



PATCH for Teens Lesson

Assessment



Curricula



Strategy



Population of Focus

Adolescents & Youth Adults, Family & Caregivers



Location

Issue Area

Tool Type

Wisconsin

Family & Youth Engagement,
Health Promotion and
Communication

Curricula

Contact Information

Erica Koespel, PATCH Program, staff@patchprogram.org



I. Tool Description

The PATCH for Teens Lessons is an initiative of the Providers and Teens Communicating for Health (PATCH) Program – a program committed to improving adolescent health outcomes in partnership with youth. This series of five lessons provides schools, community-based organizations, health care systems, and other partners with the content and resources to deliver an introduction to health care for youth in grades 6-12. Each lesson targets one main learning goal through a 20–30-minute activity. Detailed instructions, sample language, supporting materials, and optional skill-building activities are included for easy implementation.

II. Tool Purpose

The lessons aim to empower young people to manage their own health care and equip them with the knowledge and skills to navigate and advocate for youth-friendly services. By addressing topics such as types of health care, patient/provider relationships, teen rights, personal responsibility, and quality care experiences, the lessons prepare youth for transition to adult health care. PATCH collaborates with various organizations to ensure these resources are youth-driven, community-relevant, and accessible to underserved populations. Through this initiative, PATCH enhances the relevance and innovation of adolescent health education, ultimately aiming to integrate these lessons into existing high school health curricula to improve health care transition efforts nationwide.

The PATCH for Teens Lessons serve as a starting point for critical conversations about health care among adolescents. Early evaluations have shown positive outcomes, with students reporting increased knowledge, confidence, and engagement in managing their health care. The lessons help students understand their rights, build self-advocacy skills, and prepare for transitions in health care settings. Facilitators have found the lessons effective in sparking meaningful discussions and addressing gaps in health education. By fostering an environment where youth can openly discuss and practice managing their health care, these lessons contribute to better preparedness for health care transitions and promote long-term, informed decision-making.

III. Tool Design

The PATCH for Teens lessons are an extension of the PATCH for Teens: Peer-to-Peer workshop, where trained PATCH Teen Educators lead 60-minute sessions to help peers manage health care and advocate for youth-friendly services. To broaden the program's reach, PATCH staff adapted this content into a series of free lessons, informed by insights from community partners and feedback from PATCH youth. The development process began with the PATCH for Teens Toolkit in 2017, followed by a pilot project and updates in 2019 to better meet facilitator needs. After additional feedback in 2023, the Toolkit was redesigned into the PATCH for Teens Lessons, which were launched for free download in early 2024.



These lessons are grounded in research and best practices from leading health organizations such as the CDC, HRSA, and the American Academy of Pediatrics, and are built on PATCH's core values and beliefs. They emphasize clear, youth-friendly communication, ensuring honesty and confidentiality. By supporting young people's right to comprehensive, age-appropriate care and fostering open, stigma-free discussions on all health topics, including sensitive issues, the lessons also promote health for all by respecting all individuals and their needs.

IV. Tool Use

Anyone interested can download the five lesson plans of the PATCH for Teens Lessons from our website at www.patchprogram.org. The lessons and accompanying materials are available as .pdf files, which facilitators can print as needed. The tool is designed to be administered by teachers, educators, and other facilitators in settings such as schools, youth groups, student clubs, and other youth-serving organizations. Each lesson takes approximately 25-30 minutes to complete. They can be used individually, delivered over multiple days as part of a series, or combined for longer sessions. Outcomes and results are assessed based on participant feedback and engagement during the lessons.

V. Tool Testing & Evaluation

Initially, this resource was reviewed by stakeholders and piloted with Wisconsin educators to assess feasibility, effectiveness, and adaptability. During this pilot phase, evaluations measured changes in adolescents' knowledge, confidence, and intended behaviors, and examined the program's implementation and reception. A convenience sample of 10 school-based health professionals, recruited through state education and health networks, integrated the information into their 9th through 12th grade curricula, reaching 430 students across six Wisconsin counties.

Evaluations indicated that over two-thirds of students planned to be more involved in their health care, advocate for themselves in health settings, communicate openly with providers, and learn more about managing their health. Facilitators successfully adapted the lessons to meet students' needs despite time constraints, and both facilitators and students recognized the content's value. However, increased student confidence was less pronounced, likely due to the emphasis on core content over skill-building activities and students potentially feeling overwhelmed by new information. Evaluations also highlighted differences among age, racial, and gender groups, with greater knowledge gains seen amongst younger students and those from different racial groups. Variations in intended behaviors across racial and gender groups may reflect cultural norms and previous health-care experiences. These insights, as published in the Journal of School Nursing (Aeschbach CJ, et al., 2019), informed key revisions to capitalize on participant discussion, interaction, and skill-building. The updated version was initially released for purchase, but tracking user numbers and sessions proved challenging, and uptake was lower than anticipated.



The most recent revision addresses previous challenges with uptake by being more user-friendly and is now available for free download. The revised lessons are increasingly adopted by professionals and initiatives, though a formal evaluation of these updated versions is still pending. Potential biases in the tool include those from facilitator perspectives and the specific cultural and socioeconomic contexts of its development. While the content aligns with certain health priorities, it may not fully address the varying needs of all youth. To address these biases, feedback was incorporated during both design and redesign phases, enhancing facilitator engagement and adaptability. Ongoing evaluations aim to further refine the tool and ensure it serves a broad audience effectively.

VI. Accessing the Tool and Intellectual Property

The PATCH for Teens Lessons are available for download at no cost from our website <https://patchprogram.org/ourwork/curricula/teenlessons/>.

When delivering this lesson in your community, we ask that people recognize PATCH as the developer of this tool through verbal mention or acknowledgement.

