



Personal Responsibility Education Program

CA PREP



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The California Personal Responsibility Education Program (CA PREP) provides sexual health education to adolescents via effective, evidence-based program models. The program includes instruction on abstinence and contraception to prevent pregnancy and sexually transmitted infections (STIs). Services are offered in a range

of settings, including schools, juvenile justice facilities, homeless shelters and foster care group homes. CA PREP activities also include community engagement around improving adolescent sexual health and promotion of clinical linkages to youth-friendly reproductive health services.

OUR GOAL: To promote and improve the sexual and reproductive health of high-need youth populations.

WE SERVE: Youth, ages 10-19, and expectant/parenting female youth up to age 21. Target populations include youth who are: homeless/runaway; attending an alternative or continuation school; in foster care; in the juvenile justice or probation system; LGBTQ; receiving treatment for mental health or substance abuse; and residing, attending school or receiving reproductive health services in a high-need geographic area.

SERVICE DELIVERY: Services are provided by community-based organizations, county health

departments and county offices of education/superintendents of schools.

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, Family & Youth Services Bureau.

WHERE WE ARE

CA PREP funds 22 agencies in 20 counties with the highest need for adolescent sexual health education and services:

Counties:

- ◆ Fresno
- ◆ Humboldt
- ◆ Imperial
- ◆ Kern
- ◆ Kings
- ◆ Lake
- ◆ Los Angeles
- ◆ Madera
- ◆ Monterey
- ◆ Orange
- ◆ Riverside
- ◆ Sacramento
- ◆ San Bernardino
- ◆ San Diego
- ◆ San Joaquin
- ◆ Santa Barbara
- ◆ Santa Cruz
- ◆ Shasta
- ◆ Sonoma
- ◆ Tulare

RESOURCES

CA PREP Website

<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

CA PREP educates young people on sexual health, giving them the tools they need to make informed, healthy decisions. The program replicates 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 program models that have been proven to work, and can be selected to meet needs of diverse target populations and settings. California's PREP agencies use one or more of five models that best meet their populations' needs:

- ◆ **Be Proud! Be Responsible!**
- ◆ **Cuidate!**
- ◆ **Making Proud Choices**
- ◆ **Sexual Health & Adolescent Risk Prevention**
- ◆ **Power Through Choices**

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



Preparing for Adulthood: In addition to education on preventing pregnancy and STIs, CA PREP also helps young people gain knowledge and skills that prepare them for adulthood. CA PREP agencies are required to integrate the first three adulthood preparation subjects listed out of the six PREP offerings:

Required:

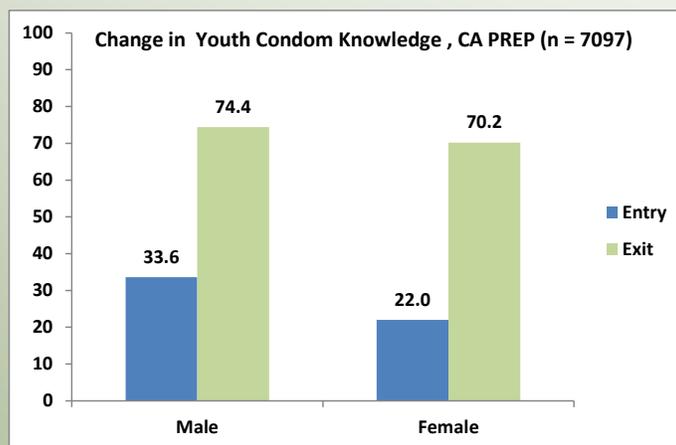
- ◆ **Healthy Relationships:** Developing communication skills, building positive relationships, healthy and safe romantic involvement
- ◆ **Healthy Life Skills:** Goal-setting, decision-making, negotiation, self-care
- ◆ **Adolescent Development:** Understanding physical development, identity formation

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. That same year, the California Department of Public Health's Maternal, Child and Adolescent Health Division was awarded funds to implement the program. Local agencies began implementing CA PREP in December 2012.
- ◆ As of March 2016, CA PREP agencies have reached over 40,000 youth throughout California.
- ◆ 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 and CA PREP Attendance Data, Dec. 2012 - Sept. 30, 2014.

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