

MOAPPP Monitor

www.moappp.org

Spring 2005

The mission of MOAPPP is to strengthen policies and programs related to adolescent pregnancy, prevention and parenting in Minnesota.

Sexual Violence and Teen Pregnancy Prevention

Elizabeth Saewyc, Ph.D., University of British Columbia, School of Nursing

Adapted from Saewyc, E.M., Magee, L.L., & Pettingell, S.E. (2004). Teenage pregnancy and associated risk behaviors among sexually abused adolescents. *Perspectives on Sexual and Reproductive Health*, 36, 98 – 105. For the entire article with citations, go to:
www.guttmacher.org/journals/toc/psrh3603toc.html.

Since the early 1990s, rates of adolescent sexual initiation and pregnancy in the United States have declined, and teenagers' contraceptive use has increased. The risk of becoming pregnant or getting someone pregnant, however, is higher for some teenagers than for others.

One group at increased risk is sexually abused teens. Sexual abuse can alter perceptions about sexual behavior and influence judgment in forming intimate relationships - leading to earlier sexual debut, more sexual partners and an increased risk of sexual violence in intimate relationships. Sexually abused adolescents have experienced the violation of their most intimate boundaries, which can create a sense of powerlessness in relationships and impair their ability to negotiate contraceptive use. Further, how teens cope with abuse may put them at risk for pregnancy. Two common coping responses are substance abuse and running away from home. Substance abuse increases the risk of multiple partners and unprotected sex. Physiological changes in the brain from the trauma of sexual abuse increase the likelihood of chemical dependence, with some teens turning to sex work to support their addiction. And in cases of incest, adolescents may be placed in foster care, or may attempt to escape the abuse by running away, living on the street and engaging in survival sex.

A recent study was conducted using the 1992 and 1998 MN Student Survey to test links

between sexual abuse, pregnancy involvement, and sexual and other risk behaviors; as well as differences in these by gender and by type of abuse. Six percent of sexually experienced males and 27% of females in 1992, and 9% and 22% in 1998, reported a history of sexual abuse (incest, non-familial abuse, or both). Reports of pregnancy involvement were significantly more common among abused adolescents (13-26% of females and 22-61% of males, depending on type of abuse) than among non-abused teens (8-10%). Abused adolescents were more likely to report risk behaviors, with those reporting both incest and non-familial abuse having the highest odds of pregnancy involvement and risk behaviors. Although far more females than males reported any type of sexual abuse, abused males reported greater pregnancy involvement and more risk behaviors than females with the same abuse history.

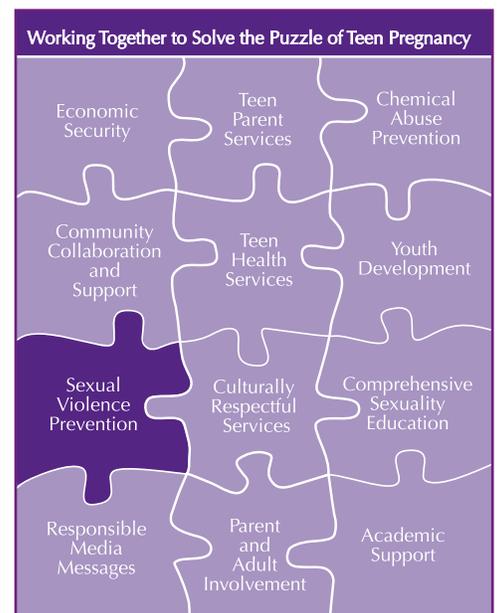
These results support findings from earlier adolescent health surveys, suggesting that the relationship between teen pregnancy and sexual abuse is not limited to one geographic region, or racial or ethnic group, and is relatively consistent over time. They also suggest that the interventions that helped reduce teen pregnancy in the 1990s were not as effective with sexually abused teenagers. If we hope to further reduce the US teen pregnancy rate, interventions must meet the needs of those at increased risk.

Below are several practical applications of these findings.

- Adolescent health care providers should routinely screen males and females for a history of sexual abuse, be prepared to refer for supportive services, and advocate for services when none are available, especially for adolescent males.

