BIG DECISIONS: Piloting an Adapted Abstinence-plus Sexuality Curriculum for Rural Guatemalan Adolescents

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Reproductive Health in Guatemala

Adolescents:
- 13% were sexually active
- 20% were pregnant in 2014-15
- 60% had received some information about sex education

2015 WHO Global School-Based Student Health Survey (GSHS) in El Trifinio
- 13% of students were sexually active
- 30% were sexually active before 14 years of age
Big Decisions

- **Abstinence-Plus** sex education curriculum authored by Dr. Janet Realini
- Used in more than 20 Texas school districts
  - Previously piloted in Haiti
- 10 easy-to-use lessons plus a parent session
- Designed for 7th - 12th Grades
- Conforms to Texas Law (§28.004)
Pre Pilot Work

- Adapted to **local culture** and **teacher priorities**

- **Curriculum changes**
  - Self-esteem and self-image activity
  - 10 Steps to Putting-on a Condom
  - Adapted role play scenarios and character names to the school/community setting
Work on the Field

- **Pre-test pilot**: 2 students per class
- **Parent session and workshop**
- **Pilot of Adapted Big Decision Curriculum**
  - Student from Los Encuentros High School → 8th – 10th grade
  - 2 lessons per day for 1 week
  - 1 trainer + 1 teacher / classroom
Evaluation

- Pre & Post test to students
- Parent survey after parent session
- Focus groups
  - Students (6 per class, 2 per grade)
  - Teachers
  - Parents
  - Adolescent mothers
77 students participated in the adapted BD program
51% were females

Demographic Data

<table>
<thead>
<tr>
<th>GRADE</th>
<th>GENDER</th>
<th>COUNT</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primero (8th)</td>
<td>Male</td>
<td>16</td>
<td>57%</td>
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<tr>
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<td>Female</td>
<td>12</td>
<td>43%</td>
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<tr>
<td>Segundo (9th)</td>
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<tr>
<td></td>
<td>Female</td>
<td>17</td>
<td>63%</td>
</tr>
<tr>
<td>Tercero (10th)</td>
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<td>55%</td>
</tr>
<tr>
<td></td>
<td>Female</td>
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<td>45%</td>
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<tr>
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<td>38</td>
<td>49%</td>
</tr>
<tr>
<td></td>
<td>Female</td>
<td>39</td>
<td>51%</td>
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<tr>
<td></td>
<td>Total</td>
<td>77</td>
<td>100%</td>
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</table>
Have you received sexual health education or information about reproductive health before?

- Yes: 70%
- No: 30%

Source of information:

- Parents: 50%
- Siblings: 16%
- Friends: 9.7%
- School: 29%
- Others: 9.7%
23% students were sexually active.
Most started by age 14-15
Condom Use

Out of sexually active participants:

- 84% reported using a condom the FIRST time they had sex
- 77% reported using a condom the LAST time they had sex.
If I decide to have sex, I am sure I will use a condom every time

<table>
<thead>
<tr>
<th>Pre-Test</th>
<th>Post-Test</th>
<th>P-value (a=0.05)</th>
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<td>mean</td>
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<tr>
<td>2.66</td>
<td>0.68</td>
<td>2.89</td>
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13% students changed their answer to YES

If used correctly every time, condoms can prevent HIV and other STDs

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<th>P-value (a=0.05)</th>
</tr>
</thead>
<tbody>
<tr>
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<td>mean</td>
</tr>
<tr>
<td>2.52</td>
<td>0.72</td>
<td>2.76</td>
</tr>
</tbody>
</table>

14% students changed their answer to YES
Focus Groups Results

- **Preferred themes**: Abstinence, contraception, and respectful relationships.
- Empowerment to “say no” to early sexual advances → teen girls
- Importance of reaching their goals and dreams
- Little instruction at home or at school.
Next Steps

- Data should be reported to community leaders
- Implement the aBD curriculum at local high schools
- Train local nurses to deliver the program
- Possible creation of an Adolescent Clinic
Acknowledgements

- Special thanks to the people who helped in piloting the program:
  - Teachers from *Los Encuentros* High School
    - Aura Vasquez
    - Flor Hernandez
    - Astrid Garcia
  - Assistant Facilitators
    - Andra Bickel
    - Ana Paola Asturias
Thanks!

Any questions?

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