

28  
5-13-08

**May is Teen Pregnancy Prevention Month**  
**Alexandria Campaign on Adolescent Pregnancy Calendar of Events**

**Saturday Night Hype**

Saturday, May 3<sup>rd</sup>, 8 pm – 10:30 pm

ACAP is co-sponsoring the middle school Saturday Night Hype event at Chinquapin Recreation Center. ACAP will provide fun activities and promotional items related to teen pregnancy prevention.

**Youth Services Coordinating Council**

Tuesday, May 13<sup>th</sup>, 10 am – 12pm

Department of Human Services

Join youth serving professionals at the YSCC meeting focusing on teen pregnancy. The National Campaign to Prevent Teen and Unplanned Pregnancy will present "Engaging Hispanic Families in Teen Pregnancy Prevention" followed by a panel discussion with teen moms involved in the Alexandria Resource Mothers Program. For more information contact Jacqueline Coachman at [Jacqueline.coachman@alexandriava.gov](mailto:Jacqueline.coachman@alexandriava.gov).

**City Council Meeting – Presentation and Proclamation**

Tuesday, May 13

City Hall, 7 pm

Youth from the Alexandria Health Department's Teen Pregnancy Prevention Programs will speak about the benefits of these programs. Alexandria Youth Council Members will discuss their photography project, "From Books to Bottles" which shows how teen pregnancy is viewed by youth through the lens of a camera.

**"Avoiding Plan B" City at Peace Performance**

Saturday, May 17<sup>th</sup> at Cora Kelly Recreation Center

5:00 – 6:00 pm – Registration and Dinner

6:00 pm – City at Peace Performance

8:30pm – Family Feud and Let's Make a Deal game show

*Avoiding Plan B* explores the lives and relationships of a group of teenagers as they approach high school graduation and deal with the perceptions and implications of sex in their lives. Men deal with the perception that they have to have sex to be a man while women question if having sex is the only way to feel accepted. Two best friends are excited about graduating and seizing their model life plan at Spelman College, but will their plan be thwarted due to the repercussions of one woman's decision to have sex or will they both be able to attain their dreams, meet their goals, and avoid plan b.

Join us for an exciting performance by City at Peace followed by workshops given by the City at Peace performers and Game Show Night (Family Feud and Let's Make a Deal). Join us for food, raffle prizes (iPod shuffle and nano, gift cards, National's tickets), and fun!

**Movie and Discussion - Juno**

Monday, May 19<sup>th</sup> at 1 pm

City Hall – Sister Cities Conference Room

Don't miss the outrageously offbeat comedy hit that has everyone talking and laughing! Juno MacGuff is a cool, confident teenager who takes a nine-month detour into adulthood when she's faced with an unplanned pregnancy -- and sets out to find the perfect parents for her baby. With the help of her charmingly unassuming boyfriend, supportive dad, and no-nonsense stepmom, Juno sets her sights on an affluent couple longing to adopt their first child.

Please RSVP to Becky Griesse at [Rebecca.Griesse@alexandriava.gov](mailto:Rebecca.Griesse@alexandriava.gov) by Thursday, May 15<sup>th</sup>.

### **"From Books to Bottles" Reception and Opening**

Tuesday, May 20 at 6:15pm

City Hall, Vola Lawson Lobby

"From Books to Bottles" is a photography display created by the Alexandria Youth Council depicting teen pregnancy through the lens of a camera. Youth Council members took photos, interviewed teen moms and dads, and created scenes showing the consequences and responsibilities of teen pregnancy. The goal of this project was to increase awareness of teen pregnancy in the City of Alexandria.

### **ACAP Outreach Event - Northern Virginia Community College (Alexandria Campus)**

Wednesday, May 21<sup>st</sup> and Thursday, May 22<sup>nd</sup>

11:00 am – 1:30pm and 5:00 pm – 6:30pm

Visit our table to pick up information and promotional items from ACAP.

### **"Let's Talk about Sex: A Workshop for Parents"**

May 23<sup>rd</sup> at 1pm at Lee Center (during the City Employee Health Fair)

City employees are invited to attend this workshop to learn more about how and when to talk to your child about sex. Learn what is important to know about sex and why it's important to pass on that information to your children. Visit the following links for more information on registration and other workshops: **Schedule of Seminars** and **Seminar Registration**

### **Hammond Middle School – Teen Pregnancy Prevention Month Quiz**

May 27- June 2<sup>nd</sup>

All 8<sup>th</sup> grade students will complete the National Campaign to Prevent Teen and Unplanned Pregnancy's Quiz for Teen Pregnancy Prevention Month. Following the online quiz, students will participate in a fun, interactive presentation on healthy relationships.



For more information, please contact Becky Griesse at [Rebecca.Griesse@alexandriava.gov](mailto:Rebecca.Griesse@alexandriava.gov) or 703.838.5030.

Alexandria Campaign on Adolescent Pregnancy (ACAP)

421 King Street Suite 400

Alexandria, VA 22314

703.838.5030

703.838.4976 (fax)

Email: [acap@alexandriava.gov](mailto:acap@alexandriava.gov)

Web site: [alexgetreal.com](http://alexgetreal.com)

The Alexandria Campaign on Adolescent Pregnancy is a coalition of interested citizens, agencies, and community groups dedicated to reducing adolescent pregnancy in Alexandria.

