

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

POWER THROUGH CHOICES PARTICIPANTS

LIVING IN FOSTER CARE OR OTHER SYSTEMS OF CARE

ALL SEXUAL ORIENTATIONS

ALL GENDERS



WHAT'S THE FOCUS?

SELF-EMPOWERMENT

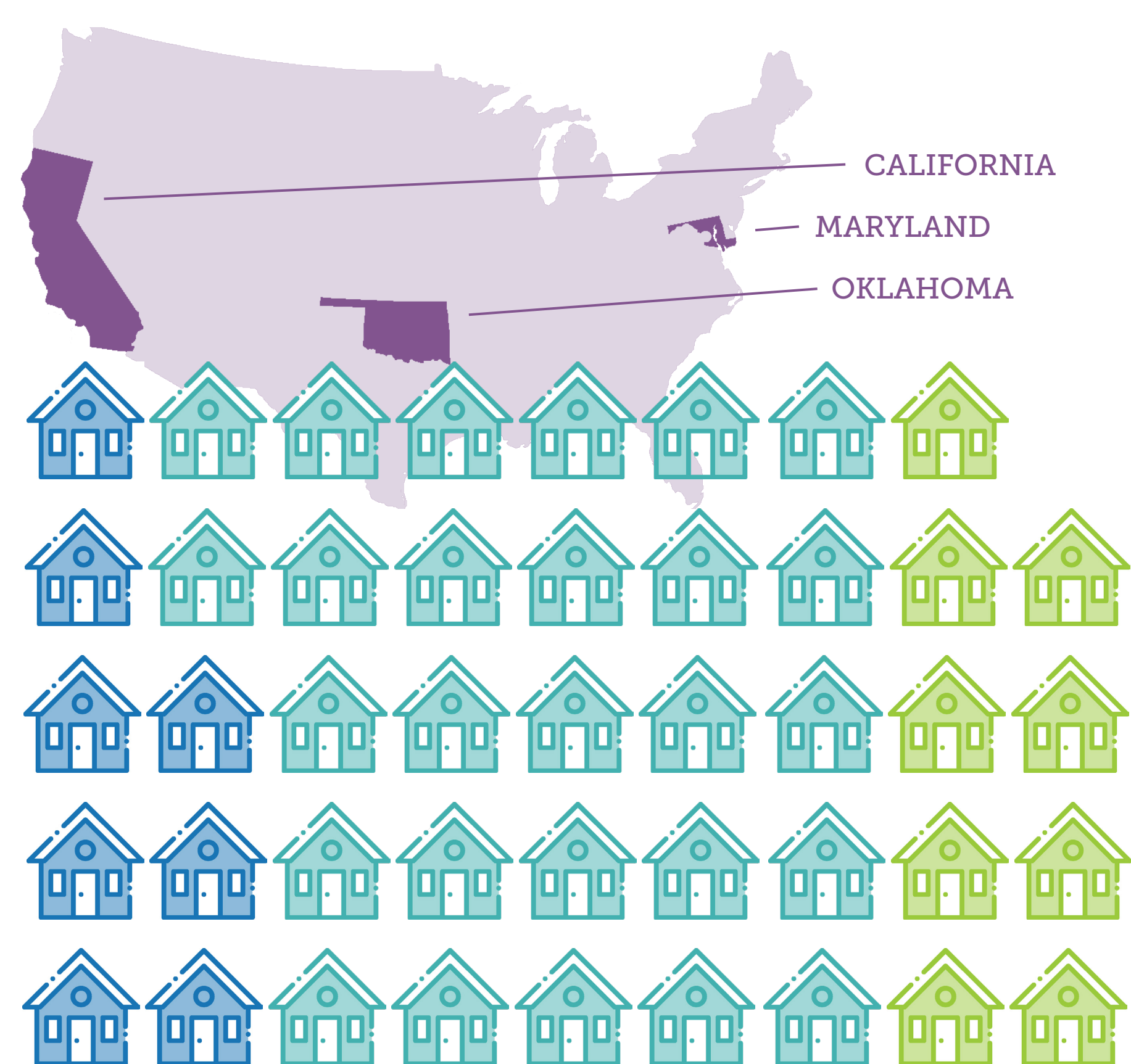
POWER THROUGH CHOICES

IMPACT OF CHOICES

WHAT'RE THE OBJECTIVES?

