

# PLANNED PARENTHOOD OF NEW YORK CITY

## Teaching Parents About Sexuality Communication with their Children: Findings from a Multi-Method Evaluation

Amanda Perez, MPH (Presenter); Jennifer Thibodeau, MPH candidate (Presenter); Randa L. Dean, MPH; Sandra Langley, PhD; Elizabeth Conley, MPH candidate; Sarah Picard Bradley, MS



# Introduction to the Adult Role Models (ARM) Program

- The ARM program trains parents to facilitate skills-based workshops about how parents and other caring adults can communicate more comfortably and effectively about sexuality with their children.
- ARM workshops are held in a variety of community-based organizations throughout Manhattan, downtown Brooklyn, and the South Bronx. Over 150 workshops serving over 900 participants have occurred annually for the past 3 years.
- Today we are presenting data collected from:
  - 35 Workshop #1 sessions from December 2006 through June 2007.
  - 30 workshop participant phone follow-up surveys from July 2007 and August 2007.



**PLANNED PARENTHOOD**  
OF NEW YORK CITY

# Overview of Evaluation Tools

- Pre- & Post-Workshops Surveys
  - For each of the four different workshops
- Workshop Participant Follow-up Phone Surveys
- Adult Role Model Individual Interviews
- Monthly Encounter Logs
- Workshop Observation Forms



**PLANNED PARENTHOOD**  
OF NEW YORK CITY

# Presentation Aims

- ARM Workshop #1 (“How to Talk to your Children about the Facts of Life”)
  - Measuring Changes; Pre- and post-workshops survey knowledge, attitudes, and definition of sexuality. (N=142).
- Workshop Participant Follow-up Phone Call Surveys (5-6 months after last workshop exposure)
  - Measuring Knowledge, Attitudes, and Comfort with Sexuality Topics
- This represents a subsection of the previously mentioned eight evaluation tools.

# Measures

- ARM Workshop #1 Pre- and Post- Surveys (N=142)
  - 17 items measuring knowledge about communication, sexuality, and development
  - 2 items measuring attitudes about gender roles and communication
- Workshop Participant Follow-up Phone Call Surveys (N=30)
  - 5 items measuring knowledge about communication, sexuality, and development
  - 5 items measuring attitudes about gender roles, communication, and parental monitoring

# Workshop Results: Change in Knowledge Scores

- 17 items scored 0–17 correct
- Participants' overall knowledge increased significantly from before ( $M = 10.49$ ,  $SD = 3.52$ ) to after ( $M = 12.58$ ,  $SD = 3.81$ ) participation in Workshop 1 ( $t(142) = -7.336$ ,  $p < .001$ ).
- Before the workshop, the average score was 61.7% correct; after the workshop, the average score increased to 74% correct.

# Workshop Results: Change in Attitude Scale

- Two items measured on a four-point Likert scale (from 'Strongly Disagree' to 'Strongly Agree').
- Participants showed a significant increase in agreement with ARM workshop messages from before ( $M = 2.37, SD = 0.75$ ) to after ( $M = 3.06, SD = 0.81$ ) participation in Workshop 1 ( $t(117) = -5.77, p < .001$ ).