- Health education and counseling for sexually active teens should address the needs of sexually abused youth, their risk behaviors and methods of coping with abuse.
- High school sexual health curricula should acknowledge that some students, both males and females, may have been sexually abused, and offer appropriate information and resources.
- Teen pregnancy and parenting services should provide outreach and services for adolescent males, including assessment and intervention for sexual abuse, to help prevent repeat pregnancies during adolescence.

Dr. Saewyc will present these findings at the MOAPPP conference on May 5, 2005.



MOAPPP's Teen Pregnancy Puzzle illustrates the complexity of the issue and the need for comprehensive solutions based on research.

DIRECTOR'S NOTES

Dear Friends,



We're on the cusp of a new season in Minnesota; the days are getting longer, the birds are coming home, the air is filled with the scent of freshly turned earth. No other season holds the same promise as spring. I hope you share my sense of wonder at the newness this season offers.

We are happy to announce the launch of our newly designed website (www.moappp.org). One of our goals was to make it easier for you to access information. Be sure to let us know what you think. We are also in the midst of preparing for our 14th Annual Conference, *The Lives of Our Teens: A Look from the Inside Out*, and hope to see you there. And, the board and staff are undertaking a strategic planning process this season to guide our work in the coming years. We plan to contact many of you to ask for your input.

This issue of the Monitor takes us into the challenging, and, sometimes, uncomfortable territory of child sexual abuse. Our understanding of this area--and its relation to adolescent pregnancy--is growing. Dr. Elizabeth Saewyc, from the University of British Columbia, shares important findings from her research. Finding systems-level responses to this issue is the focus of a piece from Amy Okaya, Minnesota Department of Health. And Ann Lindstrom from Stop It Now! shares ideas about concrete prevention steps. Also featured is an excerpt from a new publication from the National Campaign to Prevent Teen Pregnancy regarding long-term outcomes for the children of teen parents.

Awareness is the first step toward understanding, and understanding is the first step toward change. Let's move forward together to change the realities so many of our young people face regarding child sexual abuse.

My best to you,

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The Minnesota Organization on Adolescent Pregnancy, Prevention and Parenting, a non-profit organization, is composed of individuals and organizations in Minnesota that work to strengthen policies and programs related to adolescent pregnancy, prevention and parenting in Minnesota.

MN Department of Health Project Emphasizes Relationship Between Adolescent Sexual Activity and Sexual Abuse

Amy Okaya, MN Department of Health, Sexual Violence Prevention Program. Citations included on Research and Resources page.

In Minnesota and nationally, there has been increasing appreciation for the links between sexual abuse and sexual risk behaviors among youth. National studies have consistently found that the younger a female is at first intercourse, the more likely this experience was forced or unwanted. A recent analysis of Minnesota Student Survey data (Saewyc, Magee & Pettingell, 2004) found sexually abused boys and girls are more likely than their peers to have early sexual involvement, multiple sexual partners, and involvement in a pregnancy during their teen years. In 2001, the Center for Assessment and Policy Development (CAPD) and the National Organization on Adolescent Pregnancy, Parenting and Prevention, Inc. (NOAPPP) produced an excellent document (Leiderman & Almo, 2001) describing how interpersonal violence and adolescent pregnancy are intertwined, exploring a range of policy and practice implications. Interpersonal violence, the authors believe, "may be one of the key challenges to reducing rates of adolescent pregnancy."

To help improve the way Minnesota addresses these connections, the Sexual Violence Prevention Program of the Minnesota Department of Health (MDH) is embarking on a new project to support improvements in policies, practices and awareness statewide. In cooperation with the Saint Paul-Ramsey County Department of Public Health (SPRCDPH), this new project, the Healthy Youth Development/Sexual Violence Prevention Project, builds on efforts of the Saint Paul-Ramsey County Teen Pregnancy Project/Sexual Violence Action Team, and other recent initiatives in Minnesota.



Who influences teens' decisions about sex?

