

# Pono Choices



## *A Culturally Responsive Teen Pregnancy and STI Prevention Program*



University of Hawaii at Manoa  
Center on Disability Studies

## What is Pono Choices?

### Overarching Research Project Goals:

- ◆ Develop
- ◆ Field test
- ◆ Implement
- ◆ Evaluate

...an innovative and culturally responsive teen pregnancy and sexually transmitted infection prevention curriculum for middle school youth.

### Evaluation Objectives

Measure Pono Choice's impact on:

- Delay of first time sexual experience
- Knowledge of condom use and other forms of contraception
- Knowledge of risks associated with unsafe sexual behaviors
- Knowledge of safe sex behaviors
- Beliefs about safe sex
- Behavioral intentions
- Use of effective methods of birth control and STI prevention

Pono Choices is a 10-module curriculum that provides young adolescents with the knowledge, attitudes and skills necessary to reduce their risk of sexually transmitted infections (STIs) and pregnancy. Pono Choices incorporates medically accurate information, character education and Hawaiian cultural values based on social learning, self-regulation and developmental assets theories.

*Did you know*

Hawaii has the 6th highest Chlamydia rate in the nation. 63% of reported Chlamydia cases come from those age 15-24.

Hawaii's teen pregnancy rate is higher than the national average – only 9 states have higher rates of teen pregnancy.

54% of Hawaii's high school students reported using condoms at last intercourse-the lowest percentage of any state in the nation.

<http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/states/hi.html#footnote-1>

<http://www.advocatesforyouth.org/component/content/article/636-hawaii-youth-focus-on-sexual-and-reproductive-health>

### Key Partners:

- *Alu Like, Inc.*
- *Berkeley Policy Associates*
- *Hawaii Department of Education*
- *Planned Parenthood of Hawaii*

### Key Consultants:

- *Making Proud Choices*
- *Positive Actions*

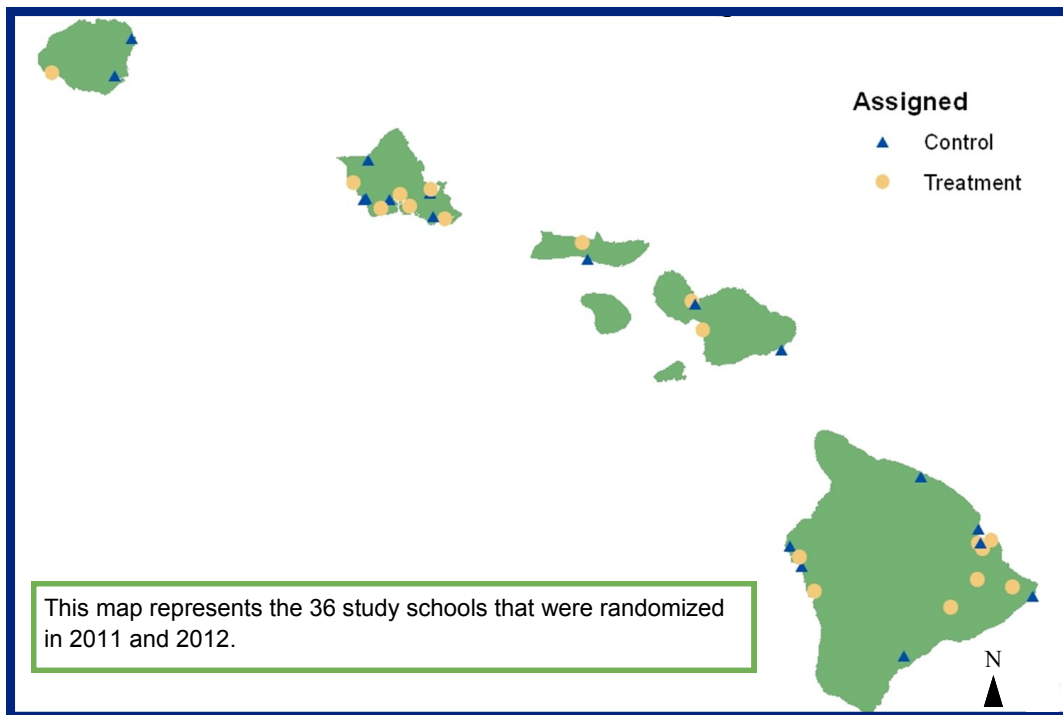
science world and will support Pono Choices in becoming an evidenced-based curriculum. Public, charter and one private school were randomly assigned to either treatment (receive training and teach Pono Choices curriculum) or control (continue teaching school sexual health curriculum) groups.

## How is Pono Choices Evaluated?

Through a contract with Berkeley Policy Associates, Pono Choices is undergoing a rigorous experimental evaluation designed to test the effectiveness of the curriculum. The process includes random assignment of 36 middle schools who agreed to participate in the study. An experimental design is considered the "Gold Standard" in the social

# Where are Pono Choices Schools?

**P**ono Choices study schools are located on almost every island: Hawaii, Kauai, Maui, Molokai, and Oahu. We are excited to have this opportunity to provide the curriculum across 5 islands and to be working in partnership with the Hawaii State Department of Education Health Resource Teachers. All control group schools will be provided the Pono Choices curriculum along with training and access to the accompanying resources and materials. Participating study schools include:



## ***PUBLIC SCHOOLS***

## ***CHARTER SCHOOLS***

### **TREATMENT**

Aliamanu Middle  
Highlands Intermediate  
Hilo Intermediate  
Iao Intermediate  
Kapolei Middle  
Kealakehe Intermediate  
King Intermediate  
Konawaena Middle  
Lokelani Intermediate  
Molokai Middle  
Niu Valley Middle  
Waiakea Intermediate

