

EBP Booster Webinar—Questions & Answers

Will this material be available to us online?

Yes, we have made the webinar recording available on the Program Success Center website.
<http://www.etr.org/ebi/programs/ebp-revisions-booster-webinar/>

The link is also featured on the home page in the upper right corner under Programs.
www.etr.org/ebp

Will the PowerPoint slides be sent out? Will the PowerPoint be available to print?

Yes, we will make the slide deck available to registered participants as a PDF. We have added the sources for the statistics to the relevant slides in the version you will receive.

How will these revisions be available? Will we have to provide a whole new copy of the curriculum?

If we have older versions of the curricula that do not include the revisions, but we cannot afford to buy new copies, can we get a list of the updates that we can incorporate into the programs we are using?

The new editions are all available through ETR:
<http://pub.etr.org/docpages.aspx?pagename=evidence%20based>

We do recommend updating to the latest editions of the programs. While changes to specific statistics or content may occur within a single lesson or activity, the changes for messaging and tone run throughout the facilitator scripts and notes, so it's just not possible for us to provide a page-by-page list of everything that was updated.

Adapting language where needed to be youth positive, inclusive and trauma informed are some things you can definitely consider and incorporate into the version you currently have and would be considered a green-light adaptation.

If there was ever a time where the only revisions were updated statistics, would you consider offering this information as an online resource?

We have tried to include the source for statistics within the curricula so that facilitators can find updated data as it becomes available. We would not view an update for statistics alone as a reason to offer a new edition of a particular program. Having an online resource around statistics is an excellent idea and definitely something we can consider adding to the Program Success Center as new reports from CDC and others emerge.

Is the appendix on "Supporting a Trauma-Informed Approach to Sexuality Education" included in all of the new curricula or is it accessible to us somewhere?

Yes, we have included this appendix in all of the new editions. We will also make it available online on the Program Success Center website:
<http://www.etr.org/ebi/assets/File/Supporting-a-trauma-informed-approach.pdf>



EBP Booster Webinar—Questions & Answers

Can we stick with fidelity by using some things from older versions of the curriculum and using new versions?

This is certainly something you would want to consult with your program officer and/or funder about.

We didn't really eliminate anything from the previous versions, so the new versions should contain the activities you are familiar with but with the factual and messaging updates covered in the webinar.

The one exception to this would be *Be Proud, Be Responsible*. The information from the fourth edition on pregnancy and STD is not in the new fifth edition. The Jemmotts developed *Making Proud Choices* as an adaptation of BPBR that would include this information in a systematic and focused way. We do not recommend re-inserting the additional information that was added to the fourth edition back into the program, but are encouraging those who have been using BPBR for TPP programming to switch to *Making Proud Choices*.

Can we just purchase the manual? We don't need more videos, etc.

Contact customer service at 1-800-321-4407 and ask to speak to one of our ETR Sales Representatives to discuss your needs. They will be happy to work with you on this. Bear in mind that there are also new Activity Kits for the new editions, and the basic set for the new editions now includes a classroom set of 30 Student Workbooks.

I still don't understand why the focus is solely HIV in BPBR when many of the programs that use it are pregnancy prevention, not HIV (money is in pregnancy prevention); what is the rationale other than that's what the creator wanted?

Be Proud, Be Responsible was developed as an HIV-prevention program, and the version of the curriculum used for the research study and provided in the first, second and third editions had HIV as its focus. With the first round of TPP funding from OAH, changes were made to the BPBR fourth edition by the publisher to incorporate information on pregnancy and STI in order to enable grantees to use the program for this purpose.

However, the Jemmotts had already adapted BPBR to include these topics and had evaluated that adaptation—*Making Proud Choices*—in an independent research study that yielded demonstrated effects. It was their belief—borne out by ETR trainers' experience in training to the fourth edition of BPBR—that the additional content made the BPBR modules difficult to teach in the allotted time of 50 minutes, and also layered so many concepts into the activities to cover HIV, STI and pregnancy all at the same time that (1) the content was not being presented in the most effective way for the learners, and (2) the evidence base of the curriculum was no longer being reflected, since the modules differed markedly from those taught in the original research study.

The fourth edition of BPBR provided accurate information and included activities to shape attitudes and build skills, and many agencies using it may have had good results with the youth they serve. However, that edition of the program was not evaluated in a rigorous research study



EBP Booster Webinar—Questions & Answers

as the original was. Both the developers and ETR want to be sure the programs we represent follow the research and maintain fidelity to that evidence base. *Making Proud Choices* adds two more modules in order to cover this additional content in a systematic and logical way. It is an adaptation that incorporated pregnancy and other STI into the BPBR curriculum that was shown to be an evidence-based program in its own right, with independent study results.

