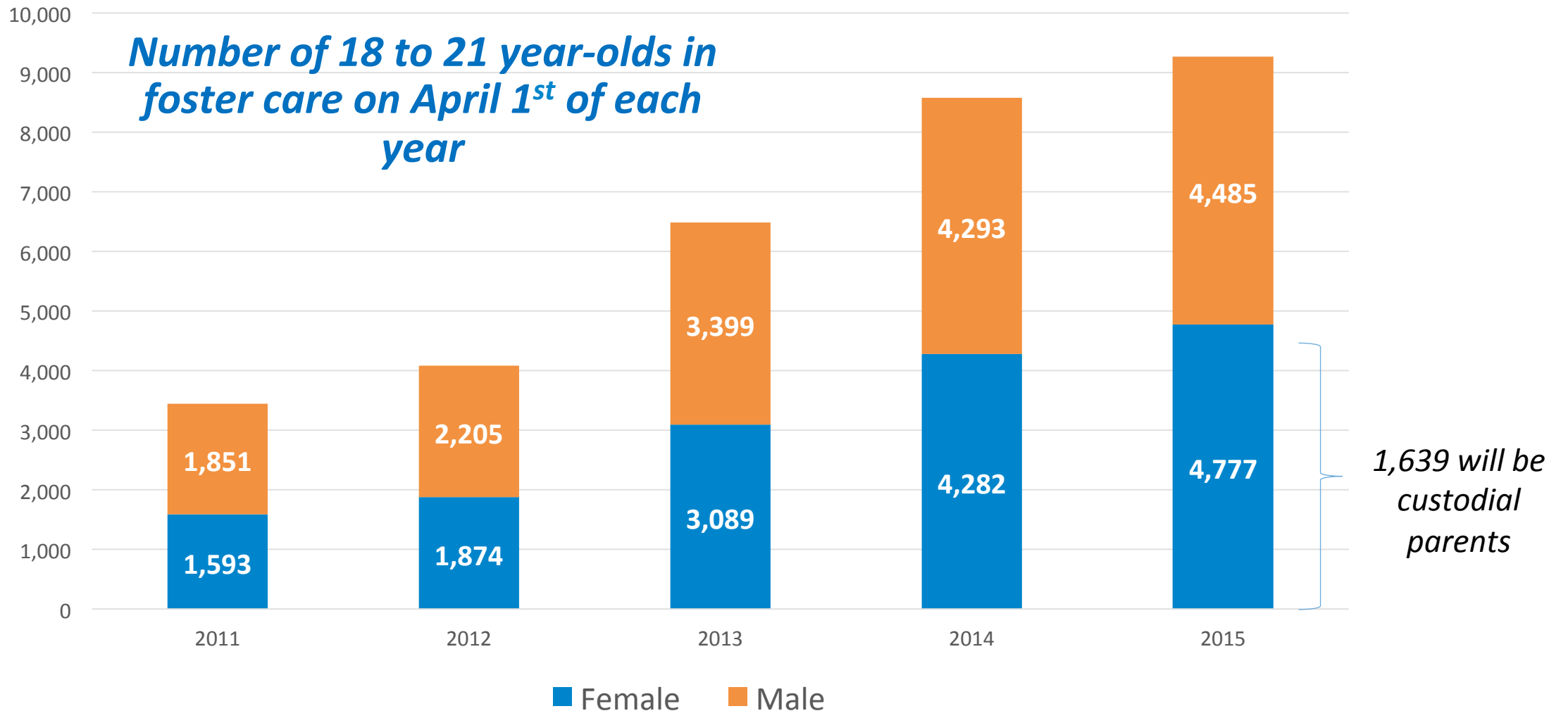
## Cumulative Percentage of Girls in a Los Angeles County Foster Care Placement at Age 17 Who Had a First Birth as a Teen, 2003-2007



## 21 year old men who impregnated a partner or fathered a child:



# The number of older youth in foster care has increased considerably





# Key Research Findings: LA Study

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- By age 5, children born to teen mothers who had been in out-of-home care were abused and neglected at three times the rate of other children
- Even with controls for other health factors, maternal history of being in neglected or abused was a predictor of infant low birth weight.

