



Boyz2Dads™ CD-ROM Pre-Post Pilot Evaluation Results Summer 2007

*The following report is an overview of findings from a non-experimental, single-group pretest-posttest pilot evaluation of National Fatherhood Initiative's **Boyz2Dads™ CD-ROM**. Thirty-seven (37) teenage boys participated in the **Boyz2Dads™ CD-ROM** pilot evaluation between June 5-7, 2007. Pre-post 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 pilot evaluation was to inform National Fatherhood Initiative (NFI) on the efficacy of the **Boyz2Dads™ CD-ROM** and to gain a broader understanding of how this program impacts teenage boys and their decision-making ability, specifically around premarital sex and being a responsible father.

Overview/Background

The **Boyz2Dads™ CD-ROM** is an innovative 3D video game-type program that is designed to engage teenage boys visually and teach them that their choices matter. The user travels through six different levels of social situations, making decisions along the way, and experiencing the consequences of his choices. Individuals and organizations can use the CD-ROM as a stand-alone program or as an additional intervention alongside another program (e.g., an abstinence or comprehensive sex-education program). Boys can go through the CD on their own or with a parent, educator or other adult. The **Boyz2Dads™ CD-ROM** includes a User's Guide that accompanies the program so that after each situation, a parent, educator or another adult can present discussion questions to the teens to further explore the situation and why some choices are better than others.

Evaluation Methodology

The evaluation was a non-experimental, single-group pretest-posttest design. NFI asked boys between the ages of 13 and 18 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 boys completed the CD-ROM in a computer-lab setting in groups of 8 to 10. NFI collected pre-post surveys from thirty-seven (37) teenage boys who were participants in a program called *Maleness to Manhood*, which operates out of a Community Intensive Supervision Program (CISP) for at-risk youth in Pittsburgh, PA. *Maleness to Manhood* promotes the importance of education, computer competency skills and career development.

Participant Demographics

Of the thirty-seven (37) teens, twenty-two (22) were between 15 and 16 years old, twelve (12) were between 17 and 18, one (1) was 14 and one (1) was 13 years of age. One teen did not provide his age. Thirty-three (33) of the boys were in high school and four (4) were in middle school. All of the boys were African American.

When asked whether or not they currently had a girlfriend, twenty-six (26) responded "Yes," while eleven (11) responded, "No." Only four (4) of the teens indicated that they live with both their mother and their father, eighteen (18) live with their mother only, four (4) live with their father only, and eleven (11) selected "Other," when asked "Which parent do you live with?" Five (5) of the teens indicated that they are fathers.

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?” two (2) teens said their relationship was “*Bad*” or “*Very Bad*,” nine (9) teens said their relationship was “*Okay*” or “*Good*,” while eighteen (18) said their relationship was “*Very Good*.” Seven (7) teens said the question was “*Not Applicable*,” and one (1) teen did not respond.

When asked, “How good is your relationship with your father?” five (5) teens said their relationship was “*Bad*” or “*Very Bad*,” twelve teens (12) said their relationship was “*Okay*” or “*Good*,” and twelve teens (12) said their relationship was “*Very Good*.” Eight (8) teens said the question was “*Not Applicable*.”

Pre-Post Results

Findings from the *Boyz2Dads™ CD-ROM* pilot evaluation provide us with valuable insight into the impact that the CD-ROM has on this group of teenage boys. **Four (4) out of eleven (11) true-false items showed statistically significant movement in the correct direction from pre to post¹!** The following items that showed significant movement from pre to post are:

Q1. Increase/positive (True): “The kind of relationship you have with your dad affects the relationship you (will) have with your own children.”

Q5. Increase/positive (True): “Sex can have a negative effect on you and your partner physically and emotionally.”

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.”

Q10. Increase/positive (True): “The decisions that your friends make might have an impact on the decisions you make.”

One item also showed significant movement, but in the wrong direction. This item was Question #4, which asked the teens whether or not the following statement was true or false: “*Children don’t care about how much time their dad spends with them.*”

Although the correct response to this statement is “*False*,” a significantly greater number of teens responded on the post-survey that the statement is “*True*” than did teens on the pre-survey. Further exploration into this finding is needed, but one possible explanation is that the CD-ROM may have touched some of the participants deeply regarding their own father’s lack of involvement. Consequently, they may have tried to compensate for their feelings by saying they don’t care how much time their dad spends with them.

Three other items showed an increase, although not statistically significant, in mean score from pre to post, which demonstrates that, when added to the statistically significant findings, the CD-ROM had a positive impact:

Q2. Increase/positive (True): “I would consider not having sex until marriage.”

Q3. Increase/positive (False): “Bringing home money is the only thing that makes a good dad.”

Q7. Increase/positive (False): The only way to show true love is by having sex.”

