

WHY MAKING A DIFFERENCE?

Research shows youth who participated in the *Making a Difference!* program reported the following:

- ✓ Delayed initiation of sexual activity
- ✓ Evaluation of this program showed behavior change lasted at least 3 months after implementation of the program

Visit the SC Campaign's Online Learning Center for more information on science-based programs. www.teenpregnancysc.org/onlinelearningcenter

UNIQUE FEATURES

The *Making A Difference!* program uses a unique approach that has been proven effective with youth.

The approach is based on the following themes:

1. The Community and Family Approach
2. The Role of Sexual Responsibility and Accountability
3. The Role of Pride and Making a Difference with Abstinence As Their Choice

PUBLISHER

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Evidence-Based Programs are also referred to as research proven programs, science-based programs, and SBP for short.

Making A Difference!

An Abstinence-Based Approach to HIV/STD and Teen Pregnancy Prevention



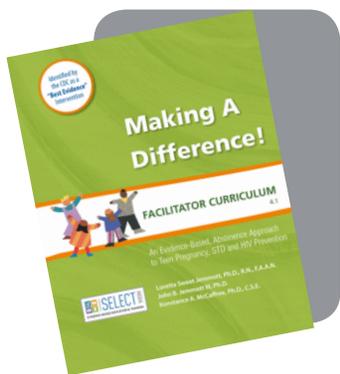
“Knowing your limits is very important! *Making A Difference!* helped me know, set, and practice my limits. I learned that abstinence is OK and gained confidence and skills necessary to avoid STDs and pregnancy by abstaining from sex.”

-Student, Sumter County

WHAT IS MAKING A DIFFERENCE?

Making A Difference! An Abstinence Approach to HIV/STD and Teen Pregnancy Prevention is an eight-module program that provides youth with the knowledge, attitudes, and skills to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy. This program is medically accurate, **abstinence-based** and specifically advocates postponing sexual activity. Each module lasts one hour, however more time should be allocated for larger groups. The **target audience** for this program is youth ages 11-13, attending middle school or youth serving community-based organizations.

Making A Difference is a **science-based health education** program based on cognitive behavioral theories, focus groups, and the researchers’ extensive experience working with youth. The program is adapted from *Be Proud! Be Responsible!* and is designed for **smaller groups** ranging from **6 to 12 participants**, but can be implemented in a larger setting. This program is appropriate for various community settings, including schools and youth agencies.



Learning Activities

Making a Difference! includes a series of fun and interactive activities designed to increase participation and help students understand reasoning and decision-making that can reduce risks for HIV, STDs, and pregnancy. Examples include:

- Viewing culturally sensitive video clips
- Games
- Brainstorming
- Small and large group discussions
- Role playing
 - Skill-building exercises
 - Practicing refusal skills
 - Practicing responses to peer pressure

Educator training is strongly recommended and is key to program success.

The Comprehensive Health Education Act (CHEA)

***Making a Difference!* is in compliance with the South Carolina CHEA.¹**

With approval of the CHE Advisory committee, middle school students (6th-8th grade) may receive family life and pregnancy prevention instruction. STD prevention instruction is **REQUIRED** in these grades. *Making a Difference!* provides **480** minutes of STD prevention, reproductive health, and pregnancy prevention instruction. Programs and all other materials must be approved by the local CHE Advisory Committee.

¹For More Information on the CHEA and program modification for compliance with CHEA, please contact the SC Campaign to Prevent Teen Pregnancy. (Addendums to certain curricula are available during Campaign led trainings.)

SC HEALTH & SAFETY EDUCATION CURRICULUM STANDARDS

When implemented with fidelity and in its entirety, *Making A Difference!* fulfills all Standards. Students will:

- Standard 1:** Comprehend concepts related to health promotion to enhance health.
- Standard 2:** Analyze the influence of family, peers, culture, media, technology, and other factors on behavior change.
- Standard 3:** Demonstrate the ability to assess valid information and products and services to enhance health.
- Standard 4:** Demonstrate the ability to use interpersonal and communication skills to enhance health and avoid or reduce health risks.
- Standard 5:** Demonstrate the ability to use decision-making skills to enhance health.
- Standard 6:** Demonstrate the ability to use goal setting skills to enhance health.
- Standard 7:** Demonstrate the ability to practice health enhancing behaviors and to avoid or reduce the risks.
- Standard 8:** Demonstrate the ability to advocate for personal, family and consumer health.