Let’s Talk About P-Y-D: How Positive Youth Development May Influence Sexual Health Outcomes in Latino Youth

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Learning Objectives

1. Examine elements of Positive Youth Development (PYD) that can foster positive sexual health outcomes for Latino youth.

2. Discuss significant PYD relationships from the ¡Cuídate! implementation dataset and potential implications of the data.
Key Elements of PYD

Positive Youth Development

- Promoting Healthy Lifestyles
- Supporting Development
- Fostering Relationships
- Engaging Youth
- Supportive Environments & Opportunities

Source: http://www.adph.org/teenpregnancyprevention/assets/blueprint.htm
Benefits of PYD

- Youth who feel connected to their families and communities are less likely to engage in risky behaviors such as high-risk sexual behavior.
- Youth who volunteer and participate in their communities gain valuable skills and experience that may increase their marketability in adulthood.
- Youth who received aspects of PYD are more likely to build confidence and self-awareness.
PYD in Oregon

Shifting the paradigm from a risk-based approach to a strength-focused approach
PYD Indicators

- Consists of a suite of 6 questions
- Asked on the Oregon Healthy Teens (OHT) Survey since 2006
- Asked on the ¡Cuídate! Baseline Survey
- Individual indicators can be analyzed alone or together as a benchmark
  - Defined as answering 5/6 questions positively
PYD Indicators and Scales

Would you say that in general your physical health is…

- **Excellent**
- **Very Good**
- **Good**
- **Fair**
- **Poor**

Would you say that in general your emotional and mental health is…

- **I can do most things if I try.**
- **There is at least one teacher or adult in my school that really cares about me.**
- **I volunteer to help others in my community.**
- **I can work out my problems.**

Indicator

- **Very Much True**
- **Pretty Much True**
- **A Little True**
- **Not at all True**

Scale

Response counted toward meeting PYD benchmark

Response DID NOT count toward meeting PYD benchmark
Seeks to improve health outcomes among Latino youth ages 13-18 by lowering unintended pregnancy and STI/HIV transmission rates

Uses identified Latino cultural values to increase knowledge and efficacy about practicing abstinence or negotiating safer sex behaviors

Includes role plays, interactive games and a condom demonstration
PYD Benchmark and Sexual Health Indicators among Latino ¡Cuídate! Participants
There was not a significant difference between Latino and non-Latino participants who met the PYD benchmark.
PYD Benchmark by Age Group among Latino Participants n=952

* Chi-squared significant, p<0.001
## PYD and Safer Sexual Behaviors Knowledge at Program Entry among Latino Participants

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Met Benchmark</th>
<th>Did Not Meet Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Anyone can have sexually transmitted disease*</td>
<td>True (94%)</td>
<td>True (86%)</td>
</tr>
<tr>
<td>2. One can only be infected by HIV coming into contact with infected blood, semen, breast milk or vaginal secretions.*</td>
<td>True (88%)</td>
<td>True (81%)</td>
</tr>
<tr>
<td>3. A girl can get pregnant the first time she has sex.*</td>
<td>True (91%)</td>
<td>True (84%)</td>
</tr>
<tr>
<td>4. Abstinence is the surest way to prevent unintended pregnancies, STDs and HIV infection.*</td>
<td>True (85%)</td>
<td>True (76%)</td>
</tr>
<tr>
<td>5. I know where to get or buy condoms.*</td>
<td>True (96%)</td>
<td>True (71%)</td>
</tr>
<tr>
<td>6. I know how to put on a condom correctly.*</td>
<td>True (100%)</td>
<td>True (0%)</td>
</tr>
</tbody>
</table>

* Chi-squared significant, p<0.001
PYD Benchmark and Perceived Ease of Condom Negotiation among Latino Participants (n=1,433)

* Chi-squared significant, p<0.001
Final Thoughts

- More PYD work could be done with Latino youth aged 14 years and younger.
- Meeting the PYD benchmark across all ages was significant in Latino youth answering most sexual health knowledge questions correctly.
- Latino youth who met the PYD benchmark are significantly more likely to report it would be “easy” or “very easy” to negotiate condom use with their partner(s).
- The negotiation of safer sex behaviors among Latino youth in Oregon could result in reducing unintended pregnancy and STI rates.
References


Photos courtesy of: American Leadership Forum of Oregon, Benjamin Garcia, Clarity Digital Group, Oregon Queer Youth Summit
Thank You!

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