



PHASE I RESEARCH RECAP

Views of Healthy Relationships, Sex and Pregnancy

May 6, 2019



METHODOLOGY REVIEW

PHASE 1 APPROACH

PARENT/GUARDIAN SURVEY

- Parents and guardians of adolescents between the ages of 10 and 18
- 200 completed surveys
- Across Iowa
- In-depth online exercise with quantitative and qualitative questions

ADOLESCENT SURVEY

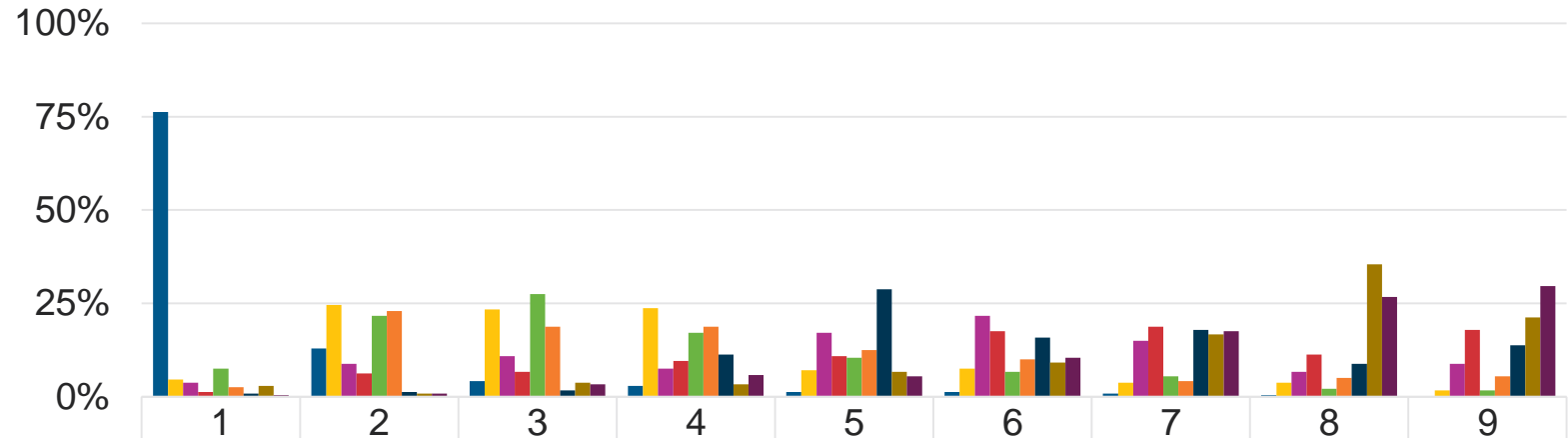
- Adolescents, between the ages of 10 and 18
- 249 completes
 - 200 among general market
 - 49 at-risk adolescents
- Across Iowa
- In-depth online exercise with quantitative and qualitative questions



