



POWER
THROUGH
Choices

EVIDENCE-BASED PREVENTION PROGRAM FOR YOUTH IN SYSTEMS OF CARE

DESIGNED FOR YOUTH IN SYSTEMS OF CARE

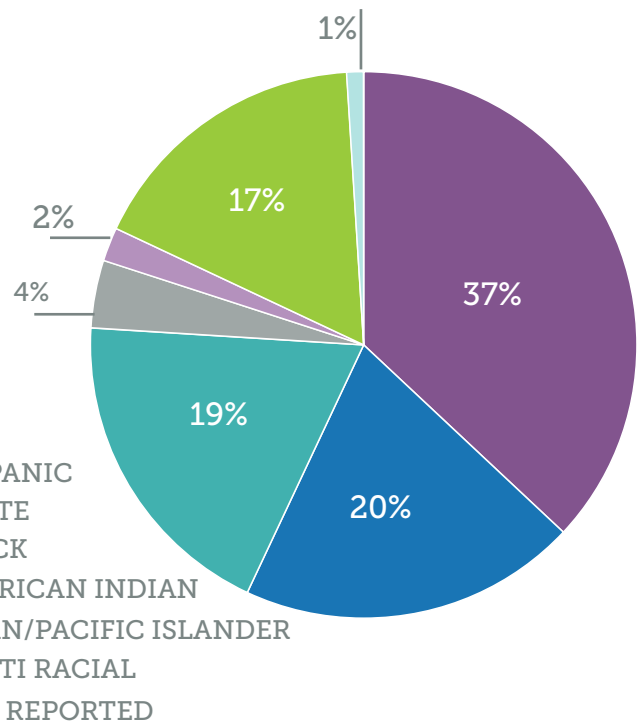
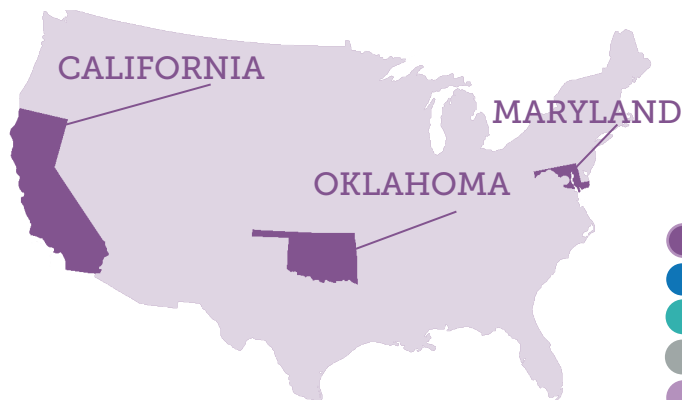
Power Through Choices: My Life, My Choices (4th Edition) is a 10-session prevention curriculum specifically designed for adolescents ages 13–18 who are in systems of care. *Power Through Choices* was developed for youth who are involved in a child welfare or juvenile justice system to help them prevent pregnancy, HIV, and other sexually transmitted infections (STIs).

REVISED AND RIGOROUSLY EVALUATED

The *Power Through Choices* Demonstration and Evaluation Project conducted a multi-year, multi-state evaluation of the new *Power Through Choices* curriculum. The rigorous study, which included over 1,000 youth, was funded by a Personal Responsibility Education Innovative Strategies (PREIS) grant from the U.S. Department of Health and Human Services Administration on Children & Families (HHS/ACF), with additional support from The Annie E. Casey Foundation. In addition to the independent evaluation conducted by the University of Oklahoma Health Sciences Center, the project was included in the large federal evaluation directed by Mathematica Policy Research. Full project implementation and evaluation reports are available online (www.PowerThroughChoices.org).

