

12-2021

Reproductive Health Education For Teens

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March 18, 2021

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Abstract

Teens lack knowledge about the many services available to them such as reproductive health services and other services regarding their health that can have a great effect on their well-being. The outcomes can be unwanted pregnancies, transmitted diseases, lack of sex education, and more. Research demonstrates how crucial it is to teach teens about sex education. The barriers to awareness of services include stigma surrounding sex education, teens not engaging in the conversation, and lack of educational services. Salud Para La Gente is a healthcare clinic and a non-profit agency that does a great job at providing many services and programs to low-income communities with a high population of Hispanic people. The aim of this capstone project is the implementation of a new teen-focused brochure. This project will create new outreach pathways and opportunities for teens to become aware of the services accessible to them and more. Findings show that teens are grabbing the displayed brochure at SPLG clinics and are interested in learning how to stay sexually active. Recommendations for Salud include increasing projects focusing on teens and more social media use for teen outreach. Social media is a great way to advertise and a place to grab teen attention.

Keywords: Salud Para La Gente, Watsonville, Reproductive, Health, Teens

Agency and Communities Served

Salud Para La Gente is a non-profit organization that provides healthcare services, supports individuals to live healthier, and helps make the community a healthier one. At Salud Para La Gente the mission is to provide high quality, comprehensive primary health care to low-income clients, and cost-effective healthcare responsive to the needs of the communities that they serve (Salud, 2021). Salud provides a variety of services and programs such as prenatal health, labor and lactation services, health education, behavioral health, chronic care, dental services, eye health, and much more. Salud Para La Gente serves a total of 12 clinics located in Santa Cruz County and North Monterey County, California areas.

There are a total of 28,000 patients who are currently receiving services at Salud Para La Gente. Approximately, 75% of the patient population receiving services are not English speakers (SPLG, 2021). Focusing on the Watsonville community, there are two main Salud Para La Gente clinics and three smaller clinic locations. All clinics are scattered around town. Watsonville has a population of 53,961, 80% of the population (45,507) are Hispanic. The estimated median household income based on 2019 findings is \$60,215. Lastly, Watsonville has a crime index of 6.09. This shows that Salud serves a large population of Hispanic people and a community (Watsonville City) with a high crime index compared to California's average of 4.41 (CityData, 2019).

Salud para La Gente is located in a community that has a high percentage of Hispanic groups. There is a huge population of teens, and most of the teen patients at Salud Para La Gente are Hispanic. At Salud Para La Gente most if not all of the population who receive services in this clinic, are Medi-cal recipients as well. Medi-Cal is a California Assistance program that to qualify families must have incomes below 138% of the federal poverty level. Meaning that they have to be low-income and come from underprivileged backgrounds (Medi, 2020). Salud Para La Gente aims to support the population as best they can and expand their services to make them more available to the people that they strongly serve.

Problem Description

SPLG teens are not fully aware of the many services accessible to them, which can lead to unwanted pregnancies, transmitted diseases, lack of sex education, and more. The Watsonville community has great healthcare providers, outreach educators, and other important staff members who are there to help their community and the people they serve in any way that they can. There are barriers that teen patients in the Watsonville community face: not knowing about the services they are eligible to receive, not feeling comfortable, and not having easily obtainable information on resources about reproductive health. Specifically, focusing on reproductive health and teen pregnancy, teen patients at Salud are not receiving enough information on these types of topics relating to their reproductive health and safe sex education. Some teen patients are not aware of the many birth control options that there are, don't know that it is free to them, and can be switched and changed. There are still unplanned pregnancies and reports, but efforts to help

and educate the youth must be continued. There is so much information Salud has to offer teens and it is important for teens in the community to feel comfortable requesting information, or receiving information through other resources more easily accessible in the organization.

