



# Healthy Youth

COLLABORATIVE



Our vision is to advance adolescent health and wellbeing through comprehensive sexual health education, ensuring all youth have the information, resources, and services to plan their future and achieve their dreams.

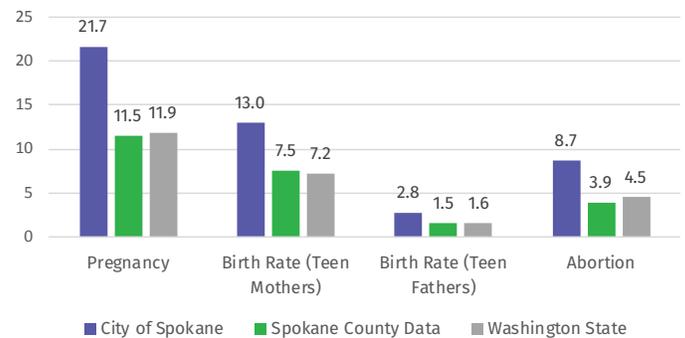
# Youth in Spokane County are at significantly higher risk for teen pregnancy.

Teen pregnancy is a complex issue that requires a layered response. The Healthy Youth Collaborative addresses key areas that put Spokane youth at risk for teen pregnancy and health issues. We know:

- **The city of Spokane has one of the highest rates of teen pregnancy in the state.<sup>1</sup>**
- **Research shows that youth at greatest risk for teen pregnancy are more likely to live in areas of high poverty.** In Spokane, 56% of youth ages are experiencing high levels of poverty – significantly higher than the 46% statewide.<sup>2</sup>
- **Sexually active youth are also at higher risk for sexually transmitted infections (STIs).** Adolescents ages 15-24 account for nearly half of the 20 million new cases of STIs each year.<sup>3</sup> Spokane County has one of the highest rates of adolescent STIs in the state.<sup>4</sup>
- **There are many ways for teens to protect themselves from STIs and unintended pregnancy including abstinence and contraceptives.** However, only 1 in 2 Washington high school seniors, who have ever had sex, used a condom the last time they had sex.<sup>5</sup>
- **Teen parents are more likely to drop out of high school, rely on public assistance, and have children with poorer educational, behavioral, and health outcomes.** In Washington State, teen childbearing cost taxpayers at least \$124 million in 2010.<sup>6</sup> Nationally, taxpayer costs total \$9.4 billion each year.<sup>7</sup>



Spokane Adolescent Sexual Health, 2015



Note: Rate/1000 Ages 15-17. Information gathered from Washington State Dept of Health birth certificates. Teen fathers data is based upon mothers' geographical residence as father residence was unavailable.

**28%**  
of Washington state youth grades 8, 10 and 12 reported that they *had ever* had sexual intercourse.<sup>8</sup>

**45%**  
of Washington state youth grades 8, 10, and 12 who had ever had sexual intercourse did not use a condom the last time they had sex.<sup>8</sup>

**57%**  
of high school seniors in Washington State, who had ever had sexual intercourse, had had sex with *two or more partners*.<sup>8</sup>

**“Parenting at any age can be challenging, but it can be particularly difficult for adolescent parents. By using the evidence-based strategies in the Healthy Youth Collaborative to prevent teen pregnancy, we are making it more likely that these girls will finish high school and have the opportunity to support themselves, not to mention securing a better future for the children they might have when they are older.”**

