



An Introduction to

# STARTING OUT RIGHT

**SOR**  
Starting Out Right  
Formerly known as  
Teen Outreach Pregnancy Services

Positive Strategies to Guide Adolescents through Healthy Pregnancy and Childbirth

## *Starting Out Right* promotes:

- Pregnancy Health & Wellness
- Labor & Delivery
- Comfort & Breathing Techniques
- Breastfeeding & Infant Nutrition
- Newborn Care & Safety
- Healthy Relationships
- Birth Control
- Advocacy for Self & Child

## Curriculum Addendum and Teaching Guide includes:

- Comprehensive healthy pregnancy and childbirth education designed specifically for adolescents
- Easy-to-follow facilitation methods to engage adolescents
- Step-by-step methods to maximize learning and comprehension
- Program evaluation tools

## EMPOWERING YOUNG PARENTS

*Starting Out Right, published in 2017, is the result of 16 years of program development and delivery of education services to provide pregnant adolescents with essential education so they can have a healthy pregnancy and a healthy newborn.*



a program of

**AYP**  
Arizona Youth Partnership

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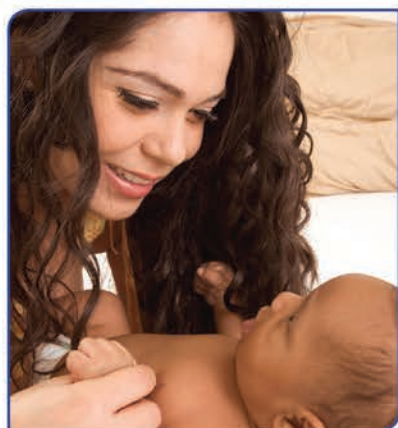
## About Arizona Youth Partnership

Arizona Youth Partnership (AZYPA) has been providing positive youth development programming in Arizona since 1990. In 2019, AZYP integrated the services of Teen Outreach Pregnancy Services (TOPS) who developed Starting Out Right and who has provided comprehensive health education and supportive services to pregnant and parenting adolescents in Arizona since 2000. AZYP addresses the unique needs and challenges of underserved, at-risk adolescents by providing support and education in a nonjudgmental environment. AZYP is funded by federal, state, and local agencies and is making a positive difference in the lives of adolescents and families in Arizona through services provided in community settings, hospitals, schools, shelter care, and homes.



*"TOPS offered support from being a scared pregnant 16 year old to the confident mother I am today."*

—Natalie, Client



## What is Starting Out Right?

The focus is to guide young mothers through a healthy pregnancy by providing information on what to anticipate during pregnancy, how to plan for labor, and how to parent their newborn.

*Starting Out Right* offers teen-specific, unbiased facilitation which is grounded in the principles of brain-based learning and assists adolescents in making sense of class material related to pregnancy and parenting. Facilitators of *Starting Out Right* provide best practices and medically accurate information to help clients make choices during pregnancy, delivery, and the postpartum period.

*"I am so happy this program is available to our pregnant teen patients! It provides important education for their pregnancy, and the health and well-being of their newborns."*

—Dr. Jennifer Reinhart, Crossroads OB/GYN, Tucson, Arizona



## Why Starting Out Right?

SOR Healthy Pregnancy and Childbirth Education Program and *Starting Out Right* curriculum offers a series of health education classes that work to achieve optimal health outcomes for both mother and baby. Fathers and partners are encouraged to enroll and participate in all classes and program services. Additional services such as support groups, home visitation, parenting education, and special events that promote positive and healthy lifestyles and assist in improving their safety, health, and well-being are highly encouraged.

Typical educational opportunities for pregnancy and delivery are offered in the hospital setting and provide traditional childbirth education classes to cohabitating couples that are experiencing a planned pregnancy. These classes are designed for the adult learner and do not take into account the specific learning needs of pregnant adolescents. Adolescents as young as ten years old may be experiencing a pregnancy; attending an adult-oriented class could be detrimental to their emotional wellbeing. *Starting Out Right* was written and developed specifically with the adolescent at the center of the educational experience. With the additional services, this innovative approach provides pregnant adolescents the opportunity to receive nonjudgmental, age-appropriate, and teen-specific coordinated care during their pregnancies and for two years after their children are born.