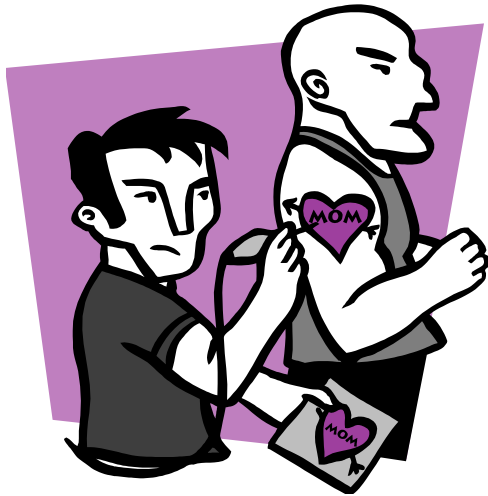
# About the National Campaign

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- Our **mission** is to improve the lives and future prospects of children and families and, in particular, to help ensure that children are born into stable families who are committed to and ready for the demanding task of raising the next generation.
- Our **strategy** is to reduce teen pregnancy and also unplanned pregnancy, especially among single young adults.

# Older teens? Young adults? At age 18, people are given many responsibilities

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# Language

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OUT



IN

Teens

Students

Teenagers

Young adults

Teen pregnancy

Unplanned pregnancy

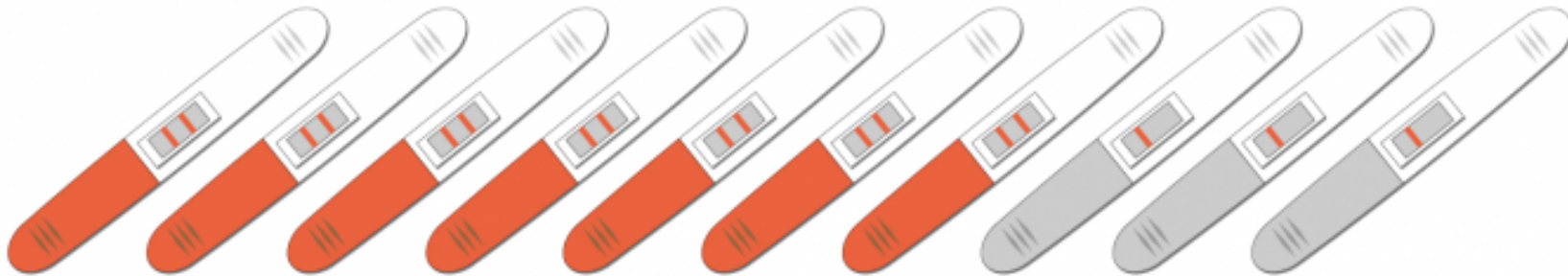
Preventing

Postponing/planning

# Unplanned Pregnancy

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AMONG UNMARRIED YOUNG WOMEN (AGE 20–29),  
**NEARLY 70% OF ALL PREGNANCIES ARE UNPLANNED—**



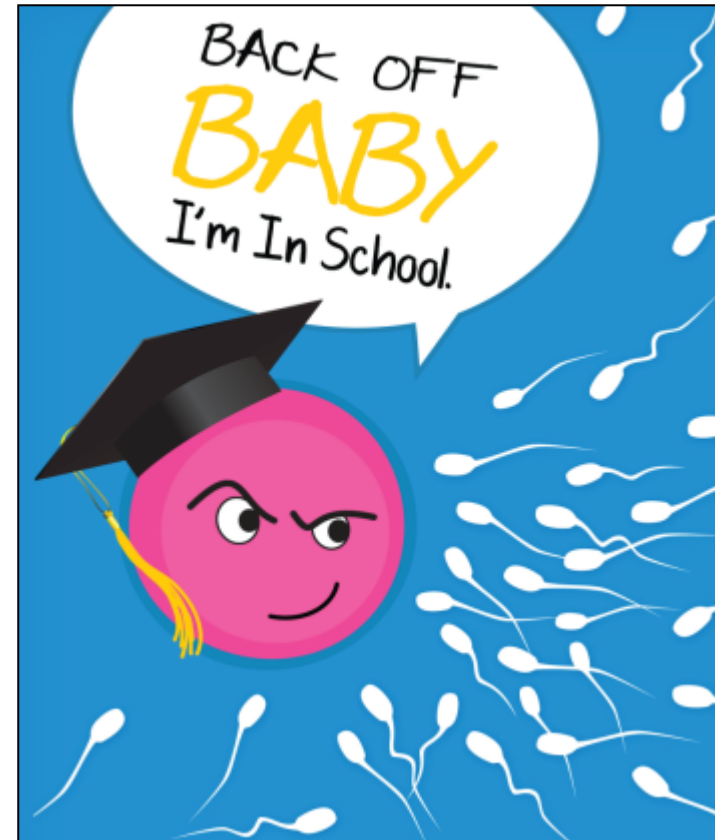
THAT IS, A PREGNANCY THAT THE WOMAN HERSELF SAID SHE WAS NOT INTENDING

# Unplanned pregnancy and college success

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## *Retention and completion:*

- At community colleges, unplanned births account for nearly **1 in 10** dropouts among female students and **7%** of dropouts among students overall.
- **61%** of women who have children after enrolling in community college do not finish their education.



