

## Effectiveness of WeldWAITS

This is difficult to assess due to other prevention programs in Weld County, confidentiality issues, cost of evaluation, and the varying degrees of WeldWAITS programming implemented in each school. We know that the teen fertility rate in Weld County has decreased after WeldWAITS was introduced. We also continue to be invited back into schools, and the personal stories of students tell us that a difference has been made. Below are the results of a 2-year follow-up survey at Eaton High School in 2009:

- 15% of students who received WeldWAITS training report they are sexually active compared to 25% of students who did not receive WeldWAITS training.
- 67% of students who received WeldWAITS training said they agreed or strongly agreed to the following statement "I plan to save sexual activity for marriage" whereas 56% of students who did not participate in the training agreed or strongly agreed with the statement.
- Students who received the WeldWAITS training are more committed to abstaining from sexual contact and have more favorable attitudes toward abstinence compared to students who did not receive the training.

## Student Comments

- "I was influenced not to have sex till marriage to help me retain a strong relationship. I'm not a virgin but I don't like these mistakes I've made. I set up my new boundaries." Eaton High School, Male Age 15
- "I renewed my virginity after I lost it almost a year ago, and I still wish I waited because now it's hard to say no to sexual contact when you like someone but this program really is going to help." Greeley West High School, Female, Age 16
- "I would like to wait to have sex for my own health and if that guy really loves me he will wait for me and if not he aint worth my time!" Valley High School, Female Age 15
- "This presentation was very moving. I was recently thinking about having sex with my boyfriend and now I'm going to wait." University High School, Female, Age 16



## For More Information Contact:

Heidi Musil, Health Education Specialist, [hmusil@co.weld.co.us](mailto:hmusil@co.weld.co.us), 970.304.6470 x 2379

Melanie Cyphers, RN, [mcyphers@co.weld.co.us](mailto:mcyphers@co.weld.co.us), 970.304.6470 x 2423

[www.weldwaits.com](http://www.weldwaits.com)

# WELDWAITS

## Executive Summary





## Overview of the WeldWAITS Program

WeldWAITS is an innovative abstinence-centered initiative developed at the Weld County Department of Public Health by a collaboration of health and sexuality educators. The theoretical framework is medically accurate and based on relevant best practice models. Risk avoidance rather than risk reduction is emphasized as the most effective health alternative for prevention of teen pregnancy and sexually transmitted infections. Programming is culturally sensitive, developmentally appropriate, and customized to meet the needs of many types of audiences. WeldWAITS also incorporates a community saturation approach to target the complex and multifaceted issues involved with teen pregnancy. The six main areas of focus are school and community presentations, RESIST Peer Mentoring, Medical Model of Sexual Cessation, Parent Connects, Latino Initiative and media.

## History

The Weld County Abstinence Education Program began in 1998 as one of the first abstinence programs housed in a local health department to target teen pregnancy. By 2005 it had evolved into “WeldWAITS”, an abstinence-centered program, that focused on providing a holistic approach to delaying sexual debut, reducing teen pregnancy and STIs, and teaching healthy relationship skills. Utilizing a community saturation model, the program reaches over 5,000 parents and teens (total encounters) per year through school and community presentations, large events, media, individualized counseling, and a peer mentoring program.

## Mission

WeldWAITS exists to:

- Educate teens and parents about the benefits of delayed sexual debut,
- Equip them with the skills needed to develop healthy relationships and
- Empower them to realize their potential.



## Need Statement

Though Weld County has made positive strides in the quest to reduce teen pregnancy, data shows that we are still above the state average. (27.1 teen births per 1,000 vs. 19.9 in females age 15-17 ) The number of births to Hispanic teens has also increased since 1990 . The implications of teen pregnancy on a community socially and economically are well documented.