For these reasons, we made the decision to return BPBR to its original module order and focus on HIV prevention, and to offer MPC as the pregnancy prevention version of the Jemmotts' program.

How can we modify BPBR to include more pregnancy prevention material?

Again, this is something you would want to consult with your program officer and/or funder about.

ETR strongly recommends using *Making Proud Choices* instead, rather than altering the evidence-base of the BPBR curriculum.

Will BPBR still be on the approved list for evidence based for pregnancy prevention?

It is our understanding that OAH is steering grantees toward Making Proud Choices for pregnancy prevention programming. BPBR remains an evidence-based HIV prevention curriculum. However, this is something to check with your project officer, as the decisions for which programs are included comes from OAH.

How different is the 5th Edition of Making Proud Choices to the new CA version?

ETR is working on a version of Making Proud Choices specifically for the state of California to be compliant with the recent California Healthy Youth Act. The California version is the same as the new 5th edition, with the addition of small adaptations necessary to bring the program into alignment with CHYA.

What interventions do you have that address teen pregnancy?

The majority of ETR's evidence-based sexual and reproductive health programs address pregnancy prevention. You can view a complete list of programs on the Program Success Center website: www.etr.org/ebi/programs/all-programs.

Two of these programs—*Becoming a Responsible Teen* (BART) and *Be Proud, Be Responsible*—focus on HIV prevention and do not include explicit information on contraception. However, many of the communication and condom skills taught in these programs will also help youth avoid unintended pregnancy.



EBP Booster Webinar—Questions & Answers

The consent conversation sparked a thought of mine. In the Be Proud! Be Responsible curriculum there is a roleplay activity called Calling Koko. There is one scenario that makes me very uncomfortable. It talks about a young girl going to a party, drinking and smoking and at the end of the night she has sex with a basketball player she has a crush on. The book gives suggestions about the response facilitators should give and it says nothing about giving consent or what a yes looks like. In all honesty, the scenario sounds like sexual assault. Is there any way ETR can look into this? It could definitely be a trigger and encourage rape culture.

This is an excellent point, and we really appreciate you pointing it out. As understanding evolves and the cultural lens shifts we often need to reevaluate all the scenarios presented in our curricula for these elements. This situation was originally included to surface the risks of alcohol and other drug use on sexual decision making and is used in several of the Jemmott curricula. However, you've highlighted a place where there really is an essential teaching moment to introduce and/or continue the conversation around consent. It's always a green-light adaptation to include any language or messaging that is more inclusive or more trauma informed. We have reworked the suggested response to include these ideas and will make it available to facilitators. (See attachment.)



MAIN POINTS TO COVER:

- People cannot give consent when they are drunk or high.
- Get tested for pregnancy, STDs and HIV.
- Resist peer pressure to drink alcohol or do drugs. Alcohol and drugs affect your decision making, and you may end up doing things that you regret.
- Use latex condoms if you decide to have sex.

CALLER 6

Koko,

I'm a senior this year and plan to go to college, but I did something the other night that was really stupid. I went to a party. I had a couple of beers and then somebody handed me a joint. Everyone else was smoking too. It was powerful stuff! I had never used drugs before. The next thing I knew I was in the bedroom with this basketball player I kind of had a thing for. We ended up having sex, and I don't even know if we used protection, because I was so high that I forgot to ask. I heard he does this type of thing a lot. Now he barely even speaks to me. I'm afraid that I could have gotten pregnant, or gotten infected with an STD like HIV. What should I do?

- *Regretful Rihanna*

SUGGESTED RESPONSE TO CALLER 6

You sound like a smart person who's in a tough situation. Alcohol and other drugs can lower your inhibitions and cause you to make unhealthy choices, especially when it comes to sex. Also, when people are drunk or high they can't fully give consent for sexual activity. You have the right to say when you want or don't want to engage in sexual behaviors. If you find yourself in a position where you were pushed or forced to do something you didn't really want to do, it's important to talk to a parent, counselor or other trusted adult.

Go right away to your local reproductive health clinic and get emergency contraception (EC) to prevent a possible pregnancy. They can also test you for STDs. Make sure you go to the clinic right away. You have up to 5 days after unprotected sex to use EC, but the sooner, the better.

If you may have been exposed to HIV, immediately contact a doctor about post-exposure prophylaxis (PEP). These medications may be able to prevent the virus from infecting the body if taken immediately after exposure (within 72 hours).

Don't blame yourself. And, in the future, be sure to choose sexual partners you feel comfortable communicating with, who will respect what you want and don't want, and who will share the responsibility for using protection.