Contributing Factors to the Problem

Barriers relating to the problem include no reliable transportation, having difficulty with keeping information away from their parents (scared or not wanting them to find out), not being able to keep things confidential, not being proactive or engaged in wanting to learn, and not enough advertising in the community. All of these factors and possibly more increase teens' chances of not being able to receive reproductive health and safe sex education and services such as confidential appointments. According to NIH, "The United States ranks first among developed nations in rates of both teenage pregnancy and sexually transmitted diseases (2011)." If non-profit organizations and other agencies continue to expand resources on sex education with different approaches, little and small, we can make a better impact on rates relating to teen pregnancy and sexually transmitted diseases.

There are agencies in the community that focus on informing the youth of events, education, and teaching them of their health options. The only problem is the advertising aspect of it and when it comes to sex ed talk Hispanic families avoid speaking on the topic, and the result of that is teens feeling uncomfortable speaking about that topic to parents/ family members. The outcome if teens are not given sex education early on will lead to more complicated outcomes comes later on, when they are sexually active. Studies show that "Proponents of abstinence education argue that teaching abstinence to youth will delay teens'

first sexual encounter and will reduce the number of partners they have, leading to a reduction in rates of teen pregnancy and STIs” (2018). Therefore families need to start the conversation and help their teens stay safe.

Stigma does exist in the Hispanic community and culture when it comes to touching on these types of topics, sex education. This can be because of religious beliefs, parents refrain from talking about premarital relationships or simply do not feel comfortable talking about it to their children. According to the text, “stigma is a huge barrier to building healthy young people and communities. Every day, we see kind, supportive, caring youth-serving adults unknowingly contribute to the shame and stigma that surrounds sexual health topics” (RSEI, 2019). The discussion of stigma can be very broad and can go in many directions, stigma surrounding sexual health can hinder teens' path to healthy sex life.

Consequences of the problem

Pregnancy rates may increase, not educating the youth about sexual health and resources issues, including sexually transmitted infections, and possibly sexual violence. Information about teen patients is to be kept strictly confidential, not to be shared. We can not completely stop teen pregnancy or unplanned pregnancies and births from happening. Teen pregnancy reports from 2018 in south Santa Cruz County, show that 90% of births to teens were Latina teens, up from 84 percent in 2017. In 2017, for the first time in three years, there was birth to a county resident under 15 years of age. Among teen births in 2018 12% of mothers are delivering their second or more births, compared to 15% in 2017. If we continue to expand resources, share more about

reproductive health, safe sex education, and new ways of communication that will lead to healthier teens and teens being more cautious and careful.

Contributing Factors	Problem Statement	Consequences
<ul style="list-style-type: none"> ● Not enough advertising focusing on reproductive health, birth control methods to teen patients/community ● Stigma existing in the Hispanic community and culture when it comes to talking about sex education topics. ● Teens not being proactive or engaged to want to learn and reach out 	<p>there are too many unplanned teen pregnancies in south SCC</p>	<ul style="list-style-type: none"> ● (No information of reproductive health, and birth control, etc. can lead to) sexually transmitted diseases ● Sexual violence ● Mental health and medical concerns ● Financial Hardships

Project(s) that would address this problem

The project will be focusing on reaching out to teens calling them or using a messenger app who are listed under confidentiality and developing appointments both in person or over the phone. The project aims to encourage them to continue making confidential appointments, retrieving those clients by looking over the Salud Para La Gentes Teen list. The ultimate goal of this project is to encourage teens to want to learn more about reproductive health and take advantage of the resources Salud Para La Gente has to offer and speak to providers who are eager to help their patients. A new and improved brochure will be developed for teens to have

easier access to information where they feel comfortable if they do not wish to meet with a provider face-to-face. Surveys can also be sent to the teen patients to receive their feedback on how the project can improve outreach, and how it can make things easier and more accessible to them.

