

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 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

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

Select Media

Implementation Kit: \$429.00

Available at www.etr.org/store

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www.teenpregnancysc.org

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Making A Difference!

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



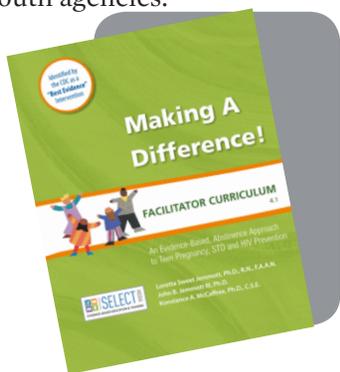
"There are a countless number of opportunities where we can make a difference every day."

~Catherine Pulsifer, author

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. In some instances, it may be appropriate for Oklahoma high schools.

Making A Difference 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 for **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 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

Making A Difference! 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 A Difference! 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 A Difference!* 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