INTRODUCTION

This is the final summary report for the Oklahoma Healthy Youth Project sponsored by the Maternal and Child Health Service (MCH) of the Oklahoma State Department of Health (OSDH). The curricula available for use for State Fiscal Year July 1, 2016 – June 30, 2017 were Making A Difference! An Abstinence Approach to Prevention of STDs, HIV and Teen Pregnancy and Making Proud Choices! A Safer-Sex Approach to HIV/STDs and Teen Pregnancy Prevention. Making a Difference is an evidence-based curriculum that offers students the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), the Human Immunodeficiency Virus (HIV), and pregnancy by abstaining from sex. Making Proud Choices is an evidence-based curriculum that provides young adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex. Making Proud Choices is based on cognitive-behavioral theories, focus groups, and the curriculum developers’ extensive experience working with youth.

METHODS

Oklahoma has one of the highest teen birth rates in the nation. In an effort to reduce teen birth rates in Oklahoma, counties with the highest teen birth rates in the state were selected to participate in the Oklahoma Healthy Youth Project. The Oklahoma Healthy Youth Project offered participating schools two evidence-based curricula from which to choose: Making a Difference (MAD) and Making Proud Choices (MPC). Prior to curriculum implementation in the classroom, each Adolescent Health Specialist received permission from school administration to offer the curriculum. The Adolescent Health Specialists provided the schools with consent forms to send home to the parent(s)/guardian(s) outlining the purpose and scope of the curriculum. Additionally, the Adolescent Health Specialists held parent night meetings in the community at which parents could view the curriculum materials and have any questions or concerns addressed. Copies of the proposed curriculum were made available for review. In addition to the curriculum, the Adolescent Health Specialists would administer an Entry Survey.
prior to the first curriculum module and an Exit Survey after the last curriculum module. The parent(s)/guardian(s) could choose whether or not their child could participate in the project as well as the entry and exit surveys. Additionally, the student could choose to not complete either survey, skip survey questions that made them feel uncomfortable, or stop participating at any time during the project.

**Entry and Exit Surveys**
Program participants were given an Entry Survey prior to curriculum instruction and an Exit Survey after curriculum instruction. Due to the sensitive nature of some of the questions, only students in grades 9-12 were given the Entry Survey. All students, regardless of age or grade, were given the Exit Survey. Participation in the Entry and Exit Surveys was voluntary. The Entry Survey consisted of 16 questions, which collected demographic information, sexual orientation, and sexual behaviors related to unintended pregnancy and sexually transmitted diseases. The Entry Survey was given prior to curriculum implementation. The Exit Survey consisted of 10 questions, which collected demographic information, intentions of future sexual behavior, and program efficacy. The Exit Survey was given at the conclusion of curriculum implementation and only if all curriculum modules were completed.

**Program Participants**
The curricula were implemented in 15 schools and 1 community-based organization. There were 940 participants that attended at least 1 program session, 816 (87%) of which attended 75% or more of the program sessions (Table 1). Of the 816 participants who attended at least one program session, 478 (73%) were presented the MAD curriculum and 23 (27%) were presented the MPC curriculum.
Only 198 participants completed the Entry Survey (Table 2). This number may be low compared to the totals in Table 1 due to the following: students or their parents opting out of completing the survey; the survey not being offered to some participants due to being middle school aged in a non-school setting; or due to students being absent on the day the survey was given.

Among those who completed the Entry Survey, 53% were male and 47% were female. Nearly one-third were in the 8th grade (32.8%), followed by the 10th grade (27.8%), 12th grade (21.7%), and 11th grade (10.5%). Nearly half of the participants were White (49.7%), followed by Hispanics (32.5%), Black or African Americans (7.1%), and persons of Multiple Races (5.6%). Six hundred and eighty six program participants completed the Exit Survey, among which more than half were male (52.8%) and 47.2% were female. Middle school students comprised the majority of program participants with 44.8% in the eighth grade and 35.5% in the seventh grade. Whites made up just over half of participants at 54.5%, followed by Hispanics (23.1%), Native Americans (10.1%), persons of Multiple Races (6.2%), and Black or African Americans (4.8%).
Table 2. Demographic Characteristics of Participants: Oklahoma Healthy Youth Project 2016-2017