**ADOLESCENTS
PRIORITIZED TOPICS THAT
WERE SEEN AS MOST
CRITICAL**

PRIORITIZING TEEN TOPICS

76% RANKED “BUILDING/KEEPING HEALTHY RELATIONSHIPS MOST IMPORTANT

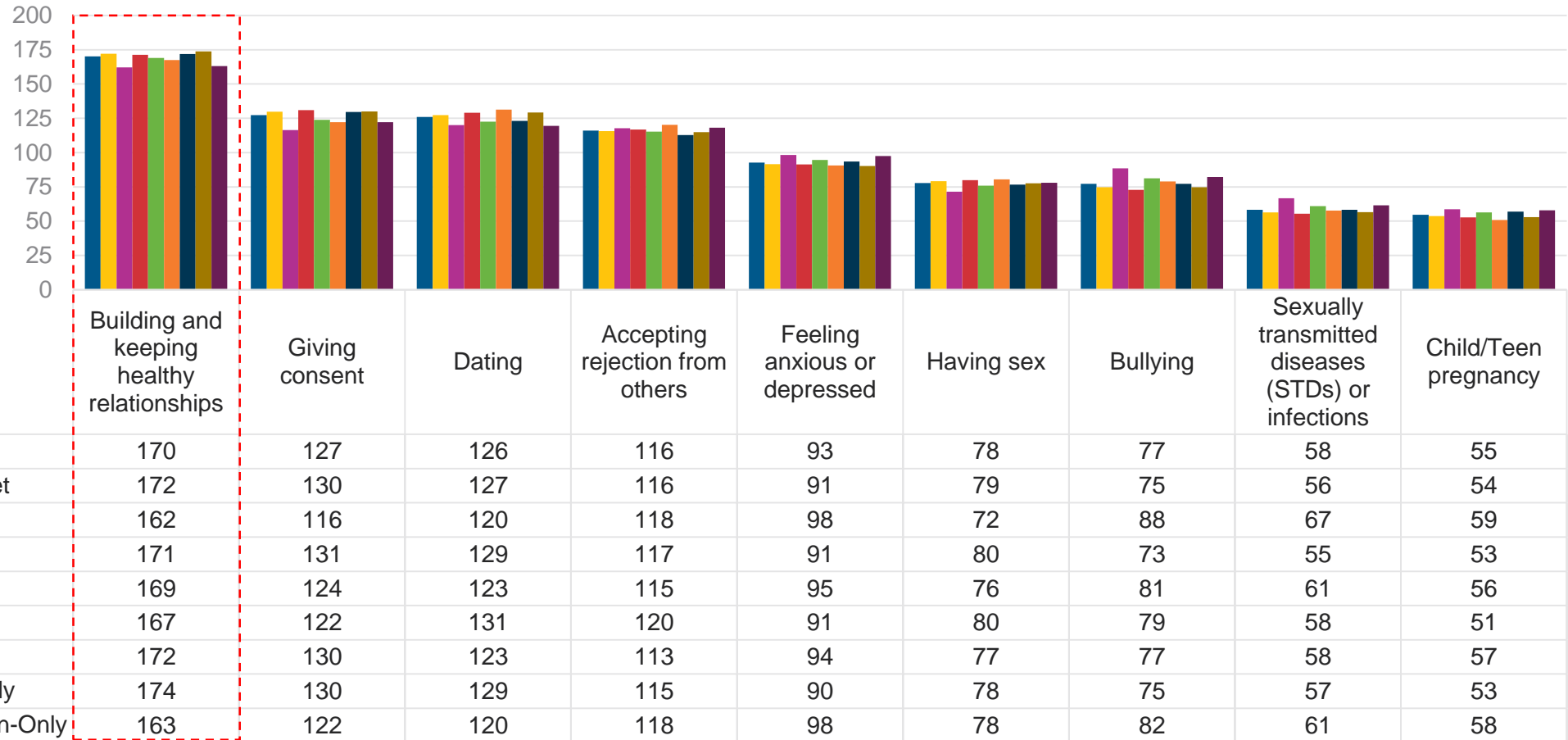


■ Building/Keeping healthy relationships	76%	13%	4%	3%	1%	1%	1%	0%	0%
■ Dating	5%	25%	23%	24%	7%	8%	4%	4%	2%
■ Feeling anxious or depressed	4%	9%	11%	8%	17%	22%	15%	7%	9%
■ Bullying	1%	6%	7%	10%	11%	18%	19%	11%	18%
■ Giving consent	8%	22%	28%	17%	10%	7%	5%	2%	2%
■ Accepting rejection from others	3%	23%	19%	19%	13%	10%	4%	5%	5%
■ Having sex	1%	1%	2%	11%	29%	16%	18%	9%	14%
■ Sexually transmitted diseases/infections	3%	1%	4%	3%	7%	9%	17%	35%	21%
■ Child/Teen pregnancy	0%	1%	3%	6%	5%	10%	18%	27%	30%



