

# Equipping Youth to Succeed: Power Through Choices

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## WHAT'S POWER THROUGH CHOICES?

- SEXUAL HEALTH CURRICULUM
- 10 LESSONS
- 90 MINUTES EACH
- FOR GROUPS OF 8-20 PARTICIPANTS
- BASED IN THEORY
- LGBTQ+ INCLUSIVE
- TRAUMA-INFORMED
- PROVEN EFFECTIVE

## WHO'S IT FOR?

AGES 13-18

ALL SEXUAL ORIENTATIONS

ALL GENDERS

LIVING IN OUT-OF-HOME CARE



## WHAT'S THE FOCUS?

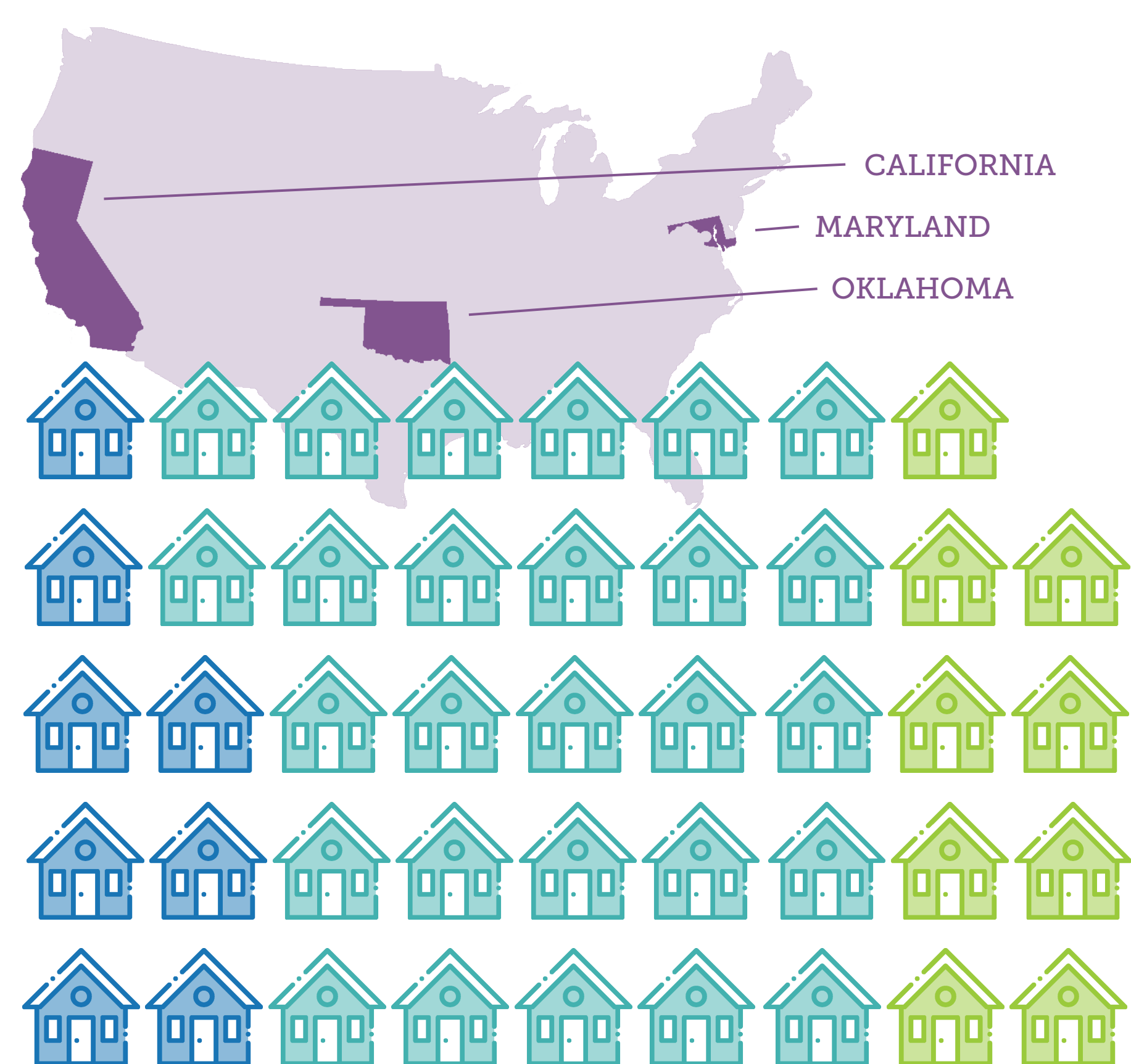
SELF-EMPOWERMENT

IMPACT OF CHOICES

## WHAT'RE THE OBJECTIVES?

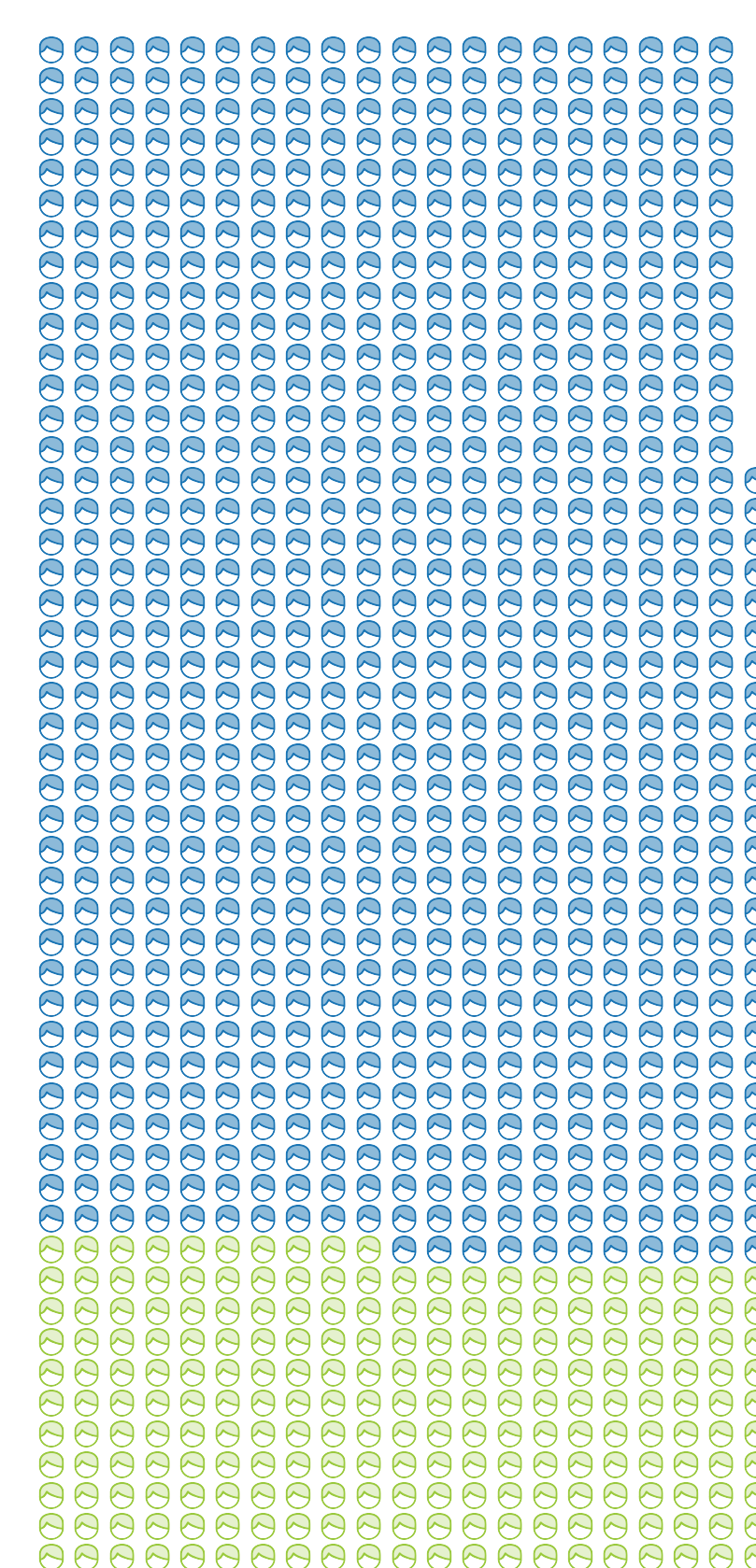
- FOR YOUTH PARTICIPATING TO...
- MAKE *healthy, positive choices* RELATED TO SEXUAL BEHAVIOR
  - DEVELOP AND PRACTICE *effective communication skills*
  - IDENTIFY AND ACCESS *available resources*
  - USE EFFECTIVE *pregnancy and STI protection*

