

Assessment of The 2 HYPE Abstinence Education Club: A New Wave in Health Education for African American Youth

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Presenter Disclosures

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The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

**No relationships
to disclose**



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Background

- African American youth in Georgia are more likely to:
 - initiate sexual activity before age 13,
 - become pregnant before age 18, and
 - engage in risky sexual behavior
- African American youth are at increased risk for sexually transmitted diseases, including HIV/AIDS, when compared to White and Hispanic counterparts
- More than 90% of Georgia's incarcerated youth ages 15 to 18 are sexually active
- Culture- and age-appropriate abstinence education programs are limited



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Program Description



- The 2 HYPE Abstinence Education Club (2 HYPE "A" Club) is a co-educational intervention targeting African American youth ages 12-18 in Fulton, DeKalb, and Clayton counties within Metropolitan Atlanta
- The program serves youth in community-based settings, schools, and juvenile facilities, including probationary and long-term detention centers



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2 HYPE "A" Club Components



- Comprehensive Approach Including:
 - promotion of delayed sexual activity
 - violence prevention
 - stress reduction &
 - understanding of abstinence benefits
- Creative Arts Reinforce Abstinence Curriculum
- Club Activities i.e. Hip Hop Café (hip-hop, rap, poetry, & dance performances)
- Peer Educator Training
- Parent Workshops



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2 HYPE "A" Club Outcomes

- Psychosocial antecedents to sexual behavior including:
 - Delayed onset of sexual activity
 - Healthy coping skills in the areas of violence prevention and stress management
 - Intentions to abstain from sexual activity
 - Understanding of the benefits of abstinence



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Methods: Evaluation Design

- Quasi-experimental Mixed Method Research Design
 - Quantitative data collection
 - Pre- and Post-intervention Surveys
 - 18-month follow-up data collection & club-sponsored activities
 - Focus groups at completion of intervention activities



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Methods: Sample and Analysis

- January 2008-April 2009 (4 Cohorts)
- Site Types:
 - Community Groups (i.e. Boys & Girls Clubs)
 - Schools
 - Detention Center (i.e. Juvenile Detention Facility)
- Preliminary Data Analysis-Aggregate & Matched Data, SPSS v. 15, Descriptive Statistics, Crosstabulations, Chi Square, & Wilcoxon Tests
- Sample Size= 432 pre-tests, 348 post-tests



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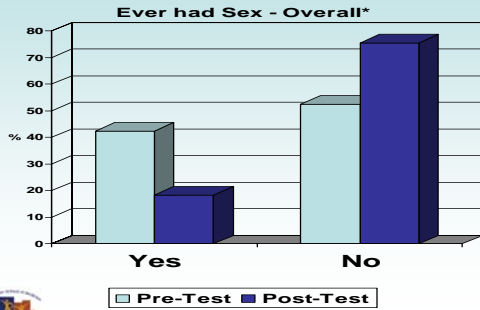
Quantitative Results: Youth Characteristics

Characteristic	Overall	Female	Male
Mean age	14.8	15.0	14.4
Mean grade	8.9	9.1	8.7
Race			
% Black/African American	88.2	88.1	88.8
% Multiethnic/Other	6.9	7.1	6.7
% White	3.0	3.2	2.8
% American Indian/ Native American	0.7	-	1.7
Ethnicity			
% Hispanic/Latino	5.3	6.0	4.5
% Non-Hispanic/Latino	91.9	90.9	93.8
Reported Grades			
% Mostly A's and B's	41.4	48.8	31.5



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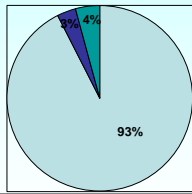
Survey Results: Sexual Activity, Overall



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Survey Results: Abstinence, Sustained & Initiated

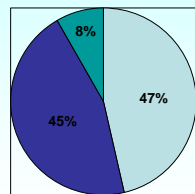
Ever Had Sex at Pre-Test - No



Have not had sex Have had sex Not Sure

Sustained Abstinence

Ever Had Sex at Pre-Test - Yes



Have not had sex Have had sex Not Sure

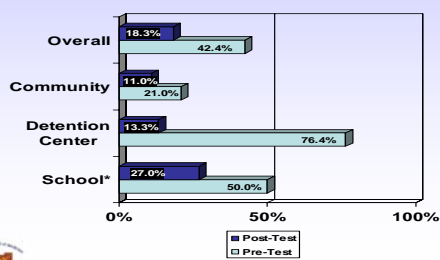
Initiated Abstinence



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Survey Results: Delayed Sexual Activity, Site-Specific

Ever had Sex - Yes



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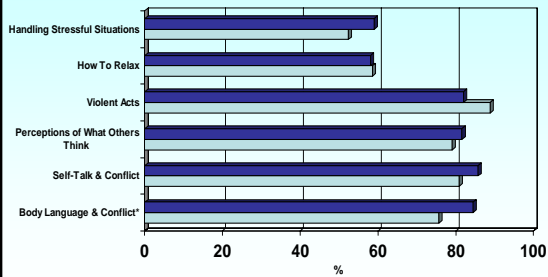
Survey Results: Sexual Activity Refusal Skills

- **72.8%** - "I think it is okay to say "NO" when someone wants to touch me (agree or strongly agree) at post-test



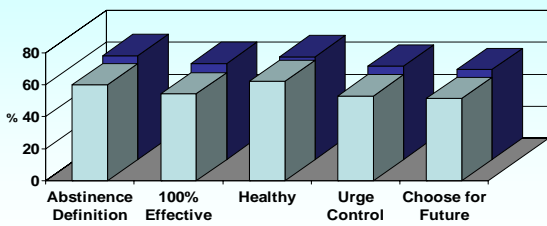
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Survey Results: Healthy Coping Skills



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Survey Results: Understanding Abstinence Benefits



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Quantitative Results: Understanding Abstinence Benefits

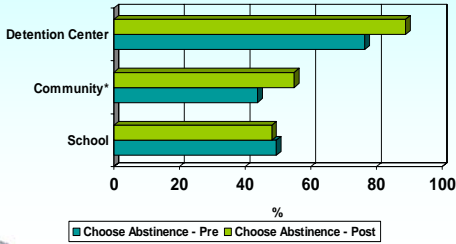
- Individuals responded were significantly different from pre- to post-test for the following questions:
 - *Even if I am physically mature, that doesn't mean I'm ready to have sex.*
($z = -3.100$, $p = 0.002$)
 - *Sexual urges can be controlled.*
($z = -2.635$, $p = 0.008$)



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Abstinence Following Sexual Activity

A person who has been sexually active is able to choose abstinence for the future.



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Qualitative Results: Most Important Components of The Club

- Most Salient Topics
 - Abstinence
 - Consequences of having sex as a teen
 - Creative arts
 - Goal setting
 - Sexually Transmitted Diseases (STDs)



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Qualitative Results: Reasons Why Youth Kept Coming to The Club

- Groups fostered continuous participation through:
 - Interaction with instructors
 - Multi-media integration (videos, etc.)
 - Open dialogue
 - Interactive class activities (role play)
 - Flexibility



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Discussion



- Participatory approach critical
- Infusion of popular culture enhances:
 - youth recruitment, retention, participation
- Comprehensive approach important to youth through addressing:
 - stress management, positive self-perception, promotion of delayed gratification for broader life success
- Intervention-control group assessment of impact underway



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Thank You!

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