

# Updated for 2020!

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 2020, ETR has reviewed *Making Proud Choices (MPC)*, and made the following changes:

- + All modules reviewed for medical accuracy
- + Updated information on HIV, including testing, PrEP and PEP, U=U, relative risk of sexual behaviors, emphasis on ART treatment and normal life span for those living with HIV
- + Updated information on contraceptive methods, including withdrawal
- + Language updates around inclusivity related to gender identity, sexual orientation and behavior
- + Language updates to ensure a more trauma-informed approach
- + Edits to eliminate stigma or phrasing that might overemphasize a fear-based approach to sexual health education
- + Changes to reflect advances in technology

In addition, a new pre-module on Healthy Relationships and Sexual Identity has been added to the California Edition to ensure alignment with the California Healthy Youth Act.

## New Tools for Virtual Implementation

- + **MPC Virtual Guidance Document** provides tips and adaptations to deliver the module's activities virtually through either live or self-paced delivery
- + **PowerPoint support tools** cover all key content and activities
- + **Jeopardy PowerPoint template** for facilitating Jeopardy-style games with youth
- + **Alternative Video Guidance Document** directs educators to free videos that can be used to replace the videos referenced in *MPC*, including new discussion questions and key points

A link to these new tools can be found on the Adaptation Guidelines & Tools tab on the *MPC* program page: [etr.org/ebi/programs/making-proud-choices](https://etr.org/ebi/programs/making-proud-choices)

