



Personal Responsibility Education Program

CA PREP



PROFILE

California has a long history of providing primary and secondary pregnancy prevention programs with track records for successful behavior change. California's Personal Responsibility Education Program (CA PREP) is based on delivery of evidence-based program models shown to change sexual risk-taking behavior, including delaying sexual initiation, reducing number of sexual partners, and increasing condom and/or contraceptive use. The program includes education on both abstinence

and contraception to prevent pregnancy and sexually transmitted infections (STIs), including HIV. Services are offered in a range of settings, including schools, juvenile detention facilities and clinics. About 40 percent of the classes are held in mainstream high school settings.

Through CA PREP, young people gain knowledge and skills in a variety of areas to help them become self-sufficient and successful in adulthood.

OUR GOAL: To reduce rates of births and sexually transmitted infections (STIs), including HIV, among high-need youth populations.

WHO WE SERVE: Youth, ages 10-19, as well as expectant/parenting youth up to age 21. Target populations include youth who are: in the adjudication system, homeless/runaway, in foster care, out of the education system, LGBTQ, receiving residential mental health treatment, and other groups or youth living in areas with a high need for sexual health education.

SERVICE DELIVERY: Services are provided

by county health departments, departments of education, and community-based organizations.

OUTCOMES: CA PREP curricula are evidence-based. They have been shown to change behavior, including delaying sexual activity, increasing condom or contraceptive use for sexually active youth, or reducing number of sexual partners. To improve the likelihood of achieving the same results, CA PREP agencies implement curricula with fidelity.

FINANCING: Federally funded and overseen by the Administration for Children & Families, Families & Youth Services Bureau.

WHERE WE ARE

PREP funds 21 agencies in 19 counties with the highest adolescent birth rates:

Counties:

- ◆ Colusa
- ◆ Del Norte
- ◆ Fresno
- ◆ Glenn
- ◆ Imperial
- ◆ Kern
- ◆ Kings
- ◆ Lake
- ◆ Madera
- ◆ Merced
- ◆ Monterey
- ◆ Riverside
- ◆ San Bernardino
- ◆ San Joaquin
- ◆ Santa Barbara
- ◆ Stanislaus
- ◆ Tehama
- ◆ Tulare
- ◆ Yuba

RESOURCES

California Personal Responsibility Education Program (CA PREP)

<http://www.cdph.ca.gov/programs/mcah/Pages/CAPREP.aspx>

Office of Adolescent Health
Teen Pregnancy Prevention
Resource Center

http://www.hhs.gov/ash/oah/oah-initiatives/teen_pregnancy

The National Campaign to
Prevent Teen and Un-
planned Pregnancy

[http://
thenationalcampaign.org/](http://thenationalcampaign.org/)

PROGRAM SERVICES

Evidence-based Program Models

California Personal Responsibility Education Program educates young people, giving them the tools they need to safeguard their sexual health. The program replicates or substantially incorporates elements of evidence-based curricula shown to:

- ◆ Delay sexual initiation
- ◆ Increase condom and/or contraceptive use
- ◆ Reduce number of sexual partners

Through a systematic review, the U.S. Department of Health and Human Services selected 35 program models that states can use, depending on the needs of the target populations in each state. **California's PREP agencies use five models that best meet their populations' needs:**

- ◆ **Be Proud! Be Responsible!**
- ◆ **Cuidate!**
- ◆ **Making Proud Choices**
- ◆ **Sexual Health & Adolescent Risk Prevention**
- ◆ **Making A Difference** (replaced by *Reducing the Risk*, beginning July 2015)

Clinical Linkages: CA PREP agencies partner with Family PACT providers in their local communities to increase adolescent access to reproductive health services.



Preparing for Adulthood: In addition to education on abstinence and contraceptive use, CA PREP also helps young people gain knowledge and skills that prepare them for adulthood. PREP agencies are required to integrate the first three adult preparation subjects listed—at a minimum—out of the six PREP offerings:

Required:

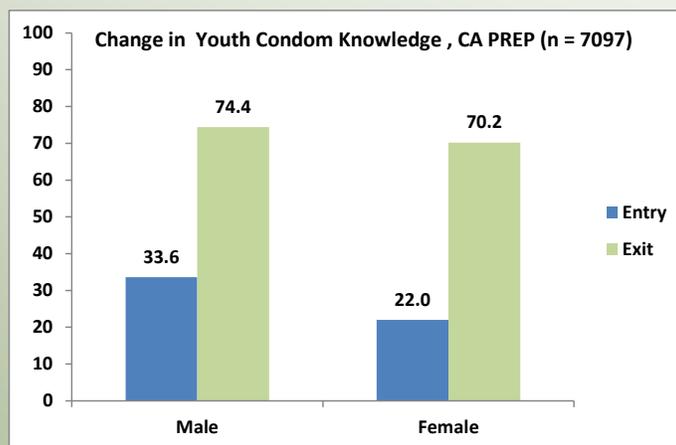
- ◆ **Healthy Relationships:** Developing positive self-esteem, friendships, healthy and safe romantic involvement
- ◆ **Healthy Life Skills:** Goal-setting, decision-making, negotiation, stress management
- ◆ **Adolescent Development:** Promoting health values, body image, identity formation

Optional:

- ◆ **Financial Literacy**
- ◆ **Parent-child Communication**
- ◆ **Education & Career Success**

PERSONAL RESPONSIBILITY EDUCATION PROGRAM

- ◆ PREP is a part of the Patient Protection and Affordable Care Act, which was signed into law in 2010. The California Department of Public Health's Maternal, Child and Adolescent Health Division was awarded funds. Local agencies began implementing CA PREP in December 2012.
- ◆ Since implementation began, CA PREP has reached nearly 30,000 youth throughout California in the counties with the highest adolescent birth rates.
- ◆ In Fiscal Year 2013-14, California exceeded its planned annual reach by 40%.
- ◆ Across the state from program entry to exit, condom knowledge increased 44% among CA PREP youth served between September 2013 and July 2014.



Sources: CA PREP Entry and Exit Survey Data, Sept. 1, 2013—June 30, 2014. CA PREP Attendance Data, Dec. 2012—Sept. 30, 2014.

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