¹ Because it is improbable that any practical significance would be observed with such a small sample size, these findings are promising! NFI performed significance testing at the 95% 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 with additional, valuable insight about the *Boyz2Dads™ CD-ROM*. The tables below provide an overview of the statements and the teens' responses.

The B2D CD-ROM was easy to follow and use.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	16	43.2	43.2	43.2
Agree	18	48.6	48.6	91.9
Disagree	2	5.4	5.4	97.3
Strongly Disagree	1	2.7	2.7	100.0
Total	37	100.0	100.0	

The B2D CD-ROM helped me to see that my choices affect my life.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	15	40.5	40.5	40.5
Agree	13	35.1	35.1	75.7
Disagree	3	8.1	8.1	83.8
Strongly Disagree	3	8.1	8.1	91.9
Uncertain	3	8.1	8.1	100.0
Total	37	100.0	100.0	

I liked the B2D CD-ROM.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	10	27.0	27.0	27.0
Agree	16	43.2	43.2	70.3
Disagree	4	10.8	10.8	81.1
Strongly Disagree	6	16.2	16.2	97.3
Uncertain	1	2.7	2.7	100.0
Total	37	100.0	100.0	

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

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	13	35.1	35.1	35.1
Agree	14	37.8	37.8	73.0
Disagree	3	8.1	8.1	81.1
Strongly Disagree	2	5.4	5.4	86.5
Uncertain	3	8.1	8.1	94.6
Missing/Blank	2	5.4	5.4	100.0
Total	37	100.0	100.0	

After taking the B2D CD-ROM, I am more likely to consider delaying sex until marriage.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	7	18.9	18.9	18.9
Agree	7	18.9	18.9	37.8
Disagree	8	21.6	21.6	59.5
Strongly Disagree	7	18.9	18.9	78.4
Uncertain	8	21.6	21.6	100.0
Total	37	100.0	100.0	

It was helpful talking with the instructor/facilitator/parent about my feelings after completing the B2D CD-ROM.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	8	21.6	21.6	21.6
Agree	17	45.9	45.9	67.6
Disagree	4	10.8	10.8	78.4
Strongly Disagree	2	5.4	5.4	83.8
Uncertain	5	13.5	13.5	97.3
Missing/Blank	1	2.7	2.7	100.0
Total	37	100.0	100.0	

The B2D CD-ROM showed me that it is okay to delay sex until marriage.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	10	27.0	27.0	27.0
Agree	13	35.1	35.1	62.2
Disagree	4	10.8	10.8	73.0
Strongly Disagree	7	18.9	18.9	91.9
Uncertain	3	8.1	8.1	100.0
Total	37	100.0	100.0	

The B2D 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.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	12	32.4	32.4	32.4
Agree	12	32.4	32.4	64.9
Disagree	8	21.6	21.6	86.5
Strongly Disagree	2	5.4	5.4	91.9
Uncertain	3	8.1	8.1	100.0
Total	37	100.0	100.0	

I would tell my friends to use the B2D CD-ROM.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	8	21.6	21.6	21.6
Agree	13	35.1	35.1	56.8
Disagree	7	18.9	18.9	75.7
Strongly Disagree	7	18.9	18.9	94.6
Uncertain	2	5.4	5.4	100.0
Total	37	100.0	100.0	

I think the B2D CD-ROM is good for teenage boys, and it helps them do the right thing.

	Frequency	Percentage	Valid Percent	Cumulative Percent
Valid Strongly Agree	14	37.8	37.8	37.8
Agree	16	43.2	43.2	81.1
Disagree	4	10.8	10.8	91.9
Strongly Disagree	1	2.7	2.7	94.6
Uncertain	2	5.4	5.4	100.0
Total	37	100.0	100.0	

Conclusions

Findings from the pilot evaluation 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 this evaluation are especially of interest to programs and organizations working with teenage boys. As a stand-alone intervention or as a supplement to a pre-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 and involved 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 about 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.

The *Boyz2Dads™ CD-ROM* 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 *Boyz2Dads™ CD-ROM*, which suggests the *Boyz2Dads™ CD-ROM* can be an effective tool for parents to enter these discussions with their teenager.

Results from the pilot 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 *Boyz2Dads™ CD-ROM* can have an impact on teenagers, even on those considered to be “at-risk”, such as the ones participating in the *Maleness to Manhood* program who were involved in this study.

Other highlights include:

- Thirty-eight percent (38%) said that they are more likely to consider **delaying sex** until marriage!
- Sixty-two percent (62%) said that **it is okay to delay sex** until marriage!
- Sixty-five percent (65%) said **the CD-ROM helped them think about things they had not considered** if they got a girl pregnant!
- Eighty-one percent (81%) said that the **Boyz2Dads™ CD-ROM helps teenage boys do the right thing!**

For more information on this evaluation, please contact Jana Olshansky, MS, NFI's Director of Evaluation at jolshansky@fatherhood.org. Ms. Olshansky prepared this report.