**Equipping Youth to Succeed: Power Through Choices**

**NICHOLAS SUFRINKO, MILAGROS GARRIDO, AND DEBORAH CHILCOAT (HEALTHY TEEN NETWORK)***

**WHAT'S POWER THROUGH CHOICES?**

1. Introduction
2. Making Choices Clear
3. Adolescent Reproductive Health Basics
4. Increasing Contraceptive Knowledge
5. Understanding STIs and HIV and How to Reduce Your Risks
6. Practice Makes Perfect
7. Using Resources to Support Your Choices
8. Making Choices That Fit Your Life
9. Creating the Future You Want
10. Plan + Prepare + Practice = Power

**WHO'S IT FOR?**

Ages 13–18

**WHAT'S THE FOCUS?**

Self-Empowerment

**WHAT ARE THE OBJECTIVES?**

- Make healthy, positive choices related to sexual behavior
- Develop and practice effective communication skills
- Identify and access available resources
- Use effective, available protection

**HOW WAS IT PROVEN EFFECTIVE?**

- **California**
- **Maryland**
- **Oklahoma**

A randomized control trial in 44 group homes across 3 states

Engaged 1,036 youth

10 Lessons of 90 minutes each

Who presented with risk factors that could lead to adverse sexual health outcomes...

- 78% OR of first sexual intercourse
- 90% OR of first intercourse

- 35% incidence in a pregnancy

Compared to youth in the control group, youth participating in Power Through Choices...

- Had lower rates of sexual activity
- Fewer youth reported being friends with youth without birth control
- Fewer youth reported being involved in a pregnancy

**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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**HEALTHY TEEN NETWORK**

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**CARE OUT-OF-HOME**

Engaged 1,036 youth...

2. Making Choices

Health Basics

Reproductive

Adolescent

Contraceptive

Increasing

Understanding

STIs

HIV

How to Reduce Your Risks

Practice Makes Perfect

Using Resources

Making Choices

That Fit Your Life

Creating the Future You Want

Plan + Prepare +

Each

INCORPORATING THEORETICAL AND INFORMED PRACTICAL KNOWLEDGE, POWER THROUGH CHOICES IS A PROVEN CURRICULUM THAT EFFECTIVELY EQUIPS YOUTH TO SUCCEED IN THEIR SEXUAL HEALTH DECISION MAKING AND PRACTICE.