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# PROJECT P.A.U.S.E.

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## A Year in Review

July 1, 2018 – June 30, 2019



September 2019

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# Acknowledgments

This report was prepared by AMTC & Associates in collaboration with OIC South Florida. OIC-SFL would like to express appreciation to Lori Rolleri, Torri Childs, Melanie Porterfield, Myra Brown, Adrinia Woods, Angela Turner and Next Level Insights for the writing and design of this report.

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## A Letter from the CEO of OIC of South Florida

# Newton B. Sanon



The mission of OIC of South Florida (OIC-SFL) is to promote self-sufficiency as a way to disrupt cyclical poverty. Since 2010, together with our partners, OIC-SFL has been implementing Project P.A.U.S.E. – a teen pregnancy prevention program that exemplifies our mission.

The goals of Project P.A.U.S.E. are to help young people **P**revent pregnancy and transmission of HIV and other sexually transmitted infections (STIs); **A**chieve academic and personal goals; **U**nderstand the risks associated with unprotected sex; **S**ucceed in the endeavors they undertake; and **E**ducate their peers and greater community.

We are grateful for the funding and technical support we receive from the Office of Population Affairs<sup>1</sup> at the U.S. Department of Health and Human Services to develop, implement, and evaluate this innovative program.

Since the inception of Project P.A.U.S.E. in 2004, the Florida Department of Health has recorded a 62% decline in teen birth rates (2018)<sup>2</sup> in Broward County. OIC-SFL believes that Project P.A.U.S.E. has made a significant contribution to this decline. Over the last 15 years, we have served over 28,000 Broward County youth through positive youth development, teen pregnancy prevention, and workforce preparation programs.

During this past project year (July 1, 2018 to June 30, 2019), the Project P.A.U.S.E. team facilitated evidence-based teen pregnancy prevention and healthy relationships curricula with more than 4,500 middle and high school students. We engaged more than 300 parents and other community members through educational events, such as the YLC Teen Talk Breakfast, the Youth Leadership Institute, and My Next Move. These events are designed to encourage youth leadership, educational achievement, and career planning, while also strengthening family relationships.

The relationships we have forged with program partners—Memorial Healthcare System, Broward County Department of Health, Broward County Public Schools, Broward County Parks & Recreation, our Community Advisory Group, and our Youth Leadership Council allow us to make an indelible impact—not only on the successful trajectory of our adolescents, but also on the community as a whole.

It continues to be our pleasure to serve South Florida by helping our youth and adults realize their fullest potential. Project P.A.U.S.E. is an excellent example of how OIC-SFL takes a community challenge and transforms it into an opportunity of change.

Always in Service,

A handwritten signature in black ink, appearing to read "Newton B. Sanon".

Newton B. Sanon  
President & CEO, OIC of South Florida

<sup>1</sup> In June 2019, the Office of Adolescent Health merged with the Office of Population Affairs at the Department of Health and Human Services. For more information, see: <https://www.hhs.gov/ash/oah/>.

<sup>2</sup> Retrieved from FLHealthCHARTS Data Viewer on August 7, 2019: <https://bit.ly/2rqWy35>.

# About This Report

OIC of South Florida has twice been awarded funding by the Office of Population Affairs (previously the Office of Adolescent Health) at the U.S. Department of Health and Human Services (DHHS) to implement teen pregnancy prevention programming in Broward County. The first five-year award began in 2010 and ended in 2015. We have just completed the fourth year of our second award and we are pleased to showcase our achievements in this report.

Since 2010, we have served over 25,000 Broward County youth with: 1) proven curricula that teach about healthy relationships and sexual health, 2) referrals to health and social services, and 3) youth leadership training. We have watched the teen birth rates drop in Broward County from 24.2 (per 100,000 women aged 15-19) in 2010 to 11.4 in 2018.<sup>3</sup> OIC-SFL and its esteemed partners are proud to know that our efforts have made a major contribution to this good news! Indeed, Broward County youth have bright futures ahead of them.

This report will describe the state of adolescent and reproductive health in Broward County and the neighborhoods we serve through Project P.A.U.S.E. (Prevent, Achieve, Understand, Succeed, and Educate). You will also find snapshots of the evaluation data we collected this past year that describe the youth we serve and the impressive changes we are seeing.

As always, we welcome your comments on this report. Visit us on [Facebook](#), [Twitter](#), [Instagram](#), and [YouTube](#).

## Where We Work – Broward County



### About Broward County

As the second most populous county in Florida (almost 2 million inhabitants), and the fifteenth most populous county in the United States, Broward County is a great place to live with much to offer. Our county has a diverse and growing economy, some of the most visited and beautiful beaches and parks in the country, and award-winning schools. In fact, in 2019, *U.S. News and World Report* ranked Broward County's 33 high schools among the best in the nation.<sup>4</sup> Broward County Public Schools serve a diverse student population representing 204 different countries and 191 different languages. The cultural diversity of the people who live in Broward County is one of our greatest strengths.