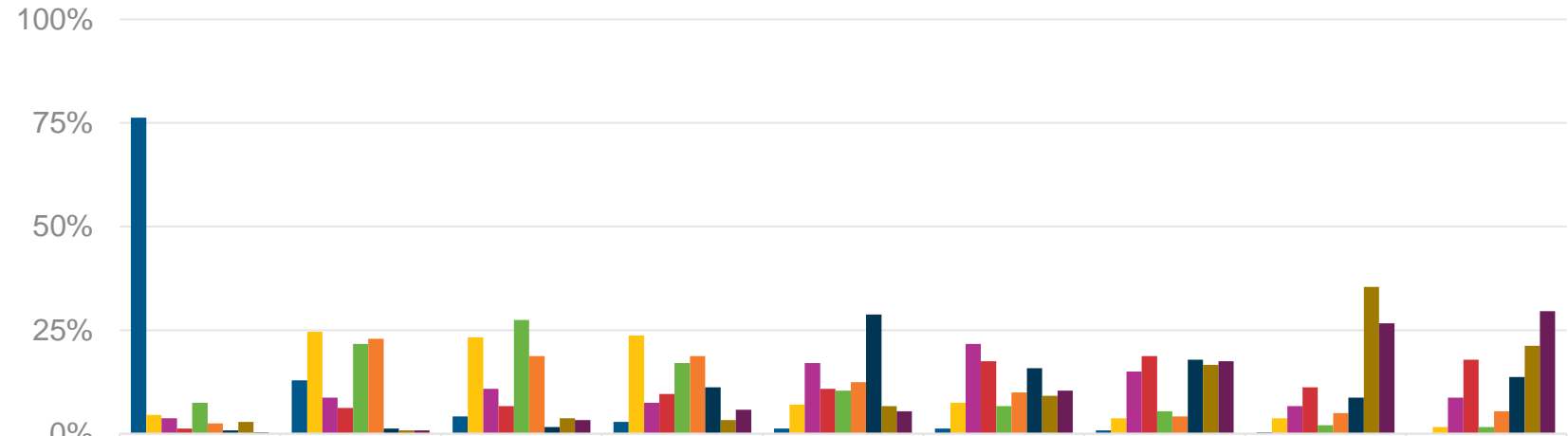
PRIORITIZING TEEN TOPICS

BUILDING/KEEPING HEALTHY RELATIONSHIPS INDEXED HIGHEST AMONG ALL GROUPS



PRIORITIZING TEEN TOPICS

30% OF ADOLESCENTS RANKED CHILD/TEEN PREGNANCY LAST AMONG TOPICS



	1	2	3	4	5	6	7	8	9
■ Building/Keeping healthy relationships	76%	13%	4%	3%	1%	1%	1%	0%	0%
■ Dating	5%	25%	23%	24%	7%	8%	4%	4%	2%
■ Feeling anxious or depressed	4%	9%	11%	8%	17%	22%	15%	7%	9%
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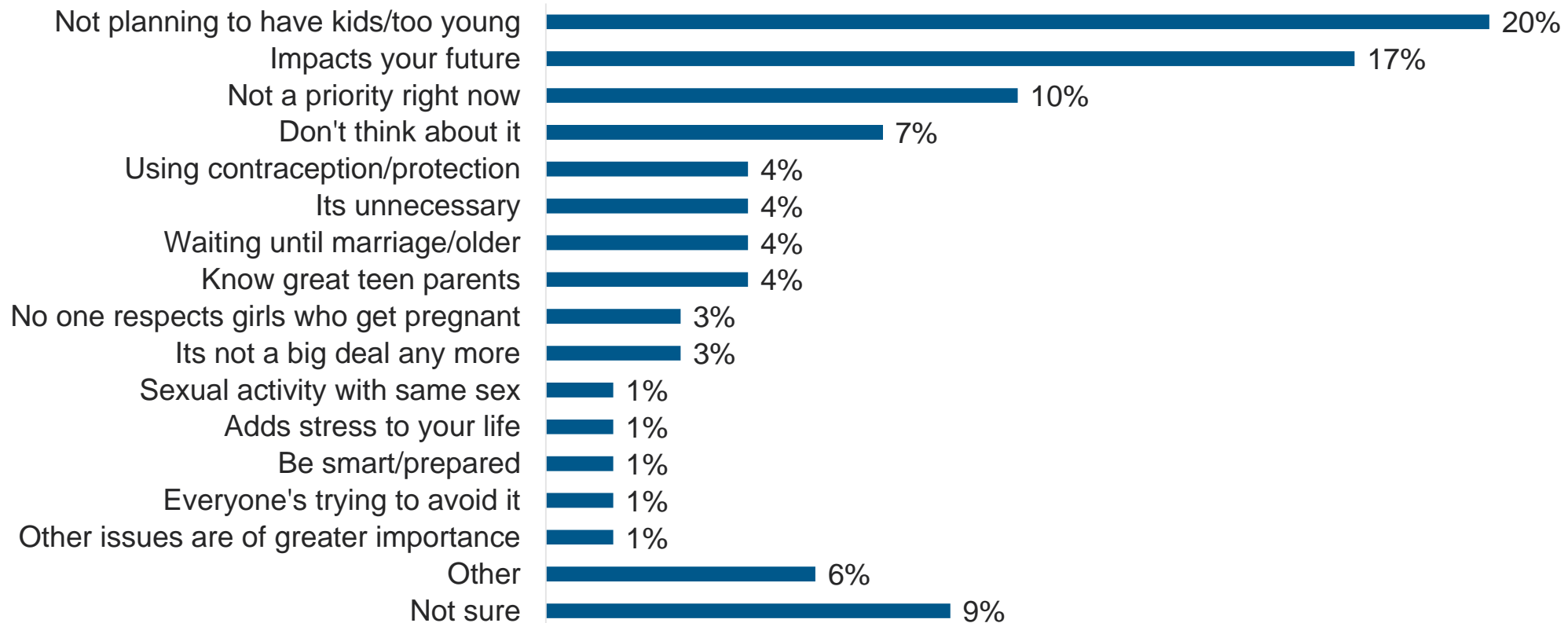
PRIORITIZING TEEN TOPICS

