



Boyz2Dads™ CD-ROM Pre-Post Test Evaluation Results 2009

The following report is an overview of findings from an evaluation of National Fatherhood Initiative's **Boyz2Dads™ CD-ROM**. One-hundred and thirty-six (136) teenage boys spread across five (5) Central Maryland YMCA after-school programs participated in the **Boyz2Dads™ CD-ROM** evaluation between May 2008 and April 2009. Results illustrate that the **Boyz2Dads™ CD-ROM** had a positive impact on the boys' decision-making regarding premarital sex and increased their understanding of the consequences of their choices.

Purpose

The purpose of the evaluation was to inform National Fatherhood Initiative (NFI) and the Central Maryland YMCA on the effectiveness of the **Boyz2Dads™ CD-ROM** and its ability to impact teenage boys and their decision-making ability, specifically around premarital sex and being a responsible father. It also sought to further validate the positive findings from a previous pilot evaluation that NFI conducted in the summer of 2007 in which 37 boys completed the program¹.

Overview/Background

The **Boyz2Dads™ CD-ROM** is an animated interactive resource designed for teen and pre-teen boys that helps them to link actions to consequences, and avoid and manage the temptation to have sex before marriage. Boys, more so than girls, learn best when they are visually engaged and when the learning experience is interactive and hands-on. Accordingly, NFI designed the **Boyz2Dads™ CD-ROM** in a visually engaging and interactive format. The CD includes a user's guide that enables parents (particularly single moms), mentors and others to reinforce and build boys' skills around the concepts in the CD, which include character traits such as integrity and putting the well-being of others (especially a prospective child) before your own. The user travels through six different levels of social situations, makes decisions along the way, and experiences the consequences of his choices.

Evaluation Methodology

The evaluation included a pre-test and post-test methodology. The Central Maryland YMCA asked boys between the ages of 10 and 19 to complete a survey designed to measure the degree to which the CD discourages pre-marital sex and prepares teen boys to be involved, responsible, and committed fathers—when the time is right—before and after they went through the **Boyz2Dads™ CD-ROM**. The Central Maryland YMCA collected the surveys from one-hundred and thirty-six (136) teenage boys who were participants in their after-school programs. NFI compared the boys' pre and post-tests to evaluate the impact of the program.

¹ The 2007 pilot evaluation was conducted with teenage boys who were participants in a program called *Maleness to Manhood* which operated out of a Community Intensive Supervision Program for at-risk youth in Pittsburgh, PA. The evaluation report can be found at <http://www.fatherhood.org/evaluation.asp>.

Participant Demographics

Of the one-hundred and thirty-six (136) teens, twenty-eight (28) were 16 years old, twenty-six (26) were 14 years old, twenty-four (25) were between the ages of 17 and 19, twenty-three (23) were 15 years old, twenty (20) were between the ages of 12 and 13, and five (5) were between the ages of 10 and 11. Nine (9) boys did not provide their age. One hundred and twenty-three (123) were African American, nine (9) were White, two (2) Hispanic/Latino, one (1) Native American, and one (1) boy skipped this question. Eighty-two (82) of the boys were in middle school, which includes grades 6 – 8. Fifty-two (52) were in high school, which includes grades 9 – 12. Two (2) boys were not in school.

When asked whether or not they currently had a girlfriend, seventy-seven (77) replied “*Yes*,” while forty-nine (49) replied “*No*.” Only eighteen (18) of the teens lived with both their mother and their father, seventy-two (72) lived with their mother only, thirteen (13) lived with their father only, and thirty-three (33) selected “*Other*.” Twenty (20) of the teens indicated that they were fathers already.

In addition to basic demographic information, the survey also asked the teens to reflect on the relationship they currently have with their parents. When asked, “How good is your relationship with your mother?”, eleven (11) said their relationship was “*Bad*” or “*Very Bad*,” fifteen (15) said it was “*Okay*,” and ninety-five (95) said “*Good*” or “*Very Good*.” When asked “How good is your relationship with your father?”, thirty-six (36) said their relationship was “*Bad*” or “*Very Bad*,” twenty-seven (27) said it was “*Okay*,” and fifty-four (54) said “*Good*” or “*Very Good*.”

Evaluation Results

Results from the evaluation provide us with valuable insight into the impact that the program had on this group of teenage boys. **Three (3) out of the eleven (11) true-false items showed statistically significant movement in the correct direction from pre to post².**

- Q1. Increase/positive (True):** “The kind of relationship you have with your dad affects the relationship you (will) have with your own children.”
- Q2. Increase/positive (True):** “I would consider not having sex until marriage.”
- Q8. Increase/positive (True):** “The best way to avoid bad things from happening physically, emotionally and in your relationship is to wait until you are married before you have sex.”

Three additional items showed an increase, although not statistically significant, in mean score from pre to post, which demonstrates further impact on the following items:

- Q4. Increase/positive (False):** “Children don’t care about how much time their dad spends with them.”
- Q9. Increase/positive (False):** “The type of relationship that a dad has with his baby’s mother and her family will not affect the relationship he has with his own child.”
- Q10. Increase/positive (False):** “The decisions that your friends make might have an impact on the decisions you make.”

