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Q1 Name of your organization.

Virginia League for Planned Parenthood

Q2 Grant #

20180165

Q3 Grant Period

7/1/2018-6/30/2019

Q4 Location of your organization

City	Newport News
State	Virginia

Q5 Name and Title of person completing evaluation.

Melissa Meadows, Education Director

Q6 Phone Number:

(804) 482-6140

Q7 Email address.

mmeadows@vlpp.org

Page 2: Key Outcomes and Results

Q8 Total number of clients served through this grant funding:

1,219 (approximately 480 additional youth have already been scheduled to participate in programming prior to 6/30/2019)

Q9 Describe the project's key outcomes and results based on the goals and objectives. Use the following format: State the Goal: State Objective 1: Describe the Activities, Results and Outcomes for Objective 1: State Objective 2 (if applicable): Describe the Activities, Results and Outcomes for Objective 2: State Objective 3 (if applicable): Describe the Activities, Results and Outcomes for Objective 3:

Project Goal: To reduce the teen pregnancy and STI rates in Newport News Public Schools (NNPS) by providing comprehensive sex education to youth so they are able to make healthy and empowered decisions about their futures.

Project Objective: To provide research-based, comprehensive, multi-session sexual health education programming to 1,700 tenth-grade youth in NNPS during the 2018-19 spring, summer, and fall semesters.

Project Activity 1: VLPP's Health Educators will provide research-based, comprehensive, multi-session sexual health education programming to approximately 1,700 tenth-grade youth at high risk of unintended pregnancy and STIs in NNPS.

Project Activity 2: VLPP's Health Educators will administer a pre and post test measuring knowledge and behavioral intention to approximately 1,700 student participants.

Outcome 1: VLPP expects to provide 1,700 youth in the tenth-grade family life program in NNPS with research-based, comprehensive, multi-session sexual health education programming. The 1,700 youth who participate in VLPP's tenth-grade family life program in NNPS will demonstrate a statistically significant growth in knowledge (at least a 12% increase between pre and post tests) on a variety of sexual health topics and will exhibit growth in positive behavioral intention.

From July 1, 2018 to May 1, 2019, VLPP provided 1,219 students with The Power to Decide, a multi-session, evidence-informed, comprehensive sex education program for tenth-grade students at Newport News Public Schools. Programming is already in progress or has already been scheduled for Woodside high school, Heritage high school, Warwick high school, and the first session of summer school at NNPS. An additional 480 participants are expected to complete The Power to Decide before the grant cycle ends on June 30th, 2019.

Program participants showed 11-14% growth in knowledge between pre and post test scores(1). Post test scores indicated participants were better able to identify healthy and unhealthy relationship characteristics, the effectiveness of different methods of birth control (including condoms), and the signs and symptoms of pregnancy as a result of this program. Youth who participated in The Power to Decide also demonstrated 2-3% growth in positive attitudes and beliefs about sexual health(2).

Outcome 2: 1,700 student participants will complete pre and post tests. Pre and post test data from the 1,700 student participants will be used, along with secondary data from the Virginia Department of Health, to produce a comprehensive program evaluation report for community stakeholders.

From July 1, 2018 to May 1, 2019, 1,112 pre and post tests were matched (out of 1,219 total tests) for data analysis. Data from all participants was collected and compiled using Datalink® equipment and software, and then coded and analyzed using IBM® SPSS Statistics® software.

At the end of the grant period, program effectiveness will be determined by evaluating the changes in test scores among all matched pre and post tests. Further analysis will occur matching specific questions on the pre and post tests to determine what content showed the most growth in student learning. This information will be used to make any necessary changes to the curriculum or to the evaluation tools for the next academic year.

In addition to analyzing pre and post tests, VLPP regularly reviews aggregate data collected and made available by the Virginia Department of Health and internal teen birth rate data (by school) provided by school nurses at NNPS. Trends in teen births will be analyzed and will continue to affect programming decisions as necessary. VLPP's Education Director produces a comprehensive program evaluation report every year that will be shared with all community stakeholders.

