

## 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.

## Planning *is* Power.

**The Education and Training Department** provides education, training, and outreach to more than 25,000 youth, adults, and professionals annually. Our programs aim to deliver information and tools to program participants to help them lead sexually healthy, safe, and responsible lives.

## Programs for Youth

### Evidence-Based Programs

PPNYC implements three evidence-based interventions to reduce adolescent sexual risk behaviors in high-risk communities in Brooklyn, Manhattan, the Bronx, and Queens:

“Making Proud Choices” (MPC) and “Be Proud! Be Responsible!” (BPBR) are evidence-based STI, HIV, and pregnancy prevention programs for boys and girls aged 11-19. We bring MPC to selected after-school programs through a collaboration with the Partnership for After School Education (PASE). We also offer MPC and BPBR through community organizations and schools.

“Be Proud! Be Responsible! Be Protective!” is an evidence-based HIV prevention program designed for young mothers or pregnant girls. The curriculum emphasizes maternal protectiveness and sexual responsibility and accountability.

### Teen Advocates

Highly trained peer educators from Brooklyn, the South Bronx, and the Lower East Side of Manhattan who use interactive presentations to educate young people about teens’ rights and access to sexual and reproductive health care. Teen Advocate workshops can be scheduled during the work week between 4 pm and 7 pm. The workshops feature lively, engaging discussions that draw young people into participating in their own education.

### Center Teen Nights

To overcome barriers that teens experience in getting sexual and reproductive health care, PPNYC has special Center Teen Nights at our Manhattan, Bronx, and Brooklyn health centers, where teens can participate in workshops, take tours, and make future appointments.

### Taking Care of You

Provides sex education programs in the Bronx, Brooklyn, and Manhattan. Through a workshop series that focuses on sexuality, disease prevention, and positive communication in relationships, we highlight the range of options that young people have in order to help them make informed and empowering choices.

### All of Us

A comprehensive sexuality education curriculum created by PPNYC for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth. The seven-session curriculum is interactive and uniquely tailored to the needs of LGBTQ youth. “All of Us” is offered to LGBTQ youth groups in the Bronx, Brooklyn, and Manhattan.

### Male Inclusion Services

Through community outreach, forums, and one-on-one interactions, we aim to reach adolescent males in the Bronx, Brooklyn, and Manhattan with health education materials, safer sex kits, and information about accessing sexual and reproductive health services.

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## Programs for Adults

### Adult Role Models

Parents and caregivers are the main sexuality educators of their children, and research shows that when parents and children communicate openly about sexuality and maintain a strong relationship, children delay the onset of sexual activity and use birth control more effectively when they do become sexually active. Adult Role Models facilitate a four-part workshop series in schools and community organizations throughout the city to help other parents and caring adults talk with their kids about sexuality and strengthen parent-child relationships.

### Promotores de Salud

Bilingual peer health educators and advocates in their communities. The Promotores seek to increase access to sexual and reproductive health care centers and family planning services for Latinas in New York City through outreach, workshops, and linkage to care.

## Programs for Professionals and Organizations

### Training Institute

Prepares professionals to serve as trusted educators and facilitators in their agencies and communities. The Institute offers more than 20 annual trainings, including forums on sexual and reproductive health issues, best practices, and model education programs. We train more than 350 professionals who then reach thousands of community members.

### Capacity Building Assistance

Helps youth- and adult-serving organizations to develop their infrastructure, policies, and educational programs related to sexual and reproductive health (SRH) so they can be “SRH-Ready.” We offer information, skills-building opportunities, and educational materials to administrators and staff to enhance their ability to provide SRH education and referrals to their clients. We assist organizations in all five boroughs.

## Publications

PPNYC publishes brochures and guides about sexual and reproductive health. A number are specifically for teens or for parents and are available in both English and Spanish. They can be downloaded free of charge from our website, [www.ppnyc.org](http://www.ppnyc.org), by clicking on the link for “Publications.” These publications cover a variety of topics including healthy relationships, body image, sexuality, gender, and how to talk with your kids about sex.