<sup>3</sup> Retrieved from FLHealthCHARTS Data Viewer on August 7, 2019: <https://bit.ly/2rqWy35>.

<sup>4</sup> Retrieved from McArthur High Broward County Public Schools on June 22, 2019: <https://bit.ly/33o84kd>.

However, not all Broward County neighborhoods are thriving. There is still much work to be done to make our county a great place to live for all of its inhabitants. OIC-SFL supports the youth and adults living in these disadvantaged neighborhoods in being their best possible selves. We provide a variety of programs and services including job training, mentoring, positive youth development programs, and more. Project P.A.U.S.E., the teen pregnancy prevention program that we will review in this report, is one of these programs.

### Where is Project P.A.U.S.E. being implemented?

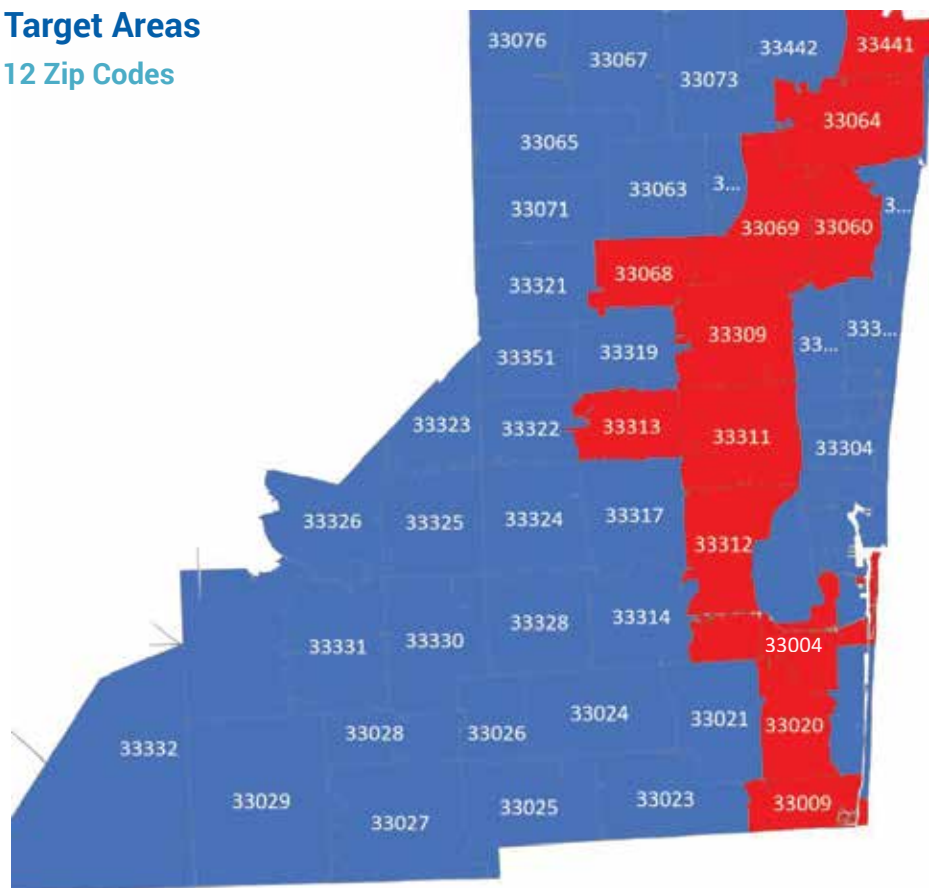
As stated earlier, teen birth rates (TBR) have been steadily declining in the United States, Florida, and Broward County, however stubborn pockets remain. Project P.A.U.S.E. serves youth in 11 urban neighborhoods/12 zip codes (shaded in red in the map below) that not only have high TBRs, but also experience high rates of poverty, unemployment, and crime; poor-quality housing; social exclusion; and low levels of education.

In 2018, the TBR (27.2 per 1,000 women aged 15-19 years) in the target zip codes continued to be higher than that of the state of Florida (16.7) and Broward County as a whole (11.4).<sup>5</sup> OIC-SFL is compelled to support the young people living in these high-risk neighborhoods and will not sit on the sideline while these disparities exist.

### Project P.A.U.S.E. Target Areas

#### 11 Neighborhoods in 12 Zip Codes

- Coconut Creek
- Cooper City
- Deerfield Beach
- Dania Beach
- Ft. Lauderdale
- Hallandale Beach
- Hollywood Beach
- Lauderdale Lakes
- Plantation
- Pompano Beach
- Wilton Manors



<sup>5</sup> Retrieved from FLHealthCHARTS Data Viewer on August 7, 2019: <https://bit.ly/2rqWy35>.

