

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.

PPNYC offers three evidence-based programs

designed to reduce rates of sexually transmitted infections and pregnancy among pre-teens and teens in targeted high-risk neighborhoods in Manhattan, Brooklyn, and the Bronx. We conduct the programs free of charge in schools and community organizations.

Making Proud Choices! (MPC!) and **Be Proud! Be Responsible! (BPBR!)** are STI, HIV, and pregnancy prevention programs for boys and girls aged 11-19 years. Each of these curriculums 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.

MPC! consists of eight sessions, covering the following topics:

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

BPBR! consists of six sessions, covering the following topics:

- Introduction to HIV, STDs, and Pregnancy
- Building Knowledge about HIV, STDs, and Pregnancy
- Understanding Vulnerability to HIV, STDs, and Teen Pregnancy
- Attitudes and Beliefs about HIV, Condom Use, and Safer Sex
- Building Condom Use Skills
- Building Negotiation and Refusal Skills

Be Proud! Be Responsible! Be Protective! (BPBRBP!)

is a curriculum that provides pregnant and parenting adolescent girls with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk for STDs, HIV, and unplanned or repeat pregnancies.

BPBRBP! consists of eight sessions, covering the following topics:

- Introduction to STDs, HIV/AIDS, and Their Relationship to Teen Motherhood
- Building Knowledge about HIV and Unplanned Pregnancy
- Understanding Vulnerability to HIV Infection and Unplanned Repeat Pregnancy (Part I)
- Understanding Vulnerability to HIV Infection and Unplanned Repeat Pregnancy (Part II)
- Attitudes and Beliefs about HIV, AIDS, and Safer Sex (Part I)
- Attitudes and Beliefs about HIV, AIDS, and Safer Sex (Part II)
- Building Condom Use Skills
- Building Negotiation and Refusal Skills

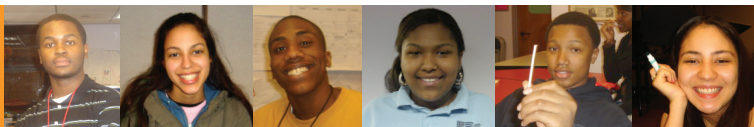
The Healthy Living Toolkit is a three-session youth development series that we conduct to supplement all of our evidence-based programs. It covers:

- Exploring Healthy Relationships
- Body Image
- Communicating with Parents and Caregivers about Sexuality

For more information, contact:

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www.ppnyc.org