

## WHAT ARE THE PROTECTIVE FACTORS TO REDUCING TEEN PREGNANCY?

### Family:

- ✦ Live with two parents
- ✦ *High-quality family interactions*
- ✦ Greater parental supervision
- ✦ Parental acceptance & support of contraceptive use for sexually active teens
- ✦ *Greater parent-child communication* about sex and condoms or contraception, especially before the teen initiates sex

### Peer Group:

- ✦ Positive peer norms or support for condom and contraceptive use
- ✦ Partner supports condom and contraceptive use

### Individual:

- ✦ *Community involvement/support*
- ✦ *Heightened awareness/understanding of cultural identity*
- ✦ Higher level of cognitive development
- ✦ Greater perceived male responsibility for pregnancy prevention
- ✦ More perceived benefits and/or fewer costs and barriers to using condoms
- ✦ Greater confidence and motivation in using condoms and other forms of contraception
- ✦ Greater motivation to avoid pregnancy and STI
- ✦ Older age at first voluntary sex
- ✦ Discussing sexual risks with partner
- ✦ Discussing pregnancy and STI prevention with partner

### Acknowledgments

The content of this brochure is primarily based on the May 2008 *Trends in teen pregnancies and their outcomes in Montana*, a document published by the Montana Department of Public Health and Human Services, Public Health and Safety Division, Family and Community Health Bureau, Women's and Men's Health Section, and can be downloaded at:

<http://www.dphhs.mt.gov/PHSD/Women-Health/documents/teenpregnancyreport.pdf>

*This document will be available for download on the Montana-Wyoming Tribal Leaders*

*Education Association <http://www.mtwtlc.com/> and the Montana Indian Education Association <http://www.mtiea.org/> websites.*



## REDUCING AMERICAN INDIAN TEEN PREGNANCY RATES

### **We Can Make a Difference**



This brochure is co-sponsored by Montana-Wyoming Tribal Leaders Council (TLC) and the Montana Indian Education Association.

This brochure and was developed to underscore the remarkable disparities of American Indian teen pregnancy rates. Comprehensive teen pregnancy research and trends is beyond the scope of this brochure. This brochure is a living document and updates will be managed by TLC.



## FACTS & STATISTICS

- ✚ Teen pregnancy rates for the Montana American Indian population exceed the state average.
- ✚ In 2005, the teen pregnancy rate for Montana American Indians was 127 per 1,000, compared with 49 per 1,000 for the state as a whole.
- ✚ In 2005, one in four pregnant teens in Montana was American Indian (25%) and nearly 30% of teen births were to an American Indian mother.
- ✚ American Indian teens give birth at younger ages than the general teen population. Over 40% of babies born to a Montana teen in the 15-17 age range are born to an American Indian mother.
- ✚ Pregnancy and birth rates for American Indian teen ages 15 to 19 in Montana have declined since 1991 (from 154/1000 in 1991 to 127/1000 in 2005). In 2005, the abortion rates are higher than the overall teen abortion rates (21/1000 compared to 13/1000).
- ✚ While one in five Montana females will become pregnant before the age of 20, two in three American Indian females will become pregnant before age 20.
- ✚ Among all Montana teens ages 15 to 19, 86% of births were to unmarried females. Among American Indian teens, 95% of children were born to unmarried mothers in 2005; this proportion has increased from 85% in 1991.

## WHAT CAN MY COMMUNITY DO TO REDUCE AMERICAN INDIAN TEEN PREGNANCY RATES?

### Community focus:

- ✚ Conduct a local needs assessment identifying risk and protective factors of youth in your community.
- ✚ Focus local resources on interventions that will affect the most change. Sexually transmitted infections (STI) and pregnancy prevention programs provide protection against teen pregnancy, and local school boards and youth-serving community groups can influence the availability of comprehensive sexuality education.

### Explore community and prevention models that will guide your community to:

- ✚ Conduct a local needs assessment that identifies risk and protective factors of youth in the community;
- ✚ Design an action plan;
- ✚ Lead a community dialogue on building a healthy community;
- ✚ Build teams and collaborations; and
- ✚ Evaluate progress.

### Key stakeholders in your community might include:

- ✚ Elected Tribal leaders
- ✚ Healthcare providers
- ✚ Educators
- ✚ Other parents & teens

## WHAT ARE THE RISK FACTORS OF BECOMING PREGNANT?

### Family:

- ✚ Family disruption (divorce)
- ✚ Household substance abuse
- ✚ Physical abuse and general maltreatment
- ✚ *Historical trauma*

### Peer Group:

- ✚ Older age of peer group/close friends
- ✚ Peers use of alcohol, drugs and/or involved in deviant behavior
- ✚ Peers permissive values about sex
- ✚ Peers are sexually active

### Romantic Partner:

- ✚ Romantic partner is older

### Individual:

- ✚ Alcohol/drug use
- ✚ Part of a gang
- ✚ Physical fighting & carrying weapons
- ✚ Depression and thoughts of suicide
- ✚ Previous pregnancy
- ✚ History of prior sexual coercion or abuse