Providing Adolescent-Friendly Family Planning Services in School Settings

OPA Title X Grantee Conference
Baltimore, MD
July 11, 2023
Presenters
Elizabeth Cook
Andrea Vazzano

Co-Authors
Lisa Kim
Hannah Lantos

Co-PIs
Jennifer Manlove
Jenita Parekh
Study Background

- Literature review
- Interviews with 48 providers and administrators
- Virtual process evaluation with 4 sites
Toolkit for Improving Family Planning Services in School Settings

Access to high-quality and comprehensive family planning services helps promote adolescent sexual and reproductive health. However, youth—especially those who are historically excluded or who live in resource-
Strategies for Providing Adolescent-Friendly Care

- Facilitate access to sexual health services
- Create a warm and welcoming environment
- Address the whole person
- Ensure privacy and confidentiality in care
- Foster safety and comfort around sexual health
- Engage and uplift youth voices
**Strategy: Foster safety and comfort around sexual health**

<table>
<thead>
<tr>
<th>Programs can...</th>
<th>Providers can...</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Use evidence-based tools to introduce uncomfortable topics</td>
<td>• Avoid assumptions</td>
</tr>
<tr>
<td>• Employ health educators for individualized counseling</td>
<td>• Use anatomically correct and gender-neutral terminology</td>
</tr>
<tr>
<td>• Allow a support person to be present</td>
<td>• Acknowledge social and cultural considerations</td>
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<td></td>
<td>• Use open-ended questions</td>
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A LARC Doula is a person who is trained to provide emotional, physical, and informational support before, during and after a LARC procedure.
<table>
<thead>
<tr>
<th>Instead of...</th>
<th>Try saying...</th>
<th>Why?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I’m going to do the exam now</td>
<td>Before we start, I want you to be aware that you are in control of the pace. If you ever want me to slow down or stop, let me know.</td>
<td>Model consent and build autonomy</td>
</tr>
<tr>
<td>Open/spread your legs</td>
<td>Let your knees fall to the sides or towards the walls</td>
<td>Be mindful of triggering language</td>
</tr>
<tr>
<td>Everything looks good/beautiful</td>
<td>Everything looks normal and healthy</td>
<td>Remove the focus on image</td>
</tr>
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Engage and uplift youth voices

- **Light touch:** Feedback through surveys, suggestion jars, listening sessions
- **Digging deeper:** Youth advisory councils or peer education programs

**Case Example: Minneapolis School-Based Clinics’ Teen Empowerment Council**

- Provide feedback through both light touch activities and deeper activities (e.g. “secret shopping”)
- Led to tangible changes in clinic approach, such as creation of social media presence