ACAP is comprised of a steering committee and four subcommittees to focus on four key approaches to combating adolescent pregnancy. This includes strengthening community-wide comprehensive programs and services; expanding the multilevel public awareness and communications plan; targeting key population segments; and implementing strategies for pregnant and parenting adolescents.

**Vision**

ACAP is a coalition committed to reducing the chronic problem of adolescent pregnancy, its consequences and sustaining that reduction over time.

**Mission**

ACAP's mission is to prevent adolescent pregnancy through culturally and age appropriate education, advocacy, technical assistance, direct service prevention programs and public awareness. Collaboratively, we work with our young people, their families and the community to secure brighter futures.

**Goal**

To reduce the rate of adolescent pregnancy in Alexandria by 15% by 2010.

**ACAP services include:**

- Support and assistance to youth program providers and teen pregnancy prevention providers;
- Parent workshops, in English or Spanish, on how to talk to your child about sex;
- Offer training to area youth program providers on various topics related to teen pregnancy and its prevention;
- Alexgetreal.com web site: This site provides teens and adults information about teen pregnancy, sexual health, and area resources. It also offers interactive tools, videos, surveys, and podcasts. It is available in Spanish and English.
- Teen Text Message Line: Teens can send a question to ACAP's text message line, 703-717-TEEN, and receive accurate and honest responses within 24 hours.
- *Get Real* magazine: *Get Real* is produced by and made for teens. It covers real issues that teens face on a daily basis.

## **ACAP History**

In 2000, Mayor Kerry Donley's Blue Ribbon Task Force on Reducing Teen Pregnancy and the Interagency Consortium on Adolescent Pregnancy merged to form the Alexandria Campaign on Adolescent Pregnancy (ACAP). The Alexandria City Council appropriated \$100,000 in 2000 to achieve the goal of reducing teen pregnancy by 25% in 5 years and to initiate a media campaign. Following this merger, ACAP was placed under the Alexandria Office on Women where it continues to receive annual appropriations from the Alexandria City Council. Between 1997 and 2006, the adolescent pregnancy rate has dropped from 60.8 to 48.1 per 1000 females ages 10-19 years old (2006 is the most recent data available).

## **Leaders and Participants**

### **ACAP Co-Chairs**

Mayor William D. Euille  
City of Alexandria

John Porter  
Assistant Superintendent for ACPS

### **Steering Committee Members**

Becky Griesse  
Coordinator, ACAP

Lisa Baker  
Director, Office on Women

Arlene Hewitt  
Public Health Advisory Commission

Ron Frazier  
Director, Office on Youth Services

Jacqueline Coachman  
Youth Services Program Specialist, Office on Youth Services

Veronica Aberle  
Nursing Director, Alexandria Department of Health

Peggy Cressy  
Sr. Director Community Health, INOVA Health System

Kim Hurley  
Youth Community Education Specialist, Office on Women

## **Alexandria Campaign on Adolescent Pregnancy (ACAP) Recent Accomplishments**

- Development and launch of Website, [www.alexgetreal.com](http://www.alexgetreal.com) for youth and adults
- Development and launch of Text-Messaging Line for Youth **703.717.TEEN**
- Regular advertising on Comcast targeted at youth encouraging delay of sexual involvement and use of text-message line and website
- Periodic advertising on Comcast targeted at parents encouraging them to talk to their children about sex, love and relationships
- Development and distribution of a variety of brochures and fact cards for youth, parents and professionals on the issue of teen pregnancy in both English and Spanish (on-going)
- Development and distribution of bi-annual magazine, Get Real, written by and for Alexandria youth. Available in both hard-copy and online formats
- Regular advertising in El Tiempo newspaper targeting parents and encouraging them to talk to their youth about sex, love and relationships
- Annual involvement in: Titan Expo, Cheerleading Competition, Family Involvement Rally, various health fairs, and Teen Summit
- Developed an electronic news bulletin on issues relating to teen pregnancy
- Ongoing development of a Facebook and Myspace page
- Sponsored and facilitated a variety of trainings and seminars for ACAP members and youth providers including: “Using the BDI Logic Model to Design and Improve Programs”, and “Creating a Logic Model for ACAP”; “The Art and Science of Talking About Sex with Youth”; “Isn’t She a Little Young: Sexual Coercion and Statutory Rape of Minor Teens”; and “making Our Programs Better: Best Practices for Teen Pregnancy Prevention Programs
- Collaboration with Planned Parenthood to provide parenting workshops for Spanish speaking parents on how to talk with your child about sex, love and relationships
- Development and distribution annually of 1000’s of promotional items to youth and parents
- Development of quarterly parent newsletter. Distribution to begin February 2008 in both electronic and hard-copy format
- Regular community presentations on teen pregnancy prevention and related issues to such organizations as: CSB, ACPS PTA, SOHO, Planned Parenthood, Project Discovery, AYC, Community Lodgings, Shelter Care and YSCC.
- Collaboration with the Alexandria Domestic and Sexual Violence programs to develop and implement an interactive curriculum incorporating domestic and sexual violence and teen pregnancy prevention messages. Curriculum is presented to 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> grade ACPS students each year.