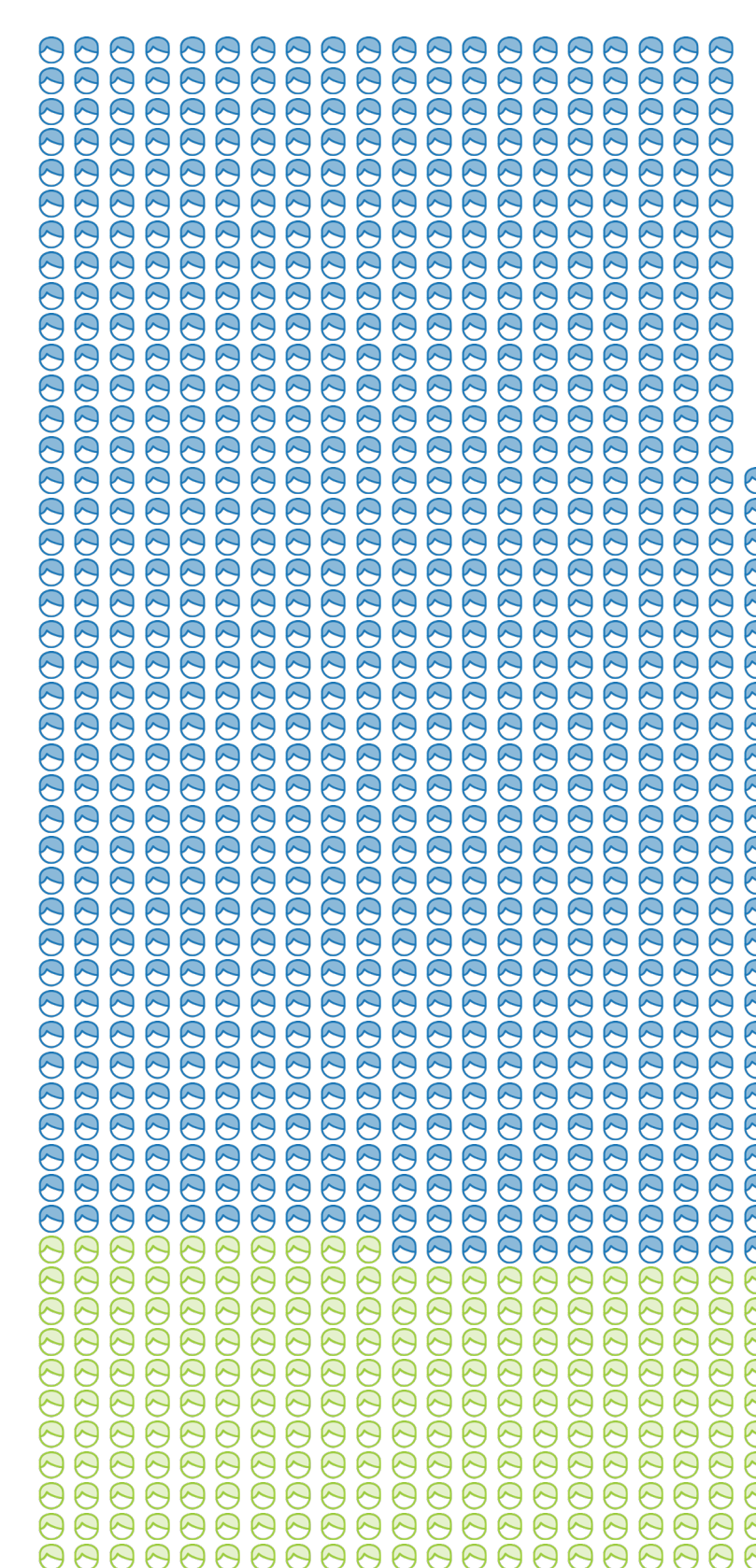
- FOR YOUTH PARTICIPATING TO...
- MAKE *healthy, positive choices* RELATED TO SEXUAL BEHAVIOR
 - DEVELOP AND PRACTICE *effective communication skills*
 - IDENTIFY AND ACCESS *available resources*
 - USE EFFECTIVE *pregnancy and STI protection*

HOW WAS IT PROVEN EFFECTIVE?



