**Introduction**

While the teen birthrate is largely on the decline in the U.S., teens in rural America are still giving birth at a rate nearly 67% higher than those in big cities (CDC, 2016). This disparity is a significant issue as 35.8% of Iowa’s population is described as living in a rural community. As these rural communities have less resources than urban communities, families may not have access to the same amount and type of prevention and parenting resources. Parenting: It’s a Life (PIAL) is a free life skills and parenting curriculum designed for grades 7-12 that has been utilized at GMG (Green Mountain Garwin) Secondary School in Garwin, Iowa between 2015-2017. This rural community will be further explored to determine the benefits of PIAL as a life skills and parenting resource.

**Research Question**

How is PIAL serving a rural Iowa community that has limited access to life skills and parenting-related education?

**Garwin, Iowa**

- **Count:** Tama
- **Pop.:** 565

- **Race:** 98.6% White, 1.7% Hispanic, 1.4% Other

- **Social Characteristics:** 85% High School Graduate or higher, 8% Bachelors Degree or higher

- **Median Family Income:** $45,938

**County Births Under the Age of 20 in 2015:**

- 13

**Nearest Health Clinic: Marshalltown, 10.36 miles away**

**Nearest City with Population <50,000:**

- Waterloo, 41 miles away

**Current In-town Health Resources:** None

**GM Secondary School**

- **Grades:** 7-12
- **Student Population:** 222

  - **Race:** 94.6% White, 2.3% Hispanic, 0.9% Black, 0.5% Asian
  - **Gender:** 39% Female, 61% Male

- **Graduation rate in 2015:** 90%

- **Receive reduced lunch**

**PIAL Outreach**

- **Total Survey Number:** 198
- **Total Student Participants:** 47

- **Gender:** Female = 46%, Male = 54%

- **Race:** White = 92.4%, Black = 0.5%, American Indian = 1.0%, Multi-Ethnic = 6.1%

**Implications & Conclusion**

Based on a case study exploring the Garwin community from the county level to PIAL’s specific outreach in the high school, it is evident that PIAL has provided a needed service in this rural town. From the survey data, PIAL is providing life skills content that is helpful or strongly helpful majority (61.8%) of the time for students. In addition, students gained the most understanding about the paternity establishment module, while they indicated already having a deeper understanding of healthy and unhealthy relationships. To continue providing optimal life skills and parenting resources to this rural population, a future direction for PIAL would be to develop a document with other available parenting resources for students and educators.