# Why does unplanned pregnancy matter to colleges?

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- ***Student Achievement:*** Students suffer increased emotional and financial stress, which can impede academic performance
- ***Costs:*** Colleges have additional operating costs through increased demand for child care and related support services

# Support and prevention are complementary

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- One-quarter of college students are parents
- Number of unmarried or single parents among undergraduate students has nearly doubled in past 20 years
- One survey found: students with children were 2x more likely **not** to complete post-secondary education than those without children



# Gap between students' aspirations and actions

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- **82%** of community college students reported that having a child while still in school would make it harder to accomplish their goals
- **More than 3/4** of students say that preventing pregnancy is very important to them, yet **1/3** of these students said it was likely they would have sex without using birth control in the next three months.
- **4 in 10** unmarried young adults believe it doesn't matter whether you use contraception or not; when it is your time to get pregnant it will happen.

# Challenge and Opportunity

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When it comes to avoiding unplanned pregnancy, research shows:

- Students don't know as much as they think they do or we hope they do
- Mismatch between aspirations and actions

**Opportunity for education**

# Strategies to address unplanned pregnancy at colleges

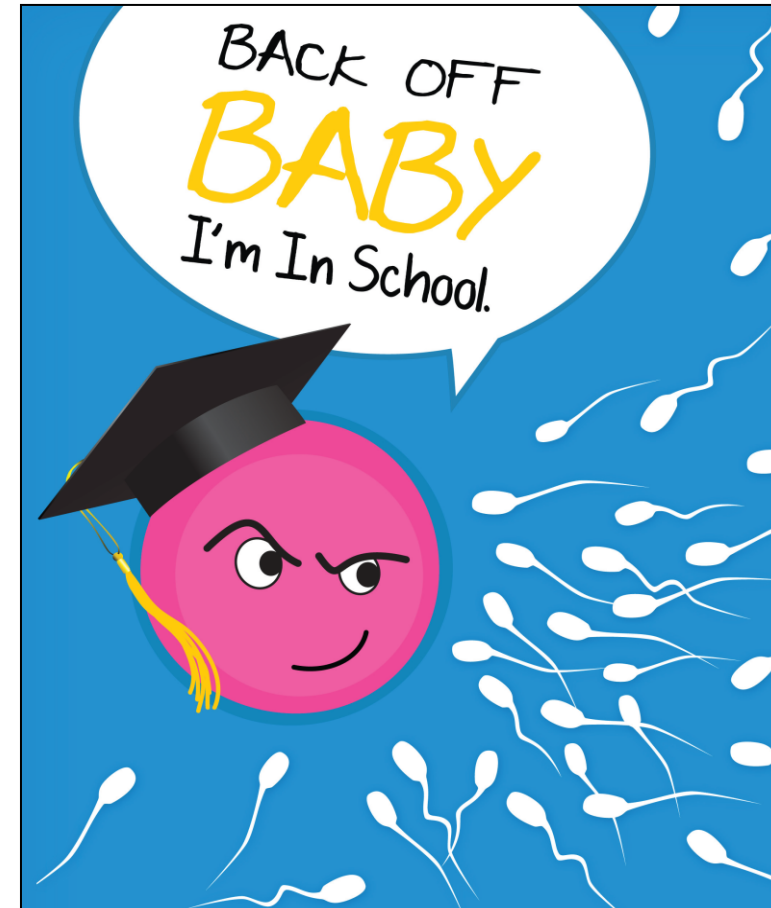
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1. Incorporate into student support services, including orientation, first-year experience, and other college success courses.
2. Integrate into academic courses.
3. Raise awareness and provide resources/programming through college websites, student services, counseling/advising, student activities.
4. Strengthen links to/provision of health care services and other support services on or off campus.

# The National Campaign's Resources

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- Research and background
- Videos of students & faculty
- Online lessons
- Course templates
- Websites
- Technical assistance
- Quarterly *Update*



# Incorporate Unplanned Pregnancy Prevention into Student Success Courses and Orientation

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## Preventing Unplanned Pregnancy and Completing College: Online Lessons

- Short, self-contained
- Engaging: videos, websites, interactive learning activities
- Up to date, accurate info
- Use in multiple settings
- Easy to use
- Built-in evaluation tool (optional).