### **Upcoming Events/Activities:**

- City Exposure, ACAP, and Alexandria Youth Council – Documenting Teen Pregnancy through photography
- Co-sponsoring Middle School Saturday Night Hype – May 3rd
- City at Peace dinner theater and workshop – May 17th
- Focus Groups with 15-19 year olds most English and Spanish speaking



# FACT SHEET



Issue 2 | Dec 2007

## Adolescent\* Pregnancy Prevention Messages for Youth Programs

**To reduce adolescent pregnancy, the whole community must work together!**

### THE FACTS – WHAT THE DATA SHOW

- Between 1995 and 2005, the adolescent pregnancy rate in Alexandria dropped 28%.
- In 2005, the pregnancy rate for females ages 10-19 was 58.6 per 1000. The rates were highest in 18-19 year olds and in Hispanic adolescents.
- The City of Alexandria has the highest teen pregnancy rate in the Northern VA area and one of the highest in the state.
- Teen childbearing costs Alexandria taxpayers \$2.2 million a year.
- Recent studies showed that abstinence-only programs had no impact on behavioral outcomes such as later sexual initiation or lower rates of pregnancy or STIs. The majority of parents and youth want information about abstinence as well as information about safer sex and contraception/birth control. (Advocates for Youth, July 2007, [www.advocatesforyouth.org/publications/policybrief/pbabonly.htm](http://www.advocatesforyouth.org/publications/policybrief/pbabonly.htm))

### PREVENTION MESSAGES – WHAT CAN YOU DO?

- Send strong messages to youth that the teen years are for education and growing up – not for childbearing.
- Support and encourage abstinence as an essential component to adolescent pregnancy prevention, but also provide complete and medically accurate information about contraception and condoms.
- Encourage protective factors that reduce the likelihood of teen pregnancy including a strong connection to family and school.
- Focus on methods used to enhance youth development, which also work to prevent teen pregnancy. Concentrate on academic success, decision-making, reasoning skills, facing challenges, close relationships with caring adults, family relationships, citizenship and contribution, workforce preparation, and physical/emotional health and well-being.
- Provide a safe space for youth to talk to you and ask you questions.

If a youth in your program asks you a question about sex, it's ok if you do not know the answer or if you feel uncomfortable answering the question. First encourage youth to talk to their parents about sex, love and relationships. Then provide him/her with local resources so that they can find the answer. Here are just a few examples of local resources:

- Teen Text Message Line  
703.717.TEEN (8336)
- alexgetreal.com
- Alexandria Health Department  
703.838.4400
- Adolescent Clinic  
703.519.6006
- School nurse/counselor/social worker
- Include teen pregnancy when talking to youth about different issues or skills. For example, when talking with youth about different issues or skills, include teen pregnancy in the activity. For example, if you are talking about how to create a personal budget have half of the youth pretend they are teen parents and form a budget including all of the possible expenses that might relate to being a parent.

Over →

\* For the purposes of this document, adolescents are defined as 10-19 year old youth.



# ALEXANDRIA CAMPAIGN ON ADOLESCENT PREGNANCY

---

## Resources

Most of the resources listed below are directed towards parents; however, most of the material would be relevant to any youth program provider.

- **Parents' Sex Ed Center**  
<http://www.advocatesforyouth.org/parents/index.htm>  
Parents' Sex Ed Center contains all of the information and resources you need to begin talking with your children about sex.
- **SIECUS – Families are Talking – Parents and Other Adults**  
<http://www.familiesaretalking.org/>  
The Families are Talking website seeks to empower parents and caregivers to communicate with their children about sexuality-related issues.
- **SIECUS – Radio Series- Take A Minute To Talk About Sexuality With Your Kids**  
<http://www.siecus.org/parent/radio/radi0000.html>  
"Take A Minute To Talk About Sexuality With Your Kids" is a radio series for parents and adults to encourage conversations about sexuality.
- **Kids Health**  
<http://www.kidshealth.org/parent/>  
The Kids Health website provides information on children's health topics.
- **The National Campaign to Prevent Teen and Unplanned Pregnancy**  
<http://www.teenpregnancy.org/default.asp>  
The National Campaign provides information on teen and unplanned pregnancy for professionals, parents, youth, policymakers and the media.
- **Talking with Kids about Tough Issues**  
<http://www.talkingwithkids.org/>  
Talking with Kids about Tough Issues is a national initiative by Children Now and the Kaiser Family Foundation to encourage parents to talk with their child early and often about sex, drugs/alcohol, violence, and HIV/AIDS.
- **Planned Parenthood**  
<http://www.plannedparenthood.org/educational-resources/for-parents.htm>  
Planned Parenthood provides information on how to talk to your child, what your child needs to know, and kids and AIDS.
- **Transformations, Butterflies, Passions, and All Sorts of Questions**  
<http://publications.msss.gouv.qc.ca/acrobat/f/documentation/2006/06-307-01A.pdf>  
This document provides parents a guide for discussing sexuality with their teens.
- **Parent Issues – Situations**  
<http://sexualityandu.ca/parents/resources-2.aspx>  
Offers hypothetical situations to help put you in the situation and think, "what would I do?"
- **Real Life, Real Talk**  
<http://www.ppri.org/EducationalPrograms/RLRT.html>  
Offers radio talk show archives on a variety of issues related to teens, pregnancy, sexual health, and parents.
- **Answer**  
<http://answer.rutgers.edu/>  
Answer is a leading national organization dedicated to providing and promoting comprehensive adolescent sexuality education in the US. Provide resources for professionals and parents as well as a link to their teen site, Sex, etc.



