Making Proud Choices! (MPC), California Edition, is an evidence-based curriculum that provides adolescents with the knowledge, confidence and skills necessary to reduce their risk of pregnancy, HIV and other sexually transmitted diseases (STDs) by abstaining from sex or using protection if they choose to have sex.

MPC emphasizes sexual responsibility. It teaches participants to respect themselves and others, and make proud and responsible decisions regarding their sexual behavior. MPC is based on cognitive-behavioral theories and was evaluated in a rigorous research study.

Aligns with CHYA!
The new California Edition of MPC meets the requirements of the California Healthy Youth Act and other laws around sexual health education, including inclusivity of LGBTQ youth and information on affirmative consent.

Proven to reduce the risk of pregnancy, HIV and other STDs

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