

Making Proud Choices: Evidence-Based Sexual Health Education in the Community



THE ALBERT SCHWEITZER FELLOWSHIP

Wake Forest School of Medicine

Abigail Wehner and Kshipra Hemal, 2018-19 NC Albert Schweitzer Fellows

PROJECT GOALS

In 2016, the pregnancy rate for 15-19 year olds in Forsyth County was 24.1 births per 1000.¹ In minorities, the rates of teen pregnancy were even higher. The goal of our project was to empower adolescents to make informed decisions about their sexual and reproductive health.

Making Proud Choices (MPC) is an evidence-based intervention that promotes smart sexual health in adolescents. MPC consists of 8 sessions focused on goal setting, healthy relationships, facts about STIs and pregnancy, as well as condom and birth control demonstrations.

¹Schs. "Statistics and Reports." *NC SCHS: Statistics and Reports: Vital Statistics*, www.schs.state.nc.us/data/vital.cfm.

RESULTS

- **16/16 (100%)** of participants plan to use a condom and **10/16 (63%)** plan to use birth control "the first time - or next time - I have sex"
- **15/16 (93%)** of participants demonstrated competency in correct condom use
- **11/16 (69%)** of participants were "comfortable going to a doctor or clinic to get birth control for either myself or my partner."
- **15/16 (94%)** of participants were comfortable talking to their peers, partners, and/or adults (parents, doctors, teachers) about sex, STIs, condoms, and birth control

SITES SERVED



Site	# Students
Carver School Road Library	1
Central Library – Teen Central	7
WR Anderson Jr Community Center	17
14 th Street Community Center	6



SUSTAINABILITY

- In December 2018, we formed the MPC Steering Committee which consists of stakeholders from
 - Forsyth County Public Library
 - Forsyth County Department of Public Health
 - Forsyth Adolescent Health Coalition
 - Planned Parenthood
 - Wake Forest Departments of Pediatrics and Obstetrics/Gynecology
 - Wake Forest School of Medicine
- The Steering Committee will continue to provide support for future iterations of MPC curriculum to community organizations

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MPC Steering Committee Members

Forsyth County Public Library

City of Winston Salem Recreation & Parks