**– Lyndia Wilson, director for Spokane Regional Health District’s Disease Prevention and Response division.**

<sup>1</sup> Information gathered from Washington State Department of Health birth certificates.  
<sup>2</sup> Poverty levels determined by free and reduced lunch rates, available from the Washington Office of Superintendent of Public Instruction.  
<sup>3</sup> Centers for Disease Control and Prevention. (2014). CDC Fact Sheet: Information for Teens and Young Adults: Staying Healthy and Preventing STDs. Washington, DC: Centers for Disease Control and Prevention. December 18, 2015, from <https://www.cdc.gov/std/life-stages-populations/stdfact-teens.htm>.  
<sup>4</sup> Information gathered from Washington State Department of Health.  
<sup>5</sup> Healthy Youth Survey 2014, Washington State Department of Health.  
<sup>6</sup> “Washington” The National Campaign To Prevent Teen and Unplanned Pregnancy. N.p., n.d. Web. 20 Apr. 2017.  
<sup>7</sup> Hoffman, S.D., & Maynard, R.A. (Eds.) (2008). Kids having kids: Economic costs and social consequences of teen pregnancy (2nd ed.). Washington, DC: Urban Institute Press.  
<sup>8</sup> Washington State Department of Health, Healthy Youth Survey: Calculations performed by Spokane Regional Health District, Data Center 3/23/2017.

# Together, we're building a solution

The Healthy Youth Collaborative is an effort to bring the highest-quality, evidence-based teen pregnancy prevention and adolescent health programming to youth ages 12-19 to underserved communities like Spokane.



## The HYC is unique in several ways:

- Programming takes place in multiple settings.** HYC is accessible to youth in schools, community-based organizations, and juvenile detention and correctional facilities.
- School partners are offered up to \$25,000 to implement curriculum at their organization.** Signing on as a partner means receiving expert support from HYC educators, training for staff, and a stipend to ensure the programming is implemented to the high HYC standards.
- All programming is proven to be effective.** The HYC only uses Evidenced-Based Teen Pregnancy Prevention Programs—a set of curricula that has been thoroughly evaluated by the Department of Health and Human Services and approved by the Office of Adolescent Health.

| Program  | Summary   |
|--|---|
| All4You2!  | <b>All4You2!</b> is a sexual health education program to prevent HIV, STIs, and pregnancy among students ages 14–18 in education settings. The program aims to empower students by focusing on risk factors, negotiation and refusal skills, contraception and condom use skills, development of positive norms, and healthy relationships.   |
| Get Real   | <b>Get Real</b> is sexual health curriculum for middle school youth designed to delay sex and increase correct and consistent use of protection methods when a person becomes sexually active. The program emphasizes responsible decision-making, and increasing healthy communication with partners and family members about sexual health. |
| Making Proud Choices                                 | <b>Making Proud Choices</b> is A Safer Sex Approach prevention program aimed to provide young adolescents in an education or community-based settings with the knowledge, confidence, and skills necessary to reduce their risk of STIs, HIV, and pregnancy.  |
| Project AIM  | <b>Project AIM</b> is a program designed to reduce sexual risk behaviors among youth in education or community-based settings by providing them with the motivation to make safe choices and to address deeper barriers to sexual risk prevention (e.g., hopelessness, poverty, and environmental risk factors).                              |
| Sexual Health and Adolescent Risk Prevention (SHARP) | <b>Sexual Health and Adolescent Risk Prevention (SHARP)</b> is an intervention program for youth in juvenile justice/detention programs to deepen STI/HIV knowledge, improve correct condom use, reduce sexual risks and alcohol use, and set long-term goals to utilize knowledge and skills learned.  |
| Seventeen Days                                       | <b>Seventeen Days</b> is an interactive DVD and web app designed to educate young women about contraception and STIs. The DVD presents the viewer with different scenarios and options involving decisions that young women face in relationships.  |

## Opportunities to Get Involved

Signing up as a HYC implementation partner allows you to facilitate proven teen pregnancy prevention and adolescent health programming at your organization. Get in touch with a local HYC contact to learn more about how you can help support Spokane youth.

## Spokane Program Contacts

**Rachel Todd**

Education Director

[rachel.todd@ppgwni.org](mailto:rachel.todd@ppgwni.org)

509-225-0357

**Ashlee Martinez**

Education Specialist

[ashlee.martinez@ppgwni.org](mailto:ashlee.martinez@ppgwni.org)

509-241-4291

**Tanya Gleason**

Grants Manager

[tanya.gleason@ppgwni.org](mailto:tanya.gleason@ppgwni.org)

509-202-4154



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[ppgwni.org](http://ppgwni.org)  [healthyyouth@ppgwni.org](mailto:healthyyouth@ppgwni.org)

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