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, consent, decision making, contraception, and STI prevention. Re:MIX pairs peer educators who are young parents with professional health educators to co-facilitate this health curriculum among a target population of 13-17 year olds.

**Curriculum**

Ten 55-minute sessions (once a week)

- Session 1: Introducing Re:MIX
- Session 2: Getting the Message Across
- Session 3: Understanding Relationships
- Session 4: That’s What I’m Talking About!
- Session 5: Consent and Setting Limits
- Session 6, 7, and 8: Puberty, Anatomy, Preventing Pregnancy, and STIs
- Session 9: A Baby Today
- Session 10: Commitment to the Future

**Key Features of Re:MIX**

- Fun and interactive: Connecting to youth through current and culturally relevant experiential methodologies, such as theatre and hip hop techniques.
- Storytelling: Using real stories from peer educators to make the material more accessible and compelling for youth.
- Trauma-conscious: Fostering a safe, non-judgemental, healing environment that allows exploration and support.
- Peer education: Working with peer educators to provide reliable, balanced information and share their personal experiences as young parents.
- Inclusive: Utilizing techniques that highlight inclusivity, including a focus on identifying/challenging values and reinforcing positive gender messaging.

**Program**

**Participant Details**

Implemented Fall 2016 – Fall 2018 with:
- 57 classrooms
- 626 students
- 8th–10th grade

Ethnicity:
- 71% Latinx
- 15% Non-Hispanic White
- 7% Non-Hispanic Black
- 7% Non-Hispanic other

Language spoken at home:
- 41% speak Spanish
- 53% speak English

Parental education:
- 36% have mothers with less than a high school education
- 34% have fathers with less than a high school education

Teen parents:
- 29% are children of a teen mother
- 19% are children of a teen father

**Evaluation**

**Re:MIX uses a cluster-randomized controlled trial research design to evaluate success.** Students and parents provided written consent to participate in the evaluation. The study team then randomized classes to treatment and control groups.

**Participant Flow**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 classes</td>
<td>27 classes</td>
</tr>
<tr>
<td>446 students</td>
<td>399 students</td>
</tr>
</tbody>
</table>

- 347 consent to evaluation
- 279 consent to evaluation

- 99% completed baseline
- 95% completed posttest
- 85% completed 12 month follow-up*

**Challenges**

- Consent: Re:MIX struggling with receiving consent forms in a timely fashion.
- Opt-outs: Re:MIX experienced higher than expected opt-out rates in the 1st semester (16%).

**Solutions**

- Re:MIX provided additional flyers with background information on the program. Only 5% opted out in the 2nd semester.
- Re:MIX called youth and parents, asked teachers to remind students and offered incentives for returned forms.

**Implementation Findings**

- “Sharing their stories makes us feel more comfortable because they are sharing a deep part of their own life.”
  - Re:MIX student talking about peer educators and what it’s like to be a young parent

**Student Experience**

- 98% said they learned something from Re:MIX
- 78% would recommend Re:MIX
- 89% liked health educators
- 90% liked peer educators

**Performance Measures**

- 90% of students participated in at least 8 of the 10 sessions
- 29% classes observed
- 4.1 average quality rating (out of 5)

**Impact Findings**

The evaluation study found promising short-term impacts of Re:MIX on intentions, knowledge, and self-efficacy. The study did not find impacts on attitudes about gender roles, early sex, contraception, or pregnancy.

**Study Recruitment & Consent**

During the evaluation period, 88% of youth returned consent forms - youth chose to:

- 66% Participate in the program and study
- 23% Participate in the program but not the study
- 11% Opt out of the program and study

**Contraception Intentions**

Definitely use hormonal or long-acting contraceptives if they have sex

- Treatment: 61%
- Control: 52%

**Reproductive Health Knowledge**

Average percent correct

- STI: 43%
- Contraceptive: 62%
- Pregnancy: 72%

**Contraceptive Self - Efficacy**

Know where to obtain contraceptives

- Re:MIX: 43%
- Control: 18%

**Consent Self - Efficacy**

Confident in their ability to ask for and give consent

- Re:MIX: 30%
- Control: 22%

**Contact**

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