

2020–2021 Performance Measures

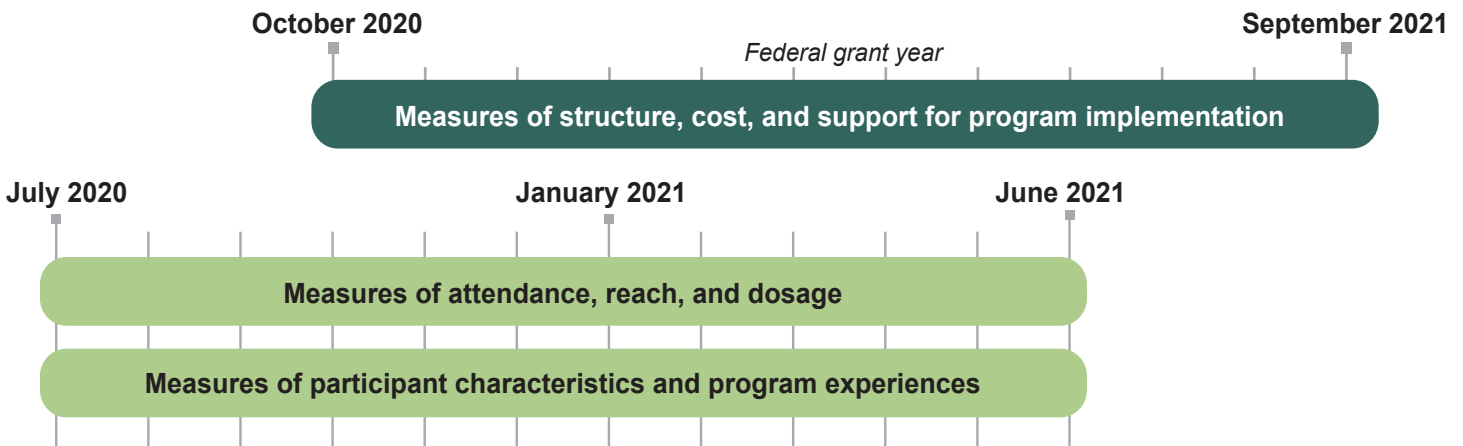
Background

The goal of the Personal Responsibility Education Program (PREP) is to educate adolescents on both abstinence and contraception for the prevention of pregnancy and sexually transmitted infections, including HIV/AIDS. PREP is administered by the Family and Youth Services Bureau (FYSB) within the Administration for Children and Families of the U.S. Department of Health and Human Services. PREP operates through four different funding streams:



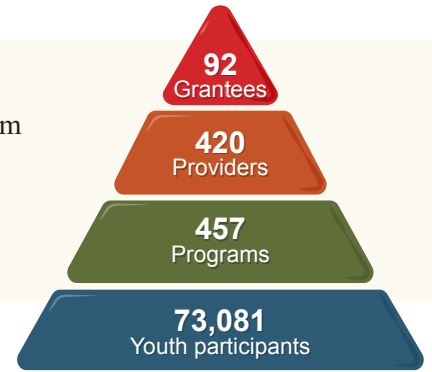
More information on these grant programs is available at <https://www.acf.hhs.gov/fysb/adolescent-pregnancy-prevention>.

All PREP grantees are required to submit performance measures data to FYSB twice a year. This fact sheet is based on performance measures for the 2020–2021 reporting period, including the following:



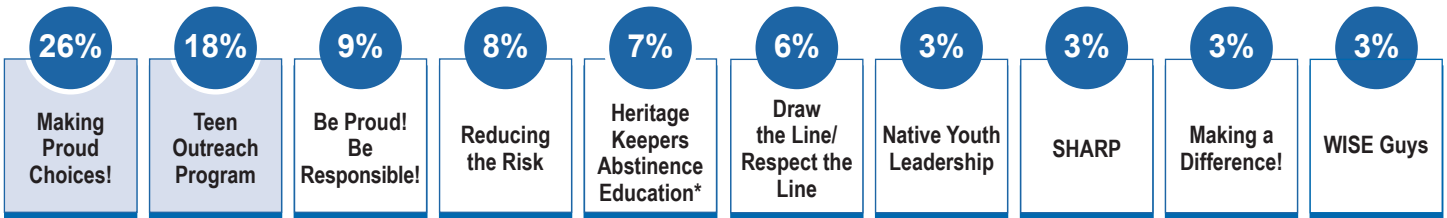
Scale

During the 2020–2021 reporting period, PREP funded 92 grantees and 420 program providers. Some program providers are PREP grantees that serve youth directly; others are subrecipients funded through a PREP grantee. Providers operated 457 programs with 1,540 facilitators, and served 73,081 youth during the period.