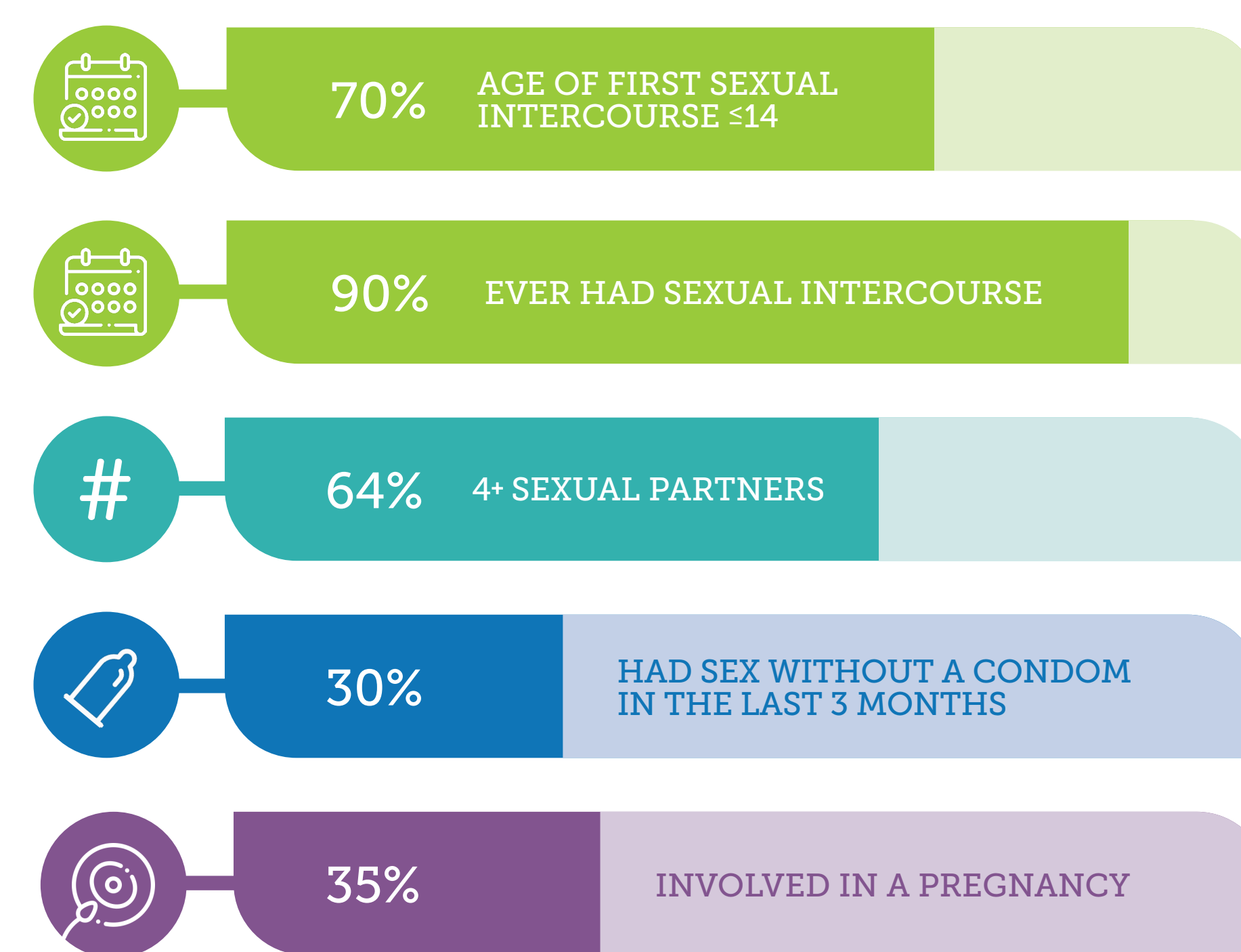
A RANDOMIZED CONTROL TRIAL IN 44 GROUP HOMES ACROSS 3 STATES...

● CHILD-WELFARE ● MIXED/BOTH ● JUVENILE JUSTICE



ENGAGED 1,036 YOUTH...