CHILD/TEEN PREGNANCY INDEXED LOWEST AMONG ALL GROUPS



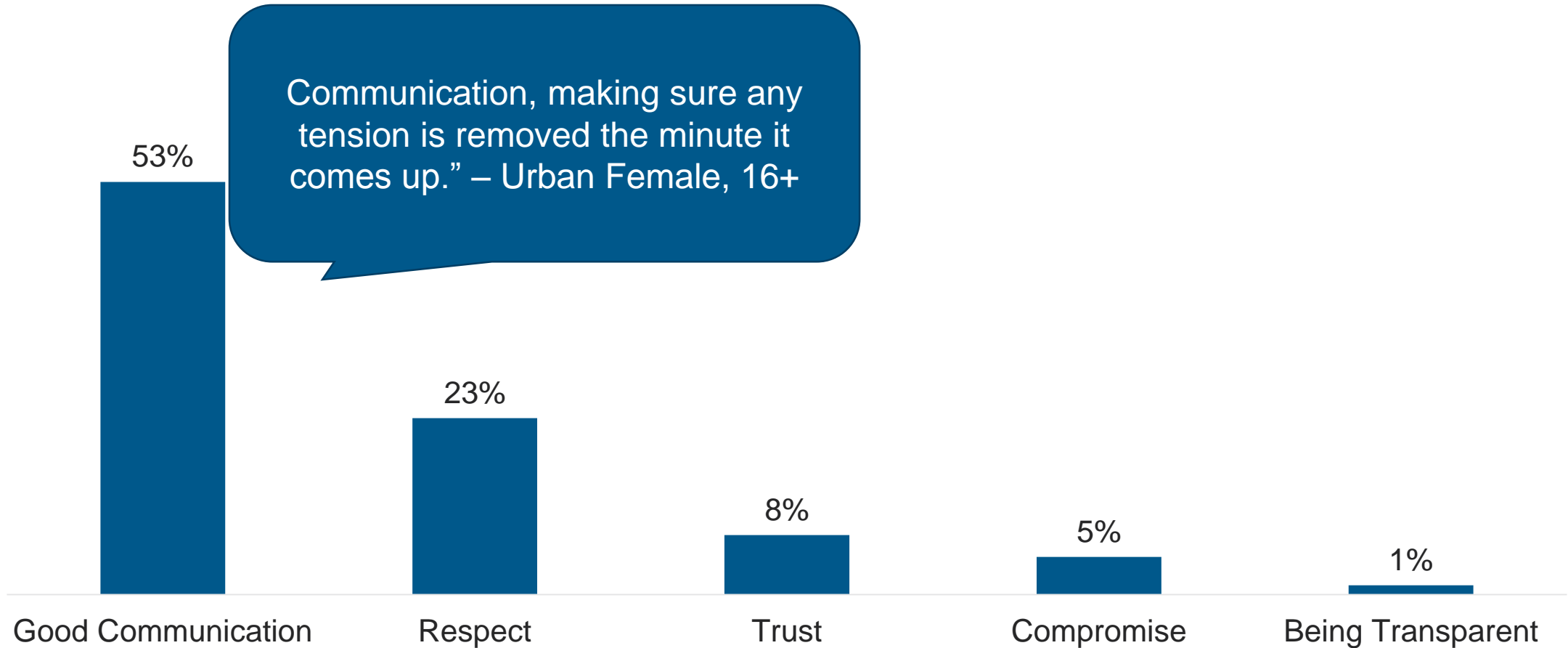
RATIONALES FOR PRIORITIZATION OF CHILD/TEEN PREGNANCY

MOST FREQUENTLY BELIEVED THAT THEY WEREN'T PLANNING ON HAVING KIDS OR WERE TOO YOUNG TO HAVE KIDS (20%)



MAINTAINING HEALTHY RELATIONSHIPS WITH OTHERS

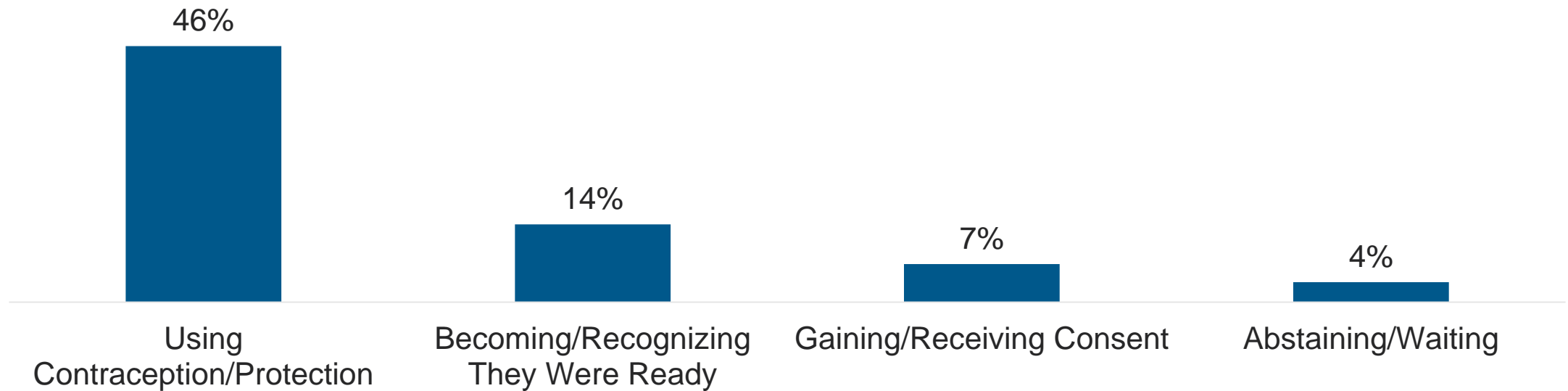
MORE THAN HALF OF ADOLESCENTS BELIEVED THAT MAINTAINING GOOD COMMUNICATION WITH OTHERS WAS A KEY TO HEALTHY RELATIONSHIPS



