

## Why is this needed?

According to the Illinois Department of Public Health, **Bolingbrook has a higher than average rate of both teen pregnancy and STIs.**



## Among Illinois High School Students:

39% had had sexual intercourse

30% were currently sexually active (had sex in the past 3 months)

44% did not use a condom at last intercourse

70% did not use birth control during last intercourse

Only 11% did use condom and birth control during last intercourse

\*Source: Illinois, High School Youth Risk Behavior Survey, 2015 Sexual Behaviors.

## Who We Are

### About Us

The Will County Health Department, in partnership with the Valley View School District, has received a federal grant to address the higher than average teen birth rate and sexually transmitted infection rates in the Village of Bolingbrook.

The *Making Proud Choices!* curriculum is implemented in health education classes at Bolingbrook High School in an effort to address these issues and improve the reproductive health of Bolingbrook adolescents. This program began in the 2016-17 school year, and has served 900 students to date.

### Contact Us

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## MAKING PROUD CHOICES! CURRICULUM

An evidence-based, safer-sex approach to teen pregnancy and STI/HIV prevention



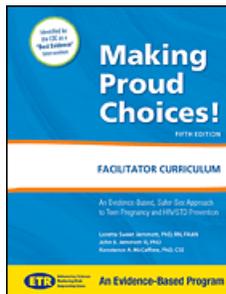


## Curriculum Overview

### ***Making Proud Choices!*** **Curriculum**

- Safer sex approach to teen pregnancy and sexually transmitted infection (STI) prevention
  - 14 module curriculum taught in BHS health classes
- Focuses on providing adolescents with the information, skills, and confidence necessary to reduce their risk of sexually transmitted infections (STIs) and pregnancy
- **Goal:** to empower young adolescents to change their behavior in ways that will reduce their risk of pregnancy, HIV, and other STIs

For more information on this evidence-based curriculum, visit:



<http://www.etr.org/ebi/programs/making-proud-choices/>

### **The curriculum modules include:**

- Information on HIV and sexually transmitted infections (STIs)
- Strategies to prevent HIV, STIs, and unplanned pregnancy
- Condom use skills
- Refusal and negotiation skills
- Abstinence = the only 100% effective way to eliminate your risk of STIs and pregnancy

### **After this program, teens will have:**

- Increased knowledge of HIV, STIs, and pregnancy prevention
- More positive attitudes towards birth control and condom use
- Increased confidence in their ability to negotiate safer sex and to use condoms
- Increased negotiation skills
- Increased condom use skills
- Stronger intentions to use birth control and condoms if they have sex
- A stronger sense of pride and responsibility in making healthy and responsible choices

### **See what BHS students have said about *Making Proud Choices!***

**"I think EVERY high schooler in the world should take part in this program or something similar."**

**"I'm very appreciative of this program. It taught me a lot and made me realize so many things I needed to know about, especially before going into college!"**

**"I understand how to protect myself in the future when I'm ready to have sex, and how to educate my friends as well."**

**"The most important thing I have learned throughout this program is if you are going to have sex, use protection. But the best way to stay protected is to stay abstinent."**

**"The only thing I used to worry about was pregnancy, and I didn't know about STDs. Now I know about all of the dangers of unprotected sex."**

**"The MPC program taught me a lot. I now have knowledge on more things that can protect me when I'm ready."**