“LIFE PRESENTS MANY CHOICES, THE CHOICES WE MAKE DETERMINE OUR FUTURE.”

~CATHERINE PULSIFER, BOOK AUTHOR

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Oklahoma Healthy YOuth
ANNUAL REPORT HIGHLIGHTS
JULY 2014-JUNE 2015

Where
2012-2014 TEEN BIRTH RATES (FEMALES 15-19 YEARS)
BY COUNTY OF RESIDENCE

Why
Oklahoma has one of the highest teen birth rates in the nation. Because of this, health education based on proven methods is offered to schools and youth groups in rural Oklahoma counties with high teen birth rates. Oklahoma Healthy YOuth (formerly known as the Teen Pregnancy Prevention Project) gives youth the knowledge and skills to lower their risk of sexually transmitted diseases (STDs), HIV, and pregnancy. The project was carried out in 14 schools across seven rural counties from July 1, 2014 to June 30, 2015.

Research that suggests that certain positive influences can help young people succeed is known as:

**Positive Youth Development (PYD)**

Positive Experiences + Positive Relationships + Positive Environments

PYD looks at youth as assets to be developed and gives them a means to build successful futures.

Curricula Options

This publication is issued by the Oklahoma State Department of Health, as authorized by Terry Cline, Ph.D., Commissioner of Health. An electronic copy is available on the Oklahoma State Department of Health website at www.health.ok.gov.

Curricula Options

Making A Difference!

Creating Futures Curricula

Making Proud Choices!

Kids Think It Through Curricula

Reducing the Risk

Building Skills to Prevent Pregnancy, STD & HIV

Annual Report Highlights

July 2014-June 2015

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Surveys were used to learn if the project made a positive impact. All youth in the project were offered an exit survey at the end. Participation was voluntary.

There were 351 youth who took the exit survey from July 1, 2014 to June 30, 2015.

**What**

80% said they were MORE likely to make plans to reach their goals.

63% said they were MORE likely to form friendships that keep them out of trouble.

67% said they were MORE likely to be respectful toward others.

74% said they were MORE likely to resist or say no to peer pressure.

75% said they were MORE likely to care about doing well in school.

77% said they were MORE likely to make healthy decisions about drugs and alcohol.

58% said they were MORE likely to share ideas or talk about things that really matter with a parent/guardian.

74% said they were MORE likely to BE THE BEST THEY CAN BE.

**Who**

- **Gender**
  - Female: 49%
  - Male: 51%

- **Grade**
  - 6th: 3%
  - 7th: 43%
  - 8th: 41%
  - 9th: 6%
  - 10th: 4%

(11th and 12th grade not shown due to small numbers)

- **Race and Ethnicity**
  - Asian/Pacific Islander: 2%
  - Black: 9%
  - Native American: 18%
  - White: 44%
  - Hispanic: 11%
  - Multiple Races: 17%

**When**

Youth were asked on the exit survey to think about how the project affected them.

- 80% said they were MORE likely to make plans to reach their goals.
- 63% said they were MORE likely to form friendships that keep them out of trouble.
- 67% said they were MORE likely to be respectful toward others.
- 74% said they were MORE likely to resist or say no to peer pressure.
- 75% said they were MORE likely to care about doing well in school.
- 77% said they were MORE likely to make healthy decisions about drugs and alcohol.
- 58% said they were MORE likely to share ideas or talk about things that really matter with a parent/guardian.
- 74% said they were MORE likely to BE THE BEST THEY CAN BE.

**Why**

Youth were also asked a few questions related to risk of pregnancy and sexually transmitted diseases.

- 56% said they planned to abstain from sex in the next 6 months.
- 34% said they were MORE likely to use (or ask their partner to use) birth control if they had sex in the next 6 months.

Results reflect changes that took place over the implementation period based on self-reporting by program participants. Results are not intended to measure the effectiveness of the curricula used.