

Back Off, Baby!

Preventing Unplanned Pregnancy and Completing College

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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

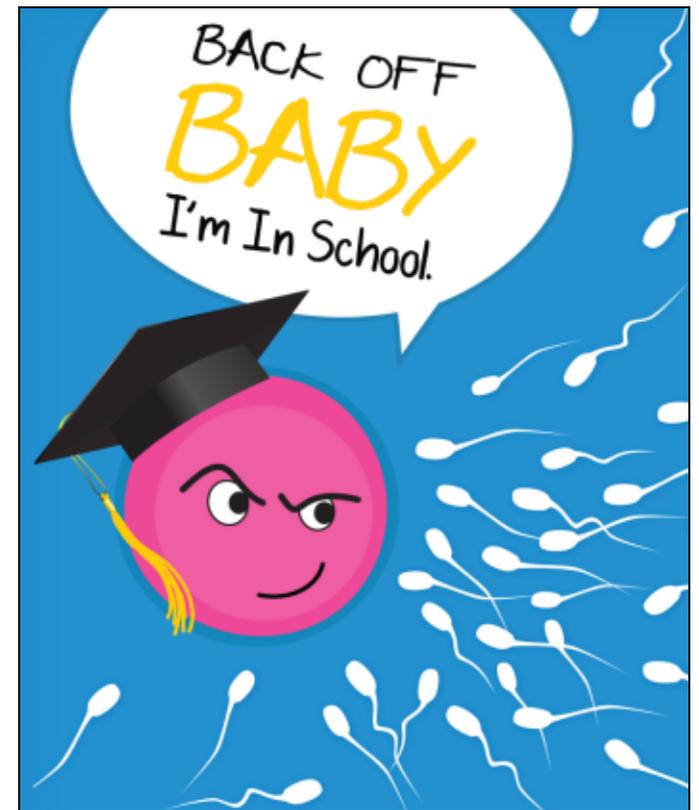
The Campaign's Mission and Goal

- 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?

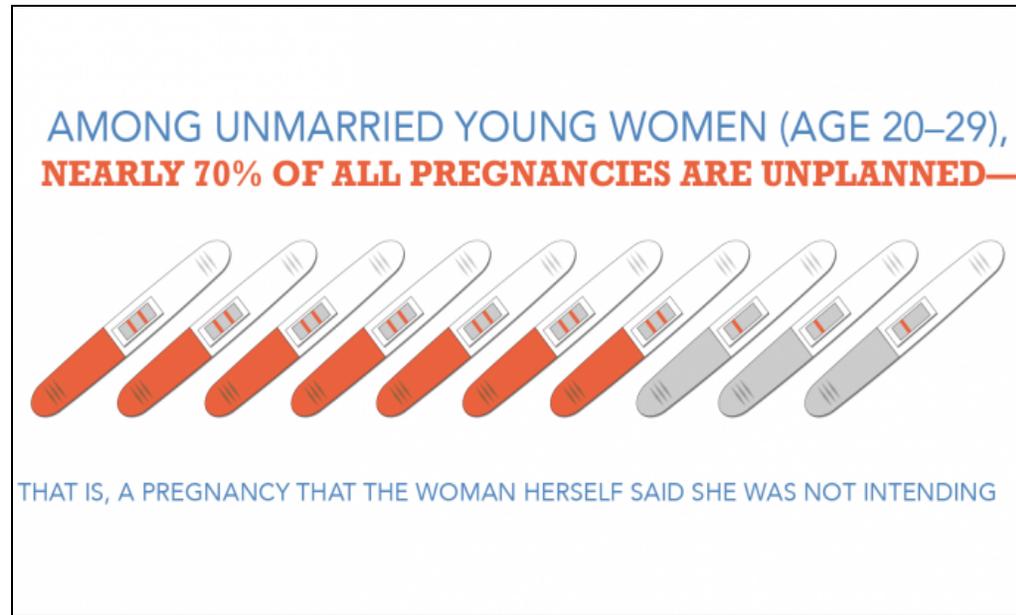
- ***Student Achievement:*** Students suffer increased emotional and financial stress, which can impede academic performance.
- ***Costs:*** Colleges have additional operating costs through increased demand for child care and related support services.

What Do Students Say about Unplanned Pregnancy?

Video:

<http://www.youtube.com/watch?v=9HfuSuIhMKU>

Reality Check



- ✓ **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.

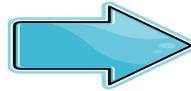
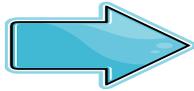
Gap between Students' Aspirations and Actions

- **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.