Capstone project description and justification

During the process of conducting research, the intern discovered findings of other agencies carrying out similar projects. According to *Improving Adolescent Sexual and Reproductive Health: A Systematic Review of Potential Interventions*, by Journal of adolescent health, stated, “Our review findings suggest that sexual and reproductive health education, counseling, and contraceptive provision are effective in increasing sexual knowledge, contraceptive use, and decreasing adolescent pregnancy.”(G. Patton, M. Temmerman, 2016). Their focus and goal were to reach out to teens about the information on reproductive health and help increase sexual knowledge. Taking a look at another agency touching on similarities with the project is a program called Safer Choices, the program focused on educating the youth about safe sex and the importance of being aware of transmitted diseases. The article stated, “The Safer Choices program was effective in reducing important risk behaviors for HIV, other STDs, and pregnancy and in enhancing most psychosocial determinants of such behavior” (Public Health Reports, 2011). This shows that educating and informing youth/ teens about these topics will benefit them, human health services, and as well as the community, by lowering pregnancy rates, transmitted diseases, and safe sex practices.

The step-by-step plan for developing the field project would begin with approval from the site mentor. The following steps include discussing the strategies and the procedures that will need to be followed when developing the project which is the development of a new teen Salud brochure. A draft brochure will be created, reviewed by the mentor as well as the Community & Marketing Crew at SPLG who will then make edits so the brochure meets the SPLG guidelines and restrictions. The intern would take responsibility for advertisement which would fall under the outreach educator role.

Project Implementation

The brochure will consist of information that is relevant to SPLG teen patients, such as information on entrance location for confidential appointments, a shortlist of providers who can assist and help with anything related to their health and privacy, additional steps include gathering information and research in what is going to be on the brochure, designing the project what colors correspond to SPLG as well as the format, distribution like where is it appropriate to distribute the brochure. The mentor will help the intern with the steps taken to complete the project's implementation.

The materials that would be needed to implement the brochure, would mostly include paper & ink. Resources will also be used to implement the brochure as well as the time and effort of the people involved. Personal resources will also be used as well as the capstone grant for CHHS 400A/CHHS 496A to help carry out the capstone project. Specifically, the resources that will be used involve the SPLG website, Teen Salud Support Groups sessions, the mentor, and other staff of outreach coordinators who are extremely knowledgeable and helpful. The Scope of

Work will be included in the Appendix where the intern will state the activities, the overview, and deadlines that will need to be carried out to implement the fieldwork project.

Project purpose

The implementation of the Teen Salud brochure relates to the contributing factor of not enough advertising, as well as targeting the fact that there is not enough attention on reproductive health, and birth control methods to teen patients in the community. The brochure does not go too in-depth on information about reproductive health and birth control options, but it does briefly inform teens about having access to pregnancy options, the right to learn more about their reproductive health, the right to confidential appointments, and teen Salud meetings. Teens can easily obtain more information by referring to the contacts and resources listed on the brochure.

Project justification

Based on the information in the Center for Disease Control and Prevention (CDC) states, “Approximately 21% of all new HIV diagnoses are among young people aged 13–24 years. Teens and young adults have the highest rates of sexually transmitted diseases (STDs) of any age groups”(CDC, 2020). Another piece of information that was found useful for the project justification, the CDC also stated that “By the time young people graduate from high school, 38% have had sex. Forty-six percent of sexually active students did not use a condom the last time they had sex, and 21% drank alcohol or took drugs before their last sexual intercourse.¹ Young people engage in sexual risk behaviors that can have serious health consequences” (CDC). There is no real solution to this social issue but informing and allowing teens to know more, without having to say a lot to them can be influential. Teens sometimes feel uncomfortable

speaking on these topics, so the brochure will be given to teens and only teens who may not be fully aware of their rights, facts, and events SPLG offers.

