

## **Our Mission**

To empower individuals to make independent, informed decisions about their sexual and reproductive lives, we provide information and health care, and promote public policies that make those services available to all.

*Planning is Power.*

## **Evidence-Based Programs**

PPNYC offers two 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, the Bronx, and Queens. We conduct the programs free of charge in schools and community organizations.

**Making Proud Choices!** and **Be Proud! Be Responsible!** are STI, HIV, and pregnancy prevention programs for young people aged 11-21 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.

**Making Proud Choices!** consists of eight sessions:

- 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

**Be Proud! Be Responsible!** consists of six sessions:

- 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

## **How about a Pop-Up Event?**

Pop-Up events are fun community engagement activities held at schools and youth-serving community organizations that engage participants in games and other interactive activities, as well as one-on-one education about sexual and reproductive health. Topics covered include (but are not limited to) sexual development and anatomy, teen rights, access to sexual and reproductive health services, and public insurance programs that can help teens to get those services. On-site assistance with making requests for appointments at PPNYC's health centers is also available.

## **Information**

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