# Preventing Unplanned Pregnancy and Completing College: Online Lessons

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- Lesson 1: Why should you care about preventing unplanned pregnancy?
- Lesson 2: How much do you know about sex and birth control?
- Lesson 3: Make a plan and take action

Available free at [TheNC.org/resource/online-lessons-faculty-page](https://www.TheNC.org/resource/online-lessons-faculty-page)



## Preventing Unplanned Pregnancy and Completing College: Online Lessons–Faculty Page

### FACULTY PAGE



[CLICK HERE](#)  
FOR STUDENT LESSONS PAGE

As part of the effort to improve college students' success and completion, The National Campaign to Prevent Teen and Unplanned Pregnancy has published free online lessons that will help students prevent unplanned pregnancy. College faculty and instructors can use the lessons in First Year Experience, college success, and other areas.

Please take a moment to **tell us that you're using these free lessons**. You will automatically be added to our list and receive alerts when there have been updates to the lessons, and you will also have the option to receive other helpful Campaign resources.

#### WHY USE THESE LESSONS

Helping students prevent pregnancy is an important, but often overlooked, part of the completion agenda. In fact, 61% of women who have children after enrolling in community college fail to finish their degree, which is 65% higher than the rate for those who didn't have children.

You may think, "By the time they arrive at college, students already know everything about how to prevent pregnancy." However, research shows that myths, misinformation, and magical thinking are all too common

#### SUPPLEMENTARY MATERIALS

- **Faculty Guide**—The Faculty Guide details the contents of the lessons, offers suggestions and other ideas for how to incorporate these lessons into your course, and more.
- **Quizzes to upload to your learning management system**—The easiest way to grade students is to load the quizzes into your gradebook and instruct students to complete the quizzes through the college's LMS. Please see below under Supporting Materials for the zip files as well as instructions for how to upload to your LMS.
- **Quiz questions with answer key**—If you prefer to provide students with a hard copy of the quizzes or upload the quizzes to your LMS manually, a Word document of the completed quizzes with correct answers is available. To request it, contact Chelsey Connolly at [cconnolly@thenc.org](mailto:cconnolly@thenc.org).

#### ABOUT THE LESSONS

The three lessons in Preventing Unplanned Pregnancy and Completing College were designed and authored by Bobbi Dubins, instructional designer and First Year Experience faculty at Allegany College of Maryland, and Virginia Kirk, Professor Emeritus and former Director of Distance Learning at Howard Community College (MD).

The online lessons were published by The National Campaign to Prevent Teen and Unplanned Pregnancy in August 2012 and were updated in August 2014.

**Publication date:** August 2014

**Author(s):** Bobbi Dubins and Virginia Kirk

**Tags:** Online lessons, Colleges, Sex Education and Effective Programs

#### SUPPORTING MATERIALS

- [Instructions to upload quizzes to an LMS](#)
- [Lesson One Quiz](#)
- [Lesson Two Quiz](#)
- [Lesson Three Quiz](#)
- [Faculty Guide](#)
- [Student Guide](#)
- [Online Lessons Evaluation](#)



# Preventing Unplanned Pregnancy and Completing College

## Lesson One: Why Should You Care About Preventing Unplanned Pregnancy?

Contents ▼ | ◀ Prev Next ▶ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

### Your Social Life

#### How does being a parent affect your social life?

Listen to these students talk about what it really takes to be good parents.  
This video is about 3 minutes long.

p.a.p.a. parenting and paternity awareness sess...



#### "What it takes to be a parent"

This video is from session six of the p.a.p.a. (Parenting and Paternity Awareness) series with the permission of the Office of the Attorney General of Texas.

### First-Year Baby Costs Calculator

To get things started, we've made some choices for you, based on our research and an exclusive BabyCenter survey of more than 1,000 new moms. Change our selections to customize this tool for yourself!

Recommend

765

Tweet

3

Pinterest

119

✉

📱

Your baby's first year will cost: **\$10,158**

Start Over

### Ongoing Costs

#### Childcare

- ☐ I won't be paying for regular childcare.
- ☒ Help me estimate. I'll use a:
  - Daycare center Moderate: \$768 per month x 6 months
- ☐ I know exactly. I'll spend: \$0 per month x 6 months
- ☐ I'll use an occasional babysitter: \$50 per month x 12 months

#### Diapering

- ☒ I'll be using disposable diapers: \$72 per month x 12 months
- ☐ Wipes \$20 per month x 12 months

#### Feeding

- ☒ I plan to breastfeed: \$0 per month
- ☒ Formula: I'll spend \$105 per month x 6 months
- ☒ Solid foods: I'll spend \$57 per month x 6 months

#### Clothing

- ☒ I'll probably spend \$59 per month x 12 months



## Preventing Unplanned Pregnancy and Completing College

## Lesson Two: How Much Do You Know About Sex and Birth Control?

Contents ▾ ◀ Prev Next ▶ 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | **12** | 13 | 14 | print all  
15 | 16

