

## **Making Proud Choices**

### Overview:

Evidence-based youth program for ages 11-13 meant to increase the probability of the youth to make safer choices that will affect their lives long-term. Encouraging abstinence and safe sex behaviors to reduce the prevalence of teen pregnancy, STIs and HIV within the population. Making Proud Choices educates just as Be Proud Be Responsible does yet, touches more on age-appropriate information surrounding what they be experiencing at the pre-teen stages. Within this eight-module curriculum, students will gain a level of confidence to not engage in unhealthy sexual behaviors.

### Goals:

Empowering the youth to make healthier decisions, delaying their sexual activity while increasing their knowledge of STI/HIV and pregnancy prevention.

### Objectives:

- Identify and understand the functionality of the reproductive organs of those biologically born male and female
- Understand what their bodies may experience during puberty
- Know what body fluids transmit STIs/HIV
- Increased knowledge of pregnancy prevention options available for all sexes
- Know how to say “no” and understand consent laws
- Able to identify what a healthy relationship looks like and how to communicate within a healthy relationship

### Curriculum:

- Personal Goals Timeline
- Anatomy
- Menstrual Cycle
- STI Transmission
- Pregnancy Prevention
- Consent
- Communication/Healthy Relationships