RE:MIX is a comprehensive, inclusive health education program that includes age-appropriate, medically accurate information on topics related to human development, healthy and gender equitable relationships, decision making, contraception, and infection prevention. Re:MIX aims to empower and educate adolescents (ages 13–17) and young parents (ages 18–24) with opportunities to learn and practice the crucial skills youth need to make responsible life decisions. Designed with youth, for youth, Re:MIX emphasizes the stories of peer educators and encourages students to explore their values and imagine their futures.

Curriculum
This science-based, evidence-informed curriculum incorporates game-based tools, technology, and storytelling co-delivered by a professional health educator and a peer educator, who is also a young parent.

Peer Educator Professional Development and Leadership
Peer educators learn about sexual and reproductive health and develop facilitation and classroom management skills. They receive training, mentoring, and skills practice opportunities that support their professional and leadership development.

Community Health Services Linkages
Re:MIX connects participating adolescents and peer educators to inclusive, youth-friendly community health services that welcome all, including lesbian, gay, bisexual, transgender, and questioning youth.

The Power of Peer Learning

RE:MIX employs young parents as peer educators to co-facilitate the curriculum with health educators. While health educators bring critical expertise, the peer educators better understand the complex challenges the students face and are able to relate to and engage students in meaningful discussions. During the program, peer educators gain new skills and build professional competencies that will benefit their future careers. Through ongoing assessment and quality improvement efforts, the Re:MIX program offers best practices related to the power of peer learning, including:

The co-facilitation model proved effective: School officials and teachers cited the benefit of having a health educator with sexual health expertise partner with a peer educator who could share personal stories about being a young parent to relate to students.

Peer educators benefited from their participation: Peer educators learned about sexual and reproductive health, gained presentation and facilitation skills, and benefited from networking opportunities to secure future jobs.

Students responded to the storytelling approach: Peer educators engaged students by sharing their experiences as young parents and encouraging students to share their own stories.

Lessons learned for using the peer educator approach include the following:

- Include adequate time for professional development.
- Provide targeted training on classroom management and facilitation.
- Be prepared to provide ongoing support to peer educators.
- Provide opportunities for peer educators to serve as leaders and mentors to their peers.

For more information, please contact us at usprograms@engenderhealth.org or visit us online at www.engenderhealth.org/youth.
REACH AND IMPACT

THE EFFICACY OF THE RE:MIX CURRICULUM WILL CONTINUE TO BE EVALUATED
as a randomized control trial until project end in June 2020. Preliminary data include
the following:

REACH
• 3 schools
• 50 classes
• 557 students

DEMOGRAPHICS
• 75% of students are Latinx
• 30% of participants are children of teen mothers
• 43% speak primarily Spanish at home
• 51% speak primarily English at home

IMPACT
• 87% of students learned “some” or “a lot”
• 77% would recommend Re:MIX to a friend
• Participating students related to Re:MIX facilitators—88% to health educators and to 90% to peer educators
• Correctly answered questions about condom use increased from 46% pre-program to 76% post-program
• 45% of Re:MIX students know where to obtain birth control as compared to 18% of control students
• Re:MIX students were more confident than their counterparts in the control group when giving and ensuring consent in sexual relationships (27% compared to 19%)

EVALUATING RE:MIX

RE:MIX USES A CLUSTER-LEVEL RANDOMIZED CONTROLLED TRIAL RESEARCH DESIGN TO EVALUATE SUCCESS
Self-consenting students with parental consent participate in a baseline survey. After determining which students will participate in the study, the study team randomizes classes within each grade and school to intervention and control groups. Youth enrolled in the study complete a baseline survey, an immediate posttest, and a 12-month posttest.

STUDY RECRUITMENT AND CONSENT
During the evaluation period, youth choose to:

- **69%** Participate in the program and study
- **20%** Participate in the program but not the study
- **11%** Out of the program and study

- **50 classes across 4 semesters** (Fall 2016 - Spring 2018)
- **26%** treatment, **24 %** control
- **380 students** receive Re:Mix, **346 students** receive control
- **310 students** consent to evaluation, **247 students** consent to evaluation
- **90%** returned consent forms
- **99%** complete baseline
- **95%** complete immediate posttest
- **85%** of fall 2016 cohort complete 12-moth posttest

CURRICULUM SESSIONS

SESSION 1
Introducing Re:MIX
Introduces the curriculum and the storytelling approach.

SESSION 2
Getting the Gender Messages
Discusses, questions, and redefines gender norms collectively.

SESSION 3
Understanding Relationships
Builds participants’ skills to identify healthy and unhealthy relationships.

SESSION 4
That’s What I’m Talking About!
Explores strategies youth can use to communicate their wishes effectively and safely.

SESSION 5
Consent and Setting Limits
Defines individual sexual rights and responsibilities, while youth practice communicating consent.

SESSION 6
Becoming an Adult
Explains adolescent development and the reproductive process.

SESSION 7
Condoms and Birth Control
Teaches youth about accessible and effective contraceptive methods.

SESSION 8
The Final Stage
Discusses facts about sexually transmitted infections (STIs) and how to make positive and safe sexual health decisions.

SESSION 9
A Baby Today
Explains the financial implications of childrearing through games and storytelling.

SESSION 10
Commitment to the Future
Encourages youth to envision their ideal future and identify personal goals that will empower them to lead a healthy life.