<table>
<thead>
<tr>
<th>Demographic Characteristic</th>
<th>Entry Survey</th>
<th>Exit Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>n</td>
<td>%</td>
</tr>
<tr>
<td><strong>Gender</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>105</td>
<td>53.0</td>
</tr>
<tr>
<td>Female</td>
<td>93</td>
<td>47.0</td>
</tr>
<tr>
<td>Missing</td>
<td>1</td>
<td>42</td>
</tr>
<tr>
<td><strong>Grade</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6th</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>7th</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>8th</td>
<td>65</td>
<td>32.8</td>
</tr>
<tr>
<td>9th</td>
<td>10</td>
<td>5.1</td>
</tr>
<tr>
<td>10th</td>
<td>55</td>
<td>27.8</td>
</tr>
<tr>
<td>11th</td>
<td>20</td>
<td>10.1</td>
</tr>
<tr>
<td>12th</td>
<td>43</td>
<td>21.7</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Missing</td>
<td>1</td>
<td>42</td>
</tr>
<tr>
<td><strong>Race/Ethnicity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asian/Pacific Islander</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Black</td>
<td>14</td>
<td>7.1</td>
</tr>
<tr>
<td>Hispanic</td>
<td>64</td>
<td>32.5</td>
</tr>
<tr>
<td>Multiple Races</td>
<td>11</td>
<td>5.6</td>
</tr>
<tr>
<td>Native American</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>White</td>
<td>98</td>
<td>49.7</td>
</tr>
<tr>
<td>Missing</td>
<td>1</td>
<td>42</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>198</td>
<td>100.0</td>
</tr>
</tbody>
</table>

(·) Data not shown due to small numbers
Other grade includes high school graduate, GED, obtaining GED, or drop out
RESULTS

The following results are from the Entry Survey. The questions in each figure were worded from the survey participant’s perspective. Results for questions 1-5 and 7 are given in Table 2. Percentages for Question 6 will not total 100% since participants are allowed to choose more than one response.

Q6. Do you consider yourself to be one or more of the following?

<table>
<thead>
<tr>
<th>Response</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Straight</td>
<td>92.9%</td>
</tr>
<tr>
<td>Gay or Lesbian</td>
<td>2.0%</td>
</tr>
<tr>
<td>Transgender</td>
<td>0.5%</td>
</tr>
<tr>
<td>Bisexual</td>
<td>3.0%</td>
</tr>
<tr>
<td>Something else/ I have not decided</td>
<td>3.5%</td>
</tr>
</tbody>
</table>

Q8a. Cared about doing well in school?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>None of the time</td>
<td>1.0%</td>
</tr>
<tr>
<td>Some of the time</td>
<td>12.1%</td>
</tr>
<tr>
<td>Most of the time</td>
<td>41.9%</td>
</tr>
<tr>
<td>All of the time</td>
<td>44.9%</td>
</tr>
</tbody>
</table>
Q8b. Shared ideas or talked about things that really matter with a parent/guardian?

- None of the time: 15.2%
- Some of the time: 37.9%
- Most of the time: 27.8%
- All of the time: 19.2%

Q8c. Resisted or said no to peer pressure?

- None of the time: 8.1%
- Some of the time: 27.3%
- Most of the time: 31.8%
- All of the time: 32.8%
Q8d. Managed conflict without causing more conflict?

- None of the time: 6.6%
- Some of the time: 34.5%
- Most of the time: 44.2%
- All of the time: 14.7%

Q9. If you have the chance, do you intend to have sexual intercourse in the next 6 months?

- No, definitely not: 25.3%
- No, probably not: 35.9%
- Yes, probably: 26.3%
- Yes, definitely: 12.6%
Q10. Have you ever had sexual intercourse?

Yes: 41.9%
No: 58.1%

Q11. To the best of your knowledge, have you ever been pregnant or gotten someone else pregnant, even if no child was born?

Yes: 5.4%
No: 94.6%
Q12. To the best of your knowledge, how many times have you been pregnant or gotten someone pregnant?

