



California Personal Responsibility Education Program

CA PREP



PROFILE

The California Personal Responsibility Education Program (CA PREP) provides comprehensive sexual health education to adolescents via effective, evidence-based program models. The program focuses on how to prevent pregnancy and sexually transmitted infections (STIs). Program services are engaging, nonjudgmental, medically accurate and tailored to the unique needs of

youth participants and their communities. 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 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. Target populations include youth who: reside, attend school or receive reproductive health services in a high-need geographic area; are homeless and/or runaway; attend an alternative or continuation school; are in or emancipated from foster care; are in the juvenile justice or probation system; identify as LGBTQ; are receiving treatment for mental health or substance abuse issues; have special needs; live in migrant farmworker families or are expectant/parenting female youth up to age 21.

SERVICE DELIVERY: Services are provided primarily by community-based organizations and clinics, as well as 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:

www.cdph.ca.gov/CA-PREP

Office of Adolescent Health
Teen Pregnancy Prevention
Resource Center:

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

The National Campaign to
Prevent Teen and
Unplanned Pregnancy:

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

PROGRAM SERVICES

Evidence-based Program Models

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: The Family Planning, Access, Care and Treatment (Family PACT) program is California's approach to provide comprehensive family planning services to eligible low-income individuals. CA PREP agencies partner with Family PACT and other youth-friendly health care providers in their local communities to increase youth access to sexual and 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:

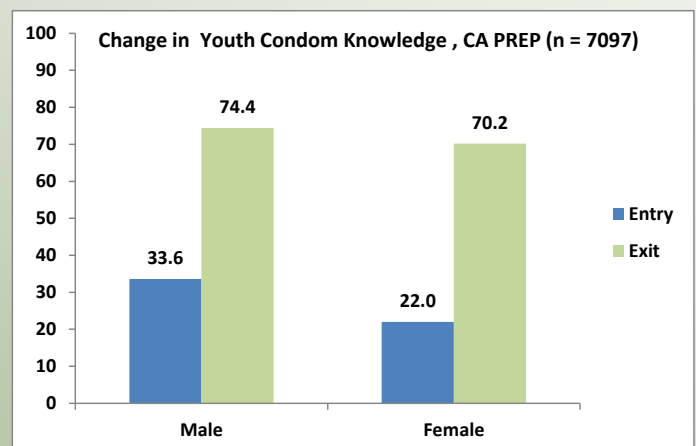
- ◆ **Healthy Relationships:** Examples include developing communication skills, building positive relationships, healthy and safe romantic involvement
- ◆ **Healthy Life Skills:** Examples include goal-setting, decision-making, negotiation skills, self-care
- ◆ **Adolescent Development:** Examples include physical development and reproductive anatomy, 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.

CONTACT IN YOUR AREA:



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