

KCFM Teenage Pregnancy project

Length: One Year

Area: Dover District

Key features: Prevention and education.

Local Landscape:

The following statistics have been gleaned from the Health Intelligence and Performance Review, Teenage Conceptions and Teenage Sexual Health Services in Dover Local Authority compiled in February 2011 by Kerry Oakton, Public Health Information Analyst

Dover compared to other districts in Kent

Under 18 Conceptions

According to the document cited above, in 2007/09, Dover had a 3.64% pregnancy rate in girls under 18. For this rate Dover sits midway between the highest and lowest rates which were in Thanet, 5.1% and Tunbridge Wells, 2.16%.

Under 16 conception rate 2006/08

According to the document cited above, compared to the rest of Kent districts in 2006/08 there was a 0.74% pregnancy rate of conceptions for girls under 16 in Dover. The highest was 0.96% in Thanet and the lowest was 0.39% in Tonbridge and Malling.

Areas in Dover

Under 18 Conception Rates

According to the document cited above the areas within the district that saw the highest Under 18 conception rates were Tower Hamlets, Town and Pier, and St. Radigunds. The average annual Under 18 Conception Rate for Tower Hamlets was 9.6%, Town and Pier was 8.3% and St. Radigunds was 7.6%.

The rate then drops from 7.6% to 5% and below. The areas that fall at between 5% and 4% include: Buckland, Maxton, Elms Vale and Priory, Whitfield, Middle Deal and Sholden.

Under 16 Conception Rates

In 2006/0 Dover saw a 0.74% rate in under 16 conceptions. This is the third highest in the county to Thanet and Swale.

Outcome of under 18 conceptions

In 2007/09, 19 girls per 1,000 aged 15-17 became pregnant and went on to deliver.

In 2007/09, 17 girls per 1,000 became pregnant but chose termination

Rates of termination of under-18 pregnancy by electoral ward

Between April 2008 and September 2010 Tower Hamlets and St Radigunds had the highest number of Teenage Conceptions Leading to Abortion in the district

Repeat terminations

According to the document cited above, within Dover local authority, 16% of terminations to women aged Under 18 in 2009/10 were subsequent to one or more previous terminations, "This is much higher than in Kent county as a whole, in which 9% were repeat terminations."

Why reducing teenage pregnancy and supporting young parents is still a priority

- 11% of all young people not in education , training or employments (NEETs) are teenage mothers or pregnant teenagers
- 20% more likely to have no qualifications at age 30
- 22% more likely to be living in poverty at 30, and much less likely to be employed or living with a partner
- 3 times more likely to smoke during pregnancy, and 50% lower rates of breastfeeding, with negative health consequences for the child
- Children of teenage mothers have a 63% increased risk of experiencing child poverty and are more likely to have accidents and behavioural problems

The Aim

The aim of the project is to ignite a 'conversation' directly with young people and through organisations that have contact with young people about Teenage Pregnancy and Teenage Parenting, ultimately to raise awareness that may contribute to longer term objectives such as a reduction in first and second conceptions, better health outcomes and increased help for young parents.

Objectives

- **Participation:** To involve young parents and young people that are interested in the topic of teenage pregnancy in a participative way, allowing them to design the look and feel of the campaign ('conversation').

- **Prevention:** To ignite a conversation and build awareness directly with young people and organisations working with young people around informed choice and the prevention of un-planned teenage pregnancies
- **Support during pregnancy:** To ignite a conversation and build awareness directly with young people and organisations working with young people around support for young parents during pregnancy amongst young people and organisations that work with young people.
- **Support for young parents:** To ignite a conversation and build awareness directly with young people and organisations working with young people around sign-posting young parents in order to increase opportunities for them to have access to services and to get on-going support.

The campaign ('conversation')

The conversation and awareness building will be achieved through a campaign style initiative across the Dover District. This will take the form of workers and young people attending key events and practitioner forums in the area. This will include engaging with young people and services in Tower Hamlets, Town and Pier, and St. Radigunds as these are the areas that have the highest Under 18 Conception Rates.

Outputs

By the end of the project KCFM will have

- Attended or delivered 12 events or workshops in the Dover District
- Attended 6 practitioner forums in the Dover District
- Supported 10 young people to share, anonymously, their story for distribution amongst youth provisions and organisations in the Dover District as a conversation starter with young people
- Provided packs of activities for youth workers and other organisations to encourage continued conversations in order to raise awareness amongst young people in the district.
- Kept the conversation alive in between events with young people and organisations working with young people

Direct Outcomes of the project

- Increased awareness amongst young people in the Dover District around teenage pregnancy, staying healthy during pregnancy and what is available after the birth of the child.

