



MAKING PROUD CHOICES!

A Safer Sex Approach to HIV/Sexually Transmitted Diseases (STDs) And Teen Pregnancy Prevention

Dear Parent/Guardian,

Your child is taking part in the **Making Proud Choices!** (MPC!) program. In these eight lessons taught by health educators from the Gaston County Department of Health and Human Services, your son or daughter will gain medically accurate information about their sexual development, conception, contraception, sexual health, and sexually transmitted infections including risk for HIV and AIDS.

Youth in this class are given skills to identify their risk for STDs, especially HIV/AIDS, and risk for unintended pregnancy. They learn strategies to refuse or delay sex and to negotiate abstinence or safer sex, including the use of a condom. They practice refusal and negotiation skills during role plays that mirror situations common to adolescents and must demonstrate good use of these to complete the class successfully.

Participants will also learn correct condom use, and are schooled in the protective benefits of consistent condom use. They learn about their right to accurate information, as well as family planning and contraceptive services at the Gaston County Health Department.

Students complete a pre-class and post-class survey to indicate their level of knowledge gained during the sessions. Classes are very interactive and there is plenty of time for questions and clarification of concepts.

Locally, more than 500 students have completed this class and have reported learning a lot and enjoying it too! They have increased their knowledge and their intent to practice safer health behaviors in the future. Quite a few have said that they wish their friends could attend the class, because it is information they need.

MPC! graduates across the country have reported less sexual intercourse and more condom use than their peers who did not take the class. The proven success of this curriculum made it our first choice for this group of students.

Please feel free to contact me with any questions you might have.

Sincerely,

Jaye Holland , GCDHHS Health Coordinator
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MPC! Curriculum Outline:

- 1) Identifying proud and responsible behaviors, both past and present
- 2) Identifying goals for your future - resources and strategies to overcome obstacles
- 3) Why teens have sex 4) Consequences of sex - STDs, HIV infection, and pregnancy
- 5) Attitudes and beliefs about STDs, HIV/AIDS risk and condom use
- 6) Strategies for reducing sexual health risk, HIV infection, and pregnancy
- 7) Condom use skills 8) Refusal and negotiation skills practice.