



POWER
THROUGH
Choices

Effective Prevention Program for Youth in Systems of Care

Impact Evaluation Summary

System-Involved Youth: Vulnerable and Victimized

Youth in foster care and juvenile justice settings are at high risk for teen pregnancy, STIs, and other behaviors that jeopardize their health, safety, and future. These youth are in systems of care because they have been victims of trauma and other adverse childhood experiences. Lacking stable, protective family support, the youth remain at high risk for STIs and unplanned pregnancy, as well as sexual abuse and victimization, once they age out of the state system.

Power Through Choices: Revised and Rigorously Evaluated

The Power Through Choices Demonstration and Evaluation Project was conducted with over 1,000 system-involved youth in foster care and juvenile justice congregate care settings in 3 states (OK, MD, CA) from 2010-2015. The rigorous project was directed by the Oklahoma Institute for Child Advocacy, testing the efficacy of the Power Through Choices curriculum revised by the Institute (2009-2010). The research project was funded by a Personal Responsibility Education Innovative Strategies (PREIS) grant from the HHS Administration on Children and Families, with additional support from the Annie E. Casey Foundation's Evidence-Based Practices.

Study Participants: At-A-Glance



age range from **13 to 18**
years old

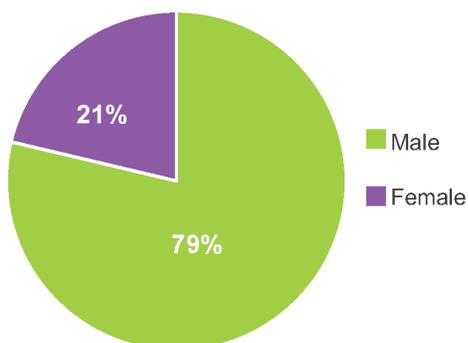


more than **2 out of 5**
were behind in school

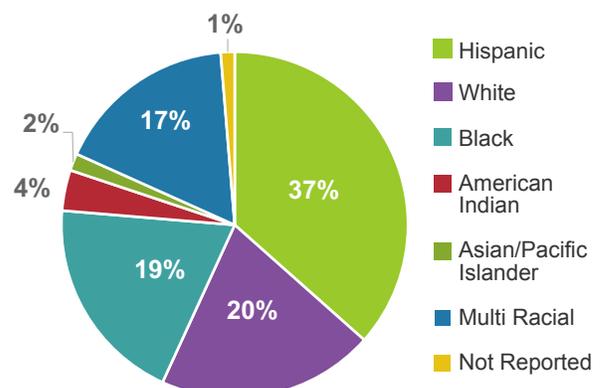


more than **1 out of 4**
did not expect to graduate

GENDER



RACE/ETHNICITY



Outcome and Impact Findings: Strong Evidence of Effectiveness

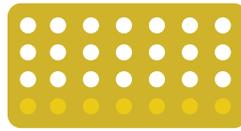
Youth receiving the Power Through Choices curriculum reported **statistically significant impacts in numerous areas** on a 12-month post-program survey, including:

- **more than 9 out of 10** reported receiving information on topics such as:
 - how to say 'no' to sex
 - relationships, dating, marriage, and family life
 - talking to a partner about sex or birth control
 - where to obtain birth control
 - methods of birth control
- **higher scores** on knowledge of HIV and STIs, knowledge of methods of protection, and perceived ability to communicate with a partner and to plan for/avoid unprotected sex
- **more likely** to report:
 - feeling very sure where to get methods of protection
 - they planned to use a condom
 - they planned to use other measures of protection, such as birth control pills or intrauterine devices (IUDs)
 - favorable 12-month impacts on knowledge measures, awareness of available health resources, attitudes, and perceived self-efficacy
- **lower percentage** who reported ever having been pregnant or gotten someone pregnant

3 Significant Findings for Older Teens (Ages 17-19)



lower sexual activity
and **pregnancy rates**



less likely to have
sex **without**
effective protection



less likely to be involved
in a **pregnancy**

Research Results: Power Through Choices is an Evidence-Based Program

Impact evaluation findings from the study of the revised Power Through Choices (2016 Edition) show **the revised curriculum meets the Evidence-Based Program criteria** for the U.S. Department of Health and Human Services (HHS) Office of Adolescent Health (OAH).

“Our findings establish the Power Through Choices program as one of the first and only curricula for youth in out-of-home care with demonstrated evidence of effectiveness in reducing teen pregnancy and associated sexual risk behaviors.”

- Power Through Choices Impact Evaluation, prepared by Mathematica Policy Research, Inc.



Healthy Teen Network

For information about the Power Through Choices program and full copies of the evaluation reports, check out the website:

PowerThroughChoices.org.

Contact: CapacityBuilding@HealthyTeenNetwork.org

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