

Ready to RE:MIX

An Innovative Youth Sexual Health Education Program

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PROGRAM

Re:MIX is a comprehensive, inclusive health education program that includes age-appropriate, medically accurate information on topics related to human development, healthy and gender equitable relationships, consent, decision making, contraception, and STI prevention. Re:MIX pairs peer educators who are young parents with professional health educators to co-facilitate this health curriculum among a target population of 13-17 year olds.

CURRICULUM

Ten 55-minute sessions (once a week)

- Session 1: Introducing Re:MIX
- Session 2: Getting the Gender Message
- Session 3: Understanding Relationships
- Session 4: That's What I'm Talking About!
- Session 5: Consent and Setting Limits
- Session 6, 7, and 8: Puberty, Anatomy, Preventing Pregnancy, and STIs
- Session 9: A Baby Today
- Session 10: Commitment to the Future

KEY FEATURES OF RE:MIX

Fun and interactive: Connecting to youth through current and culturally relevant experiential methodologies, such as theatre and hip hop techniques.

Storytelling: Using real stories from peer educators to make the material more accessible and compelling for youth.

Trauma-conscious: Fostering a safe, non-judgemental, healing environment that allows exploration and support.

Peer education: Working with peer educators to provide reliable, balanced information and share their personal experiences as young parents.

Inclusive: Utilizing techniques that highlight inclusivity, including a focus on identifying/challenging values and reinforcing positive gender messaging.

PARTICIPANT DETAILS

Implemented Fall 2016 – Fall 2018 with:

- 57 classrooms
- 626 students
- 8th–10th grade

Ethnicity:

- 71% Latinx
- 15% Non-Hispanic White
- 7% Non-Hispanic Black
- 7% Non-Hispanic other

Language spoken at home:

- 41% speak Spanish
- 53% speak English

Parental education:

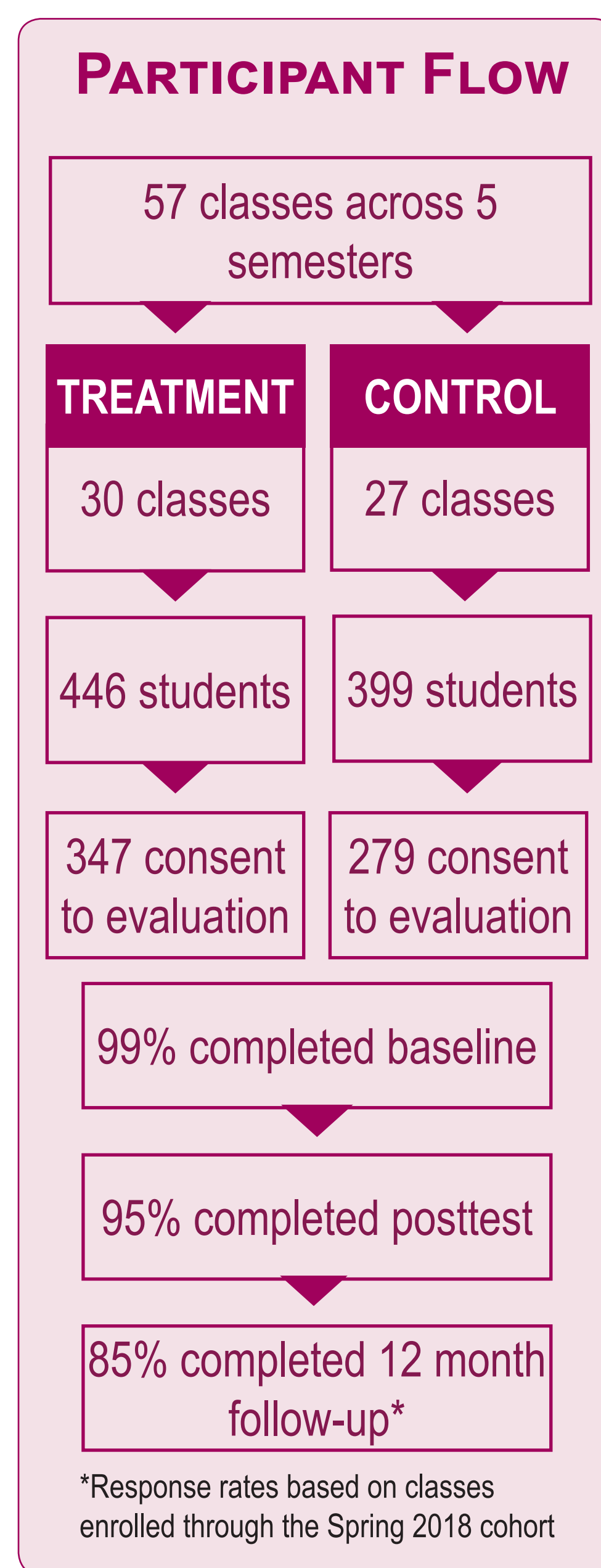
- 36% have mothers with less than a high school education
- 34% have fathers with less than a high school education