# FACT SHEET



Issue 1 | Nov 2007

## The Real Costs of Teen Pregnancy: \$2.2 million – City of Alexandria Costs of Teen Childbearing

### TEEN PREGNANCY AFFECTS EVERYONE.

- Nationally teen pregnancy rates are dropping but still remain the highest of the western industrialized world.<sup>1</sup> Problems related to teen pregnancy cost taxpayers over \$7 billion per year.<sup>1</sup>
- Locally, teen pregnancy rates have dropped 28% since 1995, but still remain the highest in the Northern Virginia region and one of the highest in the state.

### TEEN CHILDBEARING AFFECTS EVERYONE.

- In the City of Alexandria teen childbearing cost the city's taxpayers \$2.2 million in 2004.<sup>2</sup> For 105 live births, this equals approximately \$21,000 per birth. Nationally, teen childbearing cost US taxpayers \$9.1 billion in 2004.<sup>3</sup>
- Most of these costs are associated with negative consequences for the child born to teen mothers. Costs include public health care, child welfare, incarceration, and lost revenue due to lower taxes paid by the

children of teen mothers over their own adult lifetimes.<sup>4</sup> Other costs include public assistance, and lower taxes paid by the mother/father.

- Beyond the costs, other negative consequences include:
  - » Teen mothers are more likely to drop out of school, remain unmarried, and live in poverty.<sup>3</sup>
  - » Children of teen mothers are more likely to be born at low birth weight, live in poverty, live in single-parent households, and enter the child welfare system.<sup>3</sup>
  - » The daughters of teen mothers are more likely to be teen mothers themselves.<sup>3</sup>
  - » The sons of teen mothers are more likely to be incarcerated.<sup>3</sup>

### WHAT CAN I DO?

- Get involved! Become a member of the Alexandria Campaign on Adolescent Pregnancy. Volunteer your skills, ideas, or dollars!
- Mentor an Alexandria youth! Youth that have a caring adult in their lives are more likely to avoid high-risk behaviors associated with teen pregnancy.

- Talk to your children! Start talking to your children about sex, love, and relationships. Begin early and do it often.
- Bring the issue to the forefront at your place of worship, at your recreation center, at your school, at your business, and in your family! Invite a speaker to come in and talk to parents or to youth about teen pregnancy prevention.
- Become informed about the issue. Visit our website, alexgetreal.com, to find out more about teen pregnancy and sexual health.

For more information visit  
**The National Campaign to Prevent  
Teen Pregnancy: The Costs**  
at [www.teenpregnancy.org/costs](http://www.teenpregnancy.org/costs)

<sup>1</sup> National Campaign to Prevent Teen Pregnancy. (2006) *The Real Costs of Teen Pregnancy*. Washington, DC.

<sup>2</sup> By the Numbers Calculator. [www.teenpregnancy.org/costs/calculator.asp](http://www.teenpregnancy.org/costs/calculator.asp)

<sup>3</sup> National Campaign to Prevent Teen Pregnancy. (2006) *Science Says: The Public Costs of Teen Childbearing*. Washington, DC.

<sup>4</sup> Hoffman, S. (2006) *By the Numbers: The Public Costs of Teen Childbearing*. Washington, DC. The National Campaign to Prevent Teen Pregnancy.



Alexandria Campaign on Adolescent Pregnancy

[alexgetreal.com](http://alexgetreal.com)

