

# Minnesota's Healthy Teen Initiative (HTI)

## A SEXUAL RISK AVOIDANCE EDUCATION GRANT PROGRAM

### Background

Minnesota's State Title V Sexual Risk Avoidance Education Grant Program (SRAE) Healthy Teen Initiative (HTI) is federally funded and administered through the [Family Youth Services Bureau \(FYSB\) Title V State Sexual Risk Avoidance Education \(hhs.gov\)](#)

The Title V State SRAE Program is authorized and funded by Section 510 of the Social Security Act (42 U.S.C. § 710), as amended by Section 50502 of the Bipartisan Budget Act of 2018 (Pub. L. No. 115-123) and extended by Section 2104 of the Continuing Appropriations Act, 2021 and Other Extensions Act (Pub. L. No. 116-159).

In FY 2019, \$52,118,958 million was awarded to 39 states and territories in mandatory funds from Section 510 of the Social Security Act (Bipartisan Budget Act of 2018) for abstinence education, and where appropriate, mentoring, counseling and adult supervision to promote abstinence from sexual activity.

SRAE grantees use evidence-based models to promote abstinence and to delay the onset of sexual activity by strengthening beliefs supporting abstinence, increasing skills to negotiate abstinence and resist peer pressure, and educating young people about HIV/AIDS and other sexually transmitted infections.

### About Minnesota's HTI

For federal fiscal years 2021 and 2022, Minnesota Department of Health (MDH) received \$692,524 in federal State Title V Sexual Risk Avoidance Education funds to support the Healthy Teen Initiative.

Minnesota's HTI aims to decrease risk factors and increase protective factors associated with teen pregnancy and sexually transmitted infections (STIs) among the state's most vulnerable youth populations.

Risk factors can include living in poverty, early sexual activity, early use of alcohol and drugs, and race and ethnicity. Some protective factors include open communication with parents or adults about accurate contraception use, parental support and healthy family dynamics, intent to abstain from sex and delay sexual activity until marriage, positive attitudes towards condom use, and understanding the importance of abstinence and pregnancy.

The HTI targets its SRAE funding to populations experiencing the greatest disparities in teen pregnancies, birth, and STIs through the implementation of high quality, medically accurate, evidence-based and informed programs to promote healthy youth development, risk avoidance, abstinence, and to delay the onset of sexual activity in youth 10-19. In addition, HTI implements evidence-informed programs that reach parents of youth 10-19, and adult mentors that interact and/or work with youth 10-19.

The targeted populations in Minnesota include young people of color and American Indian youth; Lesbian, Gay, Bisexual, Transgender, and Queer+ (LGBTQ+); youth in foster care or aging out of foster care; youth in alternative learning centers (ALCs) and youth in the juvenile justice system. Minnesota will continue to target these populations geographically.

This grant opportunity aims to achieve the following long-term goals:

- **GOAL #1:** Decrease the teen pregnancy rate among 15–19-year-old in Hennepin County, in St. Paul-

Ramsey County, in Watonwan County, and in Tribal Communities which are among the top 10 counties with highest rates of teen births that will be funded by Minnesota's SRAE to implement high quality, medically accurate, evidence-based and informed programs.

- **GOAL #2:** Decrease the rates of STIs among teen ages 15–19 by implementing high quality, medically accurate, evidence-based and informed programs.

## Program Approach

The Healthy Teen Initiative uses the following approaches and programming:

1. Evidenced-based and informed programs that reach youth 10-19 years old (*Teen Outreach Program (TOP), Making a Difference & Adult Identity Mentoring (Project AIM)*).
2. Evidence-informed programs that reach parents of youth 10-19 years old (*It's that Easy: Guide to Raising Sexually Healthy Children*).
3. Evidence-informed programs that reach adult mentors that interact and/or work with youth 10-19 years old (*Making Authentic Connections*).

## Minnesota's HTI Grantees

**Division of Indian Work** provides direct service to American Indian youth in middle schools and community settings through *Live It!* in rural and urban Minnesota tribal communities.

**Hennepin County Human Service and Public Health Department** provides direct service to parents in Hennepin County through *It's That Easy: Guide to Raising Sexually Healthy Children Parent Education Training*.

**Independent School District #840** provides direct service to youth in middle schools and community settings through *Making a Difference and Project AIM (Adult Identity Mentoring)* programming in Watonwan County.

**West Side Community Health Services-MN CARE** provides direct service to youth in St. Paul public and charter middle schools through *Project AIM (Adult Identity Mentoring)* programming; and reaches out to parents in St. Paul, Minnesota through *It's That Easy: Guide to Raising Sexually Healthy Children Parent Education Training*.

For more information, visit the SRAE website:  
[www.health.state.mn.us/divs/cfh/program/mhti/](http://www.health.state.mn.us/divs/cfh/program/mhti/)

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