Teen parents:

- 29% are children of a teen mother
- 19% are children of a teen father

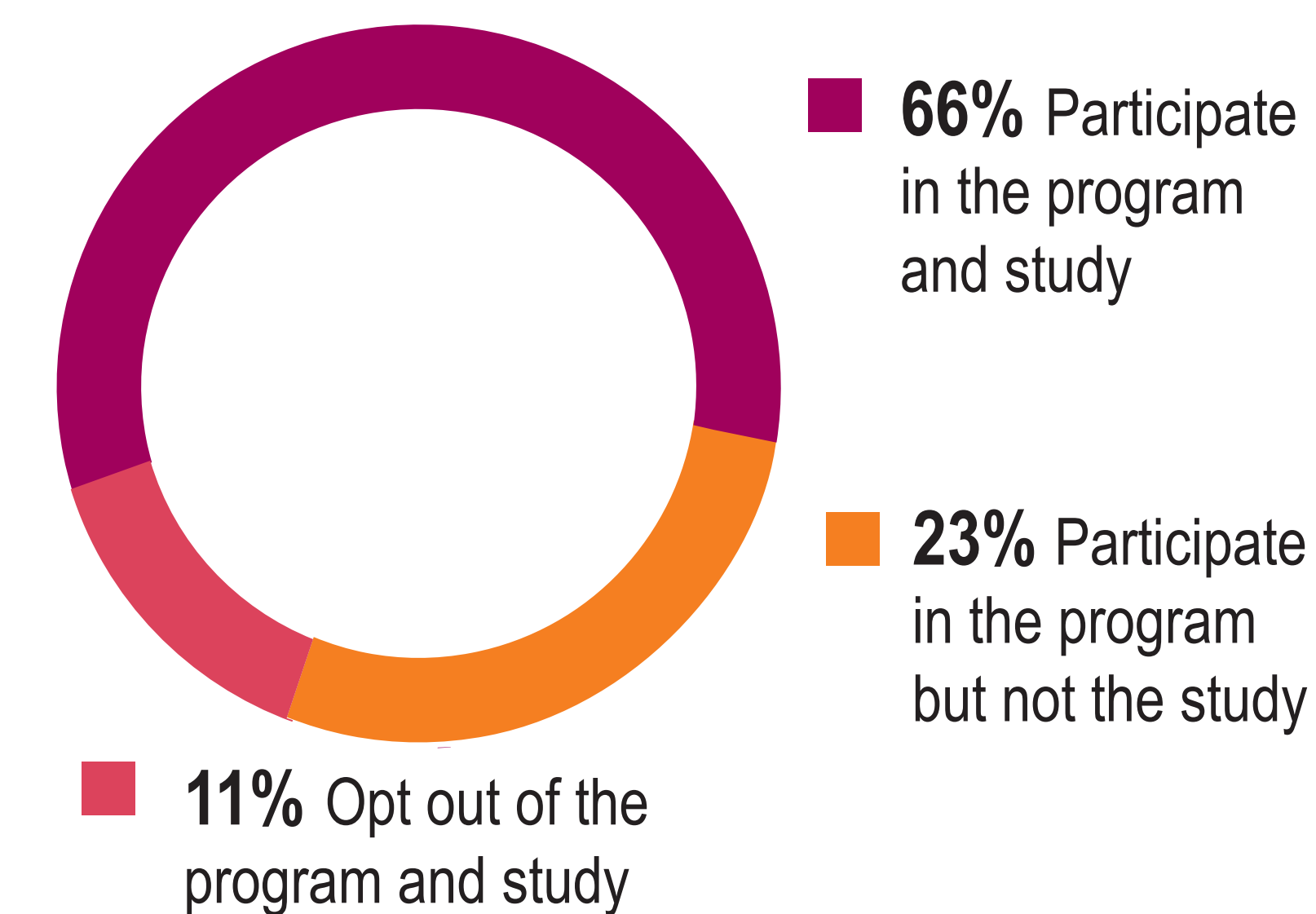
EVALUATION

RE:MIX USES A CLUSTER-LEVEL RANDOMIZED CONTROLLED TRIAL RESEARCH DESIGN TO EVALUATE SUCCESS. Students and parents provided written consent to participate in the evaluation. The study team then randomized classes to treatment and control groups.



STUDY RECRUITMENT & CONSENT

During the evaluation period, 88% of youth returned consent forms - youth chose to:



CHALLENGES	SOLUTIONS
Opt-outs: Re:MIX experienced higher than expected opt-out rates in the 1st semester (16%).	Re:MIX provided additional flyers with background information on the program. Only 5% opted out in the 2nd semester.
Consent: Re:MIX struggled with receiving consent forms in a timely fashion.	Re:MIX called youth and parents, asked teachers to remind students and offered incentives for returned forms.