# Adolescent Sexual and Reproductive Health in Broward County

## Why focus on adolescent sexual and reproductive health?

Pregnancy, parenthood, and sexually transmitted infections (STIs) can create major challenges for young people in reaching their education and career goals. Below are some examples of those challenges.

- **Completing Education and Obtaining Gainful Employment.** The arrival of an infant springs teen parents into a new world of caregiving, time management, and financial responsibilities—and too often with little preparation or support. Teen parents have less time for nurturing themselves through education and enriching extra-curricular activities. As a result, many teen mothers and fathers find it more difficult to complete high school and attend post-secondary school education, like college or vocational training, compared to their peers.<sup>6</sup> Without proper training, job experience, and marketable skills, it becomes more difficult to secure gainful employment.
- **Graduating from High School.** Nearly one-third of teen girls who have dropped out of high school cite early pregnancy or parenthood as a key reason.<sup>7</sup> According to a 2017 CDC report, about 50% of teen mothers receive a high school diploma by 22 years of age, whereas about 90% of women who do not give birth during adolescence graduate from high school.<sup>8</sup> Young fathers are also less likely to graduate high school compared to their counterparts.<sup>9</sup>
- **Earning Enough to Live On.** Consequently, lack of education is a major cause of poverty, which further puts young mothers and fathers at great risk. Full-time workers without a high school diploma have median weekly earnings of \$515, which is almost 40% less than those with a high school diploma, and 60% less than those with a bachelor's degree.<sup>10</sup>
- **Children's Trajectory Suffers.** The children born to teen parents are more likely to live in poverty, have lower school achievement, experience behavioral problems, and have chronic medical conditions compared to children born to mothers who are older.<sup>11</sup>
- **Risk of Sexually Transmitted Infections (STIs).** The rate of STIs in the United States is rising. One reason for the rise is inadequate education about the sexual behaviors that put someone at risk for STIs and how to avoid those behaviors. Teens also need access to sexual and reproductive health care services; however, some teens do not know how to access them, or are embarrassed to do so. When some STIs go undiagnosed and untreated they can lead to infertility, chronic pain, cancer, and even death.

<sup>6</sup> Retrieved from youth.gov on June 1, 2019: <https://bit.ly/2BFoIFB>.

<sup>7</sup> Retrieved from the Centers for Disease Control and Prevention on August 7, 2019: <https://bit.ly/2lcUFs9>.

<sup>8</sup> Ibid.

<sup>9</sup> Fletcher, J. M., & Wolfe, B. L. (2012). The effects of teenage fatherhood on young adult outcomes. *Economic Inquiry*, 50(1), 182-201.

<sup>10</sup> Retrieved from the U.S. Department of Labor, Bureau of Health Statistics, on August 7, 2019: <https://bit.ly/2M8bGRG>.

<sup>11</sup> Retrieved from youth.gov on June 1, 2019: <https://bit.ly/2BFoIFB>.

For all these reasons, preventing pregnancy and preventing (and treating) STIs is fundamental for young people as they navigate their way to a healthy future.

## What is the scope of the problem?

- **Teen Birth Rates.** Parallel to the nationwide decline in teen birth rates (TBR), Broward County has seen its TBR plunge from 68.9 births per 1,000 girls (ages 15-19) in 1991 to just 11.4 in 2018.<sup>12</sup> The continuing drop is gratifying, however, stubborn pockets of high TBR in several urban neighborhoods in Broward County remain.

The combined TBR for Project P.A.U.S.E. neighborhoods (12 zip codes) in 2018 was 27.2— about 40% higher for all of Florida (16.7) and about 60% higher for Broward County as a whole (11.4). Although teen girls (ages 15-19) in the 12 target zip codes make up about a quarter of those in the county as a whole, they accounted for about half of births in that age group.<sup>13</sup>

- **Sexually Transmitted Infections (STIs).** In 2017, Broward County ranked 18th in the highest number of chlamydia cases among all counties in the U.S. In 2017, though 15-19-year-old teens in target neighborhoods made up 23.8% of those in the county as a whole, they accounted for 39.9% of chlamydia cases and 50.2% of gonorrhea cases in that age group.<sup>14,15</sup>
- **HIV.** The Fort Lauderdale Division of the Miami–Fort Lauderdale–West Palm Beach Metropolitan Statistical Area (MSA) reports an alarming prevalence of HIV and AIDS in Broward County. Broward County<sup>16</sup> has:
  - The highest prevalence of individuals with diagnosed HIV infection (998.1).
  - The 2nd highest rate of individuals (per 100,000) with newly diagnosed HIV infections (35.3).
  - The 3rd highest rate of individuals (per 100,000) newly diagnosed with AIDS (15.5).
  - The highest prevalence of individuals with AIDS (527.5).

