

## **Cincinnati Postponing Sexual Involvement (PSI)**

**Mission**      *Teen sexual abstinence: create among young adolescents positive peer pressure and positive societal pressure for postponing sexual activity*

### **Organization**

- Established in 1990 as a partnership between Cincinnati Children's Hospital Medical Center (CCHMC) and Cincinnati Public Schools (CPS)
- Since 1997, operates as a United Way Agency partner and a program of CCHMC's Division of Adolescent Medicine
- Consults with other school districts and community groups to help establish independently operated PSI teen leadership programs locally, regionally and nationally

### **Sources of Revenue, FY 09 - \$171,000**

- United Way & Community Chest                      (49%)
- City of Cincinnati    (44%)
- School Service Fees    (6%)
- Fundraisers, Individual Donors                      (1%)

### **Activities, 2008-09 School Year**

- Teen leader recruitment and training  
    Recruited 49 teen leaders and provided 20+ hours of training
- Adult leader and teacher orientation and training  
    Provided 24 hours of training for 4 adult leaders, and 30-min. orientation for 16 teachers
- Classroom peer presentations and evaluations  
    206 peer-led presentations to 1,160 students at 11 schools

### **Additional Services**

Regional and national training of teens and adults to establish independent PSI programs  
(St. Bernard/Elmwood Place OH, Milford OH, Columbus OH, Wash. DC, Harlem NY, Rochester NY, Williston ND, Kentucky Dept Health, Oklahoma Dept of Health, et al.)

### **Evaluations from 911 Students' Pre- and Post-Tests, 2007-08**

- 53% significantly improved their knowledge of assertive techniques. (p <.0001)
  - 81% significantly maintained or strengthened their intentions to abstain from sex. (p <.05)
  - 85% significantly maintained or improved their reported ability to resist peer pressure to have sex. (p <.001)
  - 41% significantly strengthened their intention to talk with their parent/guardian in the next three months about the right time to become sexually active. (p <.0001)
  - 37% significantly increased their comfort level in starting a conversation with their parent/guardian about the right time to become sexually active. (p<.0001)
  - 95% respect the PSI teen leaders who taught their class, and view them as role models.
  - 88% recommend the PSI program for people their age.
  - 82% report that after PSI, they feel more confident about postponing sex when they are pressured.
  - 67% report that they have used what they have learned in PSI on average 3.5 times in the past month.
- In addition, there has been a 51% reduction in births to young teen girls in Cincinnati from 1993-2007.

TO SEE A CHANGE...BE THE CHANGE.

PSI...Get involved!

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