**ADOLESCENTS SHARED
PERSPECTIVES ON
DESIRED ADVICE**

DESIRED ADVICE AMONG ADOLESCENTS

STARTING TO HAVE SEX



DESIRED ADVICE AMONG ADOLESCENTS

STARTING TO HAVE SEX

- At-risk adolescents were *significantly less likely* to mention readiness (4 percent), as were male adolescents (6 percent) and those in the Under 16 age group (7 percent).
- **At-risk adolescents were also *significantly less likely* to mention consent (0 percent).** The Under 16 age group was also *significantly less likely* to mention consent (1 percent).



DESIRED ADVICE AMONG ADOLESCENTS

STARTING TO HAVE SEX

“Make sure to use protection, condoms, birth control, etc.”
– Rural Male, 16+

“What birth control is the most effective and practical to use.”
– Urban Female, 16+

“Make sure to use protection always.”
– Rural Female, 16+

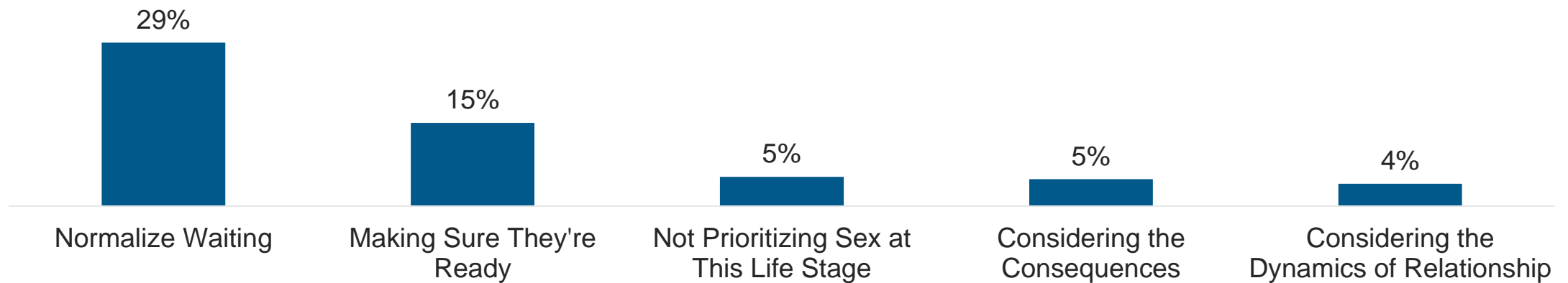
“Are you ready to have sex with the person you're planning to have sex with?”
– Urban Female, 16+

“Don't do it until you are married.”
– Rural Male, 16+



DESIRED ADVICE AMONG ADOLESCENTS

WAITING TO HAVE SEX



DESIRED ADVICE AMONG ADOLESCENTS

WAITING TO HAVE SEX

- At-risk adolescents were *significantly less likely* to mention the concept of normalizing waiting (6 percent).
- At-risk adolescents were *significantly less likely* to mention making sure they're ready for sex (2 percent). Non-Caucasian-only adolescents were also *significantly less likely* to mention readiness (5 percent).
- The Under 16 age group was *significantly more likely* to mention the dynamics of the relationship (9 percent).



DESIRED ADVICE AMONG ADOLESCENTS

WAITING TO HAVE SEX

“Let me wait until I'm ready because only I can decide for myself.”

– Rural Female, 16+

“It's good to wait till you're older so you know if you're ready for sure once you've matured more.”

– Urban Female, 16+

“Waiting to have sex may be hard, but you are protecting your future. You need to focus on your life now, not a baby.”

– Urban Female, 16+

“Having someone tell me it's okay. Boys not pressuring me into sex.”