Phone: 703.684.ACAP ★ Text: 703.717.TEEN

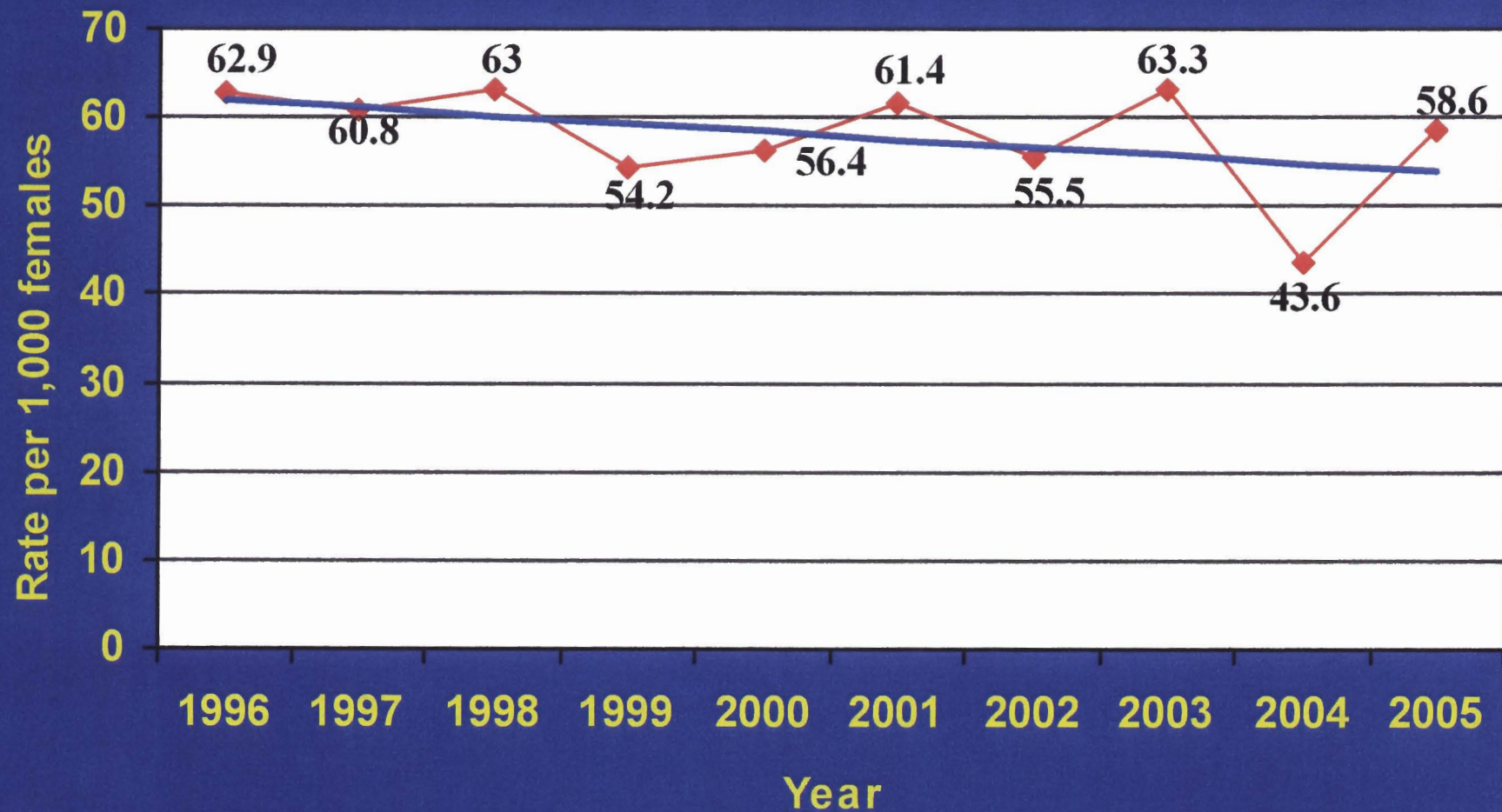


# Teen Pregnancy in the City of Alexandria:

## Ten Year Trends, by Age and Race/Ethnicity

Lisa Guli, MPH  
Alexandria Health Department

# Teen Pregnancy, Overall\* Ten Year Trend Alexandria 1996-2005



\*Includes teens aged 10-19 years, of all races/ethnicities.

# What does it mean?

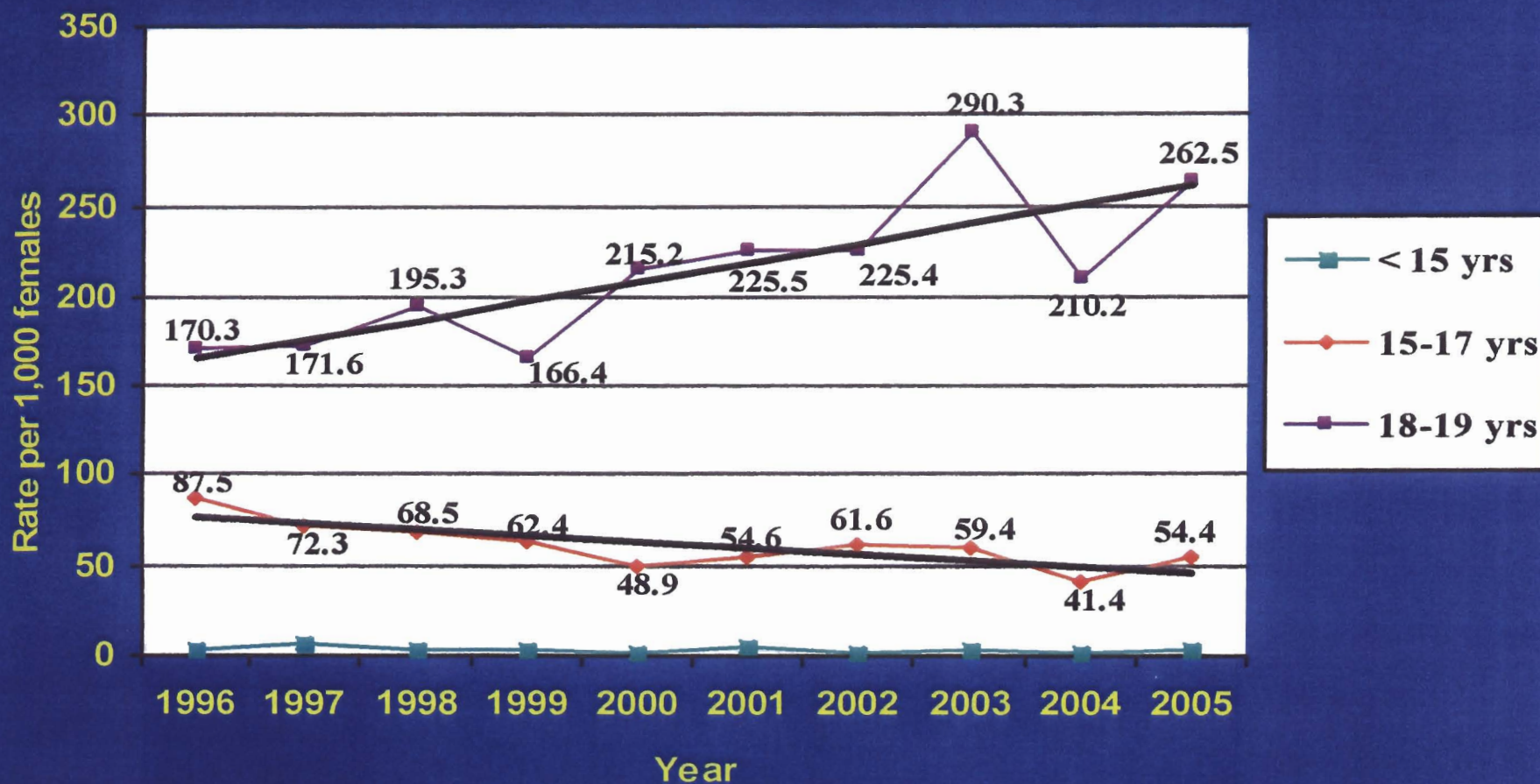
## Teen Pregnancy - Alexandria 1996-2005

