

Texas Power2wait Program



Department of State Health Services
Abstinence Education





Goals

- Decrease teen pregnancies
- Decrease the spread of STDs
- Decrease school drop-out rates
- Increase interest in further education





Program Components





Program Components

All six components must be offered by each Power2wait program for a total of 15 program hours

Each child enrolled in the program receives:

- A minimum of 360 minutes of abstinence curricula
- Power2wait CD Rom activities and access to web based interactive games at www.power2wait.com
- The opportunity to participate in an additional 90 minutes of group presentations





Program Components

All six components must be offered by each Power2wait program for a total of 15 program hours

Each child enrolled in the program receives:

- An opportunity to participate in 450 minutes of Leadership Club activities
- An opportunity for his/her parents or guardians to participate in a minimum of 45 minutes of workshops and educational sessions
- An opportunity for his/her parents or guardians to obtain additional information from the parent web-based component sites —
www.power2talk.org and
www.poderdehablar.org





Program Component One

Abstinence-only Curriculum Sessions





Coverage of Medically Accurate STD Information

- How STDs are spread
- Effectiveness and failure rates of condoms
- What to do if you have one
- STDs and symptoms
- STD treatments
- Information about STD testing





Encouraging Critical Thinking and Decision Making

- Physical consequences of sex
- Emotional consequences of sex
- Financial consequences of being a teen parent
- Pregnancy, sex, and the law
- Cost of teenager's baby to society
- Link between drugs and alcohol and early sexual involvement





Self-respect, Self-esteem, and Self Empowerment

- Teaching refusal skills
- Teaching assertive communication
- Addressing feelings of low self-worth
- Emphasizing importance of being a leader or leader characteristics
- Encouraging involvement in school, community and world to make a difference
- Using confident and positive male and female role models
- Developing a sense of specialness and self discovery





Relationship Building Skills

- Communicating boundaries
- Relationship red flags
- Dating violence and abuse
- Compatibilities and communication styles
- Building a foundation for healthy life-long partnerships
- Lust versus love





Future Orientation

- Emphasis on staying in school to achieve goals
- Emphasis on thinking about career paths
- Information on opportunities for higher education and funding for such opportunities
- Budget planning and how much is required to live
- Jobs in the world — how much they pay and what it takes to get one





Program Component Two Web-based Activities





Web-based Activities

www.power2wait.com and Power2wait CDs

- Real stories from teens on why they wait
- Things to do....instead of do'in it
- Love. Sex.You. Decoding the myths about what love is
- Interactive games on CD to use in class to encourage critical thinking at different grade levels





Program Component Three Additional Group Presentations





Additional Group Presentations

During School Assembly Presentations
or After School and Weekend
Events/Summits

- Speakers addressing teen dating violence and sexual assault
- Speakers on drug and alcohol use
- Speakers to address feelings of low self-esteem
- Events to motivate goals and dreams
- Events to encourage higher education and opportunity
- Workshops on gender specific issues
- Speakers targeting domestic violence and abuse or neglect in the home
- Summits for positive choices





Program Component Four Youth Leadership Club Local Chapters





Youth Leadership Club Local Chapters

- Community service projects
- Leadership and character curricula
- Media projects
- Video and jingle contests
- T-shirt design and advertising contests
- Training to serve as presenters and speakers
- Training to serve as mentors for younger kids
- Youth Leadership Summit in San Marcos, Texas





Program Component Five Parent Workshops & Educational Sessions





Parent Workshops & Educational Sessions

- Presentations with information on:
 - Abstinence education
 - Today's teenager
 - Drugs and alcohol and their influences on teen behaviors
- Workshops on:
 - Tips for “The Talk”
 - How to handle teens
 - Keeping teens drug and alcohol free





Program Component Six Parent Web-Based Companion Site





Parent Web-Based Companion Site

www.Power2talk.org and
www.poderdehablar.org

- Information on the growing brain
- Teachable moments at any age
- Tips on:
 - Answering the tough questions
 - Handling teens
 - Guiding good choices
- Facts about sex, contraception, STDs and anatomy to assist parents in communications
- Resources and additional reading suggestions





Power2Wait Program Grant Requirements





Policy and Procedures

- Adherence to OMB Circulars A-133
www.whitehouse.gov/omb/circulars/a133/a133.html
- Adherence to DSHS General Provisions for Sub-recipients
www.dshs.state.tx.us/grants/docs/09gp-subrecipient.pdf
- Adherence to Uniform Grant Management Standards (UGMS)
<http://governor.state.tx.us/files/stategrants/UGMS062004.doc>
- Adherence to DSHS Contractor's Financial Procedures Manual
www.dshs.state.tx.us/contracts/docs/cfpm08.doc





Legislative Compliance

- Programs should not contradict any element of the definition of abstinence education as defined by Public Law 104-193, (Sec. 510) of the Title V of the Social Security Act (42 U.S.C. 701 et seq.)

www.dshs.state.tx.us/abstain/federal/shtm

- Programs should be in compliance with Section 317(c)(2) of the Public Health Service Act

www.dshs.state.tx.us/abstain/federal/shtm





Program Quality Management Plan

- A written orientation plan for new staff
- Staff training based on needs
- Annual evaluations of presentations to include observation during educational services and student evaluations
- Oversight plan to ensure reporting of clients from presenters
- Oversight plan to ensure completion and accuracy of monthly and annual performance evaluation requirements.
- A checklist demonstrating how curricula sessions address each of the components of abstinence education as defined by Public Law 104-193, (Sec. 510) of the Title V of the Social Security Act (42 U.S.C. 701 et seq.)
- A written plan demonstrating how the program addresses each of the Power2wait program themes





Program Evaluation

- Annual tracking of students reporting a 10% increase in knowledge of Power2wait themes, intent to remain abstinent, and attitude about Power2wait themes
- Annual tracking of students completing at least 75% of program components in which they are participating.
- Annual tracking of hours of service received by clients in specific areas
- Annual tracking of counties and cities where services are provided
- Annual tracking of 90% of the clients projected to enroll in Power2wait completing 270 minutes of curricula
- Monthly tracking of number of clients served compared to number of clients projected to participate in Power2wait program





Texas Power2wait Program

For more information about the Power2wait Program or for “Best-Practices” to design and implement a Power2wait Program in your local school or community go to:

<http://www.dshs.state.tx.us/abstain/default.shtm>

The State Abstinence Education Grant Program was extended through June 30, 2009, under P.L. 110-275—Medicare Improvements for Patients and Providers Act of 2008





Texas Power2wait Program

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POWER 2 WAIT