– Urban Female, 16+

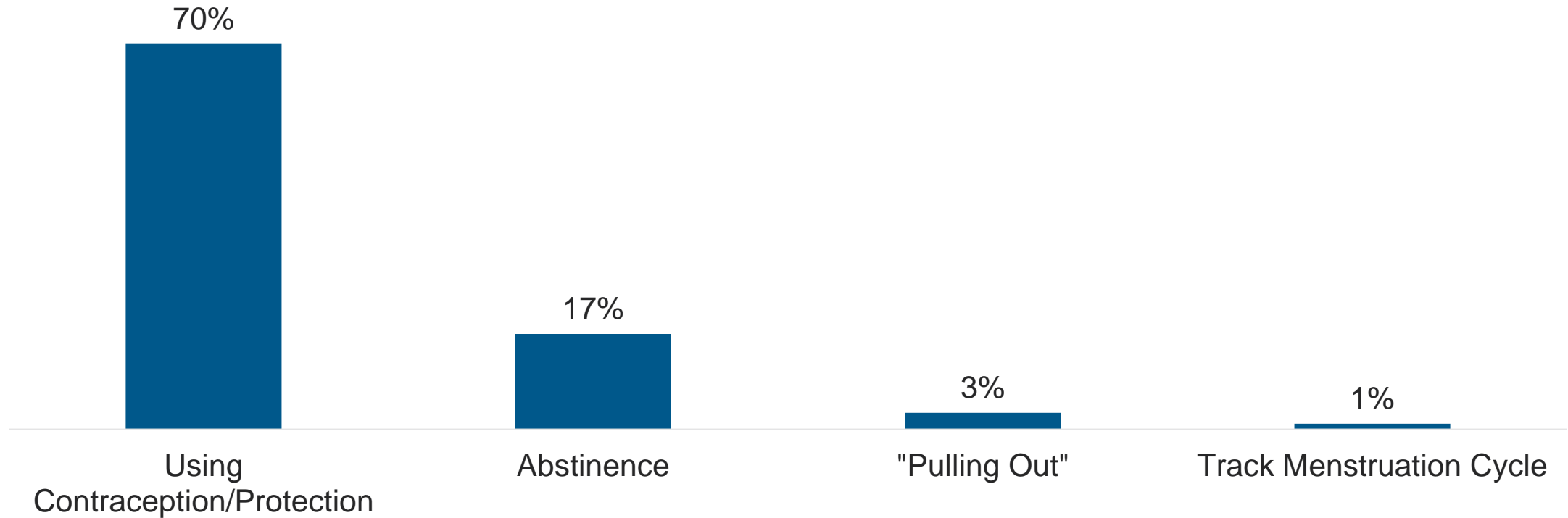
“You don't have to do anything that you are not ready for, and if you want to wait, you can make that choice for yourself.”

– Rural Female, 16+



DESIRED ADVICE AMONG ADOLESCENTS

TRYING TO AVOID GETTING PREGNANT



DESIRED ADVICE AMONG ADOLESCENTS

TRYING TO AVOID GETTING PREGNANT

- At-risk adolescents were *significantly less likely* to mention using contraception/protection (49 percent)
- Male adolescents were *significantly less likely* to mention using contraception/protection (60 percent)



DESIRED ADVICE AMONG ADOLESCENTS

TRYING TO AVOID GETTING PREGNANT

“The only way to truly avoid getting pregnant is to not have sex but condoms and birth control are very effective.”

– Rural Female, 16+

“Use protection!!! Condoms, birth control, pull out everything. Maybe even abstinence.”

– Rural Female, 16+

“Use protection and be cautious.”

– At-Risk

Urban Female, Under 16

“I'm a male I don't have this problem. But to avoid getting my other (sic) pregnant I'd use a condom.”

– Rural Male, 16+

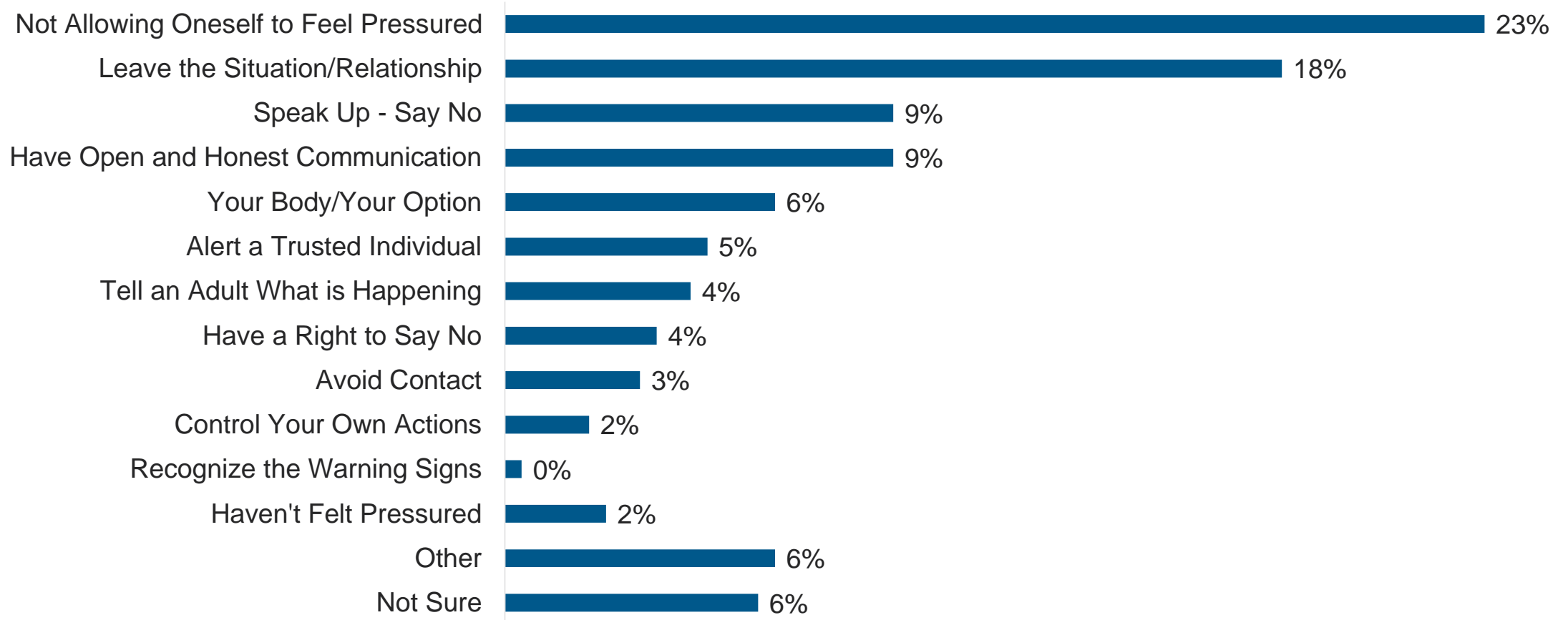
“I am a male, so this really is not a concern for me. I can't get pregnant.”