## Birth Control Methods

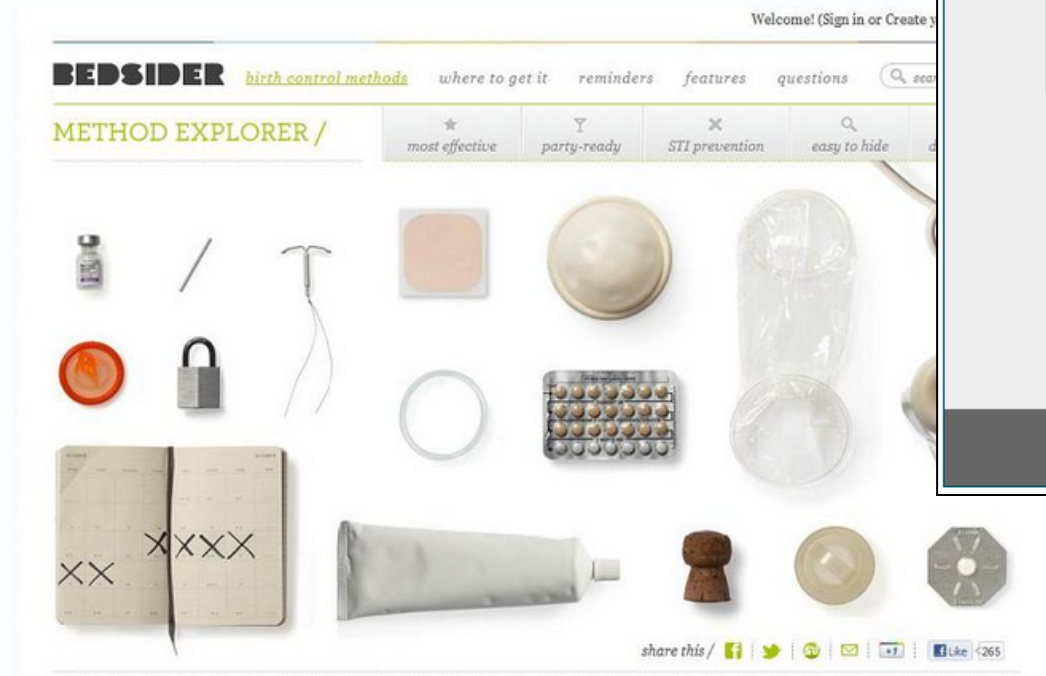
### Explore the methods, effectiveness, and costs

There are many different methods of birth control available. Let's explore the different birth control methods and gather information about each one. Use the **Lesson Two Study Guide** to make notes about the information you find. In particular, **be sure to record the effectiveness rate and cost** of each type of birth control. (You'll need this information for activities in this lesson and the **Lesson Three Study Guide**.)


Click on the image below to go to the "[Bedsider Method Explorer](#)" website. Then **click on method to see information about each one**, including effectiveness, side effects, costs, and about their experiences.

Note that in Lesson Three you will find out if you might be eligible for free or low cost birth control. The cost of some methods lead you to rule out something that you're really interested in.