### **CONTROL**

Hana High & Intermediate  
Kalaniana'ole Elementary & Intermediate  
Kau High & Pahala Elementary  
Jarrett Middle  
Maui Waena Intermediate  
Nanakuli High & Intermediate  
Paaui Elementary & Intermediate  
Waialua High & Intermediate  
Waipahu Intermediate

### **TREATMENT**

Hawaii Academy of Arts & Sciences  
Kamaile Academy  
Ke Ana Laahana  
Ke Kula Niihau O Kekaha  
Volcano School of Arts & Science  
Waters of Life

### **CONTROL**

Connections  
Hakipuu Learning Center  
Innovations  
Kanuikapono  
Ka Waihona o ka Naauao  
Kawaikini  
Kua o Kala  
West Hawaii Explorations Academy

### **PRIVATE SCHOOL**

**CONTROL** Akaula School



**“Your project with the canoe and the braid was such a wonderful tool for the students to learn from. Please know your class is a critical component to the students learning and should be all year round.”** -email from a parent



*These wa'a were created by Pono Choices students as part of an 'Ohana activity*

# What are teachers saying about Pono Choices?

## Results from Teacher Training Sessions

Prior to implementing the curriculum, teachers assigned to the treatment group received a 3-day training on the Pono Choices curriculum including required data collection activities. Every training is evaluated for the purposes of program improvement.. As part of the training, teachers assess themselves on their confidence about teaching the curriculum and using the accompanying materials and technology. The scale illustrates their overall rating including self-rated confidence in teaching the *key knowledge, attitudes, skills and behaviors* as well as delivering the *cultural components* and *medically accurate terminology*. Teachers rated each statement at the top end of the scale, indicating a high level of confidence in their abilities to teach Pono Choices.

### Self-Assessment of Confidence in Teaching Key Knowledge, Attitudes & Skills And Delivering the Cultural Components & Medically Accurate Terminology

1 = Strongly disagree

4 = Strongly agree

1

2

3

4

Pono Choices Teachers Overall Average Rating = 3.8  
10 Questions

### Teaching Pono Choices

Once teachers have implemented the Pono Choices curriculum, they are asked to complete a brief online survey and participate in a wrap-up interview. Here are a few responses from teachers when asked what they liked about the curriculum:

- ◆ *Up to date, locally-made videos*
- ◆ *Having an easy-to-follow script and all materials on hand*
- ◆ *Integration of Hawaiian cultural values*
- ◆ *Engaging, hands-on activities*

# What are students saying about Pono Choices?

A total of 1,121 middle school students in the State of Hawaii are enrolled in the Pono Choices study with 744 having received the Pono Choices curriculum (treatment group) and 377 students enrolled in the control group. Students in treatment schools complete a short assessment at the end of Module 10. In response to the question: *What is something you now know or believe about sexual health that you did not know or believe before the program?* thematic analysis of over 200 initial responses resulted in the following:

Categories that Emerged from Student Responses	#	%
STIs/disease (new knowledge)	157	57
Birth control (specific methods)	67	24
Anatomy/puberty	22	8
Wait until ready (to have sex)	18	7
Healthy choices (how to make)	11	4
<b>Total</b>		<b>275</b>

### Student Quotes:

**"I now feel aware about myself and my health because if I decide to have sex in the future, I will know what to do and protect myself from STI's."**

**"I have chosen abstinence and try to make the best choices for my sexual health thanks to this program. Before I didn't even know what abstinence or STIs were, and now I can make healthy choices."**



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*The Center on Disability Studies (CDS) is a University of Hawai'i Board of Regents recognized Center focused upon development and conduct of interdisciplinary education / training, research / demonstration and evaluation, and university and community service.*

*The mission of the CDS is to promote diverse abilities across the lifespan through interdisciplinary training, research, and service.*

### CDS Pono Choices Staff:

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**Visit us on the web at <http://www.cds.hawaii.edu/ponochoices/>**



Pono Choices is a Tier 2 grant funded by the federal Office of Adolescent Health (OAH) Teen Pregnancy Prevention Initiative. OAH awarded 19 competitive grants to a broad range of organizations and agencies to develop and test innovative strategies to reduce teen pregnancy

## Pono Choices Modules

The curriculum has 10 hours of content divided into ten 60-minute modules. They are to be taught in sequence as follows:

- Module 1: An Introduction to Pono Choices
- Module 2: Pono—Making Pono Choices
- Module 3: Mōhala—Lessons in Anatomy and Puberty
- Module 4: Nohona—The Role of Communication in Healthy Relationships
- Module 5: Aloha—Maintaining Respect in Relationships
- Module 6: Hāpai Pono—Pregnancy
- Module 7: Pilina A'o—Understanding Sexually Transmitted Infections
- Module 8: Pilina Pono—Preventing Sexually Transmitted Infections
- Module 9: Nā Kūlia—Negotiation Skills
- Module 10: Oli Ho'omana—Empowerment

Pono Choices is currently being tested for effectiveness. Although final results will not be available until 2015, here are some of the short-term benefits:

- \* Highly trained and knowledgeable sexual health teachers
- \* Complete comprehensive sexual health curriculum
- \* Potential for Evidenced-Based Program rating
- \* Grounded in culturally responsive pedagogy
- \* Delivery of medically accurate terminology
- \* 2011 pilot test results indicated youth increased knowledge, attitudes and skills related to sexual health

