

# Personal Responsibility Education Program

## A Snapshot of the PREP Performance Measures Report to Congress

The Personal Responsibility Education Program (PREP) funds formula block grants to U.S. states and territories, and competitive grants to tribes and local organizations, to provide educational programs to adolescents on teen pregnancy prevention and adult preparation subjects. The need for such programs is clearly supported by national rates of pregnancy and sexually transmitted infections among youth. Despite historic declines over the last two decades, it is still the case that nearly 3 in 10 girls in the U.S. become pregnant by age 20, a rate far higher than in other comparable countries.<sup>1</sup> Nationwide, 23 percent of high school students have had four or more sexual partners

by graduation, and nearly 41 percent of sexually active students did not use a condom during their last sexual intercourse.<sup>2</sup> These behaviors increase the risks of sexually transmitted infections and pregnancy, as well as the associated negative consequences and costs to society.

Grantees funded by PREP are required to participate in the collection of data and reporting on outcomes regarding the programs and activities carried out with PREP funds. To measure PREP's success, the Family and Youth Services Bureau (FYSB) and the Office of Planning, Research and Evaluation (OPRE) within the

### **THE PREP MULTI-COMPONENT EVALUATION**

The PREP evaluation, led by Mathematica Policy Research, has three main components. The evaluation team will (1) document the implementation of funded programs in participating states, (2) analyze performance measurement data provided by PREP grantees, and (3) assess the impacts of PREP-funded programs in four sites using a random assignment design. All three components of the evaluation will expand the evidence base on teen pregnancy prevention programs, and will help identify the decisions, successes, and challenges involved in replicating, adapting, and scaling up evidence-based programs.

This brief is part of a series of products from the evaluation that can be found at <http://www.acf.hhs.gov/programs/opre/research/project/personal-responsibility-education-program-prep-multi-component>.

<sup>1</sup> Singh S and Darroch JE, Adolescent pregnancy and childbearing: levels and trends in developed countries, *Family Planning Perspectives*, 2000, 32(1): 14-23.

<sup>2</sup> Centers for Disease Control and Prevention. "Youth Risk Behavior Surveillance—United States, 2009." *MMWR*, vol. 59, no. SS-5, 2010, pp. 1-142.

Administration for Children and Families (ACF) have contracted with Mathematica Policy Research to conduct the PREP Multi-Component Evaluation. One component of the evaluation includes a performance measurement and performance analysis study. Mathematica is collecting and analyzing indicators of program performance across the universe of grantees to provide a broad national perspective. The study serves several purposes—reporting to Congress, advising the FYSB effort to monitor and understand program performance, and providing states and local grantees with information they can use to improve program operations. The PREP evaluation team developed performance measures that are aligned with items used to assess other federally-funded teenage pregnancy prevention programs, but adjusted to fit with the requirements of the PREP program.

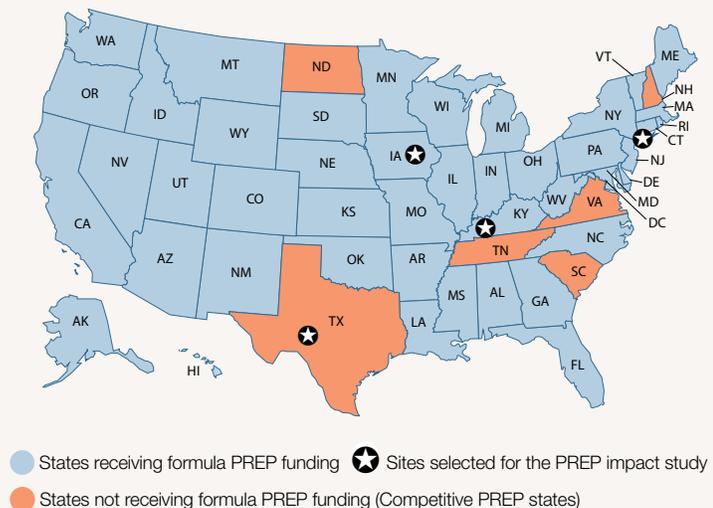
In January 2015, ACF reported seven key performance measures to Congress from state and tribal grantees across the country. The analyses were based on data collected from program participants for the first reporting period on program participation, which occurred between August 1, 2013 and July 31, 2014. These performance measures are: (1) Total number of PREP program participants; (1a) Number of PREP program participants in during-school-time programs; (1b) Number of PREP program participants in out-of-school-time programs; (2) Percentage of youth served by evidence-based PREP programs; (3) Percentage of out-of-school-time program participants who completed at least 75 percent of the intended dosage; (4) Percentage of programs in which the majority of youth served are from highly vulnerable populations; and (5) Percentage of respondents who perceived