- I have never been pregnant or gotten someone pregnant: 95.6%
- 1 or more times: 4.4%

Q13. In the past 3 months, with how many people did you have sexual intercourse, even if only one time?

- 0 people: 30.8%
- 1 person: 58.2%
- 2 or 3 people: 6.6%
- 4+ people: 4.4%
Q14. When you had sexual intercourse in the past 3 months, how often did you or a partner use birth control?

- None of the time: 26.8%
- Some of the time: 8.5%
- Most of the time: 21.1%
- All of the time: 43.7%

Q15. When you had sexual intercourse in the past 3 months, how often did you or a partner use a condom?

- None of the time: 26.8%
- Some of the time: 18.3%
- Most of the time: 15.5%
- All of the time: 39.4%
Q16a. In the past three months would you say you knew how to manage stress?

- None of the time: 7.1%
- Some of the time: 39.4%
- Most of the time: 35.4%
- All of the time: 18.2%

Q16b. In the past 3 months, how often would you say you managed money carefully?

- None of the time: 9.6%
- Some of the time: 27.3%
- Most of the time: 40.9%
- All of the time: 22.2%
Q16c. Had friendships that kept you out of trouble?

- None of the time: 6.1%
- Some of the time: 23.2%
- Most of the time: 39.4%
- All of the time: 31.3%

Q16d. Were respectful towards others?

- None of the time: 1.5%
- Some of the time: 13.1%
- Most of the time: 41.4%
- All of the time: 43.9%
The following are the results from the Exit Survey.

**Exit 7a. Would you say that being in the program has made you more likely, about the same, or less likely to resist or say no to peer pressure?**

<table>
<thead>
<tr>
<th>Opinion</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Much less likely</td>
<td>2.2</td>
</tr>
<tr>
<td>Somewhat less likely</td>
<td>3.2</td>
</tr>
<tr>
<td>About the same</td>
<td>23.5</td>
</tr>
<tr>
<td>Somewhat more likely</td>
<td>24.7</td>
</tr>
<tr>
<td>Much more likely</td>
<td>46.4</td>
</tr>
</tbody>
</table>

**Exit 7b. Would you say that being in the program has made you more likely, about the same, or less likely to know how to manage stress?**

<table>
<thead>
<tr>
<th>Opinion</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Much less likely</td>
<td>2.8</td>
</tr>
<tr>
<td>Somewhat less likely</td>
<td>6.0</td>
</tr>
<tr>
<td>About the same</td>
<td>42.3</td>
</tr>
<tr>
<td>Somewhat more likely</td>
<td>29.7</td>
</tr>
<tr>
<td>Much more likely</td>
<td>19.2</td>
</tr>
</tbody>
</table>
Exit 7c. Would you say that being in the program has made you more likely, about the same, or less likely to manage conflict without causing more conflict?

Exit 7d. Would you say that being in the program has made you more likely, about the same, or less likely to form friendships that keep you out of trouble?
Exit 7e. Would you say that being in the program has made you more likely, about the same, or less likely to be respectful toward others?

Exit 7f. Would you say that being in the program has made you more likely, about the same, or less likely to make plans to reach your goals?
Exit 7g. Would you say that being in the program has made you more likely, about the same, or less likely to care about doing well in school?

- Much less likely: 1.0%
- Somewhat less likely: 2.0%
- About the same: 24.3%
- Somewhat more likely: 21.8%
- Much more likely: 50.9%

Exit 7h. Would you say that being in the program has made you more likely, about the same, or less likely to get a steady job after you finish school?

- Much less likely: 1.2%
- Somewhat less likely: 1.2%
- About the same: 22.8%
- Somewhat more likely: 20.8%
- Much more likely: 54.0%
Exit 7i. Would you say that being in the program has made you more likely, about the same, or less likely to share ideas or talk about things that really matter with a parent/guardian?

- Much less likely: 5.4%
- Somewhat less likely: 4.7%
- About the same: 31.5%
- Somewhat more likely: 28.8%
- Much more likely: 29.6%

Exit 7j. Would you say that being in the program has made you more likely, about the same, or less likely to make healthy decisions about drugs and alcohol?

