Equipping Youth to Succeed: Power Through Choices

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**WHAT'S POWER THROUGH CHOICES?**
- 10 LESSONS
- 90 MINUTES EACH
- INCLUSIVE
- LGBQT+
- ALL GENDERS
- BASED IN HEALTH THEORY

**WHO'S IT FOR?**
- AGES 13–18
- LIVING IN FOSTER CARE OR OTHER SYSTEMS OF CARE
- ALL SEXUAL ORIENTATIONS

**HOW WAS IT PROVEN EFFECTIVE?**
- A RANDOMIZED CONTROL TRIAL IN 44 GROUP HOMES ACROSS 3 STATES
- ENGAGED 900 YOUTH
- WHO PRESENTED WITH RISK FACTORS THAT COULD LEAD TO ADVERSE SEXUAL HEALTH OUTCOMES

**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

**1. INTRODUCTION**
- 70% AGE OF FIRST SEXUAL INTERCOURSE

**2. MAKING CHOICES CLEAR**
- 90% NEVER HAD SEX WITHOUT A CONDOM

**3. ADOLESCENT REPRODUCTIVE HEALTH BASICS**
- 64% VITAL PARTNERS

**4. INCREASING CONTRACEPTIVE KNOWLEDGE**
- 30% NEVER HAD A CONDOM IN THE LAST 9 MONTHS

**5. UNDERSTANDING STIs AND HIV AND HOW TO REDUCE YOUR RISKS**
- 35% INVOLVED IN A PREGNANCY

**6. PRACTICE MAKES PERFECT**
- COMPARED TO YOUTH IN THE CONTROL GROUP, YOUTH PARTICIPATING IN POWER THROUGH CHOICES...
  - HAD LOWER RATES OF SEXUAL ACTIVITY
  - WERE LESS LIKELY TO REPORT HAVING ONE SEX PARTNER AT A TIME
  - WERE LESS LIKELY TO BE INVOLVED IN A PREGNANCY

**7. USING RESOURCES TO SUPPORT YOUR CHOICES**
- FOUND THAT PARTICIPANTS INCREASED THEIR ABILITY TO PREVENT AN UNPLANNED PREGNANCY AND STI INFECTION

**8. MAKING CHOICES THAT FIT YOUR LIFE**
- Includes randomized control trial participants at baseline

**9. CREATING THE FUTURE YOU WANT**
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“....designed with and for youth in foster care and other out-of-home care”

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