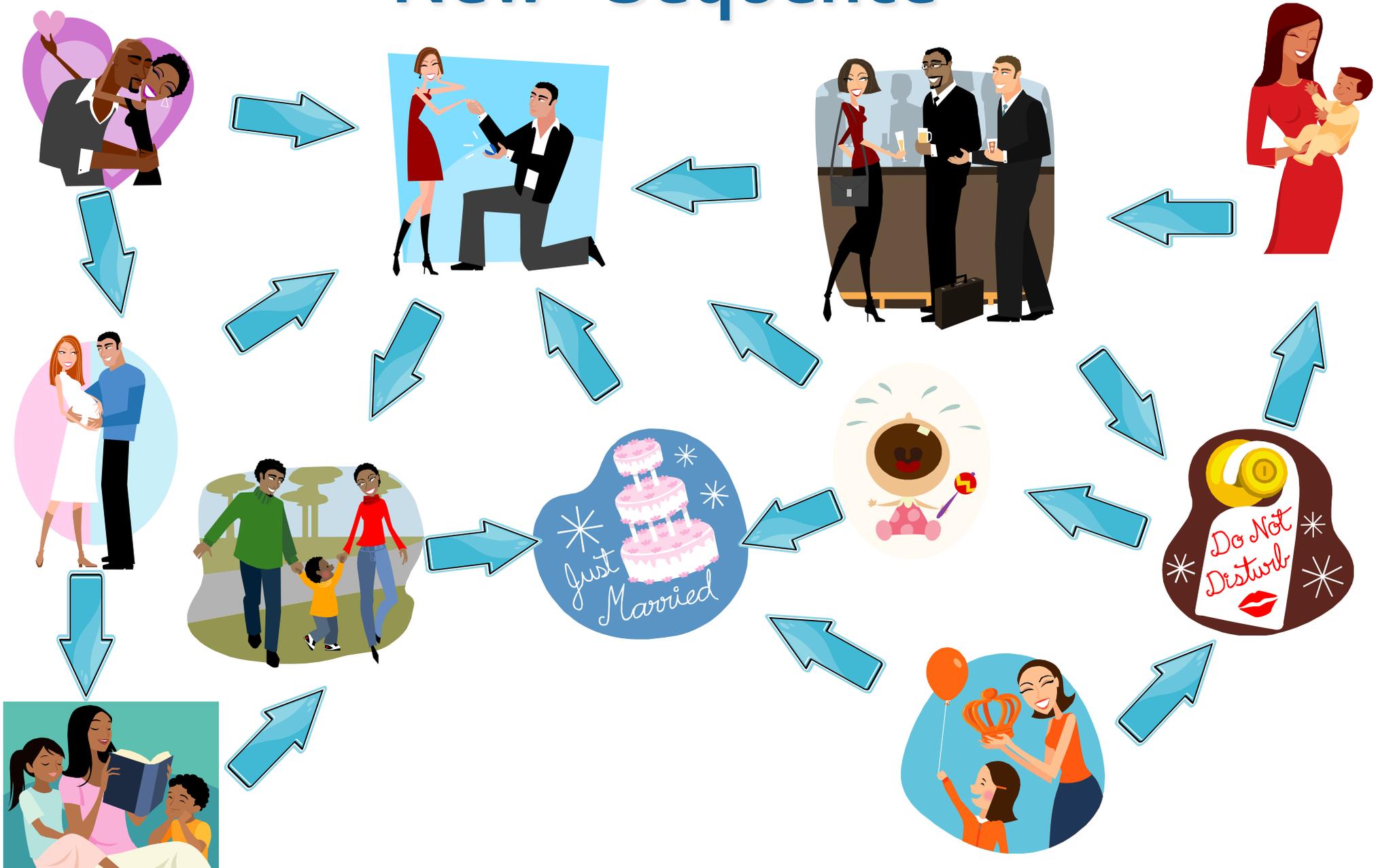
Many College Students Are Already Parents

- 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.

Old Sequence



New "Sequence"



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



Hinds Community College

Positive news coverage:

[http://www.msnewsnow.com/clip/11168068/
hinds-community-college-creates-pregnancy-
prevention-plan](http://www.msnewsnow.com/clip/11168068/hinds-community-college-creates-pregnancy-prevention-plan)

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](https://www.thenc.org/resource/online-lessons-faculty-page)

Preventing Unplanned Pregnancy and Completing College

Lesson One: Why Should You Care About Preventing Unplanned Pregnancy?

Contents ▾ | ◀ Prev Next ▶ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

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.

First-Year Baby Costs Calculator

To get things started, we've made some choices for you, based on our research and an exclusive BabyCenter survey of more than 1,000 new moms. Change our selections to customize this tool for yourself!

