

Together, we can help preteens & teens to...

Empower
themselves

Achieve
their goals

Stay safe
and healthy

Distinguish
facts from
fiction

Act
responsibly



The New Jersey Personal Responsibility Education Program – **NJ PREP** – is a program to reduce teenage pregnancy and sexually transmitted infection (STI) rates. Young people will be educated on both abstinence and contraceptive methods to prevent teen pregnancy and/or STIs. NJ PREP is helping communities continue their ongoing education efforts by empowering teens to make safe and healthier decisions about their future.

WHAT IS Making Proud Choices!?

Making Proud Choices! is the curriculum used by NJ PREP. It is a series of classes that will provide teens and pre-teens (between the ages of 10 and 19) with the knowledge, confidence and skills necessary to reduce their risk of STIs, HIV and pregnancy by abstaining from sex or making informed decisions. The curriculum also addresses topics that include: healthy relationships, adolescent development and parent-child communication.

WHAT ARE The Program's Goals?

The primary goal of **NJ PREP** is teen empowerment – training young adolescents to reduce their risk of an unplanned pregnancy and to prevent HIV and other STIs.



Upon graduation from the program, certificates and prizes will be distributed, while supplies last.



HOW ABOUT The Objectives?

NJ PREP will benefit families and the community by instilling in participants:

- ★ A **stronger sense** of pride and responsibility in making a difference in their lives
- ★ **The need** for healthy relationships throughout their lives
- ★ A **stronger intention** to use safer sex practices should they choose to have sex
- ★ **Increased confidence** in their ability to negotiate safer sex
- ★ The **ability to reduce** incidences of HIV/STI risk-associated sexual behavior
- ★ **Increased knowledge** about prevention of pregnancy, STIs and HIV

It's true...

● By the age of 18, roughly **75% of students have already had sexual intercourse.**

● One-third of NJ teens **did not use a condom** during their last sexual intercourse.

● Each year, **a quarter of sexually active teenagers get an STI** (sexually transmitted infection).

● Over 1 in 10 students report having **4 or more sexual partners.**



It's also true that HIV/AIDS, STIs and pregnancy are all

PREVENTABLE!

Want to know how you can arrange to have the NJ PREP team offer **Making Proud Choices!** in your neighborhood? Any other questions?

Contact us for more information:

 **(973) 372 4353**



NJ PREP is a program of the Partnership for Maternal and Child Health of Northern New Jersey

Mission Statement:

The Partnership's mission is to improve the health of women, children, and families at the local, regional and state-wide level.

The Partnership's goal is to increase the coordination, cultural sensitivity, equity and accessibility of the health care delivery system.

The Partnership accomplishes its goals through collaboration, education, data analysis, program development, outcomes evaluation and advocacy.

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SOURCES: YOUTH RISK BEHAVIORAL SURVEY, CDC | GUTTMACHER INSTITUTE | THE NATIONAL CAMPAIGN TO PREVENT TEEN AND UNPLANNED PREGNANCY | ANSWER: SEX ED, HONESTLY

STOP. THINK. ACT.



INTRODUCING

NJ PREP

New Jersey Personal Responsibility Education Program

A FACT-BASED & COMPREHENSIVE
SEXUAL HEALTH EDUCATION PROGRAM FOR TEENS & PRETEENS