- Much less likely: 1.3%
- Somewhat less likely: 2.1%
- About the same: 21.4%
- Somewhat more likely: 17.4%
- Much more likely: 57.8%
Exit 7k. Would you say that being in the program has made you more likely, about the same, or less likely to get more education after school?

Exit 7l. Would you say that being in the program has made you more likely, about the same, or less likely to manage money more carefully, such as making a budget, saving, or investing?
Exit 7m. Would you say that being in the program has made you more likely, about the same, or less likely to be the best that you can be?

- Much less likely: 1.0%
- Somewhat less likely: 1.5%
- About the same: 22.0%
- Somewhat more likely: 17.5%
- Much more likely: 58.0%

Exit 8a. Would you say that being in the program has made you more likely, about the same, or less likely to have sexual intercourse in the next 6 months?

- Much less likely: 57.3%
- Somewhat less likely: 12.3%
- About the same: 22.1%
- Somewhat more likely: 4.1%
- Much more likely: 4.1%
Exit 8b. Would you say that being in the program has made you more likely, about the same, or less likely to use or ask your partner to use any method of birth control, if you were to have sexual intercourse in the next 6 months?

Exit 8c. Would you say that being in the program has made you more likely, about the same, or less likely to use (or ask your partner to use) a condom if you were to have sexual intercourse in the next 6 months?
Exit 8d. Would you say that being in the program has made you more likely, about the same, or less likely to abstain from sexual intercourse (choose not to have sex) in the next 6 months?

Exit 9a. How often in this program did you feel interested in program sessions and classes?
Exit 9b. How often in this program did you feel the material presented was clear?

<table>
<thead>
<tr>
<th>None of the time</th>
<th>A little of the time</th>
<th>Some of the time</th>
<th>Most of the time</th>
<th>All of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5</td>
<td>2.5</td>
<td>6.1</td>
<td>32.8</td>
<td>57.1</td>
</tr>
</tbody>
</table>

Exit 9c. How often did discussions or activities help you to learn program lessons?

<table>
<thead>
<tr>
<th>None of the time</th>
<th>A little of the time</th>
<th>Some of the time</th>
<th>Most of the time</th>
<th>All of the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.4</td>
<td>3.4</td>
<td>8.3</td>
<td>26.9</td>
<td>58.0</td>
</tr>
</tbody>
</table>
Exit 9d. How often in this program did you feel respected as a person?

- None of the time: 2.9%
- A little of the time: 0.7%
- Some of the time: 5.9%
- Most of the time: 17.7%
- All of the time: 72.8%

Exit 9e. How often in this program were you picked on, teased, or bullied in this program?

- None of the time: 91.4%
- A little of the time: 3.4%
- Some of the time: 2.0%
- Most of the time: 1.5%
- All of the time: 1.8%
Exit 9f. How often in this program did you have a chance to ask questions about topics or issues that came up in the program?

- None of the time: 3.8%
- A little of the time: 2.2%
- Some of the time: 6.0%
- Most of the time: 15.7%
- All of the time: 72.3%

Exit 10a. Were youth in this program picked on, teased, or bullied because people thought they were lesbian, gay, bisexual, or transgender?

- None of the time: 89.1%
- A little of the time: 5.1%
- Some of the time: 3.9%
- Most of the time: 0.9%
- All of the time: 1.0%
Limitations

Data for this report came from participant responses to an Entry Survey prior to curriculum instruction and an Exit Survey after curriculum instruction. Participant responses in the Entry Survey were not linked to their responses in the Exit Survey. The results of this report are not intended to measure the efficacy of the curriculum implemented. No control or comparison groups were used; therefore, any changes noted in the results cannot be attributed conclusively to the curriculum instruction but instead only reflect change that took place over the implementation period based on self-reporting by the program participants. Conversely, lack of changes observed does not signify failure of the curriculum to produce intended results. Results cannot be generalized to broader Oklahoma school populations or to greater student populations within schools that received curriculum instruction. Additionally, despite measures taken to ensure the participants’ confidentiality and anonymity, participants may report socially desirable behaviors or attitudes instead of actual behaviors or attitudes due to the presence of adults in the classroom or fear of having their responses known by others.