## HOW WAS IT PROVEN EFFECTIVE?



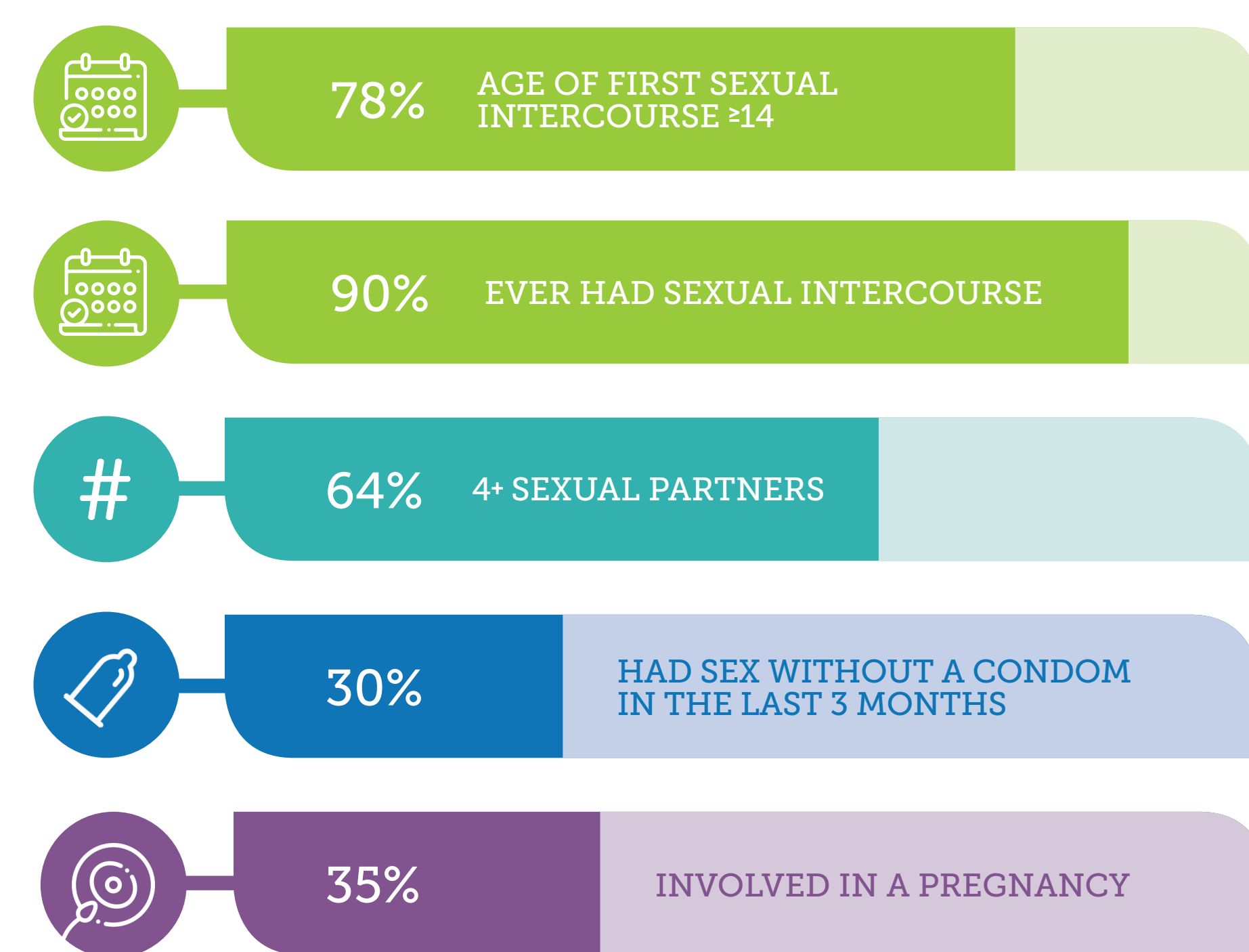
A RANDOMIZED CONTROL TRIAL IN 44 GROUP HOMES ACROSS 3 STATES...

