



Making Proud Choices!

Summary Sheet

What is *Making Proud Choices*?

The *Making Proud Choices!* program (*MPC*) gives teens the **information, skills** and **confidence** to protect themselves from unplanned pregnancy, HIV and other STDs. It empowers young people to change their behaviors and lower their risks by abstaining from sex or by using latex condoms if they choose to have sex.

MPC uses DVDs, games, brainstorming, roleplaying, skill-building activities and small-group discussions. It helps adolescents understand how to make healthy decisions to protect themselves.

MPC helps young people:

- Increase their knowledge of HIV, other STDs and pregnancy prevention.
- Believe in the value of abstinence and other safer-sex practices.
- Improve their ability to negotiate abstinence or safer-sex practices.
- Take pride in choosing responsible sexual behaviors.

Does *MPC* encourage young people to have sex?

No, *MPC* does *not* encourage sexual activity. It stresses that delaying sex until a later age is the best way to avoid unplanned pregnancy, HIV and other STDs. It encourages young people to build healthy relationships so they can talk with a partner about the decision to abstain or practice safer sex. It provides information about how to prevent pregnancy, HIV and other STDs to help young people avoid these risks if and when they choose to have sex.

The curriculum modules include:

- Module 1: Getting to Know You and Steps to Making Your Dreams Come True
- Module 2: The Consequences of Sex: HIV Infection
- Module 3: Attitudes About Sex, HIV and Condom Use
- Module 4: Strategies for Preventing HIV Infection: Stop, Think and Act
- Module 5: The Consequences of Sex: STDs
- Module 6: The Consequences of Sex: Pregnancy
- Module 7: Developing Condom Use and Negotiation Skills
- Module 8: Enhancing Refusal and Negotiation Skills

Why use *MPC*?

MPC is on the Office of Adolescent Health's list of approved evidence-based teen pregnancy prevention programs. Since 2009, the U.S. Department of Health and Human Services (HHS) has led a review of the teen pregnancy prevention research to help identify programs with evidence of effectiveness in reducing teen pregnancy, sexually transmitted infections (STIs), and associated sexual risk behaviors. The main purpose of the Teen Pregnancy Prevention (TPP) Evidence Review is to assess programs for demonstrated positive impacts on sexual risk behavior and sexual health outcomes. Programs on the list have been shown to be effective in changing young people's sexual behaviors.