– Urban Male, 16+



DESIRED ADVICE AMONG ADOLESCENTS

FEELING PRESSURED TO HAVE SEX



DESIRED ADVICE AMONG ADOLESCENTS

FEELING PRESSURED TO HAVE SEX

- At-risk adolescents were *significantly less likely* to mention leaving the situation/relationship (8 percent)
- Male adolescents were *significantly less likely* to speak up or say “No” (4 percent)



DESIRED ADVICE AMONG ADOLESCENTS

FEELING PRESSURED TO HAVE SEX

“Cut out whoever is pressuring you because they clearly don't love you for who you are. There are plenty of amazing people out there who share your values. Those are the people you should surround yourself with.”

– Rural Female, 16+

“Leave. It may seem hard but any time you are being pressured to do something you don't want to do it's not a healthy relationship.”

– At-Risk Urban Female, 16+

“Realize you have the right to say no, and you need to give consent in order to have sex. If someone is pressuring you to have sex, take a break from them, or explain to them why you do not want to have sex, so they understand why.”

– Urban Male, Under 16

“You have control over your own actions, don't let anyone else control you except for you.”

– Rural Male, 16+



DESIRED ADVICE AMONG ADOLESCENTS

HAVING HEALTH RELATIONSHIPS



DESIRED ADVICE AMONG ADOLESCENTS

HAVING HEALTHY RELATIONSHIPS

- At-risk adolescents were *significantly less likely* to mention open/honest communication (4 percent)



DESIRED ADVICE AMONG ADOLESCENTS

HAVING HEALTHY RELATIONSHIPS

“Healthy relationships are so important, and I am so happy that you are developing them now. Remember to be kind and understanding to your friends and partner so your relationships will continue to flourish.”

– Rural Female, 16+

“Always be honest but don't be rude. There's a difference. Keep your friends and family close and don't let little things destroy that relationship.”

– Urban Female, 16+

“Always listen to your significant other and make sure you can imagine how they are feeling. Also, make sure whatever you guys are doing is mutual and that you both enjoy it.”

– Rural Male, 16+

“Do what makes you happy!
Surrounding yourself with positive people is great for the mind and soul. Loving life is the best thing for yourself!
Build others up as well.”

