

WHY MAKING PROUD CHOICES?

Research shows youth who participated in *Making Proud Choices!* reported the following significant behavior changes:

- ✓ Delayed initiation of sexual activity.
- ✓ Increased condom use if sexually active.
- ✓ Reduced frequency of sex if sexually active.

Visit the SC Campaign's Online Learning Center for more information on evidence-based programs.

www.teenpregnancysc.org/onlinelearningcenter

UNIQUE FEATURES

Making Proud Choices! uses an unique approach that has been proven effective with youth. This approach is based on the following themes:

- Protecting families and communities by avoiding disease and unintended pregnancies;
- Sexual responsibility and accountability, including respecting themselves and others and developing a positive self image;
- Encouraging pride, self-confidence and self-respect through making proud choices.

PUBLISHER

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

Making Proud Choices!



*A Safer-Sex Approach to STDs,
Teen Pregnancy, and HIV*



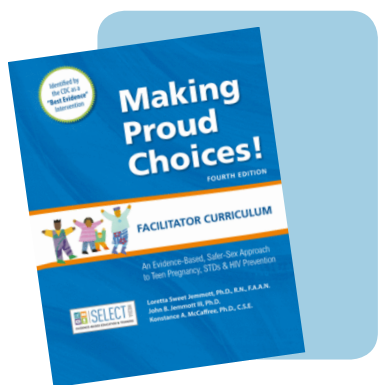
“Until I did the role plays in Making Proud Choices, I didn’t know I could have that much confidence to say no.”

- Teen Participant, Spartanburg, SC

WHAT IS MAKING PROUD CHOICES?

Making Proud Choices! A Safer-Sex Approach to STDs, Teen Pregnancy, and HIV Prevention is an eight-module program that provides youth with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy. Each module lasts one-hour, however more time should be built in for larger groups. The **target audience** for this program is youth ages 11-13, attending middle school or youth serving community-based programs.

Making Proud Choices! is an **evidence-based health education program** based on cognitive-behavioral theories, focus groups, and the researchers’ extensive experience working with youth. This program is adapted from *Be Proud! Be Responsible!* and is designed to be used with **smaller groups** ranging from six to twelve participants, but can be implemented with larger groups as well. This program is appropriate for various community settings, including schools and youth agencies.



LEARNING ACTIVITIES

Making Proud Choices! aims to increase participation and help students develop reasoning and decision-making skills that can lead to the reduction of HIV, STDs, and pregnancy. Examples include:

- | | | |
|---------------------------------------------|----------------------|--------------------------|
| Viewing culturally sensitive video clips | Games | Brainstorming |
| Small & large group discussions | Role-playing | Practice problem solving |
| Practice negotiation & communication skills | Condom demonstration | |

Educator training is strongly recommended and key to program success.

THE COMPREHENSIVE HEALTH EDUCATION ACT (CHEA)

With slight modifications, *Making Proud Choices!* is in compliance with the South Carolina CHEA. With the approval of the CHE Advisory Committee, middle school students (6th-8th) *may* receive family life and pregnancy prevention instruction. STD-prevention instruction is *required* in these three grades. *Making Proud Choices!* provides **480** minutes of STD-prevention, reproductive health, and pregnancy prevention instruction.

Necessary modifications include:

- Males and females must be separated during Module 6.
- All instruction must be presented in the context of future family planning.

SC HEALTH & SAFETY EDUCATION CURRICULUM STANDARDS

When implemented with fidelity and in its entirety, *Making Proud Choices!* fulfills all of the SC Health & Safety Education Curriculum 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.