Back Off, Baby!
Preventing Unplanned Pregnancy and Completing College

Andrea Kane, Mary Lee McDaniel, and Gail Robinson
Annual Conference on the First-Year Experience
February 22, 2016 – Orlando, Florida
What We’ll Cover

- Why we’re here
- What we know from data and experience
- What other states and colleges are doing
  - Case study: Mississippi
- What resources are available
- What you can do
The Campaign’s Mission and Goal

• Our mission is to improve the lives and future prospects of children and families and, in particular, to help ensure that children are born into stable families who are committed to and ready for the demanding task of raising the next generation.

• Our strategy is to reduce teen pregnancy and also unplanned pregnancy, especially among single young adults.
Why Does Unplanned Pregnancy Matter to Colleges?

Retention and completion:

• Unplanned births account for ___ percent of all dropouts among female community college students.

• 61% of women who have children after enrolling in community college do not finish their education.
Why Does Unplanned Pregnancy Matter to Colleges?

• **Student Achievement:** Students suffer increased emotional and financial stress, which can impede academic performance.

• **Costs:** Colleges have additional operating costs through increased demand for child care and related support services.
What Do Students Say about Unplanned Pregnancy?

Video:

http://www.youtube.com/watch?v=9HfuSuIhMKU
3/4 of 18–24-year-olds in the U.S. have had sex in the past 12 months.

68% of unmarried women in their twenties reported having sex in the past 3 months.
Gap between Students’ Aspirations and Actions

• 82% of community college students reported that having a child while still in school would make it harder to accomplish their goals.

• More than 3/4 of students say that preventing pregnancy is very important to them, yet _?_ of these students said it was likely they would have sex without using birth control in the next three months.

• 46% of Mississippi female community college students under age 40 reported they don’t use birth control.
Many College Students Are Already Parents

- Nationally, one-quarter of college students are parents.
- The number of unmarried or single parents among undergraduate students has nearly doubled in the past 20 years.
- 31% of female community college students in Mississippi reported having a child under 18.
Mississippi Is Leading the Way

• 1st statewide effort in U.S. to begin addressing teen/unplanned pregnancy among college students.

• SB 2563 enacted in March 2014.

• MS Community College Board and institutions of higher learning convened working group.

• Plan submitted October 2014.

• Legislature appropriated $250,000 in FY 2016 budget for community colleges to address unplanned pregnancy.

• Community colleges began planning, getting technical assistance and training Summer 2015.

• Activities began Fall 2015.
Hinds Community College

Spring 2015 semester—piloted activities

• Provided professional development for more than 200 faculty at five campuses

• Incorporated online lessons in orientation/first-year experience courses

• Faculty incorporated into academic courses

• Sponsored campus activities

• Activities in residence halls

• Distributed National Campaign materials including postcards, pamphlets, and magnets
Positive news coverage:

Next Up . . .

• Arkansas passed similar legislation in March 2015
• Legislature approved plan December 2015
• Department of Higher Education working with colleges to prepare for implementation in Fall 2016
Strategies to Address Unplanned Pregnancy at Colleges

1. Incorporate into student support services, including orientation, first-year experience, and other college success courses

2. Integrate into academic courses

3. Raise awareness and provide resources/programming through college websites, student services, counseling/advising, student activities

4. Strengthen links to and provide health care and other support services on or off campus
Incorporate Unplanned Pregnancy Prevention into Student Success Courses and Orientation

Preventing Unplanned Pregnancy and Completing College: Three Online Lessons

• Short, self-contained
• Engaging videos, websites, interactive learning activities
• Up-to-date, accurate info
• Use in multiple settings
• Easy to use
• Built-in evaluation tool (optional)

Available free at TheNC.org/resource/online-lessons-faculty-page
Your Social Life

How does being a parent affect your social life?

Listen to these students talk about what it really takes to be good parents. This video is about 3 minutes long.

"What it takes to be a parent"

This video is from session six of the p.a.p.a. (Parenting and Parenting Awareness) series with the permission of the Office of the Attorney General of Texas.
Birth Control Methods

Explore the methods, effectiveness, and costs

There are many different methods of birth control available. Let's explore the different birth control methods and gather information about each one. Use the Lesson Two Study Guide to make notes about the information you find. In particular, be sure to record the effectiveness rate and cost of each type of birth control. (You'll need this information for activities in this lesson and the Lesson Three Study Guide.)

Click on the image below to go to the "Bedsider Method Explorer" website. Then click on a method to see information about each one, including effectiveness, side effects, costs, and other notes about their experiences.

(A new browser window/tab will open. Just close the window/tab to return here.)

Great  Pretty Good  Decent  Doesn't Work at All

- Implant
- The pill
- Diaphragm

15/18

Re-start
Are You Eligible for Free or Low Cost Birth Control?

Click on the image below to use the Bedsider "Free Birth Control" tool to find out.

If you're eligible for free or low cost birth control, write information about how and where to obtain it on the Lesson Three Study Guide.

Note: If you have health insurance you may not be eligible for free or low-cost birth control, but you still may not need to pay full price. Call your insurance provider to try to determine your out-of-pocket cost of the method(s) you've selected.

(A new browser window/tab will open. Just close the window/tab to return to this page.)
Results: Evaluation of Online Lessons

After completing the lessons, students who completed post-surveys were significantly more likely to . . .

• Believe a pregnancy would make it more difficult to achieve their educational goals

• Have a clear plan for preventing unplanned pregnancy

• Know where in the community to get birth control other than condoms

• Believe it is realistic to expect a person to use birth control every time he or she has sex
The stories really helped me put things into perspective, especially realizing that unplanned pregnancy is such a big thing. It changes everything!

I do not and will not have sex until marriage but I think these lessons are extremely informative!

Even though I had it clear in my head that an unplanned pregnancy can change my life, this lesson showed me methods of contraception that I was never aware of.

I could do it in my own time.

They were casual and easy for young people to listen to.
Integrate Information about Prevention of Unplanned Pregnancy into Academic Courses

Make It Personal: College Completion

- MIPCC Colleges
  - Chattahoochee Technical College, GA
  - Georgia Perimeter College, GA
  - Hennepin Technical College, MN
  - Mesa Community College, AZ
  - Montgomery College, MD
  - Palo Alto College, TX

- Replicable curricular content developed for use by other community colleges

- Faculty found high levels of engagement

Available free at www.TheNC.org/colleges
Raise Awareness and Provide Resources

Visit www.Bedsider.org/studentsexlife
Connect Students to Existing Health Care Services in the Community

• Get to know where students can go for free or low-cost health care, including contraception

• Work with campus health centers where applicable

• Develop relationships with these organizations
  – Community health centers
  – Local health departments
  – Other family planning clinics
OK, How Do I Find Stuff?

Bedsider.org/studentsexlife

For college students who want to get on top of their sex life.

Bedsider.org/studentsexlife
Tips and Lessons Learned

• Don’t reinvent the wheel—use existing materials and resources.

• Recognize faculty may not have expertise/comfort with pregnancy prevention.

• Connect with local health providers/experts for referrals and expertise.

• Meet students where they are and listen to them.

• It’s about them, not us.
Older Teens? Young Adults?
At age 18, people are given many responsibilities
Thank You!

The National Campaign
Andrea Kane
akane@thenc.org
(202) 478-8554

Gail Robinson
gail@gailrobinsonconsulting.com
(240) 305-7438

Hinds Community College
Mary Lee McDaniel
MLMcDaniel@hindscc.edu
(601) 857-3395