

WHY SAFER CHOICES?

Research shows youth who participated in *Safer Choices* reported the following significant behavior changes:

- ✓ Delayed initiation of sexual activity.
- ✓ Increased condom use and other protection against pregnancy *if* sexually active.
- ✓ Reduced number of sexual partners with whom students had unprotected sex *if* sexually active.

These positive behaviors lasted 31 months after completing the program.

Visit the SC Campaign's Online Learning Center for more information on evidence-based programs.
<http://olc.teenpregnancysc.org/>

UNIQUE FEATURES

Safer Choices is a multi-component intervention that focuses on school wide change and the influence of the total school environment on student behavior. This program is designed to involve teachers, parents, community members, and students to foster positive support for adolescents' decisions regarding sex and making safe choices. *Safer Choices* consists of the following key components:

- School Organization
- Curriculum Implementation and Relevant Staff Development
- Peer Resources and the School Environment
- Parent Education
- School-Community Linkages

PUBLISHER

ETR Associates
www.etr.org

Cost:
Level 1 Basic Set: \$336.99
Level 2 Basic Set: \$336.99

Package includes: teacher guide, student workbooks, implementation manual, Peer Leader Training Guide and peer workbooks, and a *Safer Choices* Activity Kit

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For more information about this or any other evidence-based curricula:



1331 Elmwood Avenue, Suite 140
Columbia, SC 29201
(803) 771-7700
www.teenpregnancysc.org

ACKNOWLEDGEMENTS

Special thank you to Andrea Heyward for her contributions to this project.

This project was supported, in part, by Cooperative Agreement Number DP424971-04 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the South Carolina Campaign to Prevent Teen Pregnancy and do not necessarily represent the official views of the Centers for Disease Control and Prevention.

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

Safer Choices: Preventing HIV, Other STDs and Pregnancy



*Helping Teens Make Safer Choices:
A multi-component approach designed to prevent
HIV, STDs, and pregnancy among youth.*



“With all that *Safer Choices* has to offer, high schools can stop looking for an answer to HIV, STD and teen pregnancy prevention - *Safer Choices* is it!”

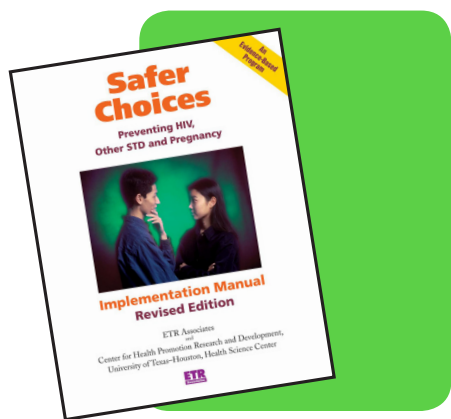
- *Safer Choices* Certified Trainer

WHAT IS SAFER CHOICES?

Safer Choices: Preventing HIV, Other STD and Pregnancy is a two-year, school-based program focusing on the prevention of pregnancy, HIV, and sexually transmitted diseases (STDs) for 9th and 10th graders. It is designed to reduce the number of youth engaging in unprotected sexual intercourse by:

1. Encouraging the delay in the initiation of sex.
2. Encouraging condom and contraception use among sexually active youth.

Safer Choices promotes the collaboration between peers, parents, schools, and the community to help teens make safe decisions. Adapted from *Reducing the Risk: Building Skills to Prevent Pregnancy, STD, and HIV*; *Safer Choices* is an evidence-based health education program developed on the following theories: Social Cognitive Theory, Social Influence Theory, and Models of School Change.



LEARNING ACTIVITIES

Safer Choices uses several strategies to facilitate behavior change. Examples include:

Peer Leaders	Student-parent homework	Games
Refusal and negotiation skill building	Personalization of HIV and pregnancy risk	Videos
HIV Positive Speaker	Calling a STD/HIV hotline	Role Plays
Demonstrations of contraceptive methods	Anonymous question box	Student media
Large Group Discussion	Small Group Discussion	Brainstorming

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

THE COMPREHENSIVE HEALTH EDUCATION ACT (CHEA)

With slight modifications, *Safer Choices* is in compliance with the South Carolina CHEA¹. The CHEA mandates that high school students receive **750** minutes of instruction in reproductive health and pregnancy prevention. *Safer Choices* provides **1,050** minutes of instruction in reproductive health and pregnancy prevention. Programs and all other educational materials must be approved by the local CHE Advisory Committee.

Necessary modifications include:

- Males and females must be separated during Level 1: Classes 8 and 9, and Level 2: Class 7.
- Content must be presented in the context of future family planning.

¹For more information on the CHEA and program modifications for compliance with CHEA, please contact the SC Campaign.

SC HEALTH & SAFETY EDUCATION CURRICULUM STANDARDS

When implemented with fidelity and in its entirety, *Safer Choices* fulfills objectives in five of eight 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 6:** Demonstrate the ability to use goal setting skills to enhance health.