



SEXUALITY OUTREACH
ADVOCACY & RESOURCES

Evidence Based Programming

Be Proud! Be Responsible!

Be Proud! Be Responsible! is a six-part curriculum that provides adolescents (ages 13 - 18) with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted diseases. Some of the objectives of the curriculum are as follows:

- Increase their knowledge about HIV, AIDS, and other STDs.
- Believe in the value of safer sex, including abstinence.
- Intend to practice safer sex.
- Reduce sexual risk behaviors.
- Take pride in and responsibility for choosing responsible sexual behaviors.

Making Proud Choices

Making Proud Choices! A Safer Sex Approach to STDs, Teen Pregnancy, and HIV Prevention is an eight-part curriculum that provides young adolescents (ages 11-13) with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex. Some of the objectives of the curriculum are as follows:

- Increased knowledge about prevention of HIV, STDs and pregnancy
- More positive attitudes/beliefs about condom use
- Increased negotiation skills
- Stronger intentions to use condoms if they have sex
- A lower incidence of STD/HIV risk-associated sexual behavior
- A stronger sense of pride and responsibility in making a difference

Workshop series will be facilitated by a certified health educator who works on the City of Rochester, Bureau of Youth Services' Comprehensive Adolescent Pregnancy Prevention grant through the New York State Department of Health.

Contact Information

For more information on the SOAR collaborative or to set up a workshop series please contact the City of Rochester, Bureau of Youth Services at 585-428-6329.