[f Recommend](#) 765 [t Tweet](#) 3 [Pinit](#) 119 [✉](#) [🖨](#)

Your baby's first year will cost: **\$10,158**

[Start Over](#)

Ongoing Costs

Childcare

- I won't be paying for regular childcare.
- Help me estimate. I'll use a:
 - Daycare center ▾ Moderate: \$768 per month ▾ x 6 months
- I know exactly. I'll spend: \$0 per month x 6 months
- I'll use an occasional babysitter: \$50 per month x 12 months

Diapering

- I'll be using disposable diapers: \$72 per month ▾ x 12 months
 - Wipes \$20 per month x 12 months

Feeding

- I plan to breastfeed: \$0 per month
- Formula: I'll spend \$105 per month x 6 months
- Solid foods: I'll spend \$57 per month x 6 months

Clothing

- I'll probably spend \$59 per month x 12 months

Preventing Unplanned Pregnancy and Completing College

Lesson Three: Make a Plan and Take Action

Contents ▾ ◀ Prev Next ▶ 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 print all

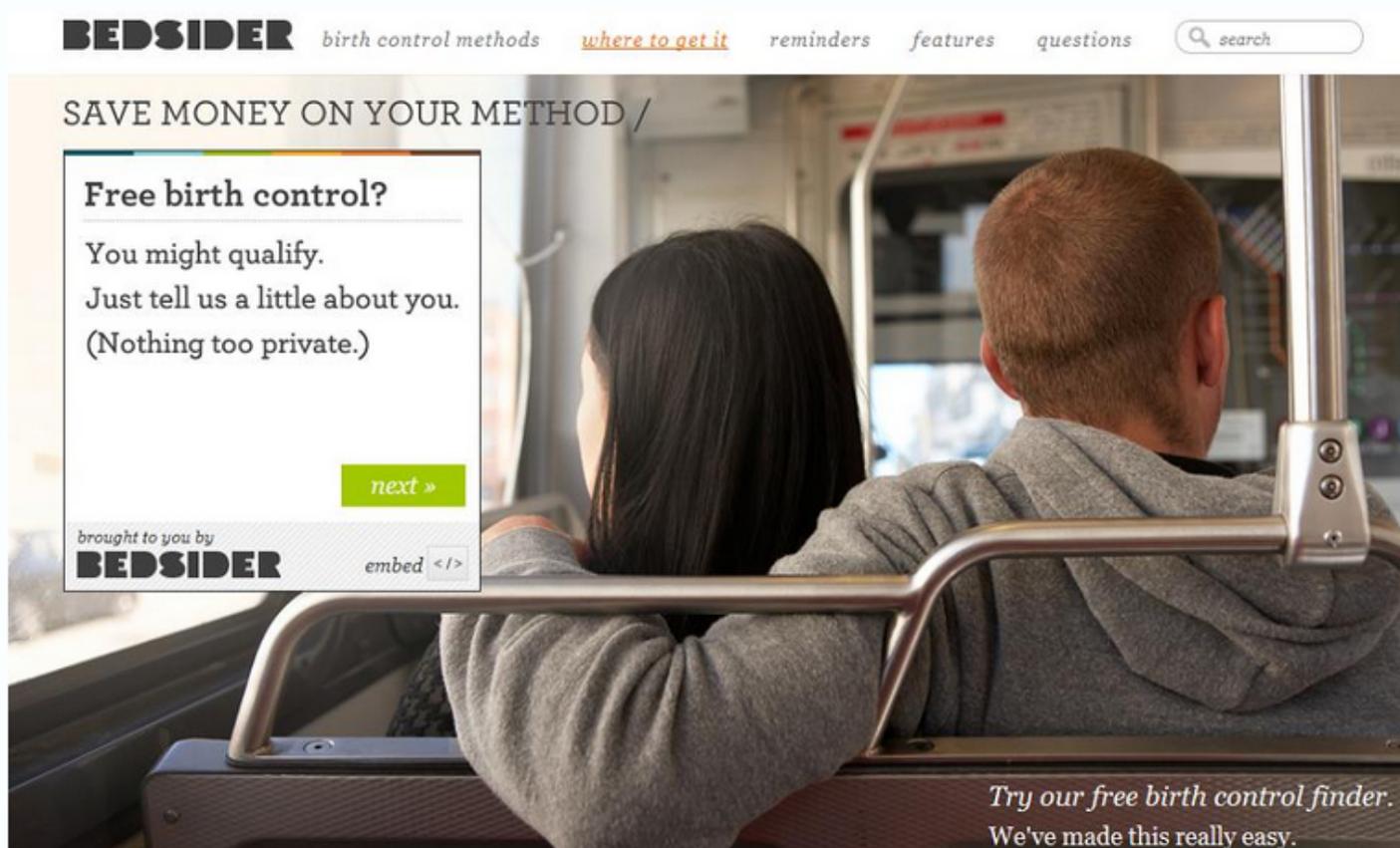
Are You Eligible for Free or Low Cost Birth Control?