² NFI performed significance testing at the 95% confidence level. However, questions 2 and 8 were significant at the 99% confidence level.

Other Findings

In addition to the true-false questions measuring change in knowledge and attitudes, the survey also asked teens their degree of agreement with statements that provided NFI and the Central Maryland YMCA with additional, valuable insight about the *Boyz2Dads™ CD-ROM*. The tables below provide an overview of the statements and the teens' responses. (The highest response for each question is in **bold**.)

1. The Boys2Dads™ CD-ROM was easy to follow and use.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
61 (45.2%)	61 (45.2%)	2 (1.5%)	5 (3.7%)	6 (4.4%)

2. The Boys2Dads™ CD-ROM helped me to see that my choices affect my life.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
41 (30.4%)	64 (47.4%)	10 (7.4%)	4 (3.0%)	16 (11.9%)

3. I liked the Boys2Dads™ CD-ROM.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
31 (23.0%)	55 (40.7%)	26 (19.3%)	7 (5.2%)	16 (11.9%)

4. I feel more confident in my ability to make the right decisions about having sex.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
35 (26.3%)	59 (44.4%)	18 (13.5%)	7 (5.3%)	14 (10.5%)

5. After taking the Boys2Dads™ CD-ROM, I am more likely to consider delaying sex until marriage.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
25 (18.5%)	41 (30.4%)	28 (20.7%)	22 (16.3%)	19 (14.1%)

6. It was helpful talking with the instructor/facilitator/parent about my feelings after completing the Boys2Dads™ CD-ROM.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
26 (19.5%)	53 (39.8%)	14 (10.5%)	11 (8.3%)	29 (21.8%)

Other Findings (cont.)

7. The Boys2Dads™ CD-ROM showed me that it is okay to delay having sex until marriage.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
26 (19.5%)	50 (37.6%)	18 (13.5%)	15 (11.3%)	24 (18.0%)

8. The Boys2Dads™ CD-ROM made it easy for me to think about things I had not thought before, like what might happen to me if I have sex and get someone pregnant.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
38 (28.4%)	57 (42.5%)	19 (14.2%)	3 (2.2%)	17 (12.7%)

9. I would tell my friends to use the Boys2Dads™ CD-ROM.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
35 (26.1%)	59 (44.0%)	18 (13.4%)	10 (7.5%)	12 (9.0%)

10. I think the Boys2Dads™ CD-ROM is good for teenage boys, and it helps them do the right thing.

Strongly Agree	Agree	Disagree	Strongly Disagree	Uncertain
47 (35.3%)	51 (38.3%)	9 (6.8%)	5 (3.8%)	21 (15.8%)

Conclusions

Findings from this evaluation, like the pilot evaluation done in the summer of 2007, are overwhelmingly positive. Boys completing the *Boyz2Dads™ CD-ROM* demonstrated significant gains in knowledge, a change in attitudes, and a greater understanding of how their choices affect their lives.

Results from these evaluations are especially of interest to programs and organizations working with teenage boys. As a stand-alone intervention or as a supplement to an existing program, the *Boyz2Dads™ CD-ROM* can be an effective way to engage youth and help them understand the impact of their decisions. The *Boyz2Dads™ CD-ROM* also emphasizes the importance of being a responsible, involved, and committed father, which is especially meaningful for teenagers who do not have fathers in their lives, or have become fathers at a very young age. Teenagers completing the *Boyz2Dads™ CD-ROM* learn the value of responsible fatherhood, the many ways a father can be involved, and the impact of their involvement. This is especially important for teenage boys who are already fathers or who may become fathers one day.

Ninety percent (90%) of the boys said that the *Boyz2Dads™ CD-ROM* was easy to follow and to use. It can also be useful for parents who are looking for ways to open communication with their teenage children about sex and parenthood. Over half of the teens said it was helpful talking about their feelings after completing the program, which suggests the *Boyz2Dads™ CD-ROM* can be an effective tool for parents to enter these discussions with their teenager.

The results from this evaluation also demonstrate that the *Boyz2Dads™ CD-ROM* can be an effective tool with teens during the middle school years, which is a highly transformative and difficult time for teenagers. Findings show the program can have an impact on teenagers, even on those considered to be “at-risk”, such as the 77 percent of those who did not live with their father and participated in this study.

Other highlights from the evaluation include:

- Seventy-seven percent (77%) said that the program helped them see that **my choices affect my life**.
- Seventy-one percent (71%) said that they feel **more confident in their ability to make the right decisions about having sex**.
- Forty-nine percent (49%) said that after going through the program **they are more likely to consider delaying sex** until marriage.
- Fifty-seven percent (57%) said that **it is okay to delay having sex** until marriage.
- Seventy percent (70%) said that the program **helped them think about things they had not considered** if they get a girl pregnant!
- Seventy-four percent (74%) said that the program **helps teenage boys do the right thing**.

For more information on this evaluation, please contact Kristy Choby, NFI’s Research and Project Management Specialist, at kchoby@fatherhood.org.