

# Minnesota Personal Responsibility Education Program: Improving Sexual and Reproductive Health Outcomes of Vulnerable Adolescents

NOVEMBER 2019

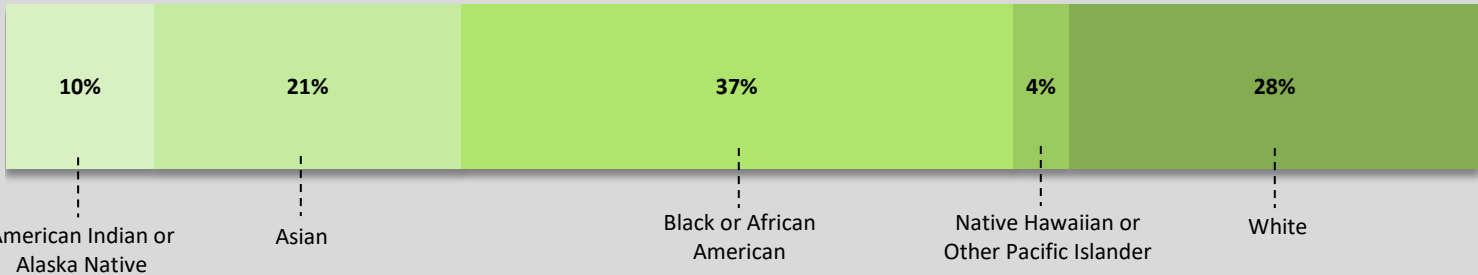
**Minnesota Personal Responsibility Education Program (MN PREP)** serves highly vulnerable youth populations including youth in foster care, youth in adjudication systems, homeless or runaway youth, pregnant and parenting youth, and lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. The purpose of this report is to describe sexual behaviors of youth populations who participated in PREP and compare participants to Minnesota’s general student population and illustrate presence of sexual health disparities and explore programmatic reach and impact.



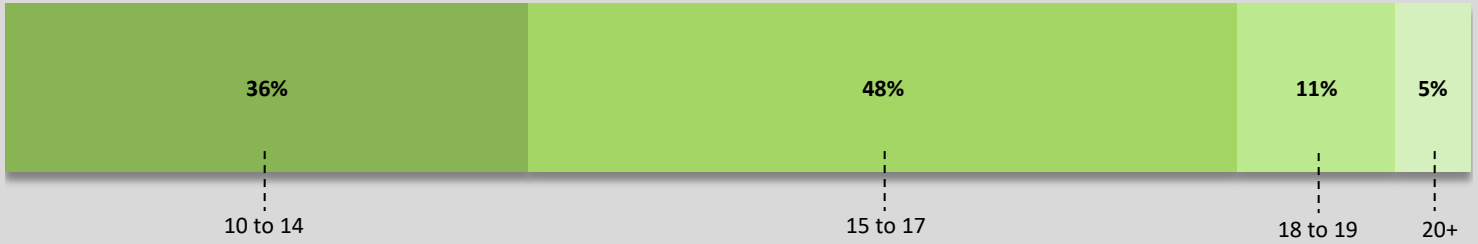
## PREP DEMOGRAPHIC CHARACTERISTICS



### RACE



### AGE



**18%**  
Identify as lesbian, gay, bisexual, transgender, or questioning (LGBTQ) youth

**25%**  
are youth in foster care, youth in the adjudication system, or homeless or runaway youth

**27%**  
reported that they have been pregnant or gotten someone pregnant

Source: 2018-2019 PREP participant entry and exit survey

**Funding Acknowledgement**  
Minnesota PREP is funded through the Family and Youth Service Bureau (FYSB) at the Administration for Children and Families (ACF)  
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**Contact Information:** For more information about Minnesota PREP, please call 651-201-3760 or email [health.mch@state.mn.us](mailto:health.mch@state.mn.us)

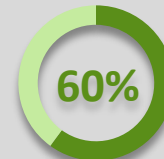
# SEXUAL RISK BEHAVIORS



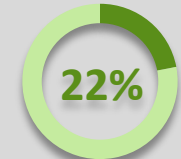
**The Minnesota Student Survey (MSS)** is a state-wide survey that is conducted every three years to assess the health of the Minnesota student population. Sexual behavior responses from all Minnesota youth in 9<sup>th</sup> and 11<sup>th</sup> grade who completed the survey in 2016 were used to compare sexual risk behaviors to PREP participants to ascertain health disparities.

*Minnesota Student Survey Race Demographics: 2% American Indian, 8% Black or African American, 7% Asian or Native Hawaiian or other Pacific Islander, 75% White, and 8% Multiple Races.*

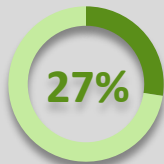
**MN PREP participants were 2.7 times more likely to report ever having intercourse than the general student population.**



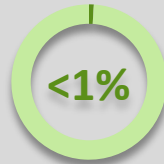
60% of PREP participant youth have had sex.



22% of general student population have had sex.



27% of PREP participant youth have been pregnant or gotten someone pregnant.



Less than 1% of general student population have been pregnant or gotten someone pregnant.

**MN PREP participants were 28.6 times more likely to report ever being pregnant or gotten someone pregnant than the general student population.**

## PROGRAM IMPACT

Minnesota PREP is successful in reaching highly vulnerable youth populations as intended. Although the participant information reported at the program entry showed sexual health disparities between program participation and Minnesota's general student population, findings suggest that sexual and reproductive health education implemented by MN PREP sites are effective in increasing sexual knowledge and reducing adolescent sexual risky behaviors.

### OVER THE NEXT SIX MONTHS...

60 percent of youth reported they were *more likely* to use birth control.



20 percent of youth reported they were *less likely* to have sex.



**How has your participation in the PREP program influenced your future behaviors towards family, friends, and school?**

"It has influenced me to have more respect and safer sex."

"... taking care of my sexual health. I can feel proud and empowered and that will transmit to others."

"To have more healthy relationships and use protection."