(1) Two versions of the pre and post test were used during this reporting period. A new version of the pre and post test was created in

fall 2018 to reflect changes to the curriculum content. On the older version of the pre post test, participants showed 14% growth in knowledge and results were statistically significant. On the newer version of the pre and post test, participants showed 11% growth in knowledge and results were statistically significant.

(2) The older version of the pre and post test showed 3% growth in positive attitudes and beliefs about sexual health while the newer version of the pre and post test showed 2% growth in positive attitudes and beliefs about sexual health. Results from both tests showed statistical significance.

Q10 Please describe any challenges/obstacles the organization encountered (if any) in attaining goals & objectives.

A few challenges were identified with regard to meeting the objectives for the program.

There are various behavioral challenges that arise during program implementation at Newport News Public Schools. A NNPS classroom teacher is present during program implementation and each teacher has different strategies for maintaining control of the classroom. It is common for VLPP Health Educators to have to stop teaching to redirect behavior (or wait for the classroom teacher to do so) during class and this can make time management and maintaining fidelity a challenge. Though our Health Educators are trained and adept at classroom management, we do anticipate this to be a continued challenge in Newport News Public Schools.

In addition to classroom behavior, school activities and events often disrupt programming. Field trips, announcements, scheduled bathroom breaks, and standardized testing sometimes pull away from class time and make it difficult to implement the full program content.

Some of the schools where The Power to Decide is implemented have many participants who do not speak English as their native language (a.k.a. ESL students). These students are often integrated into classes with no additional NNPS staff support. Though VLPP provides class notes, worksheets, and resources in Spanish, content delivery can sometimes be delayed due to students not being proficient in their English language ability. There are also some students who speak languages other than Spanish and it can be difficult to find resources to help them follow engage with program content.

Q11 How did you overcome and/or address the challenges and obstacles?

All VLPP Health Educators have training in effective classroom management techniques. When behavioral issues arise, the classroom teacher is also often available for assistance to help the classroom stay on track. Despite behavioral interruptions in the classroom, VLPP was able to implement The Power to Decide with 99% fidelity from July 1, 2018 to May 1, 2019.

While school scheduling challenges are outside of VLPP's control, VLPP Health Educators have been able to maintain flexibility with rescheduling classes. If school is closed due to inclement weather or there is a half day which decreases program instruction time, VLPP Health Educators are often able to reschedule classes in order to deliver the full program to participants.

As mentioned above, VLPP Health Educators provide classroom worksheets, notes, and resources in Spanish. Resources in other languages can be made available upon request.

Q12 Describe any unintended positive outcomes as a result of the efforts supported by this grant.

During July 1, 2018 to May 1, 2019, participants were asked questions about program satisfaction on their post-test. The participants had overwhelmingly positive responses to the following questions when they were asked to rate their level of agreement (n=1,071):

- The information provided in this program will help me to make safe and healthy decisions now and/or in the future.
 - o 96% of participants selected “Agree” or “Strongly Agree”

 - My teacher presented information in a way that was clear and easy to understand.
 - o 97% of participants selected “Agree” or “Strongly Agree”

 - My teacher answered my questions and the questions of my classmates in a respectful way.
 - o 96% of participants selected “Agree” or “Strongly Agree”
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Q13 Briefly describe the impact this grant has had on the organization and community served.

VLPP’s goal is to reduce the teen pregnancy and STI rates in Newport News by providing comprehensive sex education to youth so they are able to make healthy and empowered decisions about their futures. VLPP provides education and support in public schools, colleges, and community-based organizations such as homeless shelters, foster care service agencies, juvenile detention centers, and residential treatment centers.

The need for sex education is great in our communities, particularly for youth who are vulnerable to poor health outcomes, including experiencing an unintended pregnancy or STI. Older teens are at the highest risk for unintended pregnancy and STIs, and teens from low-income backgrounds, those who have experienced violence, those in foster care or correctional facilities, and those with disabilities are at an even higher risk. Participants in our programs learn about topics such as contraception, STIs, condom use, healthy relationships, communication skills, negotiation skills, decision making, and pregnancy.