Expected Outcomes

With the implementation of this new brochure the intern hopes to have more teens involved and aware of the benefits that they have access to Salud Para La Gente. Teens will, hopefully, become more aware of the resources, services, and rights available to them. At the final step of the completion of the Teen Salud brochure, the intern will measure the success by focusing on the tools and quality of the project to state its appearance. If the project is delivered on time, and milestones are completed before or on the deadlines. The satisfaction of the people involved and the teens encountered. The intern will then conduct a survey that will focus on retrieving information on how successful or unsuccessful the brochure appeared. This will allow me to recognize if there is still work to be done and make improvements, for a better outcome.

Scope of Work

Goal: reduce teen pregnancies and increase awareness of the services that focus on pregnancy options/reproductive health for teens at SPLG.		
Primary Objective of the Project: Increase Teens knowledge		
Activities	Deliverables	Timelines/Deadlines
1. Discuss capstone project ideas with mentor	Final capstone project idea approved	FEB-MARCH 2021
2. Identify "best practices" and develop training materials/curriculum	Final approved curriculum/materials	APRIL-MAY 2021
3. Develop a budget and seek resources	Mentor approval/assistance to secure needed resources	APRIL-MAY 2021

4. Gather supplies and equipment to being Project	Mentor (s) Approval	AUG-SEPT 2021
5. creation/development of the mock brochure	Community and marketing/ mentor approval	AUGUST-SEP 2021
6. Complete Reporting requirements	mentor approval and assistance	SEP-DEC 2021
7. Complete and final brochure	submitted and sent to mentor for approval	NOV-DEC 2021
Prepare capstone presentation in 8. selected format	instructor approval and preparation for presentation and format	NOV-DEC 2021
9. Final preparation for Capstone Festival	Final presentation at Capstone Festival	DEC 2021

Project activities

During the implementation process, steps were conducted in order to productively determine program activities. Activities relating to the project that were carried out were discussion of capstone project ideas with the mentor and other staff members, speaking on the development of the brochure, creation of the mock brochure, sorting our resources, discussion of locations where they would be most effective, budget and evaluation. When discussing capstone projects with a site mentor, there were a few options but found that a new teen-focused brochure would work out best for this project. In regards to the brochure, the intern was involved in a handful of activities involving teens throughout the three semesters for capstone. Speaking about the locations where the brochure would be best distributed, it was identified that two locations were suited. The final Brochure was finalized in week 6, and given the go to start printing. Identifying budget costs and consisting of personal money. Completing reporting requirements, and preparing capstone presentations will also be part of the activities towards the end of the project.

Project Outcomes

Throughout the process of the conclusion, Staff member Tania mentioned that when the adjustments to the brochure were made after revising, it was okay to speak on the implementation. The expected outcomes that were determined listed, teens becoming more eager to learn about their reproductive health, as well as more information about safe sex practices. Outcomes that lead to teens finding their way to the Teen Salud Clinic (Community Health Office). Other outcomes also included more teen following on the Teen Salud Instagram account. But the main focus/expected outcome from this project was teens willingly checking in for confidential information and appointments (AKA #BURN Appts).