## PREP AT A GLANCE

Congress authorized PREP as part of the 2010 Patient Protection and Affordable Care Act. PREP is administered by the Family and Youth Services Bureau (FYSB) in the Administration for Children and Families of the U.S. Department of Health and Human Services. Most of the PREP funding (\$55.25 million of \$75 million, annually) was designated for formula grants to states and territories. In each U.S. state that elected not to participate in the state PREP formula grant program, FYSB awarded competitive grants to local service providers to deliver similar types of teen pregnancy prevention programming.

All grantees had discretion to design their PREP programs to align with expectations that they (1) be evidence-based, (2) provide education on both abstinence and contraceptive use, and (3) educate youth on at least three of six adulthood preparation topics. States are also encouraged to target their programming to high-risk populations, such as youth residing in geographic areas with high teen birth rates, adjudicated youth, youth in foster care, minority youth, and pregnant or parenting teens.

Location of the Four PREP Impact Study Sites



being involved in the PREP program made them more prepared for adulthood.

While the PREP program is collecting a number of different performance measures from grantees, these seven key measures were chosen for the Congressional report for several reasons. First, the potential for positive impacts on youth often depends on the degree to which substantial numbers of youth are engaged by the program and how the program is being expanded or “scaled-up”. The first three performance measures can tell us if large numbers of youth are enrolled, which would suggest that community and youth engagement efforts are working and that the programs are implementing effective recruitment and retention strategies. The first three performance measures also will provide an important benchmark for later analysis of the PREP program’s ability to enroll and attract new program participants. The fourth performance measure focuses on the percentage of youth served by evidence-based programs. PREP grantees are required by law to use PREP funds for the “replication of evidence-based effective programs or substantial incorporation of elements of effective programs that have been proven on the basis of rigorous scientific research to change behavior, which means delaying sexual activity, increasing condom or contraceptive use for sexually active youth, or reducing pregnancy among youth.”<sup>3</sup> Therefore, capturing the percentage of youth being served by evidence-based programs indicates the proportion of program participants receiving programs with proven effectiveness to prevent teen pregnancy. The fifth performance measure focuses on out-of-school-time program participants (where participation is generally not mandatory), specifically, the percentage of participants completing at least 75 percent of the intended program hours. This is an important measure, since it points to the program’s



ability to retain participants in the program (which is challenging in out-of-school programs). Ensuring that youth in out-of-school programs receive at least 75 percent of the program hours maximizes the chance that youth receive the majority of programming. The sixth performance measure focuses on the percentage of programs in which the majority of youth served are from highly-vulnerable populations. It is a legislative mandate and priority for the PREP program to serve highly vulnerable populations with effective programs, including youth in foster care, homeless or runaway, living with HIV/AIDS, pregnant or parenting, LGBTQ, involved in adjudication systems, in residential treatment for mental health, and/or have trouble speaking/understanding English.<sup>4</sup> Research suggests that highly vulnerable populations of youth are disproportionately at risk for not only teenage pregnancy, but sexually transmitted infections and sexual risk taking behavior. Therefore, capturing the percentage of programs that are primarily serving

<sup>3</sup> (Sec. 513. [42 U.S.C. 713] (a). Go to [http://www.ssa.gov/OP\\_Home/ssact/title05/0513.htm](http://www.ssa.gov/OP_Home/ssact/title05/0513.htm) to view all of the PREP program requirements. For information on evidence-based programs, visit the Teen Pregnancy Prevention Evidence Review at <http://tppevidencereview.aspe.hhs.gov/>.

<sup>4</sup> (Sec. 513. [42 U.S.C. 713] (a). See [http://www.ssa.gov/OP\\_Home/ssact/title05/0513.htm](http://www.ssa.gov/OP_Home/ssact/title05/0513.htm).



highly vulnerable youth demonstrates that PREP is reaching and addressing the needs of these high-risk populations.

