



“Healthy Foundations for Future Families”

Student Evaluations of ESP’s Family Health Course

Bolsa Grande High School, Garden Grove, CA – May 25-26, 2010

A public high school

Instruction: 200 total students; 5 groups/classes; (2) 1-hour class meetings

Attendee demographics: Ages 14-19. Gender: Male 51%, Female 49%.

Race/Ethnicity: Asian 44%, Hispanic 34%, White 6%, Multi-Race 9%, African American 2%, Other 5%

As a result of the course, I think I will be better able to ...

	Disagree	No Effect	Agree
Wait to conceive a child until I'm ready for this responsibility*	2%	4%	94%
Consider a partner's ability to be a good parent, before we conceive a child*	1%	6%	93%
Provide for, protect, and nurture my child*	0%	3%	97%
Avoid or address major threats to healthy parenting (poverty, mental health, substance abuse)*	1%	8%	91%
Enable my child to fulfill his potential and his dreams*	1%	3%	96%
Form a healthy family*	0%	5%	95%

* Two people did not answer these questions

Student Comments (selected quotes)

What I liked about the course

- “It helped me realize that raising a child takes a lot of time, love, and money.” – Female (age unspecified)
- “I liked learning about how we can help a child grow in a better environment.” – Female (15)
- “I learned about parenting and how much a baby really needs us.” – Female (17)
- “I liked that it gave us a workbook so that we could plan for parenting.” – Female (17)
- “She didn’t make pregnancy seem bad but warned us about the consequences of it.” – Male (17)
- “It teaches the importance of good parenting.” – Male (15)
- “I liked that it allowed me a glimpse of parenting. It made me feel better about my parents.” – Female (15)
- “Gave me a good plan for my future.” – Female (17)
- “Taught me what to expect having a child. How it’s a huge responsibility and taught me to think about my plan and what I want / need, what a child needs.” – Female (15)
- “Explains how parenting is not easy and what is needed for healthy families.” – Male (14)
- “It helps you not just with parenting also life and what you want in the future.” – Male (18)
- “The workbook can really help out teenagers, especially how to care for your child financially, physically, and emotionally.” – Female (18)

What I **learned** from the course ...

- “That it is hard to have a child especially as a teenage parent and that there is more to parenting than loving a child.” – Female (16)
- “To think about all things we’re going to go through when parenting, which is why we have to think about parenting when we’re young.” – Female (15)
- “To guide my child instead of using violence.” – Male (19)
- “How to plan carefully and beforehand.” – Female (17)
- “You have to really consider if your partner will make a good parent before you decide to conceive.” – Female (16)
- “That before anyone has a child they should evaluate themselves to see if they are ready.” – Male (17)
- “I learned I’m not close to being ready for a kid.” – Female (17)
- “It is a huge responsibility to be a father.” – Male (16)
- “It is a good idea to wait till you’re financially stable to have a child.” – Male (16)
- “I learned how to take responsibility for my life.” – Male (17)
- “I learned that it is a life-long commitment to have a child.” – Male (14)
- “I learned a lot about parents because I don’t have parents.” – Male (16)

The topics I **want to learn more** about ...

- “I would like to learn more about child development.” – Male (16)
- “Is how to financially support a child.” – Female (18), “Organizing my life expenses.” – Male (15)
- “The use of nonviolent methods to deal with a problem.” – Male (17)
- “I want to learn more about planning for my future, searching for a job.” – Male (17)
- “What a healthy relationship between parents would be like to a child.” – Female (17)

Would you recommend this course for other students?

Yes – **71%** Probably – **26%** No = **3%**

Why would you recommend it?

- “Students need to know this; I have 5 friends with kids already.” – Female (17)
- “Because I learned about things that I’ve never heard of before.” – Male (17)
- “Helps all of us in different ways.” – Female (18)
- “I see many angry and unsuccessful families.” – Male (15)
- “Because some students are clueless out there.” – Male (17)
- “Very detailed and helpful in helping you plan for your future child.” – Female (15)
- “Many teens are getting pregnant and they think they can handle it but they can’t.” – Male (17)
- “Because they may be doing things and they need to be informed. Knowledge is power.” – Male (17)
- “It’s highly educational and even changed my ways and perspective of children.” – Male (18)
- “It gives a reality check for those who are thinking about having kids.” – Male (14)
- “Because I also want other students to understand the importance of becoming parents.” – Male (16)
- “I want my friends to know these things.” – Male (17)
- “Helpful, important, interesting, fun, very interactive.” – Female (16)
- “This would open eyes and help them understand that the choices they make can greatly influence them.” – Male (age unspecified)
- “Beneficial, teaches you many things a lot of young people don’t know.” – Female (16)
- “It is something every teen should learn to ensure they make healthy choices.” – Female (17)
- “Because high school kids need to start learning the many responsibilities of being a parent.” – Male (15)