<sup>12</sup> Retrieved from FL HealthCharts on August 7, 2019: <https://bit.ly/2Qr9STr>.

<sup>13</sup> U.S. Census. American Community Survey, 2013-2017.

<sup>14</sup> Florida Department of Health, Bureau of Communicable Diseases, 2018. National & state level data is from the Centers for Disease Control and Prevention (2018). *2017 Sexually Transmitted Diseases Surveillance*.

<sup>15</sup> Ibid.

<sup>16</sup> 2017 HIV Surveillance Report (2018), the Centers for Disease Control. *2017 HIV Surveillance Report, Volume 29*.

<sup>17</sup> Retrieved from Centers for Disease Control and Prevention on August 7, 2019: <https://bit.ly/2GRHne4>.





- **Sexual Risk-Taking Behaviors.** The Youth Risk Behavior Survey (YRBS)<sup>17</sup> is a national survey that provides data on health risk behaviors among U.S. youth in grades 9-12. Table 1 summarizes sexual risk behavior data from the 2017 YRBS for Broward County, Florida and U.S. high school students.

**Table 1:**  
**Sexual Risk Behaviors of Broward County, Florida,  
 and U.S. Teens – 2017 YRBS**

Sexual Risk Behavior	Broward County	Florida	U.S.
Ever had sexual intercourse	43.0%	42%	41.4%
Currently sexually active	26.6%	27.7%	28.6%
Did not use a condom during last sex (Girls)	25.6%	36.9%	38.7%
Used no method to prevent pregnancy during last sex	8.9%	10.7%	10.5%
Drank alcohol or used drugs before last sex	16.3%	23.5%	21.6%

The factors that contribute to youth engaging in high-risk sexual behavior are complex. Too many young people do not have:

- Medically accurate knowledge about how their reproductive systems work and how to prevent or reduce the risk of pregnancy and STIs.
- Skills and self-efficacy to make healthy decisions about relationships and sex.
- Access to quality, youth-friendly health and social services and a feeling of empowerment to use these services.
- A belief that they have a good future ahead of them, and an understanding that the decisions they make today will impact their ability to reach their future goals.



# Toward a Solution – Project P.A.U.S.E.

## About Project P.A.U.S.E.

In response to the needs of youth living in the 12 prioritized zip codes/11 neighborhoods in Broward County, OIC South Florida and its partners implement Project P.A.U.S.E. (Prevent, Achieve, Understand, Succeed, and Educate). The goals of Project P.A.U.S.E. are to help youth:

1. Prevent pregnancy and transmission of STIs
2. Access quality, youth-friendly health and social services
3. Achieve their academic and personal goals

Project P.A.U.S.E. comprises three components:

1. Evidence-based Effective Teen Pregnancy Prevention Curricula
2. Youth-friendly Referrals
3. Community Engagement

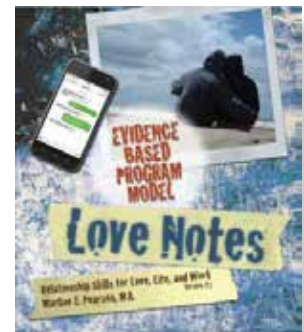


## Component 1: Evidence-based Effective Teen Pregnancy Prevention Curricula

Project P.A.U.S.E. implements three evidence-based, effective teen pregnancy prevention curricula:<sup>18</sup> 1) *Love Notes 2.1*; 2) *Making Proud Choices*; and 3) *Reducing the Risk*. Each curriculum has been reviewed for medical accuracy and developmental and cultural appropriateness.

**Love Notes 2.1.** *Love Notes* is a 13-session curriculum and is facilitated in four Broward County high schools. The main goal of *Love Notes* is to prevent unplanned pregnancy by providing teens with information and motivation to make wise relationship choices. The program also provides information on preventing relationship violence and helps teens create a clear plan to avoid pregnancy and STIs. The program relies on:

- A realistic context for learning that incorporates language, values, and hypothetical situations that are relevant to a teen audience.
- An appeal to aspirations that helps youth to cultivate a personal vision for love, intimacy, and success.
- New motivations for behavioral change, such as exploring, from a child's perspective, the impact of unplanned pregnancy and unstable relationships.
- Empowerment to achieve healthy relationships at home and at work through both knowledge and practical skills.



<sup>18</sup> Curriculum descriptions are adapted from the U.S. Department of Health and Human Services Teen Pregnancy Prevention Evidence Review website: <https://tppevidencereview.aspe.hhs.gov/EvidencePrograms.aspx>.