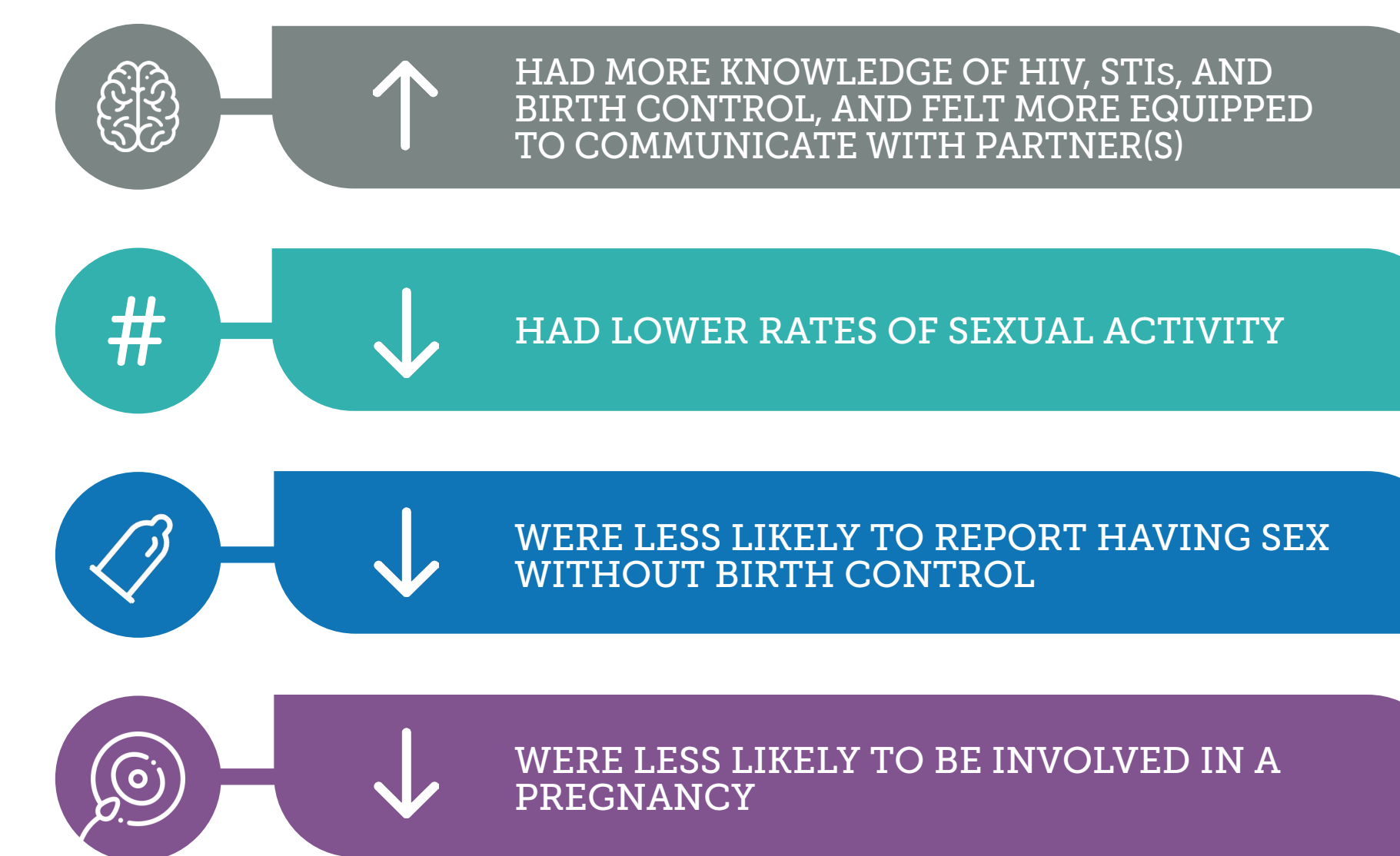
● MALE ● FEMALE



Includes randomized control trial participants at baseline

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

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



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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HEALTHY TEEN NETWORK. (N.D.). POWER THROUGH CHOICES IMPACT EVALUATION SUMMARY. BALTIMORE: HEALTHY TEEN NETWORK. AVAILABLE AT: [HTTPS://POWERTHROUGHCHOICES.ORG/OUR-RESEARCH/](https://powerthroughchoices.org/our-research/)