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.)



BEDSIDER birth control methods [where to get it](#) reminders features questions

SAVE MONEY ON YOUR METHOD /

Free birth control?

You might qualify.
Just tell us a little about you.
(Nothing too private.)

[next »](#)

brought to you by **BEDSIDER** embed </>

*Try our free birth control finder.
We've made this really easy.*

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

Student Comments on Online Lessons

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!

I could do it in my own time.

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.

They were casual and easy for young people to listen to.

Raise Awareness and Provide Resources

BEDSIDER birth control methods where to get it reminders features questions search

STUDENT (SEX) LIFE

Helping college students get smart about birth control.

college students /
Babies are awesome. So is birth control when you're not ready to have one of your own. (Or if you're not quite ready for more.) Find the best method for you and check out the links below.
get started »

providers /
This part of Bedsider supports health care providers and student health services staff. It's free. It provides access to interactive tools and unbiased content. It will help you talk about birth control, which will help students use it better.
explore bedsider providers »

faculty and staff /
Are you a college administrator, faculty, or staff member looking for resources on sexual health, birth control, and college completion? Find free online lessons, course templates, videos, and the latest research.
access materials »

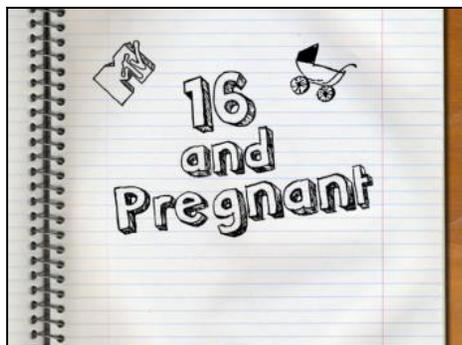
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For college students who want to get on top of their sex life.

On and off campus, our message is clear: An unplanned pregnancy can seriously affect one's social life, work, relationships, finances, and the ability to succeed in college. So, until someone is ready to have a baby, we believe they should have access to the most current and accurate information on birth control.

Interested in information about protection, relationships, and sex? We got you. We've even made birth control unboring.

- See which **methods** are easiest and right for you.
- Get cheeky **reminders** so you always use it.
- Find a **health center** when you need one.
- Watch our **Guy's Guides**—they star the James Bond of birth control.
- Understand how **health insurance** works for you.
- Bring Bedsider to your **campus**.
- Hear what **real women and men** think about their methods.
- Avoid **STIs** as well as pregnancy scares.
- Check out how college **R.A.s** at other schools promote Bedsider and birth control.
- Become a **Bedsider Insider** (it's free!) and receive **VIP treatment** when you use the website.



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

[birth control methods](#)

[where to get it](#)

[reminders](#)

[features](#)

[questions](#)

STUDENT (SEX) LIFE

Helping college students get smart about birth control.

college students /

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[get started »](#)

providers /

This part of Bedsider supports health care providers and student health services staff. It's free. It provides access to interactive tools and unbiased content. It will help you talk about birth control, which will help students use it better.

[explore bedsider providers »](#)

faculty and staff /

Are you a college administrator, faculty, or staff member looking for resources on sexual health, birth control, and college completion? Find free online lessons, course templates, videos, and the latest research.

[access materials »](#)

share this /



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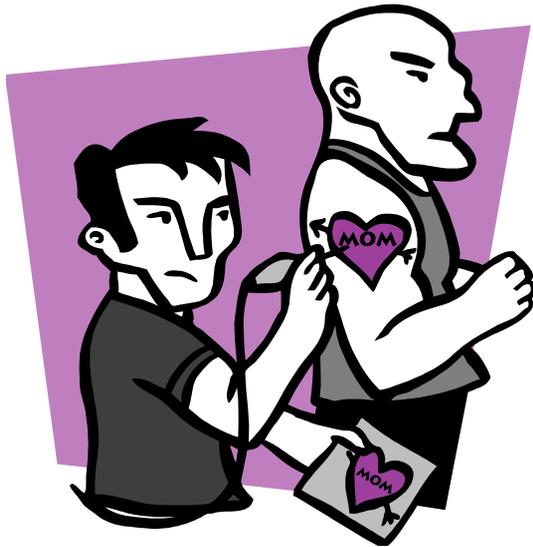
[Bedsider.org/studentsexlife](https://bedsider.org/studentsexlife)

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

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