

# Competitive PREP Program

## FACT SHEET



Family and Youth  
Services Bureau



The mission of the Family and Youth Services Bureau (FYSB) is to promote safety, stability and well-being for people who have experienced or been exposed to violence, neglect or trauma. FYSB achieves this through supporting programs that provide shelter, community services and prevention education for youth, adults and families.

## PURPOSE

Through the Personal Responsibility Education Program (PREP) Competitive Grants under the Affordable Care Act, FYSB is funding projects that educate young people on both abstinence and contraception to prevent pregnancy and sexually transmitted infections, including HIV/AIDS. PREP targets youth ages 10-19 who are homeless, in foster care, live in rural areas or in geographic areas with high teen birth rates, or come from racial or ethnic minority groups. The program also supports pregnant youth and mothers under the age of 21.

PREP projects replicate effective, evidence-based program models or substantially incorporate elements of projects that have been proven to delay sexual activity, increase condom or contraceptive use for sexually active youth, or reduce pregnancy among youth. Projects incorporate at least three of the six adult preparation subjects. Through a systematic review, the Department of Health and Human Services (HHS) selected 31 models that grantees could use, depending on the needs and age of the target population of each funded project.

## HISTORY

On March 23, 2010, the President signed into law the Patient Protection and Affordable Care Act. The Act amended Title V of the Social Security Act to include PREP. The Administration on Children, Youth and Families and FYSB jointly oversee the program.

## SERVICES

In addition to education on abstinence and contraceptive use, PREP projects also offer services to prepare young people for adulthood by implementing activities that address three or more of the six congressionally mandated subject areas below:

- Healthy relationships, including development of positive self-esteem and relationship dynamics, friendships, dating, romantic involvement, marriage and family interactions;
- Positive adolescent development, to include promotion of healthy attitudes and values about adolescent growth and development, body image, racial and ethnic diversity, and other related subjects;
- Financial literacy, to support the development of self-sufficiency and independent living skills;
- Parent-child communication skills;

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- Education and employment preparation skills; and
- Healthy life skills, such as goal-setting, decision making, negotiation, communication and interpersonal skills, and stress management.

Grantees may also provide referrals to youth for pregnancy prevention-related health care services and may help enroll eligible youth in public assistance programs, like Medicaid, CHIP or any other federal or state assistance program for which they may be eligible.

## MEASURING EFFECTIVENESS

FYSB encourages States to consider the following practices in implementing effective abstinence programs:

- The number of youth served and hours of service delivery;
- Fidelity to the program model or adaptation of the program model for the target population;
- Community partnerships and competence in working with the target population;
- Reported gains in knowledge, changes in behavioral intentions and changes in self-reported behaviors of participants; and
- Community data, like birth rates and the incidence of sexually transmitted infections.

FYSB will provide States with program-related objective outcome measures designed to measure behavior, attitudes, knowledge and beliefs of young people served.



## GRANT AWARD PROCESS

In FY 2012, organizations and entities in states and territories that had not applied for PREP formula grants in either of the previous two years became eligible to submit competitive applications for funding. These states and territories are Florida, North Dakota, Texas, Virginia, Indiana, Guam, American Samoa, the Northern Mariana Islands, the Marshall Islands and Palau. In FY 2012, a total of \$18.6 million was awarded to 37 grantees

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