

# Providing Adolescent-Friendly Family Planning Services in School Settings

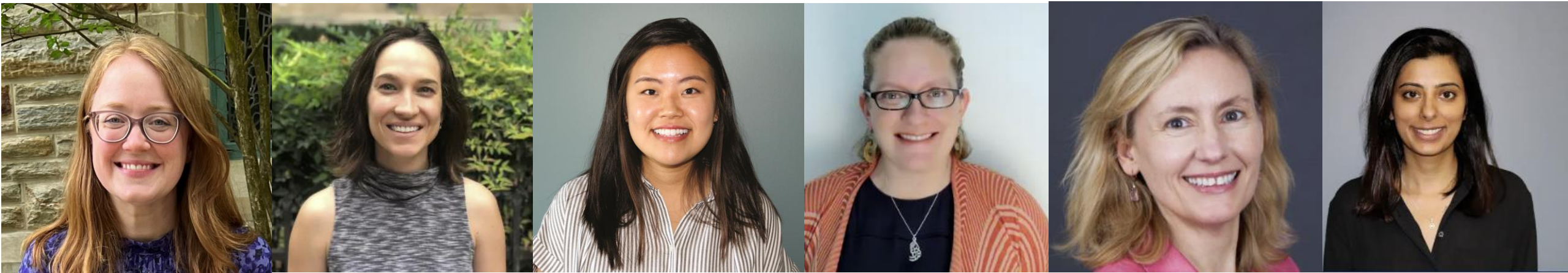
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The contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS, OASH, and OPA.



# Project Team



## **Presenters**

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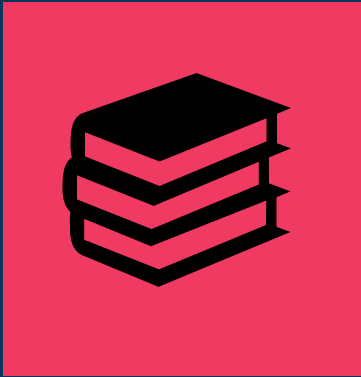
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# Study Background



Literature review



Interviews with 48  
providers and  
administrators



Virtual process  
evaluation with 4  
sites



## Toolkit for Improving Family Planning Services in School Settings



Approaches ▾

Case Studies ▾

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



Ensure privacy and confidentiality in care



Create a warm and welcoming environment



Foster safety and comfort around sexual health



Address the whole person



Engage and uplift youth voices

# Strategy: Foster safety and comfort around sexual health



## *Programs can...*

- Use evidence-based tools to introduce uncomfortable topics
- Employ health educators for individualized counseling
- Allow a support person to be present



## *Providers can...*

- Avoid assumptions
- Use anatomically correct and gender-neutral terminology
- Acknowledge social and cultural considerations
- Use open-ended questions

# Case Example: La Clinica LARC Doula



A LARC Doula is a person who is trained to provide emotional, physical, and informational support before, during and after a LARC procedure.



# Trauma-informed Language for IUD Procedures

Adapted from Arin Kramer, MS, RN, FNP-BC

## *Instead of...*

I'm going to do the exam now

Open/spread your legs

Everything looks good/  
beautiful

## *Try saying...*

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.