- Between 1996 and 2005, Alexandria's teen pregnancy rate moved in a gradual downward trend, showing a decline in the rate of pregnancies over that ten year period.
- Preliminary data from 2006 also support this trend (48.1/1000)

Note: Looking at trends over time is more informative than calculating percentage differences in rates across time, which may not tell the entire story.

Note: The teen pregnancy rate in the previous slide represents females aged 10-19, aggregating all races/ethnicities in the City of Alexandria.

# Teen Pregnancy: 10 Year Trend, Disaggregated by Age, All Race/Ethnicities Alexandria, VA



## Teen Pregnancy: 10 Year Trend, Disaggregated by Age, All Race/Ethnicities Alexandria, VA

Although the previous slide contains aggregate data for all race/ethnic groups, we now see that the trends differ with regard to distinct age ranges:

- The downward trend is seen among 15-17 year olds, however an upward trend is visible among 18-19 year olds...

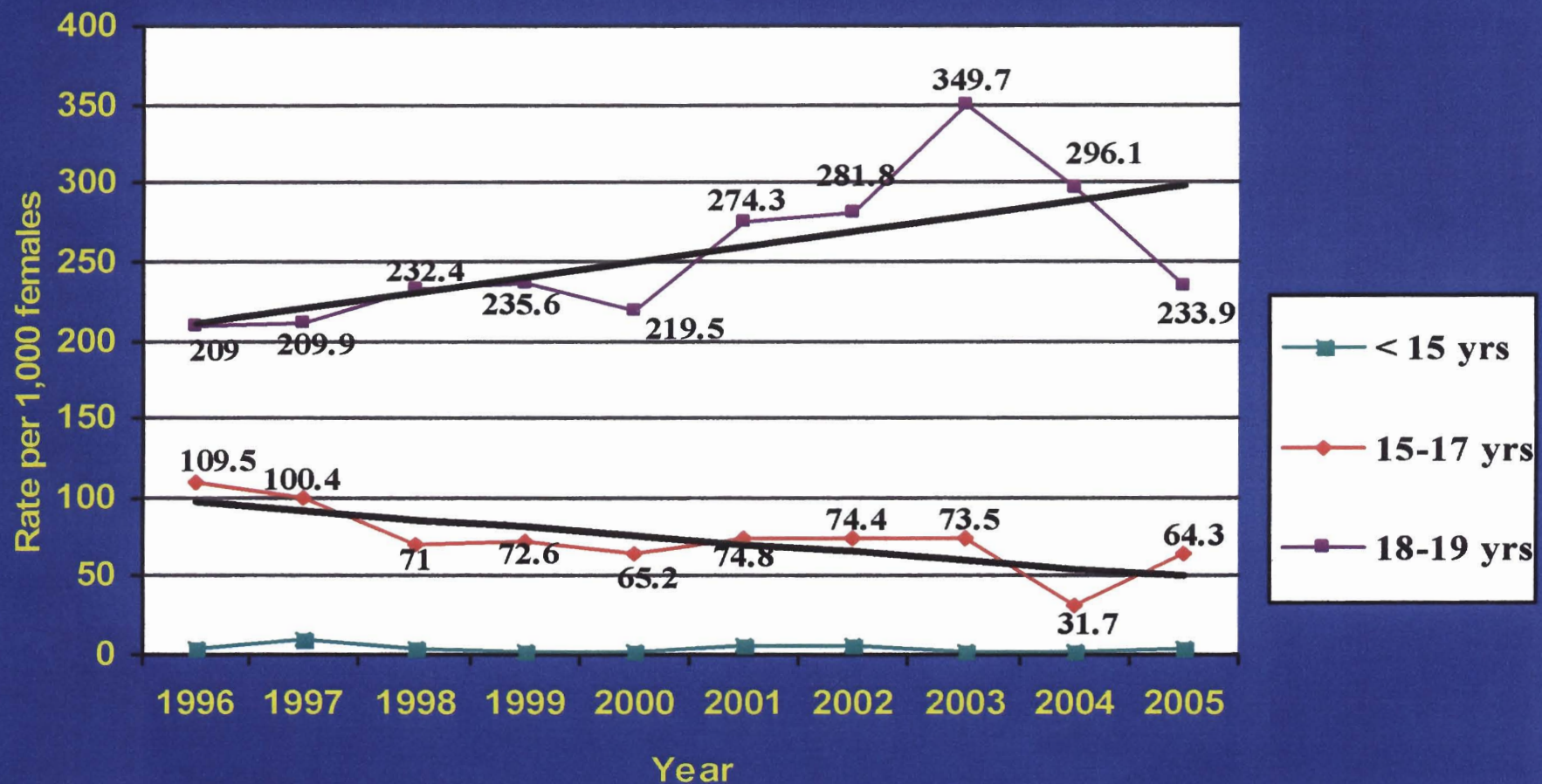
...this demonstrates that while the teen pregnancy rate is decreasing among *younger* teens, it is increasing among *older* teens.

