

Making Proud Choices!

OVERVIEW OF THE CURRICULUM

Making Proud Choices! is an evidence-based, safer-sex approach to teen pregnancy and HIV/STI prevention. It educates youth on the risks associated with sexual behaviors including sexually-transmitted diseases (STDs), teen pregnancy, and HIV transmission. The eight-module curriculum provides adolescents (12-18 years old) with knowledge, confidence-building exercises, and skills necessary to delay risky sexual behaviors. Making Proud Choices! also educates youth on the consequences of sexual behaviors by encouraging abstinence as the 100% guaranteed method to avoid pregnancy. Making Proud Choices! also provides information on how to protect against STDs, HIV and pregnancy. It is based on cognitive behavioral theories, focus groups, and the researchers' extensive experience working with youth.

GOAL OF THE CURRICULUM

The goal of *Making Proud Choices!* is to empower adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STDs, and their risk for pregnancy. Specifically, this curriculum emphasizes that they can reduce their risk for STDs, HIV, and pregnancy by delaying engagement in risky sexual behaviors.

ADDITIONAL GOAL INCORPORATIONS

Participants will be able to:

- Understand the functionality of the reproductive organs of those biologically born male and female.
- Understand what happens during the menstrual cycle and how it affects pregnancy/periods.
- Know what body fluids transmit STDs/HIV
- Know pregnancy prevention options available for all sexes.
- Know how to say 'no' to unhealthy behaviors and understand our states consent laws.
- Identify what a healthy relationship looks like and how to communicate within a healthy relationship.

CURRICULUM OBJECTIVES

At the completion of this program, students will:

- increased knowledge about prevention of HIV, STDs and pregnancy
- more positive attitudes/beliefs about how to protect against STDs, HIV and pregnancy
- increased negotiation skills to delay sexual behaviors
- stronger intentions to use condoms if they do decide to engage in sexual behaviors
- a lower incidence of STD/HIV risk-associated sexual behavior
- a stronger sense of pride and responsibility in making a difference

FACILITATOR

Making Proud Choices! is facilitated by a trained educator certified in the Making Proud Choices! curriculum. The facilitator represents the Alliance for Adolescent Pregnancy Prevention, a state-funded program housed in Christiana Care Health System's Center for Community Health. For more information, contact the Alliance's program manager directly at 302-428-2159.