**Making Proud Choices.** Many young people entering the foster care system have experienced neglect and abuse. This trauma can impact their psychosocial and sexual development and increase the likelihood that they will engage in sexual risk behaviors. *Making Proud Choices! An Adaptation for Youth in Out-of-Home Care*<sup>19</sup> is a 10-module curriculum designed to empower adolescents with greater knowledge and self-respect to prevent pregnancy and protect themselves against HIV and other STIs.



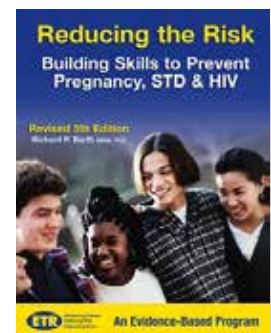
*Making Proud Choices* acknowledges that abstinence is the most effective way to eliminate these risks, and also encourages the practice of safer sex and condom use for those who choose to be sexually active.

The curriculum is facilitated in five Broward County middle schools and three high schools (in class and after school).

**Reducing the Risk.** *Reducing the Risk: Building Skills to Prevent Pregnancy, HIV & STD* comprises 16 lessons and is facilitated in 11 Broward County high schools. The curriculum makes frequent use of role plays as a way to have youth practice and master skills.

The curriculum aims to help youth:

- Evaluate the risks and consequences of becoming an adolescent parent or becoming infected with HIV or another STI.
- Recognize that abstaining from sexual activity is the only way to avoid pregnancy, HIV infection, and other STI. Using contraception, including condoms, is the next safest way of doing so if a person chooses to have sex.
- Use effective communication skills for remaining abstinent and for avoiding unprotected sexual intercourse.



## Component 2: Youth-friendly Referrals

The second key component of Project P.A.U.S.E. is the development and implementation of a referral system for youth-friendly services. Youth-friendly services are those that attract young people, respond to their needs, and retain young clients for continuing care. Youth feel trusting of the providers and feel that the services are designed for them. OIC-SFL developed and uses a referral system with a network of youth-friendly services in Broward County including:

- Reproductive Health Care
- Mental Health Services
- Primary Health Care
- Educational Services
- Vocational Education/Workforce Development Services
- Intimate Partner Violence Prevention Services
- Healthy Relationship Training

Over the past year, Project P.A.U.S.E. staff have made over 1,600 referrals on behalf of participating youth. A referral guide titled, *OIC-SFL Youth Friendly Health Services Guide*, has been disseminated to over 1,600 youth participants, parents, and community members over the last year.

<sup>19</sup> *Making Proud Choices! An Adaptation for Youth in Out-of-Home Care.* (2019). Scotts Valley, CA: ETR Associates. <https://bit.ly/2yJExTX>.

## Component 3: Community Engagement

Project P.A.U.S.E. is guided and supported by two community-based groups—the Youth Leadership Council and the Community Advisory Group.

- 1. The Youth Leadership Council (YLC)** consists of 15 middle and high school youth who participated in one of the three evidence-based curricula described above. Students who are chosen for the YLC receive leadership training and then go on to champion Project P.A.U.S.E. by advising implementation sites and speaking at special events. Below find examples of these special events.
  - **YLC FAU College Tour.** In March, the YLC toured the Davie Campus of Florida Atlantic University which included visiting various academic departments aligned with their professional aspirations and a conversation with campus leaders.
  - **Youth Leadership Institute.** In June, the YLC attended the Broward Youth Coalition’s Youth Leadership Institute—a two-day conference, focusing on leadership, advocacy, empowerment, mental health promotion, and drug-abuse prevention.
  - **YLC Teen Talk Breakfast.** At the first OIC Teen Talk Partnership Breakfast held in May, the YLC deeply moved community partners, school administrators, and mental health professionals, with a panel discussion on the mental health challenges (depression, anxiety, suicidal ideation, post-traumatic stress disorder, etc.) facing youth.
  - **My Next Move.** My Next Move is an educational, career, and work readiness experience designed as a partnership event led by OIC-SFL, Career Source Broward, and Hispanic Unity of Florida. This event, held in April, provided high school seniors with a wealth of information and resources to assist them in managing their education and future career plans.
  - **YLC FAU Challenge Course.** In March, the YLC reached new heights as leaders at the Florida Atlantic University Challenge Course by conquering the inclined bouldering wall and engaging in team-building activities focused on communication, goal setting, and collaboration.
  - **Teen Explosion.** Teen Explosion was designed to close out a successful year of programming with 250 middle and high school students at Dave and Busters (restaurant and video arcade). The event was held in May, and included music (played by a local radio station DJ), spoken word poets, lunch, and community partner resource tables with information about bullying, suicide prevention, human trafficking, mentoring opportunities, and HIV/STI testing. The students shared they did not expect to have as much fun as they did and expressed how appreciative they were of our team planning this day just for them.
- 2. The Community Advisory Group (CAG)** consists of representatives from seven organizations that provide education, health, and social services in Broward County. The CAG assists OIC-SFL in several ways:
  - Conducting ongoing community needs assessment to ensure we prioritize the highest need areas.
  - Confirming the curricula fit with the needs of youth to be served.
  - Reviewing educational materials to ensure medical accuracy, age appropriateness, and cultural/linguistic appropriateness.
  - Identifying new sites for program expansion.
  - Facilitating linkages to services for youth and families.
  - Raising community awareness and support of the program.
  - Developing and implementing a sustainability plan to assure project continuation beyond the grant period.