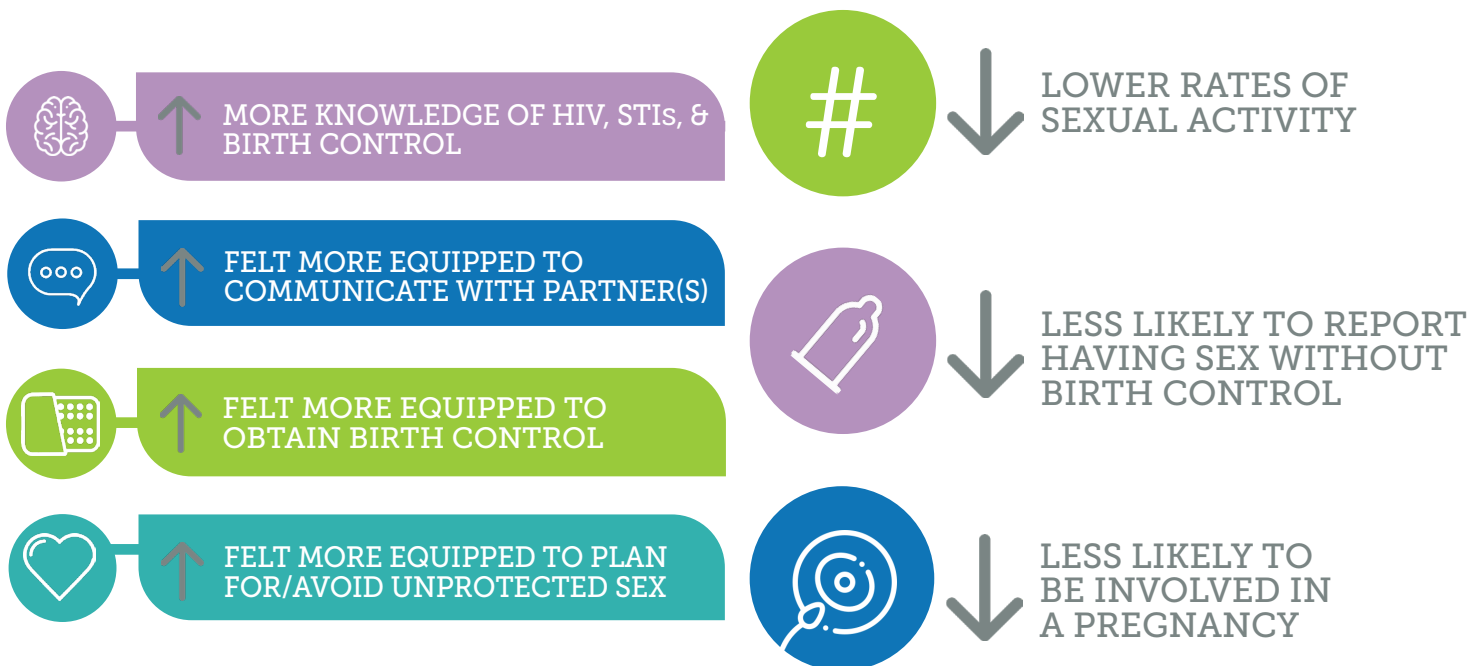
HOW WAS IT PROVEN EFFECTIVE?

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



OUTCOME AND IMPACT FINDINGS: STRONG EVIDENCE OF EFFECTIVENESS

Youth receiving the *Power Through Choices* curriculum reported statistically significant impacts in numerous areas on a 12-month post-program survey:



RESEARCH RESULTS: AN EVIDENCE-BASED PROGRAM

Impact evaluation findings from the study of the revised *Power Through Choices* show the curriculum meets the evidence-based program criteria for the U.S. Department of Health and Human Services (HHS) Office of Adolescent Health (OAH) (<https://tppevidencereview.aspe.hhs.gov/>).

“Our findings establish the *Power Through Choices* program as one of the first and only curricula for youth in out-of-home care with demonstrated evidence of effectiveness in reducing teen pregnancy and associated sexual risk behaviors.”

- POWER THROUGH CHOICES IMPACT EVALUATION,
PREPARED BY MATHEMATICA POLICY RESEARCH, INC.

TRAINING & CURRICULUM

Healthy Teen Network provides trainings-of-facilitators (TOF) and trainings-of-trainers (TOT) on *Power Through Choices*. Public trainings, when available, are listed online. All participants receive a copy of the curriculum and accompanying materials.