

“Making Proud Choices” Program

Our Mission

To empower individuals to make independent, informed decisions about their sexual and reproductive lives, Planned Parenthood of New York City provides information and health care, and promotes public policies that make those services available to all.

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“Making Proud Choices” (MPC) is an evidence-based STI, HIV, and pregnancy prevention program for boys and girls aged 11-19. The goal of the program is to reduce rates of sexually transmitted infections and pregnancy among middle- and high-school-aged adolescents who go to school or receive services at eligible community organizations in 37 targeted zip code areas in the Bronx, Brooklyn, and Manhattan. PPNYC implements the program in schools and also in collaboration with the Partnership for After School Education (PASE) at after school programs and community organizations.



“Making Proud Choices” consists of eight interactive sessions designed to be implemented with groups of 8-10 young people. The curriculum provides youth with the knowledge and skills they need to make independent, informed, and responsible decisions about sex so they can live healthy and safe lives. They can be proud of these decisions!



The topics covered by the eight sessions are:

- Getting to Know You and Steps to Making Your Dreams Come True
- The Consequences of Sex: Pregnancy
- The Consequences of Sex: STDs and Correct Condom Use
- The Consequences of Sex: HIV Infection
- Attitudes and Beliefs about HIV/AIDS and Condom Use
- Strategies for Preventing HIV Infection: Stop, Think, and Act
- Developing Condom Use and Negotiation Skills
- Role-Plays: Refusal and Negotiation Skills

The MPC program is offered free of charge and includes the following incentives:

- Movie tickets, gift cards, and other giveaways for program participants
- A stipend for the host organization for each completed group

For more information, contact:

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