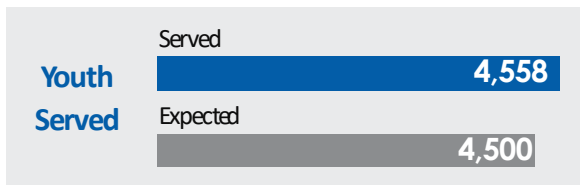
# Data Snapshots

## Change in Teen Birth Rates in Broward County

(per 1,000 girls aged 15-19)

Area	2012	2013	2014	2015	2016	2017	2018
Project P.A.U.S.E. 12 Target Zip Codes	40.0	37.3	32.0	31.2	28.0	27.8	27.2
Broward County	20.1	18.1	16.5	14.1	13.2	13.2	11.4
Florida	27.2	23.8	21.9	20.3	19.4	18.5	16.7

## Youth Served



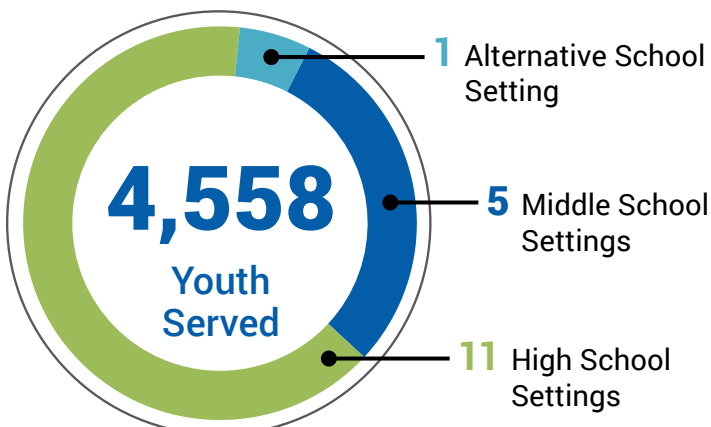
**3,640**  
Youth  
Completing  
75% or More

**295** Love Notes 2.1  
**2,599** Reducing the Risk  
**746** Making Proud Choices  
Out of Homecare

## Program Partner Breakdown

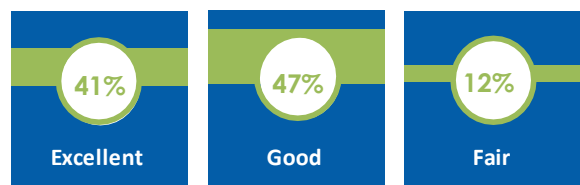
OIC-SFL: **12** Sites

Memorial Healthcare System: **5** Sites



## How Youth Rate the Program

(n=178)



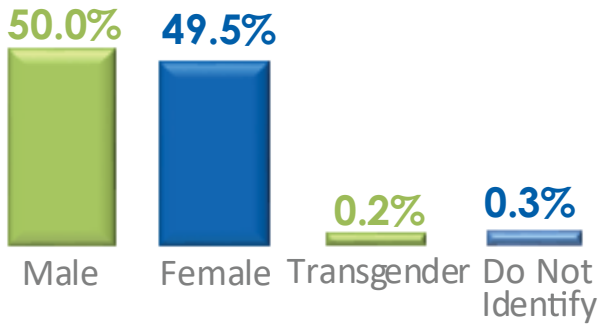
Would recommend youth my age participate in the program:

**43%** Strongly Agree  
**39%** Agree  
**15%** Neither  
**3%** Other\*

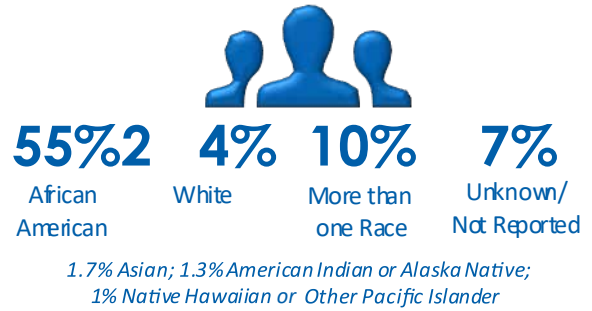
Other responses include: disagree (1.7%) and strongly disagree (1.7%)

