

Enhancing Healthy Adolescent Development

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Enhancing a Teen Pregnancy Prevention Program With Text Messaging: Engaging Minority Youth to Develop TOP[®] Plus Text

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ABSTRACT

Purpose: To develop and pilot a theory-based, mobile phone texting component attractive to minority youth as a supplement to the Teen Outreach Program[®], a youth development program for reducing teen pregnancy and school dropout.

Methods: We conducted iterative formative research with minority youth in multiple focus groups to explore interest in texting and reaction to text messages. We piloted a month-long version of TOP[®] Plus Text with 96 teens at four sites and conducted a computer-based survey immediately after enrollment and at the end of the pilot that collected information about teens' values, social support, self-efficacy, and behaviors relating to school performance, trouble with the law, and sexual activity. After each of the first three weekly sessions we collected satisfaction measures. Upon completion of the pilot we conducted exit interviews with twelve purposively selected pilot participants.

Results: We successfully recruited and enrolled minority youth into the pilot. Teens were enthusiastic about text messages complementing TOP[®]. Results also revealed barriers: access to text-capable mobile phones, retention as measured by completion of the post-pilot survey, and a need to be attentive to teen literacy.

Conclusions: Piloting helped identify improvements for implementation including offering text messages through multiple platforms so youth without access to a mobile phone could receive messages; rewording texts to allow youth to express opinions without feeling judged; and collecting multiple types of contact information to improve follow-up. Thoughtful attention to social and behavioral theory and adolescent in iterative formative research with extensive consultation with teens can lead to an engaging texting curriculum that enhances and complements TOP[®].

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IMPLICATIONS AND CONTRIBUTION

Formative research with a sample of target participants, along with pilot testing to work through program content and the implementation process, improves the program's cultural competency and chances for success. Adding a texting component to a face-to-face program may increase participant recruitment and retention, particularly minority youth.

Conflicts of Interest: The authors declare no conflicts of interest.

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Unintended pregnancy affects every community, but has a greater impact on the most vulnerable and marginalized populations [1,2]. In 2009, when we proposed our study, 6,272 females under the age of 20 gave birth in Colorado—one baby born every 94 minutes [3]. Birth rates of African-American and Latina teens in Colorado were approximately 42/1,000 and 75/1,000 respectively, higher than the overall teen birth rate in Colorado (35.1/1,000) or nationally (39.1/1,000) [3]. Latina teen mothers accounted for almost 80% of all babies born to Denver

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this revised guideline, Enhancing Healthy Adolescent Development, to the health -care community. Evidence- based practice supports the excellence in service. The goal of this document is to assist nurses working with youth in a variety of practice settings, i.e. schools, public health units, community health centres. Tips for Collaborating in Interdisciplinary Settings Across Sectors and Practice Settings When Providing Clinical Care in Collaboration with Youth and Family. Enhancing Healthy Adolescent Development. Front Cover. Registered Nurses' Association of Ontario, - Adolescence - pages. Appendices: Appendix A - Original guideline development process () -- Appendix B - Revision process () -- Appendix C - Process for. 8 Feb - 4 min - Uploaded by LGLHealthUnit The Lanark, Leeds & Grenville District Health Unit is working to ensure we support Healthy. Prior to our Enhancing Healthy Adolescent Development (EHAD) journey, the Health Unit had developed a Youth Strategy Framework that goes beyond. Promoting Healthy Adolescent Development: The View Through a Half-Full Looking . and (3) enhancing social interactions with family, school, and community. Enhancing Adolescent Development through Sports and Leisure as we work to teach the prevention of certain health-compromising behaviors and attitudes. A normal part of identity development involves experimentation with different enables youth to find their own balance of healthy experimentation without. Strategies that promote healthy youth development broaden the identified strengths and help foster areas that may need enhancing. Goal Improve the healthy development, health, safety, and well-being of adolescents and young adults (AYAs). Overview Adolescents (ages 10 to 17) and young. barriers to healthy youth development including obstacles the. United States will enhancing positive factors in the lives of youth, such as connectedness to. As stated before, babies will learn through play naturally if given the proper freedom, boundaries, love, and tools. Abstract. This paper provides a description of and rationale for components of a theoretically based conceptual model that guided the development and. Healthy Youth Development as a Model for Youth. Health Promotion. A Review. ROBERT WM. BLUM, M.D., M.P.H., Ph.D. Risk and resilience as a conceptual. Enhancing the Transition Years: The Health promotion among adolescents has become a target for adolescent health behavior development and then.

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