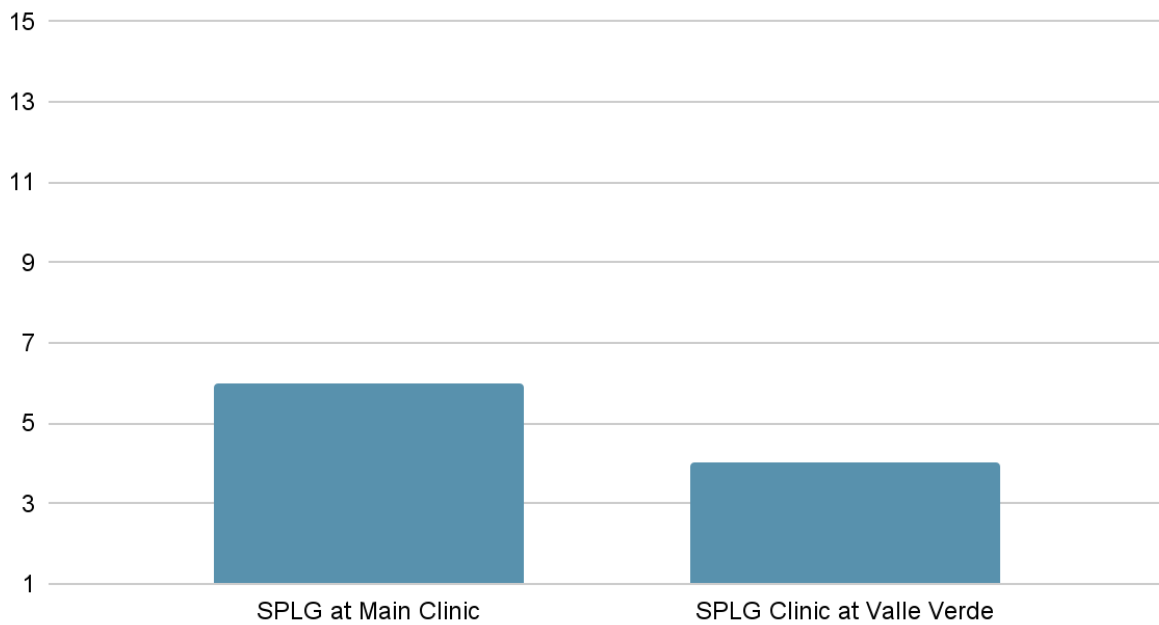
Findings/results

The assessment conducted for this capstone project was displaying brochures at two Salud Para La Gente clinic locations and keeping track of the number of brochures displayed. By keeping track the intern would be able to record how many brochures were taken. Measuring that outcome then taking a look at how many teens either scheduled appointments or wanted to know more information would be the next step, Teen support group meetings are also someplace elsewhere the intern might gain feedback.

A column chart will be displayed to hold data. This data will measure the project's effectiveness and the overall outcomes. Salud at Valle Verde, more teens visiting that location for their services. The reason being is because the doctor located in that clinic has a larger teen concentrated workload. Therefore, more teens are introduced to the new brochure and are being purposely targeted. At the Community Health office (which is the second location) teens are also getting a hold of the brochures, but not as much as Salud at Valle Verde. The research found that

more brochures were taken from the Community Health Office (main office) than compared to Salud at Valle Verde, a total of 6 brochures were taken at CHS office and 4 from SPLG at Valle Verde, this is from a week and a half of placing them there. More brochures will be placed this time the intern will continue to only display 10 for now.

Teen Brochure



The project is expected to reach the intended outcome, and that is expanding outreach pathways and engaging teens to seek services that they are interested in and easily accessible to at Salud Para La Gente. The more teens grab hold of the teen brochure they instantly have an interest in learning more. So with that being said, the hope of that situation is that teens come into the community health office, to be proactive with their reproductive health and ultimately

engage in safe sex practices. Safe sex practices will influence pregnancies rates and the number of teens exposed to sexually transmitted diseases like STDs and HIV.

Conclusion and Recommendations for the agency based on results

In conclusion, the results from the project resulted in all brochures that were displayed being taken from both locations. This means that as far as implementation, the intern can say that it was a success. Moving forward the intern will continue to display and distribute brochures to teen patients of Salud Para La Gente. Intern hopes that upon finishing the internship, the agency can continue to pass out the teen brochures. The project results show that the project can be continued, according to the intern, it would be up to the Community Health Services at Salud Para La Gente to find the time and room for taking on this project and staying on track of it.

The intern's recommendations for Salud Para La Gente based on the findings would be to continue distributing brochures that the intern developed and continue to modify and improve the brochure. Another recommendation the intern addresses is to continue using social media as a way to reach out and inform teens of different health topics, also creating the brochure into a document to post on social media or send to teens. This will be beneficial and also effective since teens primarily use social media for communication and content.