Let your knees fall to the sides or towards the walls

Everything looks normal and healthy

## *Why?*

Model consent and build autonomy

Be mindful of triggering language

Remove the focus on image



# Engage and uplift youth voices

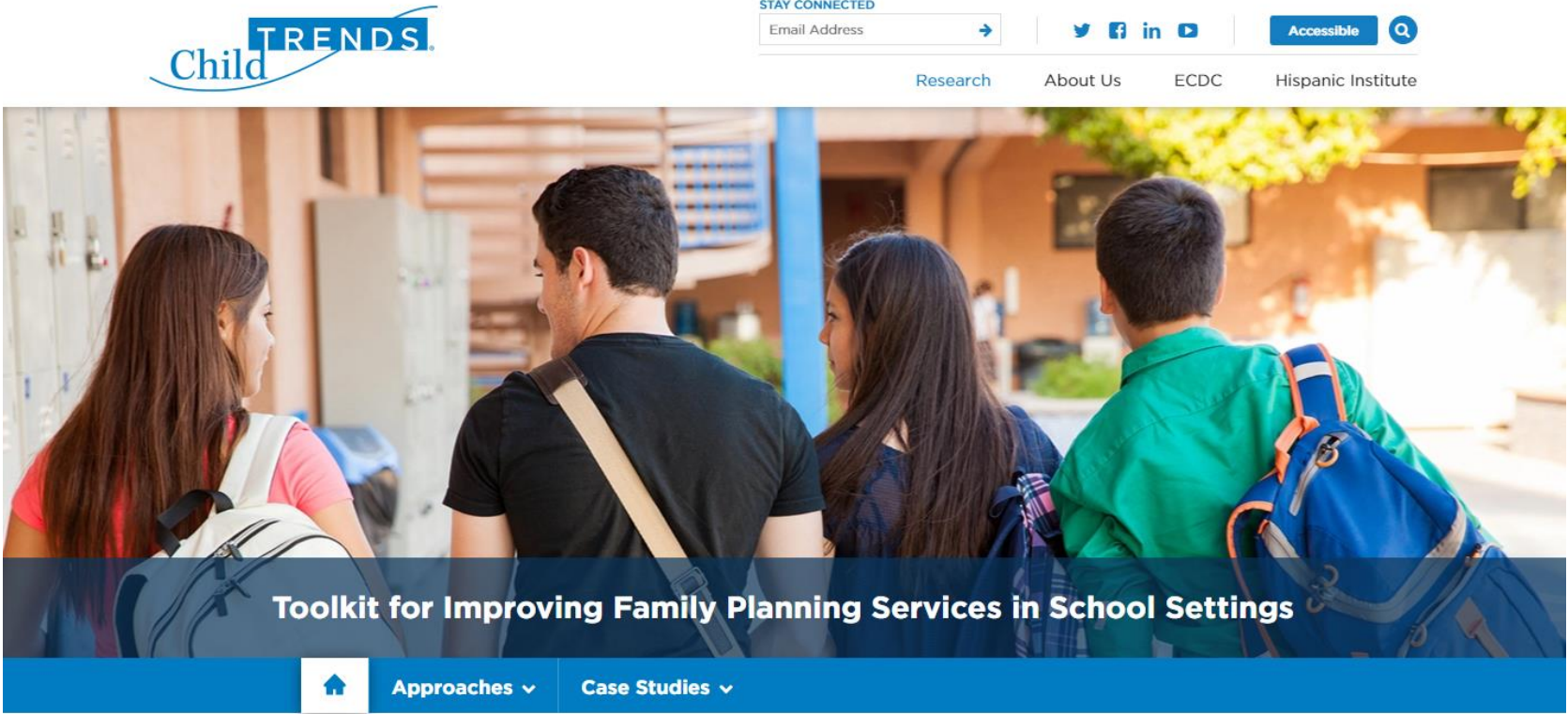
## Case Example: Minneapolis School-Based Clinics' Teen Empowerment Council

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



- 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

# Toolkit for Improving Family Planning Services in School Settings



The screenshot shows the top portion of the Child Trends website. On the left is the 'Child TRENDS' logo. To the right is a 'STAY CONNECTED' section with an email address input field and a search icon. Below this are social media icons for Twitter, Facebook, LinkedIn, and YouTube, followed by an 'Accessible' button with a magnifying glass icon. A navigation menu includes 'Research', 'About Us', 'ECDC', and 'Hispanic Institute'. The main hero image depicts four students with backpacks walking in a school hallway. A dark blue banner at the bottom of the hero image contains the title 'Toolkit for Improving Family Planning Services in School Settings'. Below the banner is a blue navigation bar with a home icon, 'Approaches' with a dropdown arrow, and 'Case Studies' with a dropdown arrow.



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