- *parents (37%)*
- *friends (33%)*
- *siblings (6%)*
- *media (5%)*

Source: National Campaign to Prevent Teen Pregnancy, (2004), www.teenpregnancy.org

The Healthy Youth Development/Sexual Violence Prevention Project works to:

- 1) Assist youth development and teen pregnancy prevention service providers in better understanding and responding to sexually abused youth
- 2) Support the integration of sexual violence awareness and prevention within youth development program planning and prevention activities
- 3) Raise awareness and understanding among policymakers about the importance of addressing and preventing sexual abuse as a necessary part of youth development and adolescent pregnancy prevention

Grit Youngquist, SPRCDPH Adolescent Health Coordinator, will be seeking the perspectives and involvement of others working around or interested in this topic to help accomplish these objectives. In addition, the statewide Healthy Relationships Consortium, first initiated by MDH in 2003, will be reconvened to foster the identification and sharing of best practices in promoting healthy relationships among youth.

The Project is one of several related efforts supported by MDH. Other projects will focus on male leadership development to prevent sexual violence; improving health care and public health system policies and practices as they relate to sexual violence and its prevention; and the development of organizational, policy and systems changes to prevent sexual violence via a statewide Sexual Violence Prevention Action Council. This multidisciplinary council includes members from key state agencies and organizations, including MOAPPP. Funding for these activities is provided through the National Centers for Disease Control and Prevention, as part of the federal Violence Against Women Act.

For more information about The Healthy Youth Development/Sexual Violence Prevention Project contact Grit Youngquist 651.296.2407 grit.youngquist@co.ramsey.mn.us

OUTREACH

May is Teen Pregnancy Awareness Month

What can YOU do
to prevent teen
pregnancy?

Across the state of Minnesota and throughout the nation, May is Teen Pregnancy Awareness Month. We need to stay focused on what works to support adolescent health and May is an opportunity to promote these efforts. MOAPPP helps support your May Teen Pregnancy Awareness Month outreach with information, resources and ideas on our website. National resources are also available to support your efforts. Whatever you do, remember: be creative, promote what works, involve youth, and have fun!

National Campaign to Prevent Teen Pregnancy: National Day Quiz May 4, 2005, www.teenpregnancy.org

Advocates for Youth: National Teen Pregnancy Prevention Month Planning Guidebook, www.advocatesforyouth.org/publications/ntppm.pdf

14TH ANNUAL MOAPPP CONFERENCE

THE LIVES OF OUR TEENS

a look
from the **inside** **out**

JOIN US for two days of dynamic speakers, challenging workshops and many opportunities to network with Minnesota professionals committed to teen pregnancy prevention and support for pregnant and parenting teens. The conference will feature three workshops focusing on the link between sexual violence and teen pregnancy prevention:

THE LINK BETWEEN SEXUAL ABUSE AND TEEN PREGNANCY

Elizabeth M. Saewyc, PhD, RN, PHN, University of British Columbia, School of Nursing

This workshop examines the research from Minnesota that connects sexual abuse history and teen pregnancy for boys and girls, as well as the potential long-term effects of sexual abuse that can complicate teen parenting. This session includes information about populations who are at increased risk for abuse, dispels some of the more common misconceptions about sexual abuse in our society, and discusses why pregnancy may be seen as a window of opportunity in the lives of abused teens.

ADDRESSING SEXUAL EXPLOITATION OF HMONG TEENS

Elizabeth M. Saewyc, PhD, RN, PHN, University of British Columbia, School of Nursing

Kathryn Richtman, J.D., Ramsey County Attorney's Office

Der X. Her, B.A., Sexual Offense Services of Ramsey County

The Hmong Youth Task Force was created in Ramsey County in January 2004 to address the health and life issues of the growing number of young Hmong girls who are victims of prostitution rings. This workshop describes the health issues

and violent experiences of these teens based on research conducted at the Midwest Children's Resource Center of Children's Hospital, the development of the Task Force and the services and projects it has created, and the impact of the research and the Task Force's accomplishments on the work we do.

RAISING SEXUALLY HEALTHY HUMAN BEINGS: WORKING UPSTREAM TO PREVENT CHILD SEXUAL ABUSE

Ann Lindstrom, Stop It Now! Minnesota

This workshop focuses on healthy sexual development in children and adolescents and how responding to children's sexual behaviors can help prevent child sexual abuse. This session addresses common and uncommon sexual behaviors in children and adolescents; the role of aware and responsive adults in sexual abuse prevention; and tools available to aid in prevention efforts.