Personal Reflection/Final Thoughts

Throughout my time at my internship at Salud Para La Gente I learned that with this implementation of this project, many teens in reality do not know that they have rights to their health without having a guardian or parent around. Many teens struggle by speaking and getting

to clinics to speak with providers with having parents involved. The project focused more on getting information across, but not so much on the barriers of transportation or ways to communicate with providers without having parents around. My project touched more on information and sharing knowledge teens should have a hold of. To use that information to find the resources they need and decide when they will use the resources available to them. The agency was able to identify more issues to focus on and help make changes to eliminate barriers for teens and others.

I was able to recognize that some of my project's successes were the design, the way it was implemented, as I mentioned before it was a nice transition because my mentor allowed me to display the brochures in the clinics. I was able to successfully research what relevant information made sense to include in the brochure. Meetings that were specifically focused on the project moved quickly and involved good positive feedback. Some challenges that I came across during the project were time management, full-time work, and having other assignments/classes to focus on. It was difficult to manage time for all of it.

The broader health and social problems that I would say my project will address or reflect on helping decrease pregnancy among the Hispanic population (who have the highest rates) in the Watsonville community. Help educate teens more about their reproductive health, access to the many services they are eligible for, and confidentiality. With this information, we hope teens make safe and healthy decisions when engaging in sexual relations. Of course, there is still so much work that is left undone, Salud Para La Gente is always working hard to address health, social, and economic issues in the communities. As I mentioned previously, I think that focusing

on helping teens with confidentiality and figuring out appropriate ways to meet with providers without having their parents involved would be a good project to focus on after my time here.

Lastly, my advice to future capstone students is to not procrastinate, advocate for yourself and figure out what time management techniques work best for you. Internships can be hard to manage especially when you have a million things going on all at once, but it is important to remember that anything is possible and that these experiences will help you in the long run. Also, try not to stress so much about your project, CSUMB has great staff, such as Thomas Rogers to help you along the way.


Appendices

A. Teen Salud Brochure

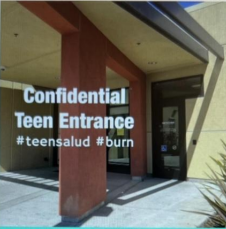
Visit our clinic For More Information!

To Schedule a #burn appointment or to learn more about services at Salud Para La Gente you can call 831-728-0222 to make a confidential appointment or stop by at any time.


Teen Clinic Hours:
Tuesdays 5 pm-7:30 pm



#teensalud
#burn




**Confidential
Teen Entrance**
#teensalud #burn



CONTACT US


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TEEN
SALUD

Salud Para La Gente
Working Together for a Healthy Community

**YOU ARE IMPORTANT!
TAKE CONTROL OF YOUR HEALTH**



Salud Para La Gente strives to provide the best healthcare services and support for you and your loved ones to live healthy. We are devoted to working with you to make our community a healthier one.



SALUD IS HERE TO HELP!

- LET'S WORK TOGETHER BY TAKING CARE OF YOUR BODY AND MENTAL HEALTH.
- TEENS HAVE LEGAL HEALTHCARE RIGHTS
- AT SALUD YOU HAVE THE RIGHT FOR #BURN APPOINTMENTS
- SALUD PARA LA GENTE HOSTS EVENTS FOR TEENS, FACILITATED BY PROVIDERS AND HEALTH EDUCATORS
- ALL TEENS HAVE ACCESS TO BIRTH CONTROL OPTIONS AND LEARN ABOUT REPRODUCTIVE EDUCATION

"WHEN I ATTEND THE MEETINGS, I FEEL SAFE TO SHARE AND MAKES ME FEEL BETTER ABOUT MYSELF"

"GOOD ENERGY, NICE PEOPLE, AND SAFE ENVIORNMENT"

"I HAVE BENEFITED FROM TEEN SUPPORT MEETINGS"

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