

ADULTHOOD PREPARATION SUBJECTS (APS) BACKGROUND AND REVIEW

In March 2010, Title V of the Social Security Act was amended to include the Personal Responsibility Education Program (PREP). PREP is authorized and funded by Section 513 of the Social Security Act (42 U.S.C. § 713), as amended by Section 50503 of the Bipartisan Budget Act of 2018 (Pub. L. No. 115-123) extended by Section 3822 of the CARES Act, 2020 (Pub. L. No. 116-136). It is a requirement of federal PREP funding to cover adulthood preparation subjects during program implementation. CA PREP views APS as a natural extension of positive youth development (PYD). PYD is a concept based on the evidence that positive support from within the family, at school and in the community can help youth build resilience and protect youth from negative influences. CA PREP adulthood preparation subjects are meant to help build youth capacity to understand their own development, form healthy relationships and navigate adolescence successfully. APS expand the contents of CA PREP's chosen evidence-based program models (EBPM) to emphasize additional skill-building. The six adulthood preparation subjects are:

- **adolescent development;**
- **healthy life skills;**
- **healthy relationships;**
- educational and career success;
- financial literacy; and
- parent-child communication.

The first three above (in bold) have been selected by CDPH/MCAH as topic areas that all CA PREP awardees must cover during Evidence Based Program Model and Evidence Informed Program Model (EIPM) implementation. The additional three topics are highly encouraged.

Each EBPM/EIPM provides different coverage of the CA PREP topic areas and not all models adequately cover each topic. CDPH/MCAH will review APS content in CA PREP evidence-based program models to determine which subjects require additional content to meet minimum standards. This information will be available to awardees after contract execution.

Applicants are encouraged to review the [Family and Youth Services Bureau Adult Preparation Subjects Resource Guide: Adolescent Pregnancy Prevention May 2021](#) for background on the APS. The guide is designed to offer suggestions for implementing any of the selected APS in PREP programs. It also includes information on implementation considerations, conceptual models and examples of topics and activities.