## Research Results

In 2010, Teen Outreach Pregnancy Services (TOPS) received funding from Health and Human Services, Administration for Children and Families, Family & Youth Services Bureau (FYSB), and Personal Responsibility Education Innovative Strategies (PREIS) to research best practices for secondary pregnancy prevention in adolescent mothers. The TOPS Personal Success Path project utilized the Starting Out Right curriculum as well as a postnatal curriculum created by TOPS to focus on preventing a second pregnancy. This project examined whether participating teen mothers were less likely to experience a second, unplanned teen pregnancy within two years of delivering their first child. The results of this research project indicated that teen mothers who did not participate in the study were more than twice as likely to have a second baby within two years as those who received the curriculum (20.4% vs. 8.2%), a difference that was statistically significant!

*“It is very rewarding to help teens learn to be prepared and advocate for themselves. The positive message that **Starting Out Right** gives teens is that they can have the delivery they want, they can breastfeed, and they can be good parents. It is very empowering.”*

*—Charlotte Reed, RN, BSN, IBCLC, CCCE,  
Starting Out Right Facilitator, Phoenix, Arizona*



## Theoretical Approaches

*Starting Out Right* was developed using the theoretical approaches of social cognitive theory and theory of reasoned action. Both approaches can impact a person’s ability to increase protective factors and reduce risk factors, and both are critical for pregnant adolescents and their long-term outcomes. Social cognitive theory provides an understanding of the initiation and persistence of an adaptive behavior such as improving nutrition for the developing fetus and understanding what is an appropriate weight gain during pregnancy. The theory posits perceived self-efficacy—a belief in your own capability to perform the specific behavior. Second, individuals need an outcome expectancy that a given behavior will lead to positive outcomes (e.g., healthy nutrition will improve the outcome for the pregnancy and the baby; selection of a reliable form of birth control after delivery can help prevent a rapid repeat pregnancy).

According to the theory of reasoned action, a behavior is determined by the strength of a person’s intention to perform the behavior. Behavioral beliefs influence an individual’s attitude toward performing the behavior, and normative beliefs influence subjective norms that can influence behavior. Intention is influenced more by attitudes than by subjective norms. *Starting Out Right* engages the learner by providing positive approaches toward an unknown experience, thereby influencing their attitude by normalizing pregnancy and childbirth.





## Staffing Recommendations

It is imperative that program staff who facilitate *Starting Out Right* are not only well versed in the learning and social needs of expecting adolescents, but are also trained in unbiased and nonjudgmental approaches for this population. We recommend that facilitators have a minimum of a bachelor's degree, preferably in nursing, public health, social work, or family studies. Additional certifications recommended include childbirth educator and lactation educator.



*"I got pregnant when I was 15. I don't know what I would have done without all the knowledge the classes provided me with. They really helped set me up for the best possible start with my daughter."*

—Storm, Phoenix, Arizona

## Training and Pricing

Training takes place at the administrative office of Arizona Youth Partnership, located in Tucson, Arizona and occurs over a 3 1/2-day period. Group rates are available, including the provision of training in your state. Travel and accommodation for the trainers is an additional cost.

TRAINING	PRICING
Includes: curriculum, USB drive with printable hand-outs, and a 2 year usage license.	\$1,250 per person
License renewal	\$750 per person (each subsequent 2 years)

All facilitators must sign the *Starting Out Right* licensing agreement prior to receiving training. Additional materials that reinforce the core elements of *Starting Out Right* and that are an integral part of the curriculum must be purchased from outside vendors. A listing of these vendors and materials is provided upon receipt of training.

Submit request for a quote to train your group to [startingoutright.org](http://startingoutright.org). Please indicate if you are requesting an Arizona training or a training to be conducted in your area.

Check our website for training dates: [startingoutright.org](http://startingoutright.org) or [azyp.org](http://azyp.org)

Starting Out Right curriculum training is approved by CAPP for 24 CAPP contact hours. Please see the CAPP website at: [www.cappa.net](http://www.cappa.net) for more information

## Have questions? Want more information?

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Arizona

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