

## **Making Proud Choices!**

### **OVERVIEW OF THE CURRICULUM**

Making Proud Choices! is an abstinence-plus curricula. 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 young adolescents (11-13 years old) with age-appropriate 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 STDs, HIV and 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. Making Proud Choices! is an adaptation and extension of the original Be Proud! Be Responsible! curriculum in that it integrates STD, HIV and pregnancy prevention. To reduce risk for STD/HIV and pregnancy risk-related behaviors, young adolescents need not only knowledge and perception of personal vulnerability, but also positive attitudes towards protecting themselves. The *Making Proud Choices!* curriculum is designed to meet those needs.

### **GOAL OF THE CURRICULUM**

The goal of *Making Proud Choices!* is to empower young 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.

### **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.