Program content

Providers most commonly implemented two program models: Making Proud Choices! and Teen Outreach Program.



The most common program models differed by funding stream. For example, Making Proud Choices! was the most common model among State PREP programs, while Native Youth Leadership was the most common model among Tribal PREP programs.

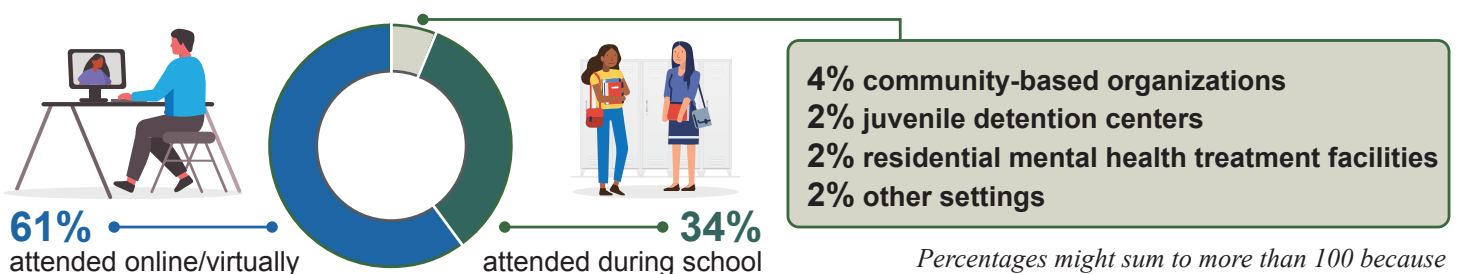
**The PREP programs that implemented Heritage Keepers also incorporated information on contraceptives into their program model to meet PREP requirements.*

PREP grantees **must address at least three of six adulthood preparation subjects (APSs)**. Programs most commonly addressed healthy relationships, healthy life skills, and adolescent development. Fifteen percent of PREP programs addressed all six APSs.



Setting

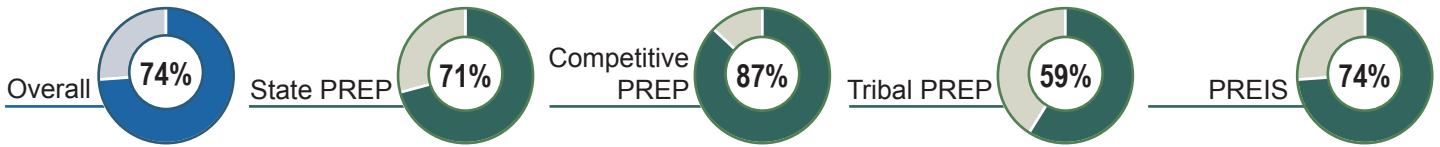
Participants primarily received PREP programming virtually because of disruptions related to the COVID-19 pandemic. Just over one-third of participants attended PREP programming in schools during school time.



Dosage

Nearly three-quarters of youth participants completed at least 75 percent of the intended programming hours overall. This percentage was highest for Competitive PREP programs and lowest for Tribal PREP programs.

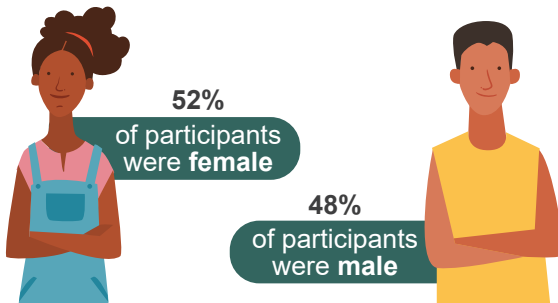
Percentage of participants receiving at least 75 percent of intended program hours



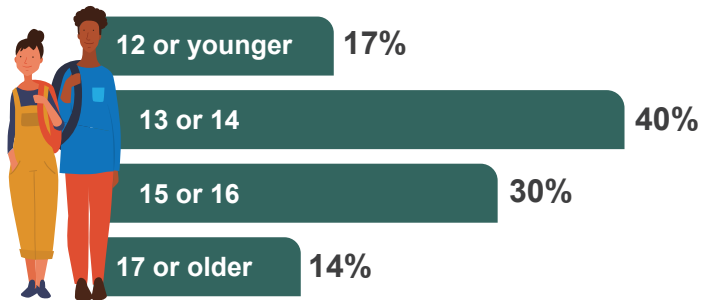
Characteristics of participants

PREP programs served diverse populations of youth.