● CHILD-WELFARE ● MIXED/BOTH ● JUVENILE JUSTICE



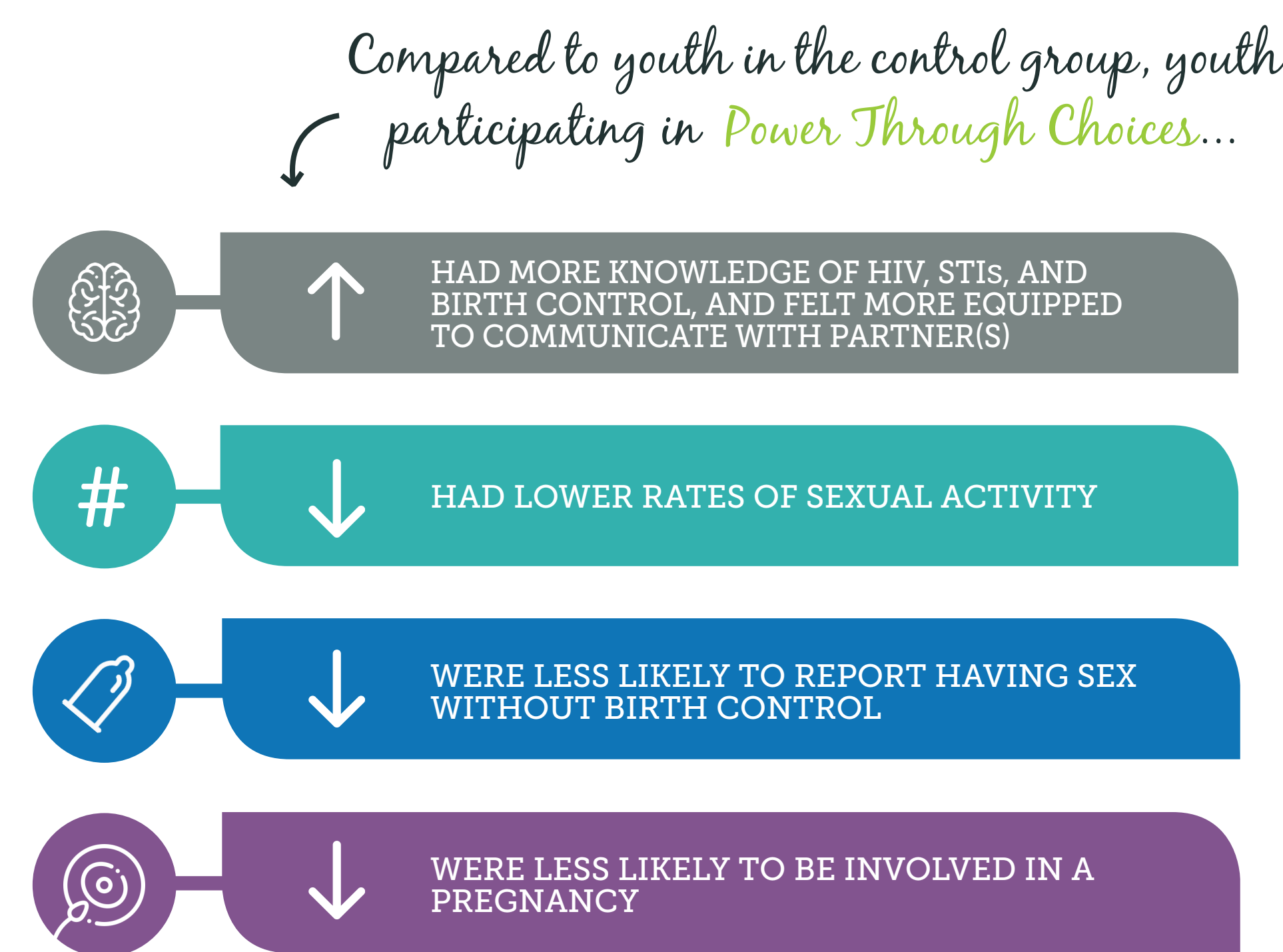
ENGAGED 1,036 YOUTH...

● MALE ● FEMALE



Includes randomized control trial participants at baseline

WHO PRESENTED WITH RISK FACTORS THAT COULD LEAD TO ADVERSE SEXUAL HEALTH OUTCOMES...



FOUND THAT PARTICIPANTS INCREASED THEIR ABILITY TO PREVENT AN UNPLANNED PREGNANCY AND STI/HIV INFECTION.

“The only sexual health program designed with and for youth in foster care and other out-of-home care”

PowerThroughChoices.org

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REFERENCE  
GRAN, R. E., VESELY, S. K., GREEN, J., FLEHR, J., & WILLIAMS, J. (2018). SEXUAL KNOWLEDGE, ATTITUDES, AND BEHAVIORS OF YOUTH LIVING IN GROUP HOMES. HEALTH BEHAVIOR AND POLICY REVIEW, 5(2), 74-87. DOI:10.14488/HBP.5.2.8