Re:MIX is a comprehensive, inclusive health education program co-facilitated by health and peer educators, to provide age-appropriate, medically accurate information to youth aged 14-18. Topics covered include human development, healthy and gender-equitable relationships, decision making, contraception, and sexually transmitted infection prevention. Re:MIX aims to empower and educate adolescents and young parents with opportunities to learn and practice the crucial skills youth need to make informed life decisions.

## Impact Evaluation

### Austin Achieve

### Student Reach

<table>
<thead>
<tr>
<th></th>
<th>RE:MIX</th>
<th>CONTROL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students</td>
<td>129</td>
<td>91</td>
</tr>
</tbody>
</table>

90% of students attended more than 8 out of 10 sessions

*Note: 26 students did not participate in the evaluation

### Demographics & Background

The information below presents demographics of the students who participated in the evaluation. The baseline survey also identified that 35% of students were children of a teen mother and 35% were siblings or cousins of a teen parent.

#### Race & Ethnicity

- 89% Latinx
- 5% Black
- 2% White
- 5% Other

#### Language Spoken at Home

- 58% Spanish
- 34% English
- 2% Both
- 2% Other

#### Average Age

- Grade served: 100% 8th Grade
- Average age: 13.5 Years Old

#### Gender

- 52% Male
- 47% Female
- 2% Transgender / Other

#### Sexual & Reproductive Health (SRH) Information

Of the students who previously received SRH information, only 27% received information from school.

- 63% of students received SRH information from a variety of sources,* within the 12 months prior to baseline.

*Note: Students could choose more than one option

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DATA GATHERED BEFORE RE:MIX

Before programming (at baseline), participating students were surveyed on their attitudes, beliefs, intentions, behaviors, and knowledge surrounding sexual decision making, sexually transmitted infections (STIs) and contraception.

PERCEPTIONS & INTENTIONS

- 28% felt some pressure to have sex
- 60% believed that their peers were having sex
- 26% would likely have sex in the next year
- 52% would be upset if they, or their partner, got pregnant

BEHAVIORS

- 33% had engaged in pre-sexual behaviors (sexual touching or oral sex)
- 8% had ever had vaginal sex (3% reported having sex in the past 3 months)
- 60% of those who had sex in the past 3 months consistently used condoms
- 100% of those who had sex in the past 3 months consistently used contraception

RE:MIX IMPACT FINDINGS

Based on the final sample of 592 students (at three participating schools, including Austin Achieve*), the Re:MIX program had the following impacts immediately after programming. These impacts were sustained 12 months after the program ended, with the exception of intentions to use contraception.

STUDENT PERCEPTIONS ON SEXUAL SELF-EFFICACY

- 33% Felt they could avoid unwanted sexual experiences
- 19% Felt confident negotiating condom use with a partner

At baseline, students displayed low SRH knowledge; correctly answering questions on...
- Condom Use 42%
- STI Prevention 33%
- Contraception Efficacy 13%

When assessing SRH knowledge, Re:MIX students correctly answered a significantly higher percentage of questions.
- Condom Use 73% (52% control)
- STI Prevention 61% (43% control)
- Contraception Efficacy 30% (13% control)

AUSTIN ACHIEVE

STUDENT PERCEPTIONS OF RE:MIX

- 81% positively rated the program
- 98% said they learned something
- 89% liked health educators
- 88% liked peer educators

*The Re:MIX evaluation was designed to detect program impacts across all students, results are not available for individual schools.
**Re:MIX** is a comprehensive, inclusive health education program co-facilitated by health and peer educators, to provide age-appropriate, medically accurate information to youth aged 14-18. Topics covered include human development, healthy and gender-equitable relationships, decision making, contraception, and sexually transmitted infection prevention. Re:MIX aims to empower and educate adolescents and young parents with opportunities to learn and practice the crucial skills youth need to make informed life decisions.

### DEMOGRAPHICS & BACKGROUND

The information below presents demographics of the students who participated in the evaluation. The baseline survey also identified that 35% of students were children of a teen mother and 39% were siblings or cousins of a teen parent.

#### Race & Ethnicity

- **87%** Latinx
- **3%** White
- **7%** Black
- **3%** Other

#### Language Spoken at Home

- **53%** Spanish
- **42%** English
- **3%** Both
- **2%** Other

#### Average Age

- **18%** 8th Grade
- **50%** 9th Grade
- **32%** 10th Grade
- **14.6** Years old

#### Gender

- **51%** Female
- **2%** Transgender / Other
- **47%** Male

### Sexual & Reproductive Health (SRH) Information

Of the students who previously received SRH information, only 36% received information from school.

- **67%** of students received SRH information from a variety of sources,* within the 12 months prior to baseline.
- **67%** Parents or Relatives
- **37%** Friends
- **29%** Internet or Social Media
- **28%** Doctors, Nurses, or Clinics

*Note: Students could choose more than one option

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DATA GATHERED BEFORE RE:MIX

Before programming (at baseline), participating students were surveyed on their attitudes, beliefs, intentions, behaviors, and knowledge surrounding sexual decision making, sexually transmitted infections (STIs) and contraception.