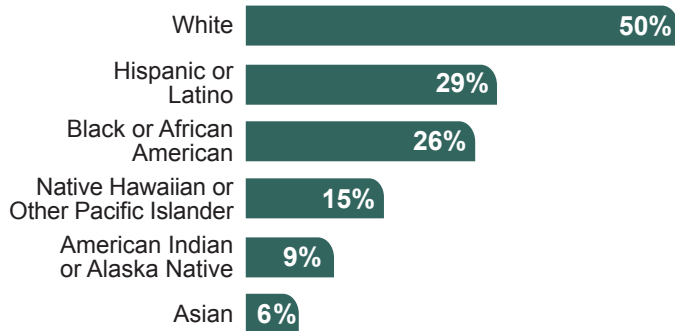
Sex



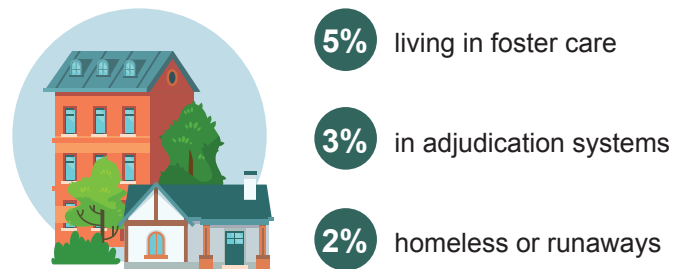
Age



Race and ethnicity



Living situation



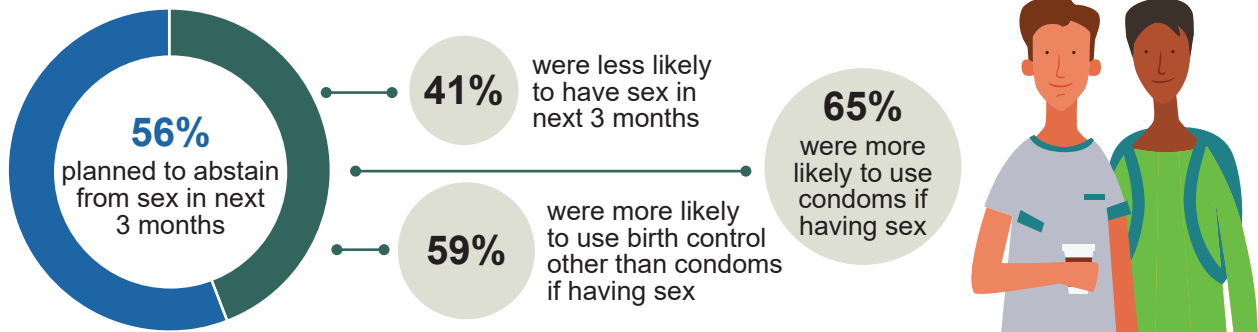
Behaviors at program entry

Some high-school-age and older youth reported engaging in sexual behaviors before starting PREP programming. Nearly one-third of participants reported having ever had sex, and 11 percent of those youth had ever been pregnant or gotten someone pregnant. Three percent of youth had ever had a sexually transmitted infection (STI) before starting PREP programming.



Perceptions of program effects

At program exit, just over half of high-school-age and older youth planned to abstain from sex for at least the next three months as a result of participating in PREP. Among those who did not plan to abstain, 41 percent said being in the program made them less likely to have sex in the next three months, 65 percent said they were more likely to use condoms if having sex, and 59 percent said they were more likely to use birth control other than condoms if having sex.



At program exit, many participants reported that participating in PREP had made them much more or somewhat more likely to engage in behaviors reflecting preparation for adulthood. More than three-quarters of youth said they were more likely to better understand what makes a relationship healthy (77 percent), and almost three-quarters were more likely to be respectful of others (73 percent), to resist or say no to pressure to participate in sexual acts (72 percent), and to make plans to reach their goals (72 percent).

Program experiences

At program exit, most youth reported positive perceptions of the PREP programs.

Experienced all or most of the time in the PREP program	Percentage of participants
Felt respected as people	88
Material presented was clear	84
Discussions or activities helped them learn program lessons	82
Had a chance to ask questions	78
Interested in the program sessions and classes	69

More information about PREP performance measures is posted on the www.prepeval.com website.

Suggested citation: Mittone, Diletta, Lara Hulseley, and Lauren Murphy. (2023). "PREP Performance Measures Fact Sheet: 2020–2021," OPRE Report #2023-029, Washington, DC: Office of Planning, Research and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services.