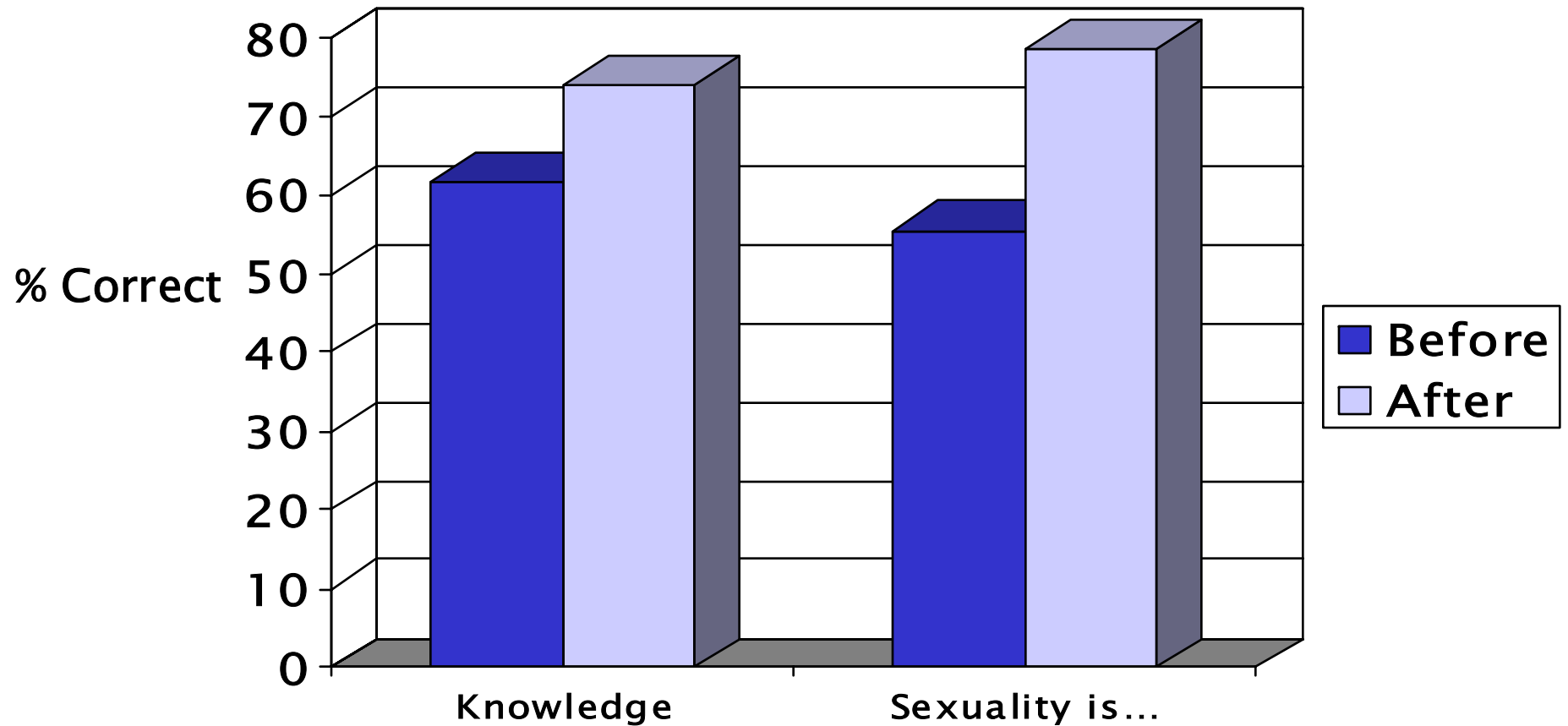


# Workshop Results: Change in Definition of Sexuality

- Survey Item: “Sexuality is...
  - Anatomy and reproductive health
  - Sexual orientation
  - Gender identity
  - Sexual activity
  - Love
  - Relationships”
- Participants endorsed significantly more concepts after the workshop ( $M = 4.73$ ,  $SD = 2.26$ ) than they did before the workshop ( $M = 3.34$ ,  $SD = 2.09$ ) in response to the question above ( $t(142) = -7.247$ ,  $p < .001$ ).



# Workshop Results: Change in Knowledge and Definition of Sexuality



**PLANNED PARENTHOOD**  
OF NEW YORK CITY

# Follow-up Survey Results: Knowledge Score

- N=30 follow-up phone surveys
- Five items (scored 0–5 correct)
- There was no significant correlation between the number of workshops attended and participant's overall knowledge scores.
  - T-test in which attitudes of participants who went to one versus more than one workshop was also not significant.

# Follow-up Survey Results: Attitude Scale

- Five items measured on a 1 to 4 Likert scale (From 'Strongly Disagree' to 'Strongly Agree').
- A significant positive correlation between the number of workshops attended and participants' attitudes was observed ( $r = .417$ ,  $p = .022$ ).
- Participants who attended more than one workshop ( $M = 3.28$ ,  $SD = .546$ ) were significantly more likely to show stronger agreement with ARM workshop messages than those who attended only one workshop ( $M = 2.77$ ,  $SD = .383$  ( $t(142) = -2.88$ ,  $p = .007$ )).

# Results: Follow-up Survey

## Comfort with Sexuality Topics

• Question: “How comfortable or uncomfortable do you think you would feel talking about...(topic)...with your kids? Do you think you would you feel very uncomfortable, uncomfortable, comfortable, or very comfortable?”

Topic	Comfortable (%)	Uncomfortable (%)
Sexual Body Parts	96.6	3.4
Pregnancy	93.1	6.9
Sexual Orientation	93.1	6.9
Menstruation	92.9	7.1
Birth Control	89.7	10.3
STIs	86.2	13.8
Sex, In General	85.2	14.8
<b>Wet Dreams</b>	<b>67.9</b>	<b>32.1</b>
<b>Masturbation</b>	<b>60.7</b>	<b>39.3</b>
Oral Sex	50.0	50.0

**PLANNED PARENTHOOD**  
OF NEW YORK CITY

# Discussion

- Knowledge and attitudes are moving in line with our ARM program goals.
- Program staff need to strengthen workshop education and discussions around the following “least comfortable” topics: oral sex, wet dreams, and masturbation.
- Important considerations of our study include the following:
  - Follow-up phone surveys was a small, self-selected sample.
  - Number of workshops attended did not affect measured level of knowledge. This can be due to:
    - Key messages are well-distributed throughout all ARM workshops
    - One workshop is adequate to convey program key messages
    - Follow-up survey items were not sensitive enough to capture possible effect of attending more than one workshop on knowledge

# Next Steps

- Similar analyses for Workshop 2, 3, and 4 sessions
- Dosage analyses to capture possible effect of attending more than one workshop on knowledge, attitudes, and behaviors.
- Analyze the 30 follow-up surveys to measure knowledge and attitude retention, as well as behavior change over time.
- Analyze and interpret our other three evaluation tools (ARM interviews, Monthly Encounter Logs, and Workshop Observation Forms)

# Presenter Contact Information

Amanda Perez, MPH

Director of Adult Education & Professional Training

P: 212.274.7336

E: [Amanda.Perez@ppnyc.org](mailto:Amanda.Perez@ppnyc.org)

Jennifer Thibodeau, MPH candidate

Adult Education Program Assistant

P: 212.965.4803

E: [Jennifer.Thibodeau@ppnyc.org](mailto:Jennifer.Thibodeau@ppnyc.org)

**PLANNED PARENTHOOD**  
OF NEW YORK CITY