

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 U.S. Department of Health & Human Services Office of Adolescent Health for more information on evidence-based programs.

www.hhs.gov/ash/oah/

UNIQUE FEATURES

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

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

PUBLISHER

Select Media

Implementation Kit: \$648.00

Available at www.etr.org/store

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www.teenpregnancysc.org

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Making Proud Choices!



A Safer-Sex Approach to Teen Pregnancy, STD, and HIV Prevention



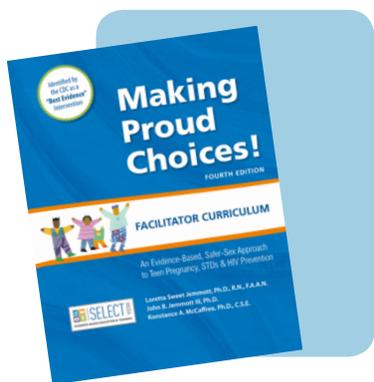
"Life presents many choices, the choices we make determine our future."

~Catherine Pulsifer, author

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. It is also appropriate for Oklahoma high schools.

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. The program is adapted from *Be Proud! Be Responsible!* and is designed to be used with **smaller groups** ranging from 6 to 12 participants, but can be implemented with larger groups. 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

Making Proud Choices! provides **480 minutes** of STD prevention, reproductive health, and pregnancy prevention instruction.

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

HIV/AIDS PREVENTION EDUCATION ([State Statute 70 O.S. §103.3](#))

Making Proud Choices! is in compliance with the Oklahoma requirement for students to receive instruction on AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade. School districts also have the option for students to receive instruction in 5th-6th grade as well.

PRIORITY ACADEMIC STUDENT SKILLS (PASS)

PASS standards serve as expectations for what students should know and be able to do by the end of the school year. The goal is that all students be college, career, and citizen ready upon graduation from high school. When implemented with fidelity and in its entirety, *Making Proud Choices!* fulfills all of the Health/Safety Education PASS standards for 6th-8th grade middle school (MS) and 9th-12th grade high school (HS).

HEALTH/SAFETY EDUCATION¹

Standard 1: Comprehend concepts related to health promotion, disease prevention, & safety practices. [MS/HS]

Standard 2: Demonstrate the ability to access valid health information & health-promoting products & services. [MS/HS]

Standard 3: Demonstrate the ability to practice health-enhancing behaviors & reduce health & safety risks. [MS Only]

Standard 4: Analyze the influence of culture, media, technology, & other factors on health & safety. [MS/HS Standard 3]

Standard 5: Use interpersonal skills to enhance health & safety. [MS/HS Standard 4]

Standard 6: Demonstrate the ability to use goal-setting & decision-making skills to enhance health. [MS/HS Standard 5]²

Standard 7: Demonstrate the ability to advocate for health & safety enhancement of self, family, & community. [MS/HS Standard 6]

¹ There are 7 standards for middle school and 6 standards for high school

² This standard for high school focuses more on developing plans for a healthy future through goal setting & decision making