(A new browser window/tab will open. Just close the window/tab to return



Great      Pretty Good      Decent      Doesn't Work at All

Implant	The pill	Diaphragm	
 15/18	IUD		

Re-start

# Preventing Unplanned Pregnancy and Completing College

## Lesson Three: Make a Plan and Take Action

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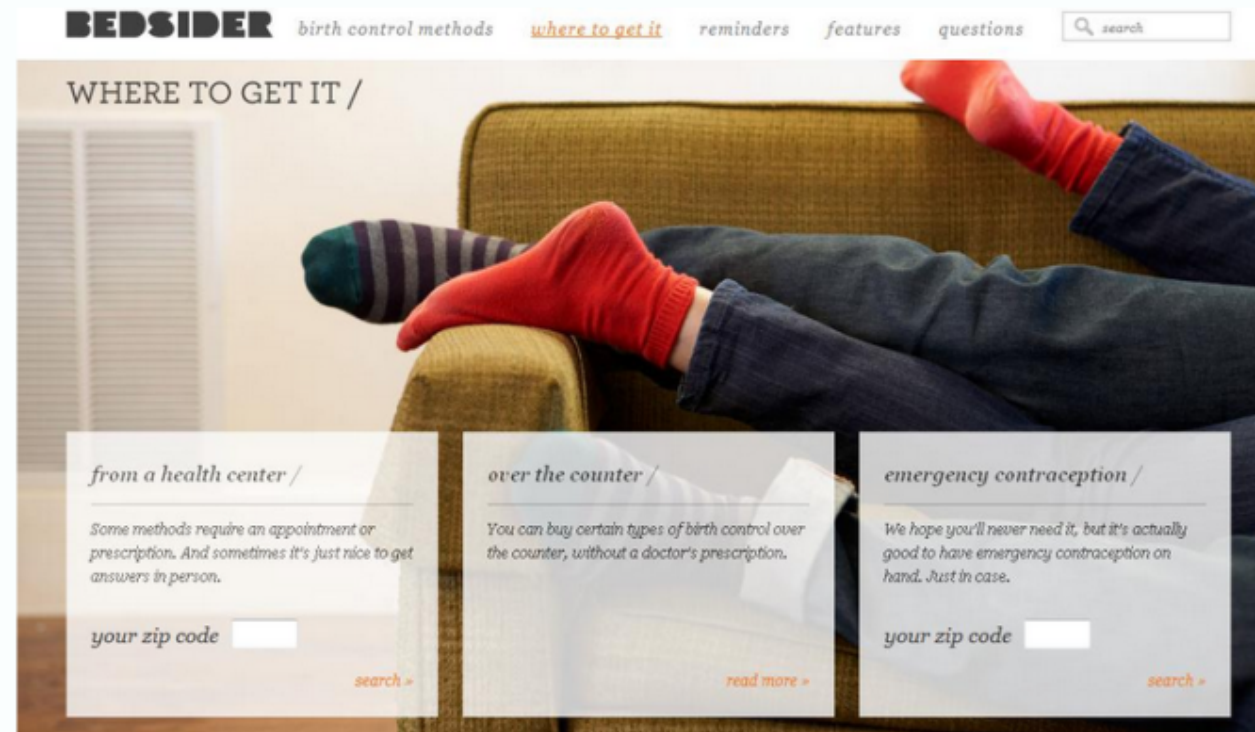
### Find Birth Control Near You

#### Find a healthcare provider and emergency contraception

If there isn't a health center on campus, you can use the zip code search features on Bedsider to find healthcare providers and places where you can obtain emergency contraception in your area.

Click on the image below to go to Bedsider's ["Where to get it"](#) page.

1. Enter your zip code in the **"from a health center"** search box.
  - Write the search results -- the name, phone number, website address, and location of at least one healthcare provider you would consider visiting -- on your **Lesson Three Study Guide**.
2. Enter your zip code in the **"emergency contraception"** search box. This will likely be a place where you can also obtain other over-the-counter methods of birth control and/or fill your prescription.
  - Write the search results on the **Lesson Three Study Guide**.



# Results: Evaluation of online lessons

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After completing the lessons, students were significantly more likely to...

- Believe a pregnancy would make it more difficult to achieve their educational goals.
- Have a clear plan for preventing unplanned pregnancy
- Know where in the community to get birth control other than condoms.
- Believe it is realistic to expect a person to use birth control every time he or she has sex.

# Student Comments on Online Lessons

The stories really helped me put things into perspective, especially realizing that unplanned pregnancy is such a big thing. It changes everything!

I could do it in my own time.

I do not and will not have sex until marriage but I think these lessons are extremely informative!

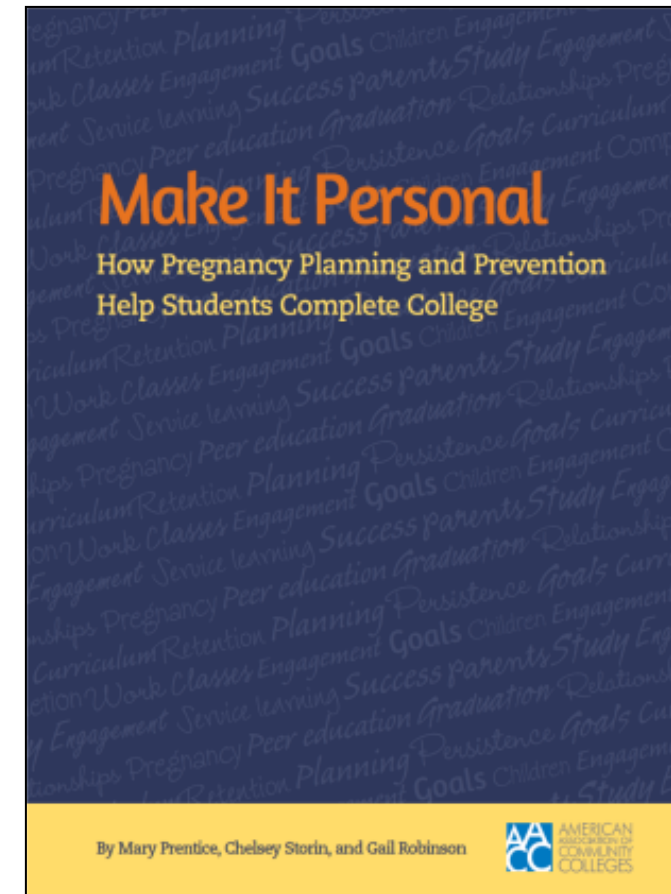
Even though I had clear in my head that an unplanned pregnancy can change my life, this lesson showed me methods of contraception that I was never aware of.