- Increased awareness amongst organisations working with young people in the district around teenage pregnancy, staying healthy during pregnancy and what is available after the birth of the child.
- Increased number of organisations reminded of agenda and work to be done to reduce teenage pregnancy and to support expectant young parents and young parents.
- Increased number of organisations and practitioners having conversation with young people around the agenda.
- Increased awareness for organisations and practitioners around sign post young parents in order to increase opportunities for them to have access to services and to get on-going support.

Measuring Outcomes

In order to measure the above direct outcomes KCFN will collect the following information:

- The number of young people that the project directly engages with through the participation work and campaign with a note of the type of intervention engaged with.
- The number of organisations that the project directly engages with and a note of how the message was delivered to these organisations and what the impact/response was.
- How organisations engage further young people in the 'conversation' and the numbers of young people involved
- Numbers of young people sign-posted by KCFN
- Numbers of young people sign-posted by other organisations (If organisations can share this information.)

Longer term Objectives

It is hoped that this year long project will contribute to longer term objectives that it will not be possible to measure within the life of the project

- Increased number of young people making informed choices around becoming pregnant in the district.
- Reduction in conceptions.
- Reduction in second conceptions.
- Increased number of young people access sexual health services

- Better health decisions made by expectant parents.
- Better relationships between the males and females involved in the pregnancies.
- Young people that are pregnant and that have had children are better sign-posted so that there is a reduction in poverty for young families.

Participation

KCFM strongly believe that young people are experts in their own lives. To this end KCFM will support young people to shape the project so that it is engaging and fit for purpose. From the beginning of the project KCFM will form a steering group that will comprise of young females and males that have been or are pregnant and those that are interested in the agenda. This steering group will design the campaign in detail by coming up with a recipe for effective engagement and what the campaign will look like and feel like for those that it reaches. They will design how activities and key messages will be delivered. The steering group will also help KCFM to identify local organisations and agencies that can be liaised with in order to reach young people that are at risk of becoming pregnant and that are pregnant.

The steering group will be presented with the following menu of interventions when designing the content, look and feel of the campaign:

Prevention

To ignite a conversation and increased awareness around the prevention of unplanned pregnancies amongst young people and organisations that work with young people.

Menu of interventions:

- Opportunities to hear from mothers and fathers that have had children
- Opportunities to explore the realities of having children
- Opportunities to explore the financial implications of supporting a child
- Opportunities to look at different life paths and how having children can affect your life
- Learn about sexual health and preventing pregnancy
- Opportunities for both females and males to explore their actions and consequences of having un-protected sex
- Opportunities to explore self-respect and respecting those they have sex with
- Get advice about sex and contraception

- Receive contraception by being issued with a C-Card
- Be sign-posted to relevant organisations that can help them further with preventing un-planned pregnancies.

Support during pregnancy

To ignite a conversation and increased awareness around support for young parents during pregnancy amongst young people and organisations that work with young people.

Menu of interventions

- Opportunities for males to explore their role when they have conceived a child. Including responsibilities even if they do not want to be in a relationship with the mother
- Males to explore their actions and consequences of having further un-protected sex with the same female or others (Informed choice about second pregnancies)
- Females to explore their actions and consequences of having further un-protected sex. (Informed choice about second pregnancies)
- Opportunities to explore keeping healthy during the pregnancy, preparing for birth.
- Opportunities to explore the relationship between the mother and father
- Financial options and support during pregnancy and planning for financing the family after birth of the child.

Support for young parents

To ignite a conversation and increased awareness around sign post young parents in order to increase opportunities for them to have access to services and to get on-going support.

Menu of interventions:

- Sign posting to relevant agencies for support such as CXK who have trained advisors that are available to help them organise their finances, prepare to go back to work in the future, access courses etc.
- How you feel after having a child: body confidence
- Post-natal depression
- Options available to you

- Housing

The steering group will also engage with ensuring that the campaign is:

- **Fit for Purpose:** In the right place where young people are and will want to engage with it as well as ensuring that practitioners that work with young people can also engage with the 'conversation.'
- **Publicity:** well publicised in places where young people go and by other professionals
- **Confidentiality and consent:** Clear policies around confidentiality, consent and safeguarding for staff and young people
- **Environment:** welcoming and young people friendly
- **Staff training, attitudes and values:** friendly, non-judgmental and supportive staff
- **Joined up working:** a joined up and partnership approach to sharing information, approaches and learning
- **Monitoring and evaluation by young people**

Other key features:

Opportunities for young volunteers

As well as opportunities on the steering group, the project will offer young men and women that have been pregnant and have had children to support project delivery as volunteers. As part of this they will have the opportunity to receive relevant training that they can use in the future and will receive recognition from KCFN for their efforts in the form of a letter from the CEO of the organisation and a certificate of hours completed, as well as any certificates from training they receive. They will also be able to use KCFN as a reference for the future.