

Roadmap to Reduce Teen Pregnancy in Lea County

Our Goal:

Reduce the Lea County teen (15-17 year old) birth rate by 30%, to a rate of 29 births per 1,000 by 2018

The following has been effective in other communities:

-  Target populations with the highest rates of teen pregnancy.
-  Promote contraceptive use as desirable and acceptable. Expanding availability and encourage use of the most effective contraceptives.
-  Make effective sex education available to teens and adults in schools, universities and other community-based settings.
-  Mobilize adults from across the community and create multiple opportunities for them to engage in frank and respectful dialogue about the need to provide teens with the knowledge and skills to build healthy relationships.
-  Deploy existing community resources and caring, compassionate leadership more effectively to implement our strategies.

Our Strategies:

Implemented between 2016 and 2018:

-  **01** Make evidence-based, comprehensive sex education accessible to all young women and men in Lea County.
-  **02** Identify and promote multiple places (including the establishment of school-based clinics) where teens can go to access information and resources about sexual health and contraceptive care.
-  **03** Encourage and assist adults to have safe and open conversations with youth about sexual health and building healthy relationships.
-  **04** Develop programs that expand teens' educational and career goals.
-  **05** Create a countywide coalition that will manage this comprehensive plan and track progress in achieving the goal.

Tracking our Progress:

-  Every school district in Lea County will have evidence-based, comprehensive sex education curricula in place that meet New Mexico state health education standards.
-  Local health providers will report more teens accessing contraceptive care at their clinics and among these teens, more than half will report using reliable and effective methods of birth control.
-  An active and diverse group of adults and parents will be trained and working in the community to help teens and families build healthy relationships. Ideally, teens will be trained on building healthy relationships and how to offer support and guidance to their peers.
-  Several programs will be in place that provide mentoring and unique opportunities for teens to explore college and career possibilities.