

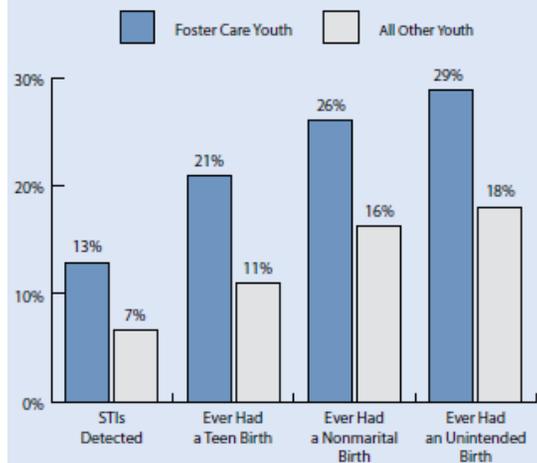
Why is sexual health education important for youth in care?

Many youth in care have experienced traumas that impact their psycho-social and sexual development, increasing the likelihood they will engage in risky sexual behaviors.

We know that:

- Almost 1/2 of youth who ever lived in foster care are under age 16 when they have sex for the first time, compared to 1/3 of all other youth.
- Youth in foster care are less likely to use contraception the first time they have sex, compared to their non-foster care peers.
- Young adults who ever lived in foster care are nearly twice as likely to have had a teen birth and are more likely to have had an STI

FIGURE 4. Reproductive Health Outcomes Among Young Adults (Age 18-26)



The National Campaign to Prevent Teen and Unplanned Pregnancy (2009). *Fast Facts: Reproductive Health Outcomes of Youth who Ever Lived in Foster Care.*

A Partnership of:



Hasbro Children's Hospital
The Pediatric Division of Rhode Island Hospital
A Lifespan Partner



Sponsored by:

the Annie E. Casey Foundation and the National Campaign to Prevent Teen and Unplanned Pregnancy

QUESTIONS?

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Making Proud Choices for Youth in Out-of-Home Care



sexual health education for youth in care

Curriculum Overview

What is *Making Proud Choices for Youth in Out-of-Home Care*?



Evidence-informed curriculum:

Making Proud Choices! is an interactive, evidence-informed sexual health curriculum, designed to help teens understand behaviors that put them at risk for pregnancy, HIV and other STIs, and to empower teens to reduce this risk through healthy decision-making.

Key Goals:

1. Increase knowledge of pregnancy, STIs/HIV, & safer sex, including contraception & condom use
2. Increase perceived vulnerability to STIs/HIV & pregnancy
3. Build confidence & skills to negotiate abstinence and/or condom use with partners
4. Bolster positive beliefs regarding safer sex
5. Build confidence and skills to practice abstinence and use condoms correctly

How has it been adapted for youth in out-of-home care?

Out-of-home care lens:

The original *Making Proud Choices!* curriculum has been adapted to address the unique and specific concerns of youth who are placed in out-of-home care.



Adaptations include:

- Recognizing various “family” structures youth in care may have
- Emphasizing the role of healthy relationships
- Providing tips for facilitating the curriculum with youth in care:
 - ◇ Strengths-based approach
 - ◇ Trauma-informed facilitation
 - ◇ Respect for diversity, including LGBTQ youth
 - ◇ Preparation for handling disclosures & making referrals

What topics and activities does it include?

Ten 75-min Modules:

1. Setting the Stage and Making Your Dreams Come True
2. Relationships and the Consequences of Sex
3. The Consequences of Sex: Pregnancy
4. The Consequences of Sex: STIs
5. The Consequences of Sex: HIV
6. Attitudes and Beliefs about HIV/AIDS and Condom Use
7. Sexuality Information Update
8. Strategies for Preventing HIV Infection: Stop, Think, Act
9. Developing Condom Use & Negotiation Skills
10. Enhancing Refusal & Negotiation

Activities:

- DVD clips
- Games
- Brainstorming
- Role-playing
- Small-group discussion
- Goal-setting
- Condom demonstration