For a conference brochure, go to www.moappp.org or contact Marilyn Colby Rivkin at 651-644-1447 ext 15, 1-800-657-3697, or marilyn@moappp.org.

MAY 5-6, 2005

**EARLE BROWN HERITAGE CENTER
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Stop It Now! Minnesota
The Campaign to Prevent Child Sexual Abuse

Uniting Our Prevention Efforts: Child Sexual Abuse and Teen Pregnancy

Ann Lindstrom, Outreach and Education Coordinator,
 Stop It Now! Minnesota. Citations included on Research and
 Resources page.

As highlighted in this Monitor's cover story, research indicates that sexual abuse experienced in childhood is a risk factor for teenage pregnancy. "Sexual abuse can alter perceptions about sexual behavior and influence judgment in forming intimate relationships, and thereby lead to earlier sexual debut, more sexual partners and an increased risk of sexual violence in intimate relationships" (Saewyc, et al. 2004). Researchers found that this link between early sexual abuse and teenage pregnancy is strong especially for males and those who have experienced both incest and non-familial abuse.

Since this connection has been made, child sexual abuse and teen pregnancy prevention advocates have become natural allies. By working together to prevent child sexual abuse, we can prevent children from being harmed and reduce the possibility of children becoming pregnant as teenagers. We can do this by preventing adults, adolescents and children from acting in sexually harmful ways and providing support and resources to those who have experienced abuse.

Stop It Now! Minnesota is a child sexual abuse prevention program that empowers adults to prevent child sexual abuse by recognizing warning signs in adults and adolescents at-risk to sexually abuse and intervening and preventing abuse before it occurs. This strategy shifts the focus of prevention to include perpetration prevention education. It emphasizes that in addition to teaching our children and adolescents about healthy sexual development, reproduction, families' sexual values, and keeping themselves safe from sexual violence, we must discuss unhealthy and harmful sexual behaviors and teach and model healthy sexual boundaries.

There are many things you can do to prevent sexual abuse and help those who are in harmful situations. Many of these strategies also strengthen parent/child communication and connections, which are protective factors for raising sexually healthy adolescents.

One suggested activity for families is to create a **family safety plan** using these steps:

1. **Learn as much as you can** about children's normal sexual development and behaviors and warning signs of sexual abuse.
2. **Talk openly** about child sexual abuse with friends and family close to you.
3. **Set clear family boundaries.** For example, respect family privacy in dressing, bathing, sleeping and other personal activities.
4. **Take responsibility.** Speak up and interrupt when you see or feel that something doesn't seem right.
5. **Get other safe adults involved.** Be sure that no one feels alone.
6. **Stay involved** and become a resource person for an adult, child or teen.¹

As teen pregnancy prevention professionals, sexuality educators, teachers, parents and everyone else who cares about kids, we can make a difference in preventing child sexual abuse and preventing teen pregnancy. Stop It Now! Minnesota has materials to help you in these efforts.

Brochures:

- "Do Children Sexually Abuse Other Children?" highlights common and uncommon behaviors in children and youth and helps adults recognize and respond to children's sexual behaviors.
- "Child Sexual Abuse: Facts About Abuse and Those Who Might Commit It" includes warning signs in adults and adolescents at-risk to sexually abuse a child.
 - "Let's Talk: Adults Talking to Adults About Child Sexual Abuse" details how you can talk to another adult whose sexual behavior with a child concerns you.

To order brochures, contact Ann Lindstrom at
 651-644-8515 or alindstrom@projectpathfinder.org.

¹ Adapted from Stop it Now! Minnesota, www.stopitnow.com/mn



In a 2003 survey of 500 MN residents, 105 disclosed experiencing sexually abusive behavior by an adult or older child while they were children. Of these 105, 37 told an adult as a child and only 7 recalled that the incident was reported to the authorities.

Source: Stop It Now! Minnesota,
www.stopitnow.com/mn

Playing Catch-up: How Children Born to Teen Mothers Fare

Elizabeth Terry-Humen, M.P.P., Jennifer Manlove, Ph.D., and Kristen Moore, Ph.D.