They were casual and easy for young people to listen to.

# Integrate information about prevention of unplanned pregnancy into academic courses

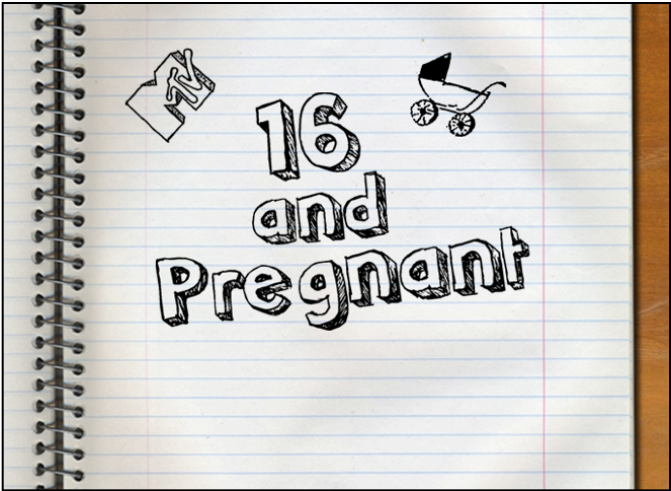
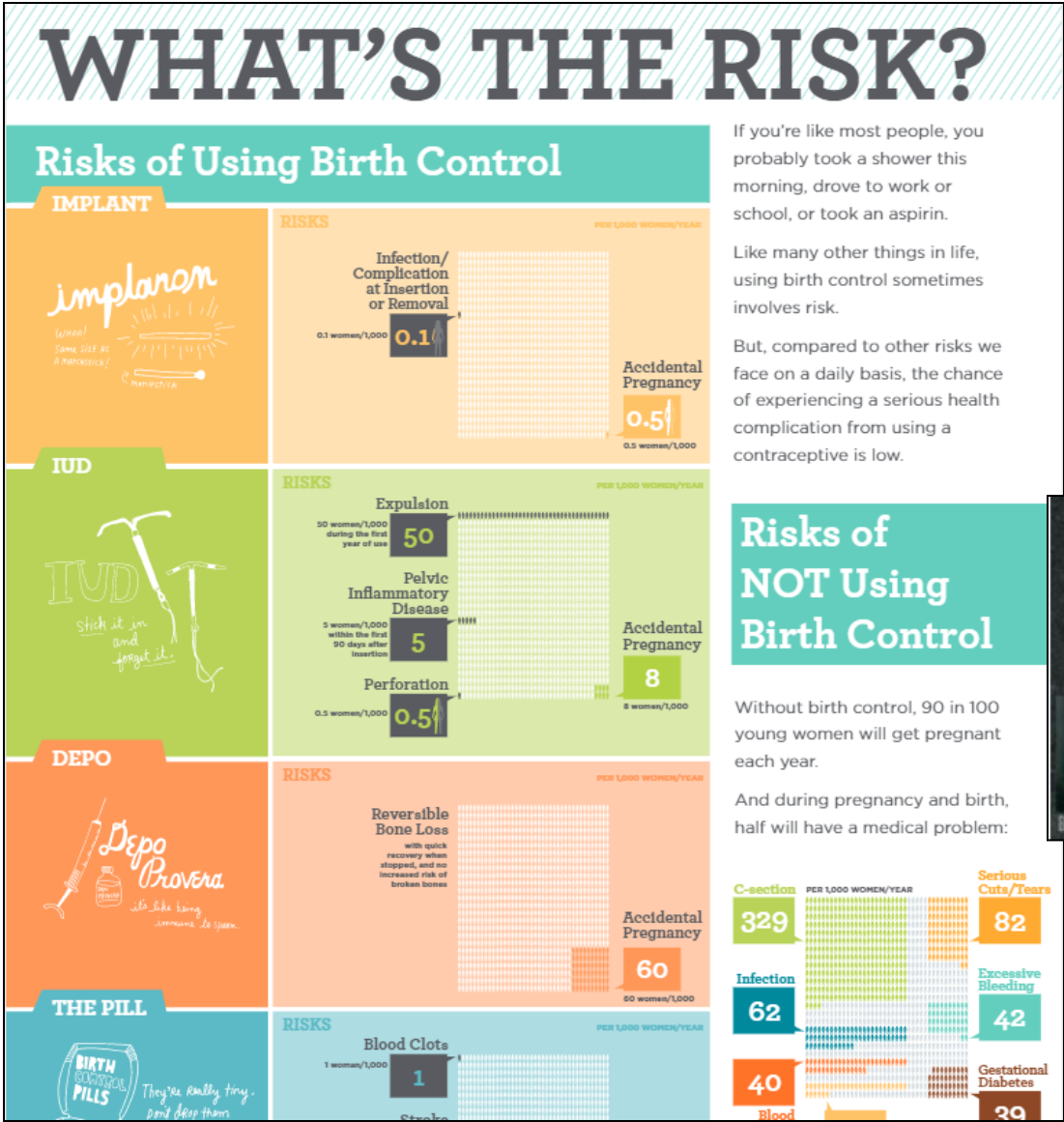
## Make It Personal: College Completion

