



Information & Education Program | I&E

Adolescent Sexual Health & Pregnancy Prevention



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Normal, healthy youth development includes sexual health. The Information & Education (I&E) Adolescent Sexual Health and Pregnancy Prevention Program provides funding for education programs that emphasize prevention of adolescent pregnancy and sexually transmitted infections. The program focuses on life skills and is implemented by 24 agencies throughout the state.

I&E informs young people about eligibility and access to federal, state and local reproductive health clinical services, and provides skill building in the areas of

partner communication, sexual negotiation and refusal skills. Services are offered in diverse settings, such as mainstream and alternative schools, social service agencies, juvenile detention facilities and youth centers.

Through I&E, young people gain knowledge and are empowered to make responsible decisions regarding their sexual and reproductive health. Providing all youth with the information and skills they need to make responsible choices is a critical component in promoting the health of California's young people.

OUR GOAL: To decrease adolescent pregnancy and sexually transmitted infections by educating young people about sexual and reproductive health, as well as by providing information on eligibility and access to federal, state and local reproductive health clinical services.

WHO WE SERVE: I&E serves pre-sexually, sexually active, expectant and parenting youth ages 12-19 in various challenging circumstances, such as youth in foster care, group homes, homeless and on probation.

OUTCOMES: Following participation in I&E regularly, youth report increased knowledge around methods for the prevention of pregnancy and sexually transmitted infections and increased awareness of access to local reproductive health clinical services. Youth also report enjoying the program¹.

FINANCING: I&E is financed through State General Funds and Title XIX (Federal Financial Participation).

WHERE WE ARE

I&E programs are offered through schools, juvenile justice facilities, community-based organizations and county offices. There are 24 I&E grantees in 14 counties:

- ◆ Alameda
- ◆ Fresno
- ◆ Kern
- ◆ Kings
- ◆ Los Angeles
- ◆ Merced
- ◆ Riverside
- ◆ San Bernardino
- ◆ San Diego
- ◆ San Luis Obispo
- ◆ Santa Clara
- ◆ Solano
- ◆ Sonoma
- ◆ Stanislaus

RESOURCES:

Information & Education Program:
<http://www.cdph.ca.gov/programs/IE/Pages/default.aspx>

Office of Family Planning:
<http://www.dhcs.ca.gov/services/ofp/Pages/OfficeofFamilyPlanning.aspx>

Healthy Teen Network:
<http://www.healthyteennetwork.org/>

TeenNOW California:
<http://www.cacsap.org/>

National Campaign to Prevent Teen and Unplanned Pregnancy:
<http://thenationalcampaign.org/>

PROGRAM SERVICES

California state law requires state-funded sexual health education to be comprehensive, medically accurate, and culturally and age-appropriate. The I&E approach includes:

- Life Skills Intervention:** I&E assists youth in developing skills needed to successfully navigate life, access appropriate methods of birth control and recognize personal success. Program staff guide youth to:
- ◆ Formulate long-term goals
 - ◆ Stay in school
 - ◆ Develop decision-making skills
 - ◆ Seek healthy relationships

Information Presentations: Community presentations provide young people with the knowledge and behavioral skills to make

responsible decisions regarding their sexual health. Information on how to access family planning services is also addressed.

Targeted Prevention Activities: Program educators work one-on-one with young people to share information on:

- ◆ Clinical services
- ◆ Medi-Cal eligibility
- ◆ Access to reproductive services

Community Awareness and Mobilization: Media and large-scale public events increase the visibility of adolescent pregnancy prevention services and resources.

Peer-Based Education: Youth are given the opportunity to help review, plan and in some cases act as peer counselors to deliver information and assist peers in accessing services.

ADOLESCENT BIRTH RATES CONTINUE TO DROP

- ◆ Nationally, the adolescent birth rate dropped 52% between 1991 and 2012, to a rate of 29.4 in 2012². In California, the adolescent birth rate dropped nearly 64% in the same time period^{3,4}.
- ◆ In 2012, California's adolescent birth rate reached a record-low of 25.7 births per every 1,000 females ages 15-19. This rate reflects an 8% decline from the 2011 rate of 28.0⁴.
- ◆ The California adolescent birth rate decreased across all racial and ethnic groups between 2000 and 2014⁴.
- ◆ In 1991, there were 70.9 births for every 1,000 California females aged 15-19³. By providing information and skill-building activities designed to delay sexual initiation and increase contraception use, the state's expanded sex education programs support the primary drivers identified for declining birth rates among adolescents over the last 20 years.
- ◆ In 2003, the State's emphasis on providing youth with comprehensive sexual education was strengthened by the *California Comprehensive Sexual Health and HIV/AIDS Prevention Education Act*. This law requires that if sex health education is taught, it be comprehensive, age-appropriate and medically accurate.

¹ MCAH I&E Program Data ² Martin JA, Hamilton BE, Osterman MJK, Curtin, SC, and Mathews TJ. Births: Final data for 2012. *NVSR* 62(9). Hyattsville, MD: National Center for Health Statistics, 2013. ³ CDPH (2014). *California teen birth rates: 1991 to 2011*. Retrieved from <http://www.cdph.ca.gov/data/statistics/Documents/MO-MCAH-2011TBR-DataSlides.pdf> ⁴ CDPH (2014). *California teen births: 2000 to 2012*. Retrieved from <http://www.cdph.ca.gov/programs/mcah/Documents/MO-MCAH-2012TBR-DataSlides.pdf>

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