



What's been updated in *Making Proud Choices*, Fifth Edition?

It is our goal at ETR to keep the evidence-based programs we publish up to date and relevant for today's youth, while maintaining fidelity to the core components and key characteristics linked to effectiveness.

For 2016, ETR has reviewed *Making Proud Choices*, and made the following changes:

- The modules have been returned to the original evidence-based program order, which introduces instruction about HIV before introducing other STDs and pregnancy prevention.
- Timing issues have been addressed to keep the modules at 60 minutes in length.
- The refusal skills model acronym has been returned to SWAT (*Say no, explain Why, provide Alternatives, Talk it out*) as taught in the original evidence-based curriculum.
- HIV information has been updated to include current recommendations for testing and treatment.
- Birth control methods have been updated and are presented in order of effectiveness, with a greater emphasis placed on long-acting reversible contraception (LARCs).
- General trauma-informed language from the Out-of-Home Youth adaptation of *Making Proud Choices* has been incorporated and the facilitator scripts and instructions have been reviewed for inclusivity and sensitivity toward LGBTQ youth.
- Additional facilitator notes have been added on refusal skills and consent for roleplay practice, encouraging teachers to foster respect and mutual responsibility when teaching refusal skills.
- Optional activities on healthy relationships and sexuality have been added to Appendix A.
- A new appendix on Supporting a Trauma-Informed Approach to Sexuality Education has been included.
- A section on Adapting This Program for Your Population was added to the front matter to briefly suggest potential green-light adaptations and define and caution against yellow- and red-light adaptations.



Have changes have been made to the school edition?

- The school edition changes mirror those made to the original 8-module program.

What about the adaptation for youth in out-of-home care?

The version of *Making Proud Choices!* for Youth in Out-of-Home Care has also been reviewed, and the following changes made:

- HIV information has been updated to include current recommendations for testing and treatment.
- Birth control methods have been updated and are presented in order of effectiveness, with a greater emphasis placed on long-acting reversible contraception (LARCs).
- Additional facilitator notes have been added on refusal skills and consent for roleplay practice, encouraging teachers to foster respect and mutual responsibility when teaching refusal skills.
- A new appendix on Supporting a Trauma-Informed Approach to Sexuality Education has been included.
- A section on Adapting This Program for Your Population was added to the front matter to briefly suggest potential green-light adaptations and define and caution against yellow- and red-light adaptations.