## Demographic Breakdown of Youth Served

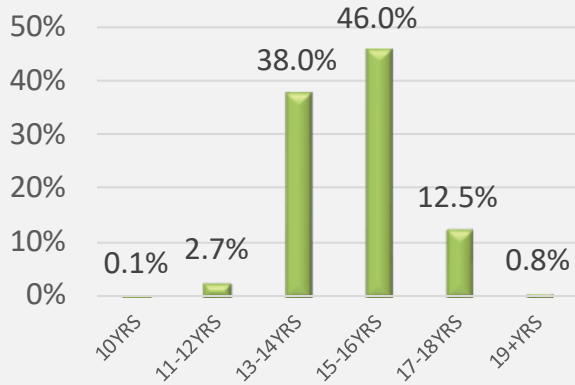
### GENDER (n=4,558)



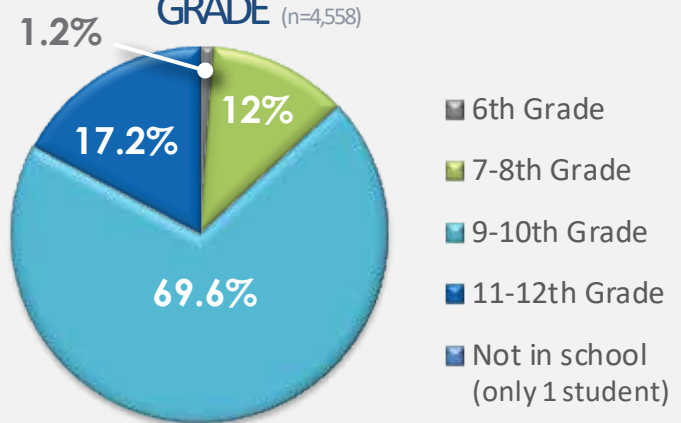
### RACE (n=4,558)



### AGE (n=4,558)



### GRADE (n=4,558)

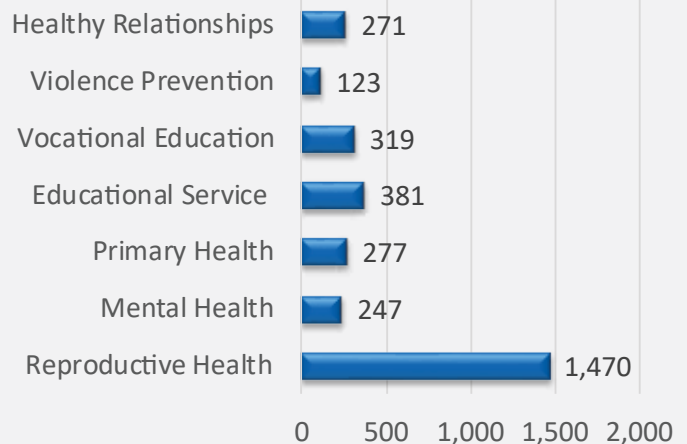


## Referrals to Youth-Friendly Service Providers

I learned about community healthcare clinics and other programs and referral services offered in my community through this class.

**81%**  
Agreed or Strongly Agreed

### Number of Referrals by Category



## Program Sites

Site	Number of Youth Served	
1	Blanche Ely High School	354
2	Boyd Anderson High	251
3	Coconut Creek High School	321
4	Cooper City High School	326
5	Deerfield Beach High School	118
6	Dillard High School	252
7	Flanagan High School	60
8	Gulfstream Academy	27
9	Hallandale High School	293
10	Lauderdale Lakes Middle School	188
11	Olsen Middle School	156
12	Plantation High School	638
13	Silver Lakes Middle School (Youth FORCE)	61
14	Somerset Wilton Manors	49
15	South Broward High School	679
16	Stranahan High School	157
17	Whiddon-Rogers Education Center	85

## Partner and Site Satisfaction (20 Surveys Completed)

Rate your overall satisfaction with the partnership between your organization and this organization (OIC-SFL or Memorial Healthcare System).

**95%**  
Very satisfied

Project P.A.U.S.E. staff act in our best interest.

**100%**  
Strongly Agreed

Project P.A.U.S.E. staff respond to our inquiries in a timely manner.

**100%**  
Strongly Agreed  
or Agreed

Project P.A.U.S.E. is making a positive contribution to my organization.

**100%**  
Strongly Agreed  
or Agreed

# Participant Response to Project P.A.U.S.E.

## Youth Satisfaction with Project P.A.U.S.E.

Below find some highlights from a satisfaction survey completed at the end of the program by participating youth.