	2006	2007	2008	2009	2010
Weld County Teen Fertility Rate (ages 15-17)	33.1	31.6	31.4	26.7	21.8
Colorado Teen Fertility Rate (ages 15-17)	23.7	22.2	21.6	20.0	17.4

Teen fertility rates are total live births to teens, ages 15-17, per 1,000 female population ages 15-17.  
(Source: Colorado Health Information Dataset, [www.cdphe.state.co.us/scripts/broker.exe](http://www.cdphe.state.co.us/scripts/broker.exe))

## WeldWAITS Class Topics

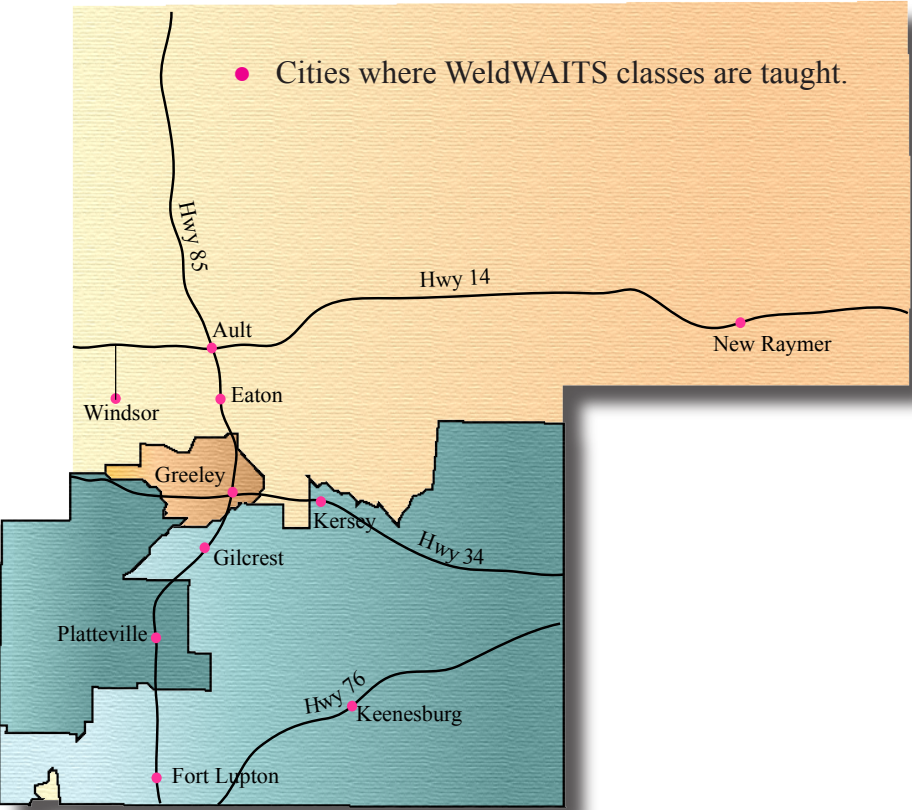
(Appropriate to age and developmental ability of students.)

- Puberty
- Media navigation
- Friendship
- Positive character traits
- Self Image
- Differences between love and lust
- Boundary setting
- Refusal skills
- Consequences of teen sex
- Hopes, dreams, goals
- Steps of dating and intimacy
- Healthy vs. Unhealthy relationships
- Communication skills
- Avoiding drugs and alcohol
- STDs
- Contraception
- Benefits of Marriage



## Events sponsored by WeldWAITS

- Quinceañera Fair
- Father-Daughter Dance
- iPledge Event
- Sweetheart Skate
- Teen Idol
- Skateboard Competition
- Men’s Health Pit-Stop



## Community Partners

- Boys and Girls Club
- Youth & Family Connections
- North Range Behavioral Health (Day Reporting Center and TIPS)
- MYAT
- Latino/Latina Youth Conferences
- Rodarte Center
- Foster Care Homes
- Probation
- Aims Community College
- University of Northern Colorado
- Kinship Support Group
- Grandparents-Raising-Grandchildren

## Schools

- Eaton Middle School and High School
- Highland Middle School and High School
- University High School
- Frontier High School
- Greeley Central and Northridge
- Scott and Madison Elementary Schools
- New Raymer—Prairie School District
- Cardinal Community Academy (Keenesburg)
- North Valley Middle School
- South Valley Middle School
- Valley High School
- Milliken Middle School
- Windsor School District (Developmentally Delayed)
- District 6 IDEALS
- BOCES Transitions