PERCEPTIONS & INTENTIONS

17% felt some pressure to have sex
66% believed that their peers were having sex
32% would likely have sex in the next year
41% would be upset if they, or their partner, got pregnant

BEHAVIORS

44% had engaged in pre-sexual behaviors (sexual touching or oral sex)
14% had ever had vaginal sex (6% reported having sex in the past 3 months)
75% of those who had sex in the past 3 months consistently used condoms
67% of those who had sex in the past 3 months consistently used contraception

STUDENT PERCEPTIONS ON SEXUAL SELF-EFFICACY

46% Felt they could avoid unwanted sexual experiences
31% Felt confident negotiating condom use with a partner

At baseline, students displayed low SRH knowledge; correctly answering questions on...
- Condom Use 44%
- STI Prevention 42%
- Contraception Efficacy 16%

RE:MIX IMPACT FINDINGS

Based on the final sample of 592 students (at three participating schools, including EACP*), the Re:MIX program had the following impacts immediately after programming. These impacts were sustained 12 months after the program ended, with the exception of intentions to use contraception.

Re:MIX vs. Control

Know where to access contraception 42% (18%)
Feel they could ask for & give sexual consent 29% (22%)
Intend to use contraception if sexually active in the next year 61% (52%)

When assessing SRH knowledge, Re:MIX students correctly answered a significantly higher percentage of questions.
- Condom Use 73% (52% control)
- STI Prevention 61% (43% control)
- Contraception Efficacy 30% (13% control)

EACP STUDENT PERCEPTIONS OF RE:MIX

92% positively rated the program
99% said they learned something
90% liked health educators
93% liked peer educators

*The Re:MIX evaluation was designed to detect program impacts across all students, results are not available for individual schools.

For more information, visit engenderhealth.org
**Impact Evaluation**

**Not Your Ordinary School (NYOS)**

**Re:MIX** is a comprehensive, inclusive health education program co-facilitated by health and peer educators, to provide age-appropriate, medically accurate information to youth aged 14-18. Topics covered include human development, healthy and gender-equitable relationships, decision making, contraception, and sexually transmitted infection prevention. Re:MIX aims to empower and educate adolescents and young parents with opportunities to learn and practice the crucial skills youth need to make informed life decisions.

### Student Reach

<table>
<thead>
<tr>
<th>RE:MIX</th>
<th>CONTROL</th>
</tr>
</thead>
<tbody>
<tr>
<td>164 students*</td>
<td>92</td>
</tr>
</tbody>
</table>

93% of students attended more than 8 out of 10 sessions

*Note: 63 students did not participate in the evaluation

### Demographics & Background

The information below presents demographics of the students who participated in the evaluation. The baseline survey also identified that 16% of students were children of a teen mother and 15% were siblings or cousins of a teen parent.

#### Race & Ethnicity

- 45% White
- 32% Latinx
- 10% Black
- 13% Other

#### Language Spoken at Home

- 84% English
- 10% Spanish
- 3% Both
- 3% Other

#### Average Age

- Grade served: 76% 8th Grade, 24% 9th Grade
- Average age: 13.4 Years Old

#### Gender

- 52% Female
- 3% Transgender / Other
- 45% Male

#### Sexual & Reproductive Health (SRH) Information

Of the students who previously received SRH information, only 35% received information from school.

69% of students received SRH information from a variety of sources,* within the 12 months prior to baseline.

*Note: Students could choose more than one option

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DATA GATHERED BEFORE RE:MIX

Before programming (at baseline), participating students were surveyed on their attitudes, beliefs, intentions, behaviors, and knowledge surrounding sexual decision making, sexually transmitted infections (STIs) and contraception.

PERCEPTIONS & INTENTIONS

- 4% felt some pressure to have sex
- 25% believed that their peers were having sex
- 6% would likely have sex in the next year
- 69% would be upset if they, or their partner, got pregnant

BEHAVIORS

- 14% had engaged in pre-sexual behaviors (sexual touching or oral sex)
- 2% had ever had vaginal sex (1% reported having sex in the past 3 months)
- 50% of those who had sex in the past 3 months consistently used condoms
- 100% of those who had sex in the past 3 months consistently used contraception

STUDENT PERCEPTIONS ON SEXUAL SELF-EFFICACY

- 61% felt they could avoid unwanted sexual experiences
- 25% felt confident negotiating condom use with a partner

RE:MIX IMPACT FINDINGS

Based on the final sample of 592 students (at three participating schools, including NYOS*), the Re:MIX program had the following impacts immediately after programming. These impacts were sustained 12 months after the program ended, with the exception of intentions to use contraception.

At baseline, students displayed low SRH knowledge; correctly answering questions on...

- Condom Use 41%
- STI Prevention 51%
- Contraception Efficacy 11%

When assessing SRH knowledge, Re:MIX students correctly answered a significantly higher percentage of questions.

- Condom Use 73% (52% control)
- STI Prevention 61% (43% control)
- Contraception Efficacy 30% (13% control)

*The Re:MIX evaluation was designed to detect program impacts across all students, results are not available for individual schools.

NYOS STUDENT PERCEPTIONS OF RE:MIX

- 76% positively rated the program
- 96% said they learned something
- 89% liked health educators
- 90% liked peer educators

For more information, visit engenderhealth.org