As we see in Table 1, PREP programs served over 88,000 youth, nearly all of whom (95%) participated in evidence-based programs. About three quarters of the youth received programming in their classrooms during the school day, while the remaining one-quarter received programming in out-of-school time either after school or in community-based settings. For out-of-school-time programs (in which participation is generally not mandatory) 64 percent of youth completed at least 75 percent of the intended program dosage. About one-quarter of all programs reported that the majority of the youth they serve are from highly vulnerable groups, including those in foster care, homeless or runaways, living with HIV/AIDS, pregnant or parenting, LGBTQ, involved in adjudication systems,

**Table 1. Program attendance, reach, and dosage**

<b>Measure</b>	
1. Total number of PREP program participants	88,296
a. Percent of PREP program participants from during-school-time programs	73%
b. Percent of PREP program participants from out-of-school-time programs	27%
2. Percentage of youth served by evidence-based PREP programs	95%
3. Percentage of out-of-school-time program participants who completed at least 75 percent of the intended dosage <sup>a</sup>	64%
4. Percentage of programs in which the majority of youth served were from highly vulnerable populations <sup>b</sup>	23%
<b>Sample Size (number)</b>	
Grantees	60
Program providers	355
Programs	446

Source: PREP 2013-2014 attendance, reach, and dosage data.

<sup>a</sup> This result is based on 275 of 446 programs that served youth during out-of-school time, and about one-quarter of all youth served in PREP programs. Because these programs are generally voluntary and are not held during the school day, it is expected that youth will attend less frequently.

<sup>b</sup> Programs were able to select one or more highly vulnerable populations, including youth in foster care, homeless or runaway, living with HIV/AIDS, pregnant or parenting, LGBTQ, involved in adjudication systems, in residential treatment for mental health, and/or have trouble speaking/understanding English.

in residential treatment for mental health, and/or had trouble speaking or understanding English.<sup>5</sup>

The seventh performance measure focuses on PREP's Adult Preparation Subjects (APSs). Specifically, it is defined as the percentage of youth who perceived being involved in the PREP program made them more prepared for the transition to adulthood. Congress determined that all grantees must address at least three of six adulthood preparation subjects related to healthy youth transitions to adulthood. The six subjects are: (1) Healthy relationships, including, marriage and family interactions; (2) Adolescent development, such as the

development of healthy attitudes and values about adolescent growth and development, body image, racial and ethnic diversity, and other related subjects; (3) Financial literacy; (4) Parent-child communication; (5) Educational and career success, such as developing skills for employment preparation, job seeking, independent living, financial self-sufficiency, and workplace productivity; and (6) Healthy life skills, such as goal-setting, decision making, negotiation, communication and interpersonal skills, and stress management.<sup>6</sup> The measure provides information on how grantees as a whole are performing and identifies grantees that may require more robust technical

**Table 2. Percentage of respondents who perceived being involved in the PREP program made them more prepared for adulthood**

Measure	Percentage
Overall <sup>a</sup>	83
Resist or say no to peer pressure	84
Know how to manage stress	76
Manage conflict without causing more conflict	76
Form friendships that keep them out of trouble	81
Be respectful toward others	85
Make plans to reach goals	89
Care about doing well in school	88
Share ideas or talk with parent/guardian	78
Make healthy decisions about drugs or alcohol	87
Be the best they can be	89
<b>Sample Size (number)</b>	
Grantees	61
Program providers	351
Programs	441

Source: 2013-2014 exit survey data.

<sup>a</sup> The overall score is the average percentage of respondents who responded “Much more likely” or “Somewhat more likely” to each item.

<sup>5</sup> Fifty percent of these programs served youth during school time, and are expected to be serving a more general population that represent the high-need areas in which the school programs operate. For the remaining half of all programs that served youth only during out of school time, 38 percent reported that the majority of their participants were from highly vulnerable populations.

<sup>6</sup> (Sec. 513. [42 U.S.C. 713] (a). Go to [http://www.ssa.gov/OP\\_Home/ssact/title05/0513.htm](http://www.ssa.gov/OP_Home/ssact/title05/0513.htm) to view all of the PREP program requirements.



assistance. As we can see in Table 2 (page 6), overall, a large majority (83%) of youth that responded to a survey administered at the end of their programs

reported participation in PREP programs made them more prepared for the transition to adulthood.

The next round of performance measures data will be collected in July and August of 2015. FYSB will be reporting to Congress on PREP performance measures in January, 2016 for State, Tribal, and Competitive PREP. The second data collection period for State and Tribal PREP will help to illustrate grantees' progress as more participants enroll in and complete programming.

More information on the PREP performance measures will be available on the FYSB website in the coming months, including: how PREP grantees chose and installed their programs (performance measures of structure, cost, and support for implementation); the most popular programs selected by PREP grantees; and descriptive information about the PREP participants.

## CONTACT US

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