This is an excerpt from a report by the National Campaign to Prevent Teen Pregnancy, Washington, D.C. January, 2005. For a copy of the full report with citations, go to:
www.teenpregnancy.org/works/pdf/PlayingCatchUp.pdf

The problems that teen mothers face are well documented. Teen mothers are more likely than other young women to drop out of school, remain unmarried and become single parents, and to live in poverty and rely on public assistance. To be sure, many of these factors reflect disadvantages that existed before these teens became mothers. Still, teen parenthood seems to perpetuate many of these burdens. It is also well documented that the children of these young mothers face adverse consequences as well. In fact, research suggests that the costs of teen motherhood are primarily borne by the children of these young mothers.

"To enhance children's development, teen pregnancy prevention programs need to delay childbearing not just by a few months or even into the late teens, but into the twenties."



Using nationally representative data on kindergartners from the late 1990s, a report recently released by the National Campaign to Prevent Teen Pregnancy explores the complex relationship between the age at which a woman has a child and how her child fares.

Summary of the results:

Without controlling for background characteristics, children born to mothers aged 17 and younger began kindergarten with lower levels of school readiness – including lower math and reading scores, language and communication skills, social skills and physical and emotional well-being – than children born to mothers 18 and older. *When controlling for background characteristics*, such as mother's marital status, family structure, and family socioeconomic status, the effects of the mother's age diminished but remained important. Children born to mothers aged 18-19 did not perform much better on most measures than children born to mothers aged 17 and younger. The children born to mothers in their 20s clearly outperformed those whose mothers were still teenagers at time of birth. The most consistent and pronounced differences were observed when comparing children born to mothers aged 17 and younger to those children born to mothers aged 22-29.

These findings suggest that to enhance children's development, teen pregnancy prevention programs need to delay childbearing not just by a few months or even into the late teens, but into the twenties. In addition, programs that include an emphasis on academic and employment success may be valuable. These programs can not only reduce the incidence of too-early childbearing, but may also help improve school-readiness in the next generation by enhancing economic and educational status of women before they become mothers.

New Resource: Comprehensive List of Adolescent Parent Providers

MOAPPP, in collaboration with the MN Department of Education, is conducting a survey of all adolescent parent services and programs around the state. Our goal is to develop a web-based, comprehensive list of adolescent parent providers to serve as a resource to anyone working with, or concerned about, teen parents and their children. Service providers will be able to access this online resource from the MOAPPP and Department of Education websites. The survey will be administered via e-mail this spring. If you do not receive a survey and would like to have your program/services included in this valuable resource, please contact Marilyn Colby Rivkin at marilyn@moapp.org.

MOAPPP's website has a NEW LOOK and UPDATED INFORMATION

www.moapp.org



We redesigned our website this winter! Some highlights of the new site include:

- **Easy navigation** of targeted sections for professionals, policy makers, media, parents, and teens
- **Improved accessibility** for people using older computers, large print and accessibility devices.
- **Easily printed content** from each page
- **Sorted and accessible curriculum reviews**
- **New pages** including: Model Programs, Outreach, and Current Statistics

We hope these changes help you find the information you need quickly and easily. Please contact web@moapp.org with your questions or comments about our new site. We welcome your feedback.

PUBLICATIONS AND RESEARCH

The following research examines sexual abuse and violence in relation to adolescent sexual health. Citations are included from this Monitor's feature articles.

Chandy, J.M., Blum, R.W., & Resnick, M.D. (1997). Sexually abused male adolescents: How vulnerable are they? *Journal of Child Sexual Abuse*, 6, 1-16.

Leiderman, S. & Almo, C. (2001). *Interpersonal violence and adolescent pregnancy: Prevalence and implications for practice and policy*. www.capd.org/home/publications/pdf/FinalreportVIOLENCEANDADOLESCENTPREGNANCY.pdf

Moore, K.A., Driscoll, A.K., & Lindberg, L.D. (1998). *A statistical portrait of adolescent sex, contraception, and childbearing*. Washington, DC: The National Campaign to Prevent Teen Pregnancy.

