

Power Through Choices

Sexuality Education for Youth in Foster and Group Care



Power Through Choices

is a pregnancy/HIV/STI prevention curriculum that was developed with and for teens in out-of-home care (Becker, Barth, Cagampang, & White, 1997). The curriculum was designed to provide these teens with specific skills and information to help them avoid high-risk sexual behavior. Despite the vulnerability of this population to adolescent pregnancy and early sexual activity, *Power Through Choices* (PTC) was the first curriculum tailored to the specific needs and concerns of this population.

PTC focuses on two main themes: self-empowerment and the impact of choices on each individual's future. These themes are reinforced through interactive and practical skill-building activities.

The PTC curriculum is available through the OU National Resource Center for Youth Services. The curriculum is being updated as part of the Center for Disease Control and Prevention's initiative, Promoting Science-Based Approaches to Teen Pregnancy Prevention coordinated in Oklahoma by the Oklahoma Institute for Child Advocacy. Updating activities include:

- Incorporating current data and resource information
- Developing an outcome evaluation survey tool
- Creating a BDI Logic Model
- Creating a fidelity monitoring tool for the lessons
- Developing an orientation guide for use with foster care staff
- Conducting a series of learning pilots
- Developing a Training of Trainers (TOT) program

The updated PTC version will be available in early 2009. For more information, contact:

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Power Through Choices - An Overview

Goal: To help youth, ages 14-18 living in out-of-home care, learn to prevent pregnancy, HIV and other sexually transmitted diseases

Objectives:

Designed for youth who reside in group homes, foster homes, kinship foster care or residential care, enabling them to:

- Make positive choices related to sexual behavior
- Build contraceptive knowledge and skills
- Develop and practice effective communication skills
- Learn how to locate and practice using local resources

Theory:

Instructional approaches are based on research in behavior change and sexuality education

Themes:

Self-empowerment and the impact of choices

Format:

- Ten 90-minute sessions
- Delivered in a 4-5 week period
- Practical, interactive, skill-building activities with reflection/discussion time
- Adaptable for other populations, such as alternative education
- Uses role-playing activities, demonstrations and group discussions

Content (10 sessions):

1. Introduction
2. Creating the Future You Want
3. Communication: How to Make Your Choices Stick
4. Empowerment: Understanding STIs, HIV and How to Make Your Choices Stick
5. Empowerment: Increasing Your Knowledge about Protection
6. Empowerment: Practice Makes Perfect
7. Empowerment: How to Use Resources to Support Your Choices
8. Making Choices That Fit Your Lifestyle
9. Parenting: Making an Informed Choice
10. Empowerment: Demonstrating Your Skills and Knowledge

