

# In the Know



**In the Know** is an innovative sexual and reproductive health (SRH) intervention integrating in-person, group-based education with digital tools, providing necessary and timely skills, information, and resources to improve youth health and wellbeing. Adolescents from diverse priority populations engaged in a youth-centered health design process to co-create intervention content and digital components. Using a positive youth development approach, the curriculum focuses on sexual health and contraceptive use, healthy relationships, and educational and career success.

## Evaluation



**In the Know** was implemented among more than 1200 youth ages 13–18 in Fresno, California, USA. Evaluation data suggest that most youth had positive perceptions of the intervention, particularly enjoying the educational and career success content, and the interactive activities. Some youth faced barriers using digital tools, such as limited data and battery life. Further, findings from a randomized controlled trial of participants demonstrate that **In the Know** was effective at linking youth to clinical health services and improving sexual health knowledge. Intervention group members were more likely than comparison group members to report use of clinical services in the three months following the end of the intervention (42.7% versus 33.2%,  $p$ -value = 0.018). However, there were no significant intervention impacts on sexual risk behavior or on awareness of where to get clinical sexual health services.

## Lessons Learned

**In the Know** successfully demonstrates the feasibility and acceptability of integrating digital tools into in-person, group-based SRH interventions. Study results show an increase in the use of clinical services, potentially by increasing awareness of confidential services and transportation options, as well as reducing other barriers such as stigma and embarrassment. This study also highlights the importance of centering and engaging youth in the design process and developing continuous quality improvement mechanisms. Ensuring that digitally integrated SRH interventions are accessible to all youth, regardless of access to the internet and electronic devices, remains a challenge. Otherwise, interventions may exacerbate underlying disparities that many aim to address.



## Next Steps

After the evaluation, youth feedback was used to adapt **In the Know**, transitioning from an app to a mobile-responsive website, integrating in-person activities into the website, updating the visual design, and revising the training curriculum. Further, the COVID-19 pandemic necessitated a shift to virtual implementation, thus all activities have been adapted to either in-person or virtual contexts. We are now working to bring the intervention to a broader audience across California and beyond.



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