– Rural Female, 16+



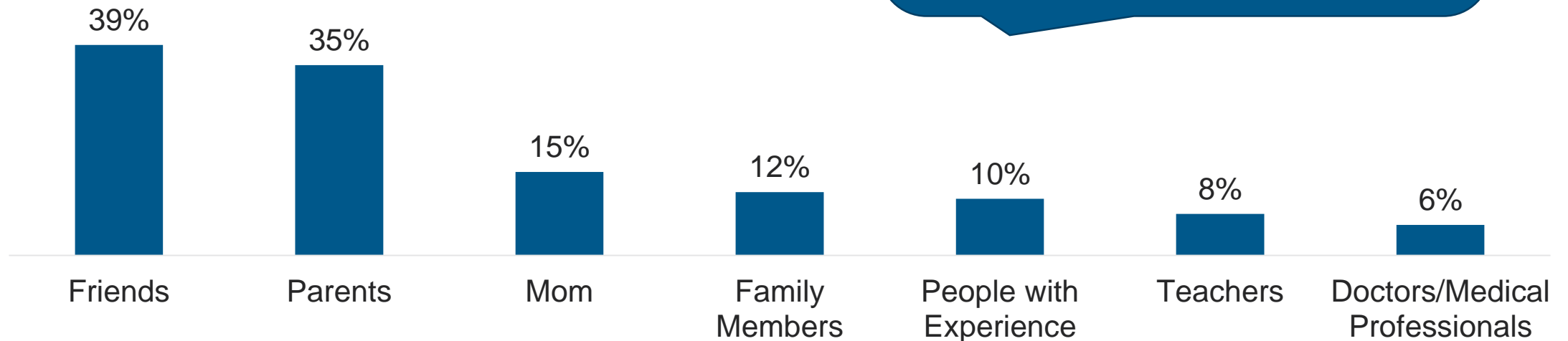
**ADOLESCENTS SHARED
WHO THEY'D LISTEN TO
FOR ADVICE/GUIDANCE**

WHO THEY'D LISTEN TO

ADOLESCENTS WERE MOST LIKELY TO LISTEN TO FRIENDS AND PARENTS

“My close friends and significant other when it comes to sex. For healthy relationship advice, I receive tips from my family well.”
– Rural Male, 16+

“I listen to my friends and adults that don't make me feel awkward when I talk about things like sex.”
– Urban Female, 16+



WHO THEY'D LISTEN TO

DIFFERENCES IN RESOURCES WERE FOUND

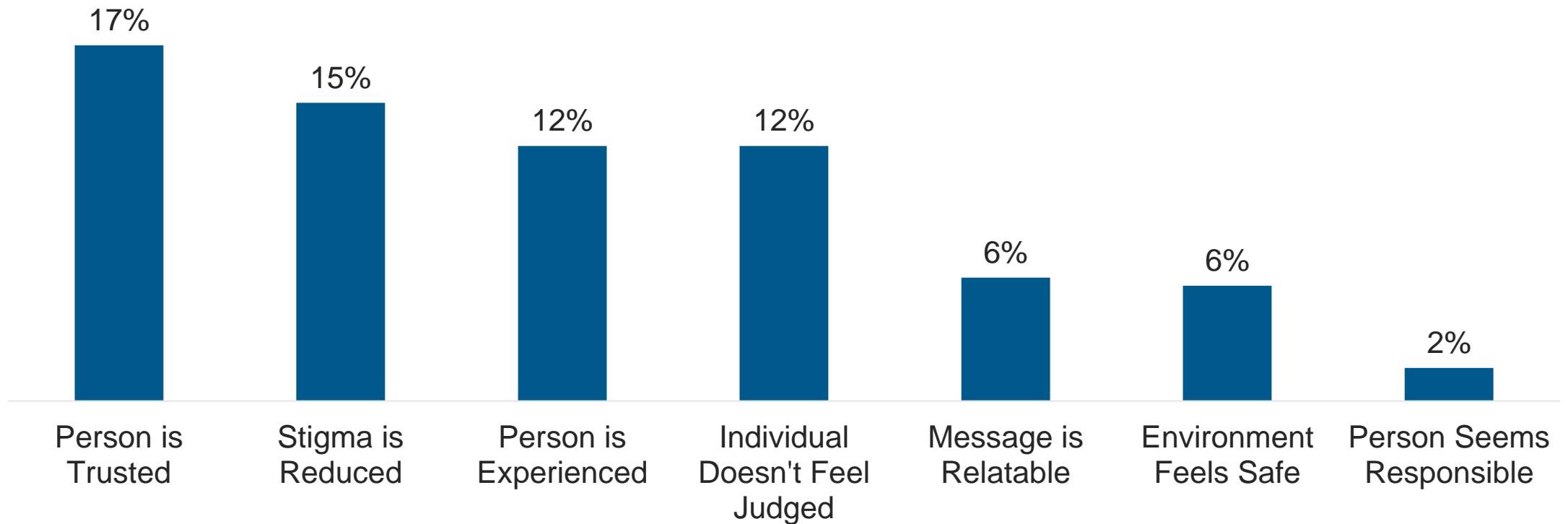
- At-risk adolescents were *significantly less likely* to mention friends
- The Under 16 age group *was significantly less likely* to mention friends
- At-risk adolescents were *significantly less likely* to mention people with experience
- Male adolescents were *significantly less likely* to mention doctors/medical professionals



**ADOLESCENTS SHARED
PERSPECTIVES ON WHAT
WOULD MAKE IT EASIER TO
TALK ABOUT SEX**

TALKING ABOUT SEX

WHO, HOW AND WHERE ARE KEYS TO MAKING THE TOPIC EASIER TO DISCUSS



MAKING SEX EASIER TO TALK ABOUT

IN THEIR OWN WORDS...

“If there wasn't such a stigma around sex and having it be this awkward topic of conversation it would be easier to talk about. When it comes to healthy relationships I've learned a lot from television shows or books that have shined some focus on this issue.”
– At-Risk Urban Female, 16+

“It would be easier to talk about my issues with people I trust and when I am in a safe environment”
– Urban Female, 16+

“If people started normalizing sex. It's not that big of a deal so why bother? Healthy relationships should be easy to talk about if not there are red flags.”
– Rural Female, 16+

“If sex wasn't thought of as a dirty thing it would be easier to talk about.”
– Rural Female, 16+