IMPLEMENTATION FINDINGS

“Sharing their stories makes us feel more comfortable because they are sharing a deep part of their own life.”

- Re:MIX student talking about peer educators and what it's like to be a young parent

STUDENT EXPERIENCE

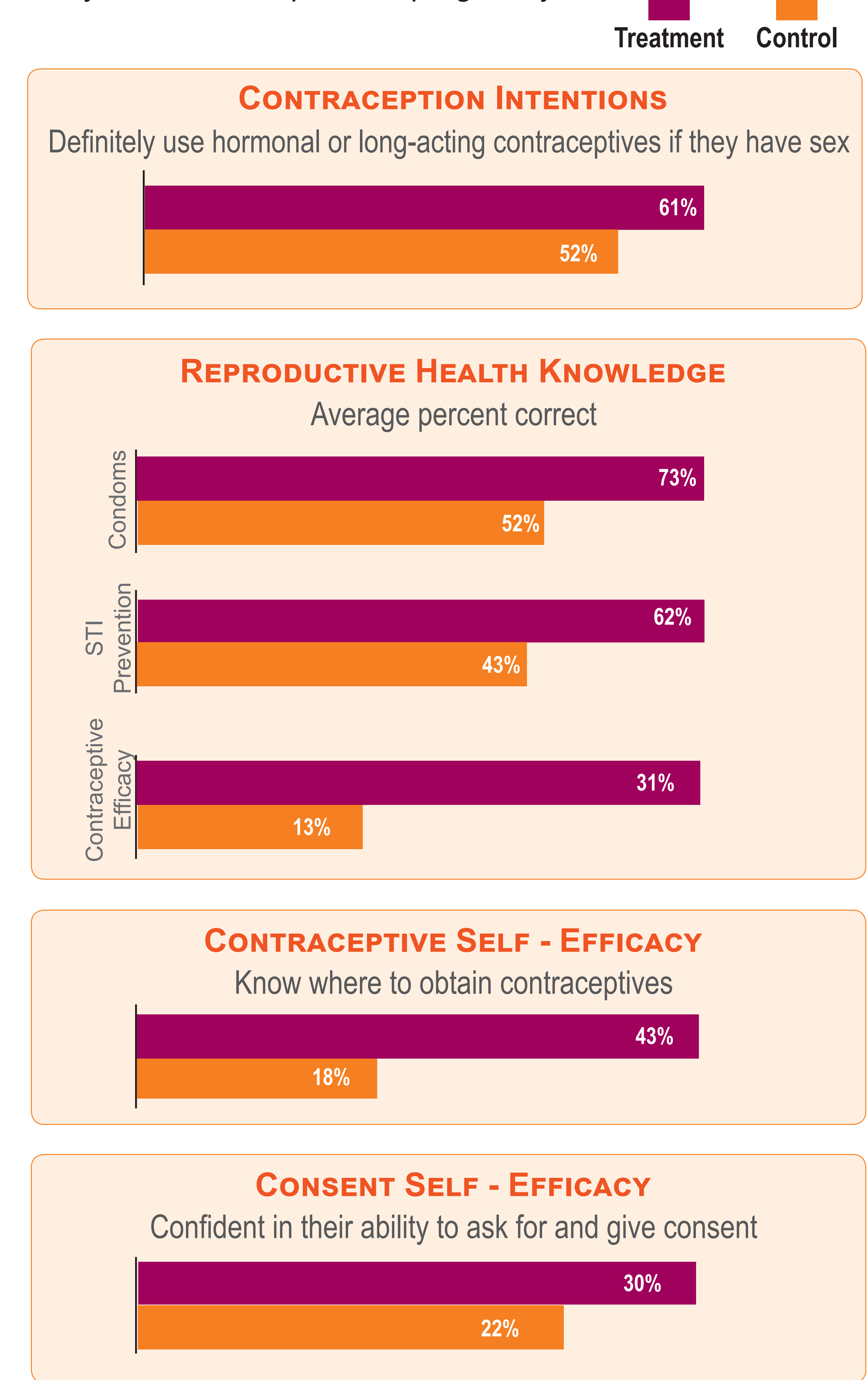
- 98% said they learned something from Re:MIX
- 78% would recommend Re:MIX
- 89% liked health educators
- 90% liked peer educators

PERFORMANCE MEASURES

- 90% of students participated in at least 8 of the 10 sessions
- 29% classes observed
- 4.1 average quality rating (out of 5)

IMPACT FINDINGS

The evaluation study found promising short-term impacts of Re:MIX on intentions, knowledge, and self-efficacy. The study did not find impacts on attitudes about gender roles, early sex, contraception, or pregnancy.



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