- MIPCC Colleges
  - Chattahoochee Technical College, GA
  - Georgia Perimeter College, GA
  - Mesa Community College, AZ
  - Montgomery College, MD
  - Palo Alto College, TX
- Replicable curricular content developed for use by other community colleges
- Faculty found high levels of engagement





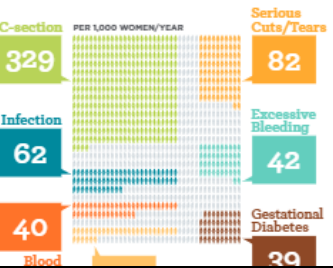
# Raising Awareness and Providing Resources



### Risks of NOT Using Birth Control

Without birth control, 90 in 100 young women will get pregnant each year.

And during pregnancy and birth, half will have a medical problem:



# Raising Awareness and Providing Resources

**BEDSIDER**

[birth control methods](#)

[where to get it](#)

[reminders](#)

[features](#)

[questions](#)

[search](#)

## STUDENT (SEX) LIFE

*Helping college students get smart about birth control.*

### college students /

Babies are awesome. So is birth control when you're not ready to have one of your own. (Or if you're not quite ready for more.) [Find the best method for you](#) and [check out the links below](#).

[get started »](#)

### providers /

This part of Bedsider supports health care providers and student health services staff. It's free. It provides access to interactive tools and unbiased content. It will help you talk about birth control, which will help students use it better.

[explore bedsider providers »](#)

### faculty and staff /

Are you a college administrator, faculty, or staff member looking for resources on sexual health, birth control, and college completion? Find free online lessons, course templates, videos, and the latest research.

[access materials »](#)

share this /



*For college students who want to get on top of their sex life.*

On and off campus, our message is clear: An unplanned pregnancy can seriously affect one's social life, work, relationships, finances, and the ability to succeed in college. So, until someone is ready to have a baby, we believe they should have access to the most current and accurate information on birth control.

Interested in information about protection, relationships, and sex? We got you. We've even made birth control unBORING.

- See which [methods](#) are easiest and right for you.
- Get cheeky [reminders](#) so you always use it.
- Find a [health center](#) when you need one.
- Watch our [Guy's Guides](#)—they star the James Bond of birth control.
- Understand how [health insurance](#) works for you.
- Bring Bedsider to [your campus](#).
- Hear what [real women and men](#) think about their methods.
- Avoid [STIs](#) as well as pregnancy scares.
- Check out how college [R.A.s at other schools](#) promote Bedsider and birth control.
- Become a [Bedsider Insider](#) (it's free) and receive VIP treatment when you use the website.

[Bedsider.org/studentsexlife](https://bedsider.org/studentsexlife)

# Connect students to health services and high quality contraceptive care

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- Know where students can go for free or low-cost health care, including contraception
- What is available on campus?
- Develop relationships with community organizations:
  - Community health centers, county health departments, other family planning clinics



# Tips and Lessons Learned

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- ✓ Don't reinvent the wheel—use existing materials and resources.
- ✓ Recognize faculty may not have expertise/comfort with pregnancy prevention.
- ✓ Connect with local health providers/experts for referrals and expertise.
- ✓ Meet students where they are and listen to them.
- ✓ It's about them, not us.

# Stay in touch!

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**Andrea Kane**

**[akane@thenc.org](mailto:akane@thenc.org)** or (202) 478-8554

**Chelsey Connolly**

**[cconnolly@thenc.org](mailto:cconnolly@thenc.org)** or (202) 478-8519

**Sign up for college e-updates:**

**<http://thenationalcampaign.org/connect>** (under Egram)

# QUESTIONS & ANSWERS

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Slides and recording available on  
[www.cacollegepathways.org](http://www.cacollegepathways.org)

# Sources

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