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

Achieve their goals
Empower themselves
Distinguish facts from fiction
Stay safe and healthy
Act responsibly

WHAT IS

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.

STOP. THINK. ACT.

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
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.

**Sources:**
Youth Risk Behavioral Survey, CDC | Guttmacher Institute | The National Campaign to Prevent Teen and Unplanned Pregnancy | Answer: Sex Ed, Honestly