

Oklahoma Communities Support the Expansion of the Successful PSI Program

- PSI is a 25 year-old, research-based program used throughout the country that shows positive results.
- PSI focuses on the important middle school years, reinforcing messages about abstinence, peer pressure and the media, while also teaching effective refusal skills.
- The five youth-led PSI sessions follow and strengthen a sexuality education program that is provided by an adult health educator or school nurse.
- PSI programs in Oklahoma are coordinated by local health departments or non-profit organizations, with schools serving as one of many community partners.

Investing in Programs that Work

The interest in PSI, from communities of all sizes across the state, has far exceeded the funding available to provide training, coordination and evaluation for the programs.

PSI programs that receive \$60,000/year from Oklahoma State Department of Health for a 5-year project:

- Atoka County Health Department
Serves Atoka, Coalgate, Lane, Stringtown school districts
- Bryan County Health Department
Serves Durant, Kingston, Silo school districts
- Oklahoma Institute for Child Advocacy
Serves Oklahoma City (2 OKCPS middle schools)
- People, Inc. (Sallisaw)
Serves Gans, Sallisaw, Vian, Watts, Westville school districts

PSI programs needing OSDH support:

- Lincoln County Health Department
Serves Chandler and Davenport school districts
- Shawnee, Parents As Teachers
Serves Shawnee school district
- Oklahoma Institute for Child Advocacy
Serves Oklahoma City (1 OKCPS middle school)

Overview of the 2000 -2006 Evaluation Results

The College of Public Health at the University of Oklahoma Health Sciences Center has evaluated the OSDH-funded PSI programs since 1999. During that time, PSI has been provided:

- In 10 counties and over 20 school districts
- In 39 middle schools (both urban and rural)
- For 6th, 7th, and 8th grade students
- To over 6,100 middle school youth

The PSI program has consistently resulted in **significant improvement in the measured areas of students' knowledge, attitudes, intentions and behavior**. PSI is intended to assist young people who have not already initiated sexual activity to remain abstinent. The improvement of abstinent behavior is a particularly significant finding, as behavior is difficult to change. Upon completion of PSI, nearly 90% of the students rated the program as being very or extremely helpful.

Oklahoma Facts

- Oklahoma ranks **8th highest** in the U.S. in birth rates for teens, ages 15-19. ¹
- The percentage of Oklahoma teens that are sexually active is **above the national average**. ²
- A research study of Oklahoma City and Tulsa teens showed that over 16% (**1 in 6**) were sexually active by 8th grade and 8% (**1 in 12**) were sexually active by 6th grade. ³
- The number of teen girls giving birth in Oklahoma in 2004, was **nearly double** the number of incoming female freshmen students entering the University of Oklahoma and Oklahoma State University that fall semester! ⁴

¹ National Vital Statistics (2002)

² 2005 Oklahoma Youth Risk Behavior Survey, Oklahoma State Department of Health

³ Youth Asset Study, University of Oklahoma Health Sciences Center (funded by the Centers for Disease Control and Prevention)

⁴ Enrollment data provided by the OU and OSU