Pregnancy rates among all teens < 15 years are consistently very low.

# Teen Pregnancy: 10 Year Trend

## African-Americans, Disaggregated by Age

### Alexandria, VA



# Teen Pregnancy: 10 Year Trend

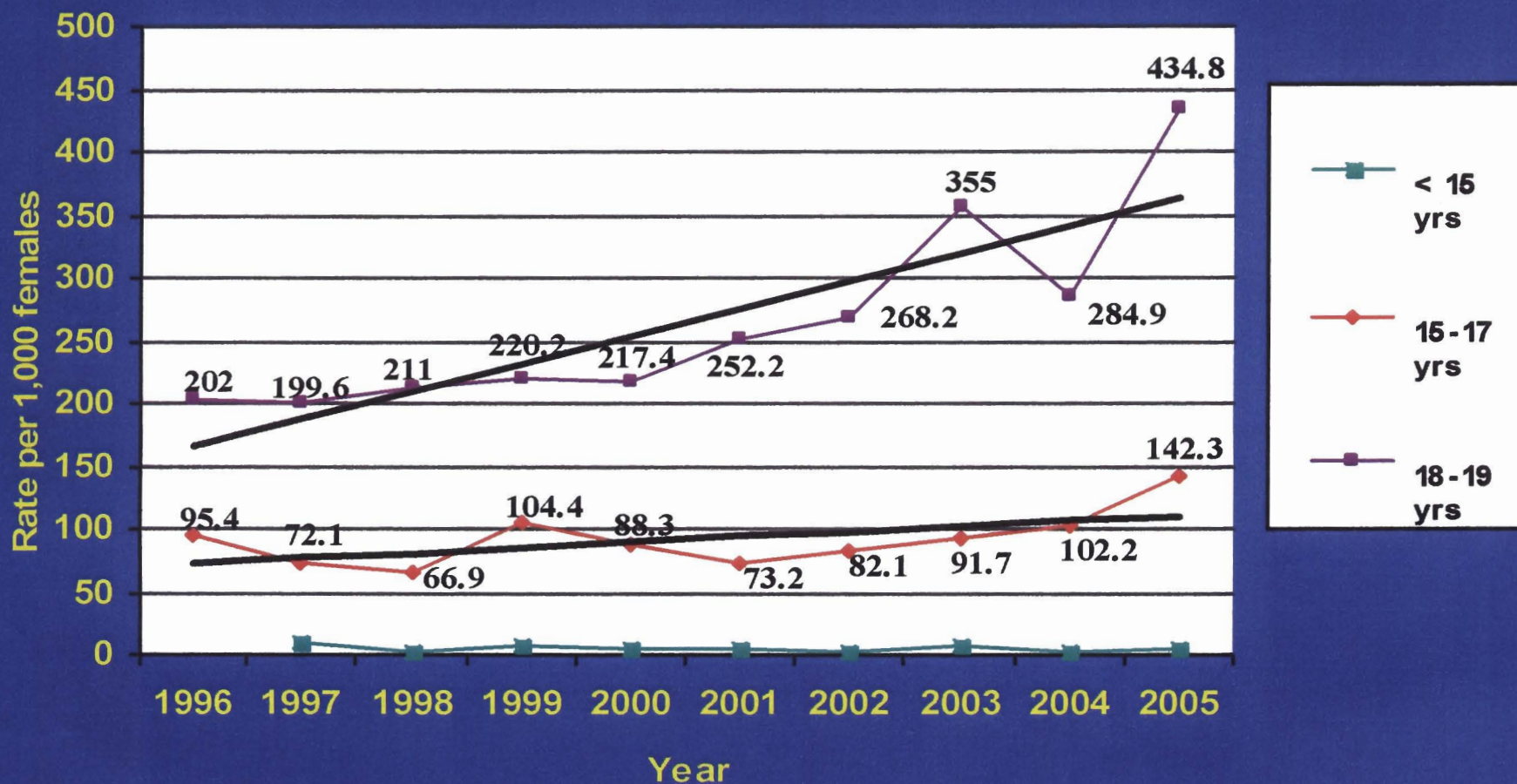
## African-Americans, Disaggregated by Age

### Alexandria, VA

African American teens demonstrate a similar pattern as seen in the overall data for all ethnic groups, disaggregated by age:

- Pregnancy rates among 15-17 year olds trended downward, indicating a decline in rate between 1996 and 2005.
- Pregnancy rates showed an upward trend among 18-19 year olds. Note, however, that from 2003-2005, the rate among 18-19 year old African American women was steadily declining.

