



Making Proud Choices!

A Safer-Sex Approach to Teen Pregnancy, STI & HIV Prevention

What is Making Proud Choices?

Making Proud Choices! is an evidence-based sexual health education program designed to provide youth with the knowledge, confidence, and skills necessary to reduce their risk for sexually transmitted infections (STIs), HIV and unintentional pregnancy. Lessons and activities in the curriculum provide tools for delaying/abstaining from sexual activity and using birth control consistently and correctly when engaging in sexual activity. The intended audience for this program is youth ages 12-18 in a middle-school, high-school or community-based setting.

Outcomes

Making Proud Choices! is adapted from the Be Proud! Be Responsible! curriculum that integrates teen pregnancy prevention along with HIV/STI prevention. Research shows youth who participated in Making Proud Choices! reported the following behavior changes:

- Delayed initiation of sexual activity
- Increased condom use if sexually active
- Reduced frequency of sex if sexually active

Themes

Making Proud Choices! uses an approach that has been proven effective with youth. This approach is based on the following themes:

1. Protecting families and communities by avoiding disease and unintended pregnancies
2. Sexual responsibility and accountability; including developing a positive self-image and respecting oneself and others
3. Encouraging pride, self-confidence and self-respect through making proud choices

Learning Activities

Making Proud Choices! aims to increase participation and help students develop reasoning and decision-making skills that can lead to the reduction of HIV, STIs and pregnancy. Strategies used include:

- Brainstorming
- Group discussions
- Videos
- Negotiation and refusal skills practice
- Condom demonstration
- Role-playing
- Games and activity cards

Making Proud Choices! provides 480 minutes of STI prevention, reproductive health and pregnancy prevention instruction. All facilitators are trained to deliver the program with fidelity.

HIV/AIDS Prevention Education

Oklahoma's AIDS Prevention Education statute ([70 O.S. § 11-103.3](#)) requires students to receive AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade. Making Proud Choices! contains information about HIV/AIDS and can be used to meet the state statute.

Consent Education

Making Proud Choices! is implemented in compliance with Oklahoma's Sex Education Curriculum and Materials statute ([70 O.S. § 11-105.1](#)), which requires all sex education curriculum, materials, classes, programs, tests, surveys/questionnaires to include information about sexual consent and meet the state's definition for consent ([21 O.S. § 113](#)).

Oklahoma Academic Standards for Health Education

Oklahoma Academic Standards (OAS) serve as expectations for what students should know and be able to do by the end of the school year. An effective health education program offers all students the opportunity to gain the needed knowledge, skills and dispositions toward healthy lifestyles. When implemented with fidelity, Making Proud Choices! can potentially fulfill some of the objectives for the [health education standards](#) listed below for students in 6th-12th grade.

Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 4: Demonstrate ability to use interpersonal communication skills to enhance health and avoid/reduce health risks.

Standard 6: Demonstrate ability to use goal-setting skills to enhance health.

Standard 7: Demonstrate ability to practice health-enhancing behaviors and avoid/reduce health risks.

Standard 8: Demonstrate ability to advocate for personal, family and community health.



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Authors: Loretta Sweet Jemmott, PhD, RN, FAAN, John B. Jemmott, III, PhD, Konstance A. McCaffree, PhD, CSE

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For more information about this or any other evidence-based curriculum, contact:

Maternal and Child Health Service
Child & Adolescent Health Division

123 Robert S Kerr Ave, Oklahoma City, OK 73102
(405) 426-8085



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