Support from the S.L. Gimbel Foundation has been a vital component of VLPP’s efforts to reduce the teen pregnancy and STI rates among school-aged youth in Newport News. VLPP has provided sex education in Newport News Public Schools since 2008. Between 2008 and 2017, the teen pregnancy rate (ages 10-19) declined 65% in Newport News and has dropped at a faster rate than several of its neighboring cities in the same time period, including Portsmouth City (52% decline), Norfolk City (54% decline), and Hampton City (58% decline). Rates of teen pregnancy in Newport News also declined at a faster rate between 2008 and 2017 than the state of Virginia (61% decline) (Virginia Department of Health, 2019). Additional data on known teen pregnancies is collected by school nurses at all Newport News public high schools where VLPP’s sex education programs take place. According to this data, all Newport News public high schools showed a 78% decline in teen pregnancy between 2010 and 2018.

VLPP’s success in Newport News Public Schools has also encouraged surrounding areas in southeastern Virginia to reach out to VLPP for technical assistance as well as for programming needs. For example, VLPP secured funding to pilot a sex education program in Suffolk, Franklin, and Southampton Counties to address high teen pregnancy and STI rates in the region. This program continues to grow and VLPP’s education team has built relationships with a variety of community partners in the area. In the fall of 2018, VLPP also partnered with Norfolk Public Schools to provide technical assistance in reviewing their family life education curriculum for grades K-12. VLPP Health Educators provided additional professional development workshops and resources directly to K-12 Health and P.E. teachers at Norfolk public schools on best practices in teaching sex education.

Q14 Please provide a budget expenditure report. Also, provide a budget narrative that explains how the funds were utilized, what was purchased, what were the expensed items based upon the budget that was submitted.

Grant funds from the S.L. Gimbel Foundation were used to support the salary of a full-time Health Educator and program needs for our tenth-grade comprehensive sex education program in Newport News Public Schools.

A budget spreadsheet will be sent via email.

Page 4: Success Stories

Q15 Please relate a success story:

VLPP's Health Educators often encounter students who realize that they have experienced or perpetrated unhealthy or abusive qualities in their relationships, and they had not realized it until exploring these topics in class. One Health Educator writes,

"I had a student mention that they had been overly trying to track their partner's social media and/or phone and thought it was just a part of proving there was trust in the relationship. Basically, the student's thought process was, 'because I track the social media/phone I am able to know I can trust the partner.' Once we processed through the lesson [on healthy relationships], they realized their thinking was kind of backwards and building trust doesn't have to feel like a constant investigation process. They were able to realize some of the signs that a person may not be trustworthy and whether or not it would be wise to continue a relationship given the circumstances of the relationship."

These realizations from students provide a wonderful opportunity for VLPP's Health Educators to connect students to additional resources and support to help reduce the incidence of unhealthy and abusive behaviors.

Q16 Please relate a success story here:

Respondent skipped this question

Q17 Please relate a success story here:

Respondent skipped this question

Page 5: Organizational Information

Q18 Which category best describes the organization. Please choose only one.

Other (please specify):
Healthcare

Q19 What is the organization's primary program area of interest?

Health & Human Services

Q20 Percentage of clients served through grant in each ethnic group category. Total must equal 100%

African American	51
Caucasian	23
Hispanic Latino	10
Other	16

S.L. Gimbel Foundation Fund

Q21 Approximate percentage of clients served from grant funds in each age category.	Children ages 06-12 years of age	2
	Youth ages 13-18	96
	Young Adults (18-24)	2
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Q22 Approximate percentage of clients served with disabilities from grant funds.	Learning Disabled	12
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Q23 Approximate percentage of clients served in each economic group.	At/Below Poverty Level	45
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Q24 Approximate percentage of clients served from grant funds in each population category.	Respondent skipped this question	
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