# Teen Pregnancy: 10 Year Trend, Latinas, Disaggregated by Age Alexandria, VA



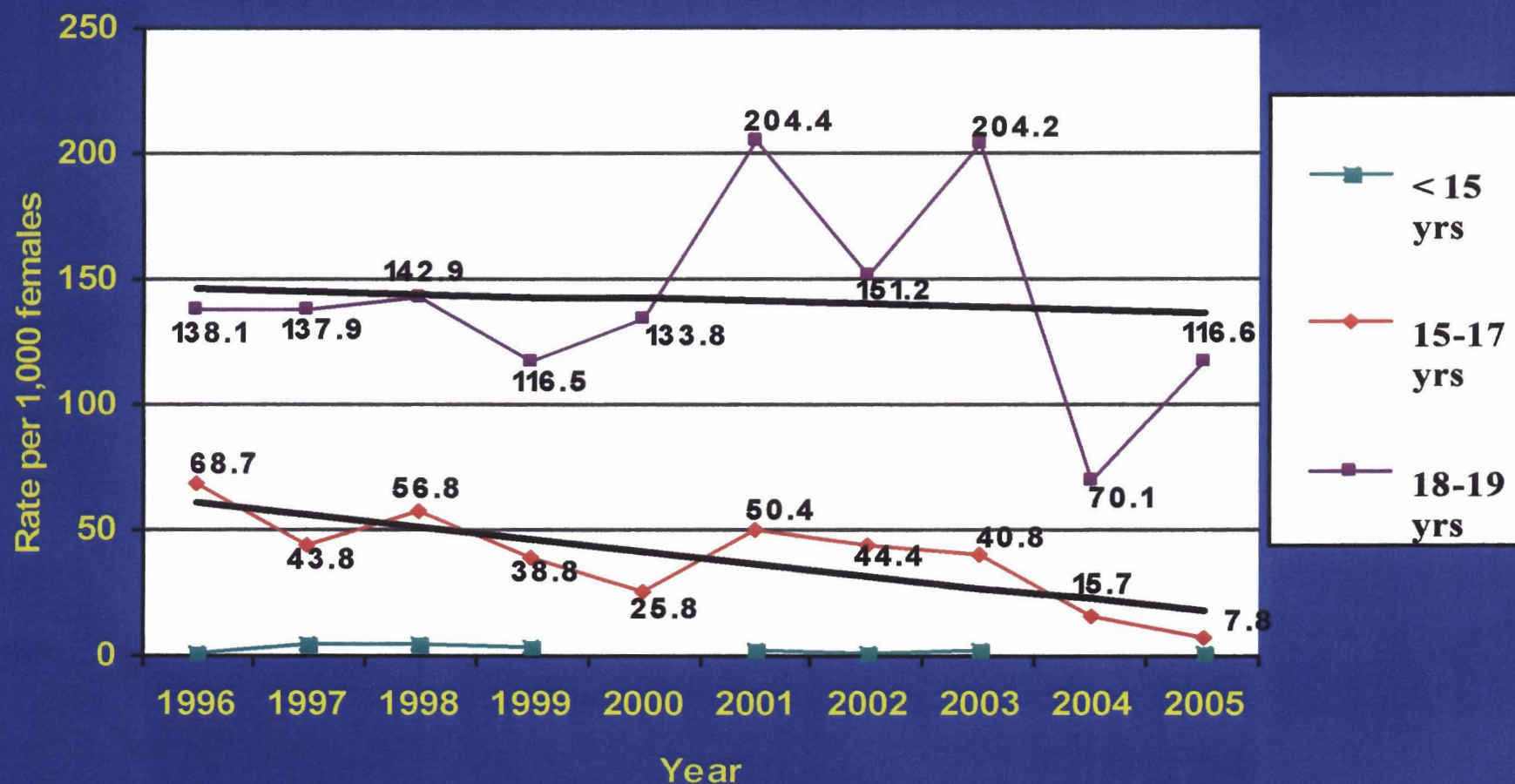
## Teen Pregnancy: 10 Year Trend, Latinas, Alexandria, VA

Latina teens appear to diverge from the overall trend in the city:

- Pregnancy rates among 15-17 year olds trended slightly upward, demonstrating an increase in teen pregnancy rate among Latina 15-17 year olds between 1996 and 2005.
- During the same 10 year period, pregnancy rates showed a strong upward trend among 18-19 year old Latinas. Data indicate that they have had the sharpest increase in pregnancy rates over this ten year period of all race/ethnic teen groups.

\*\*Persons of Hispanic ethnicity may be of any or multiple races.

# Teen Pregnancy: 10 Year Trend Caucasians, Disaggregated by Age Alexandria, VA



## Teen Pregnancy: 10 Year Trend Caucasians, Alexandria, VA

- Data for 15-17 year old Caucasian teens demonstrate a downward trend in teen pregnancy between 1996 and 2005.
- There has also been a slight downward trend in pregnancy rates among 18-19 year old Caucasian teens.

# References

- Virginia Department of Health, Center for Health Statistics. *The Health of Minorities in Virginia*. 1996,1997,1998, 1999, 2002, 2003, 2004, 2005. Richmond, VA. Accessed through: <http://www.vdh.state.va.us/healthstats/stats.asp>
- Virginia Department of Health, Division of Health Statistics. *Health Statistics/Statistical Reports and Tables. Data Tables: Teen Pregnancy*. Accessed through: <http://www.vdh.state.va.us/healthstats/stats.asp> Copyright 2006.
- Virginia Department of Health, Division of Health Statistics. *2006 Preliminary Data Release*. Table 2, p. II-4. November 20, 2007.

# Teen Pregnancy: 10 Year Trend, Disaggregated by Age, All Race/Ethnicities Alexandria, VA