Pierre, N., et al. (1998). Adolescent males involved in pregnancy: Associations of forced sexual contact and risk behaviors. *Journal of Adolescent Health*, 23, 364-369.

Raj A., Silverman, J.G., & Amaro, H. (2000). The relationship between sexual abuse and sexual risk among high school students: Findings from the 1997 Massachusetts Youth Risk Behavior Survey. *Maternal and Child Health Journal*, 4, 125-134.

Saewyc, E.M., et al. (1999). Sexual intercourse, abuse and pregnancy among adolescent women: Does sexual orientation make a difference? *Family Planning Perspectives*, 31, 127-131.

Saewyc, E.M., Magee, L.L., & Pettingell, S.E. (2004). Teenage pregnancy and associated risk behaviors among sexually abused adolescents. *Perspectives on Sexual and Reproductive Health*, 36, 98-105.

RESOURCES AND WEBSITES

Minnesota Department of Health Sexual Violence Prevention Program

www.health.state.mn.us/injury/topic/svp

This program focuses on effective ways to prevent sexual violence, ensuring that Minnesota's efforts are coordinated and represent best practices in prevention. Includes *A Place to Start: A Resource Kit for Preventing Sexual Violence*.

Stop it Now! Minnesota

www.stopitnow.com/mn, (651) 644-8515

A statewide public health campaign to prevent the perpetration of child sexual abuse.

Minnesota Coalition Against Sexual Assault (MCASA)

www.mncasa.org, Crisis Line (612) 313-2797

MNCASA services assist local programs in providing advocacy and prevention programming and to affect public perception and policy in relation to sexual assault.

Rape Abuse & Incest National Network 24 Hour Crisis Line

1-800-656-HOPE

This number connects you to the Sexual Violence Resource Center nearest you.

Web-based Toolkit for Working with Males

<http://toolkit.endabuse.org/Home>

This website is a comprehensive toolkit designed to help professionals who work with men and boys to prevent gender-based violence.

National Sexual Violence Resource Center (NSVRC)

www.etr.org/recapp

Topics in Brief: Child Sexual Abuse, May 2000.

Topics in Brief: Sexual Assault, September 2000.

These briefs provide definitions of sexual assault and child sexual abuse, overviews of the issue, tips for educators, and additional resources.

Advocates for Youth: Dating Violence and Child Abuse Publication

www.advocatesforyouth.org/violenceabuse.htm

MODEL PROGRAMS

The following program models include promising strategies to prevent child and adolescent sexual violence.

Drawing the Line. . . A Guide to Developing Effective Sexual Assault Prevention Programs for Middle School Students

www.acog.org/from_home/publications/drawingtheline
(202) 638-5577

American College of Obstetricians and Gynecologists' (ACOG) National Rape and Sexual Assault Prevention Project.

Sexual Violence Curricula Review

This article reviews curricula for coverage on the topics of date rape, stranger rape, exploitation, pressure, incest, sexual harassment, and unwanted touch. This review is a good resource for educators to evaluate and compare various curricula.

Beyer, C.E. & Ogletree, R.J. (1998). Sexual Coercion Content in 21 Sexuality Education Curricula. *Journal of School Health*, 68, 371-375.

Strategic Forum Report, A Vision to End Sexual Violence

www.calcasa.org/uploads/media/CALCASA_Strategic_Forum_Report.pdf

California Coalition Against Sexual Assault, 2001. This Strategic Plan presented by CALCASA provides an historical perspective of the anti-sexual violence movement and six key issues that must be addressed to end sexual assault.

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Newsletter of the Minnesota
Organization on Adolescent
Pregnancy, Prevention and Parenting

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MOAPPP counts on memberships to provide the many programs and services that you, and others who work with and care about youth, have come to depend on:

- **Annual conference:** the only one of its kind in Minnesota that showcases prevention research, strategies and program ideas
- **Frequent trainings** throughout the year bringing you the latest information and skills
- **Valuable information** about the most current science-based, best practice strategies from the field
- **A website** that contains over 150 pages of online information and resources
- **Public policy and advocacy initiatives, trainings and information**
- **MOAPPP Monitor**
- **Electronic E-Monthly**
- **Networking opportunities** with others who work in the field
- **Community awareness** through media partnerships

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