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

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

• 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
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
TODAY’S PANEL

• Amy Lemley, John Burton Foundation

• Andrea Kane, National Campaign to Prevent Teen and Unplanned Pregnancy
Compared to their non-foster peers:

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

1 in 3 girls in foster care who gave birth before they turned 18 will have at least one more teen birth.
21 year old men who impregnated a partner or fathered a child:

- Impregnated a Partner: 49% (Foster Youth), 19% (General Population)
- Fathered a child: 30% (Foster Youth), 12% (General Population)
The number of older youth in foster care has increased considerably.

**Number of 18 to 21 year-olds in foster care on April 1\textsuperscript{st} of each year**

<table>
<thead>
<tr>
<th>Year</th>
<th>Female (1,593)</th>
<th>Male (1,851)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>1,593</td>
<td>1,851</td>
</tr>
<tr>
<td>2012</td>
<td>1,874</td>
<td>2,205</td>
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<tr>
<td>2013</td>
<td>3,089</td>
<td>3,399</td>
</tr>
<tr>
<td>2014</td>
<td>4,282</td>
<td>4,293</td>
</tr>
<tr>
<td>2015</td>
<td>4,777</td>
<td>4,485</td>
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</tbody>
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1,639 will be custodial parents.
Key Research Findings: LA Study

• 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

• 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.
Language

OUT  IN

Teens  Students
Teenagers  Young adults
Teen pregnancy  Unplanned pregnancy
Preventing  Postponing/planning
Unplanned Pregnancy

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

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?

• **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

• 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

• 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

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

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

• 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

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

- 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
Preventing Unplanned Pregnancy and Completing College: Online Lessons—Faculty Page

FACULTY PAGE

BACK OFF
BABY
I'm In School.

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 pregnancies. College faculty and instructors can use the lessons in First Year Experience, college success, and other courses. Please take a moment to tell us that you're using these free lessons. You will automatically be notified when there have been updates to the lessons, and you will also have the option to choose 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 while enrolled 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.
Preventing Unplanned Pregnancy and Completing College
Lesson One: Why Should You Care About Preventing Unplanned Pregnancy?

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.

"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.
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 subsections in the lesson and the Lesson Three Study Guide.)

Click on the image below to go to the "Bedside Method Explorer" website. Then click on each 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. Sometimes the cost of some methods can lead you to rule out something that you're really interested in.

(A new browser window will open. Just close the window tab to return to this page.)

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Great | Pretty Good | Decent | Doesn't Work at All
--- | --- | --- | ---
Implant | The pill | Diaphragm | IUD

15/16
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

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

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

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.

I could do it in my own time.
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

WHAT’S THE RISK?

Risks of Using Birth Control

- Implant
  - Risks: Infected/Complication at Removal or Removal
  - Accidental Pregnancy: 0.1%

- IUD
  - Risks: Expulsion, Pelvic Inflammatory Disease
  - Accidental Pregnancy: 0.5%

- Depo
  - Risks: Irregular Periods, Acne
  - Accidental Pregnancy: 0.5%

- The Pill
  - Risks: Blood Clots
  - Accidental Pregnancy: 1%

If you’re like most people, you probably took a shower this morning, drove to work or school, or took an aspirin. Like many other things in life, using birth control sometimes involves risk.

But, compared to other risks we face on a daily basis, the chance of experiencing a serious health complication from using a contraceptive is low.

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:

- Preeclampsia
  - Rate: 329
  - Risk of Death: 82

- Infection
  - Rate: 62

- Preterm Birth
  - Rate: 42
  - Risk of Death: 90
Raising Awareness and Providing Resources

Bedsider.org/studentsexlife

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 unbothering.

- See which methods are easiest and right for you.
- Get chewy reminders so you always use it.
- Find a health center when you need one.
- Watch our Go'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 & get free and receive VIP treatment when you use the website.

Bedsider.org/studentsexlife
Connect students to health services and high quality contraceptive care

• 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

✓ 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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Sign up for college e-updates:
http://thenationalcampaign.org/connect (under Egram)
QUESTIONS & ANSWERS

Slides and recording available on
www.cacollegepathways.org
Sources


Courtney, Mark. Midwest Evaluation of the Adult Functioning of Former Foster Youth: At Age 19

Courtney, Mark. Midwest Evaluation of the Adult Functioning of Former Foster Youth: At Age 21