All youth could relate to the information presented in this class.

**79%**

Agreed or Strongly Agreed

I would recommend that youth my age participate in this program.

**82%**

Agreed or Strongly Agreed

Overall rating of the program by participating youth:

**88%**

Excellent or Good

## Participant Quotes about Project P.A.U.S.E.

At the completion of each class, participants are given an opportunity to share what they learned during the class and how they will use what they learned on a feedback form. Below find a sampling of what participants wrote.

*I learned that protection is very important and getting tested is important. Also, I learned that I can communicate with an adult or family now.*

*During this course, I learned a lot about protection and people's feelings and that other people share my feelings, fears, and hindrances. I also learned the uses and effects of many different forms of protection. As well as learning about protection, I learned about STDs and the dangers of them.*



I learned a lot about STDs and HIV. I learned about what they all do and how they affect us. I'm happy that I wasn't scared to talk about it and was open about talking about sex and how to prevent unprotected sex.

I discovered there's more than one protection out there when having sex. I noticed that you don't have to give your body away since it's yours to control. I learned that sex can give you many diseases if not careful with the person you are with.

I was pleased that I learned so much about how to tell others about abstinence and the different ways that HIV could affect others along with the different types of STDs. The class had a creative outlook on how students can project their thoughts on these topics. This class overall was a really good experience. The activities were fun and educational.

Over the course of this class I learned many things such as the fact that without protection you have a 1/6 chance of getting pregnant or that oil-based lubricant will tear a condom. I was surprised to find that even when used correctly, condoms are not 100% effective and that you can buy birth control without parental permission. I was pleased to find that there is a variety of different methods to prevent pregnancy other than condoms such as IUDs, pills, patches and rings.

I learned that there are many kinds of protection for girls to not get pregnant. I noticed that there are many diseases out there and we need to be more careful in the decisions we make. I was pleased I got to learn things I didn't know about sex.

After taking this course I have learned what not to do and what to do when it comes to sex. One thing that stood out to me was the STD lesson because I do not want to ever get one. The major lesson I will take away from this course is that abstinence is key and it's the only 100% effective way to prevent pregnancy and STDs.

# Looking Ahead

## Plans for the Coming Year

Our plans for the fifth and last year (July 1, 2019 – June 30, 2020) of our current Office of Populations Affairs grant are comprehensive. OIC-SFL will:

- Provide evidence-based teen pregnancy prevention programming to over 4,500 youth in the same 12 high-risk zip codes in Broward County.
- Work with community stakeholders and providers to expand youth-friendly health care services.
- Work with the Community Advisory Group on sustainability of the teen pregnancy prevention program.
- Increase community mobilization events to all areas of Broward County.
- Continue to attend professional development trainings to ensure youth are receiving the most up-to-date and relevant information related to teen pregnancy prevention and positive youth development.

## Plan for Sustainability

Project P.A.U.S.E. is an effective program and one that OIC-SFL plans to sustain. We will continue working with the Youth Leadership Council and Community Advisory Group to implement a sustainability plan. Components of our plan include:

- Continue cultivating and working with community partners in ways that leverage their organizational goals, resources, and areas of expertise that support Project P.A.U.S.E. This includes collaborations with the CAG, the YLC, Broward County Public Schools, Department of Prevention, and a host of other community partners such as Teen Parent Alliance and HIV Advisory Group.
- Continue promoting its program and services on the agency website, social media, YouTube, major radio stations, health fairs, job fairs, resource fairs, PTA meetings, community events and educational workshops to sustain community support and increase awareness.
- Expand and diversify Project P.A.U.S.E.'s reach to additional schools and after-school programs.



- Maintain financial stability by securing diverse funding and resources from federal, state, and local funders. In addition, we will continuously expand our funding portfolio through special events and board and individual donor cultivation to sustain grant-funded programs and services once funding has ended.
- Continue training the Youth Leadership Council and Community Advisory Group, Broward County Public Schools and other community partners in implementation of Project P.A.U.S.E.
- Continue recording our lessons learned and keys to success and continuously improve the quality of our work based on what we learn.

## Keys to Our Success

- ✓ Cultivating strong and trusting relationships with Broward County Public Schools faculty and staff by maintaining regular and open communication and focusing on our mutual goal of meeting students' needs.
- ✓ Securing support from Principals and other school leaders.
- ✓ Engaging the community through the Youth Leadership Council and Community Action Group.
- ✓ Selecting evidence-based, effective curricula that are a good fit for student needs.
- ✓ Providing professional development through training and technical assistance to curriculum facilitators on curricula content and methods, how to apply a trauma-based approach, classroom management, and sexual and reproductive health updates throughout the year.



## **Opportunities Industrialization Centers of South Florida (OIC-SFL)**

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