



Healthy Relationships

2019-2020 NC Albert Schweitzer Fellows

MD Candidates of the Brody School of Medicine at East Carolina University
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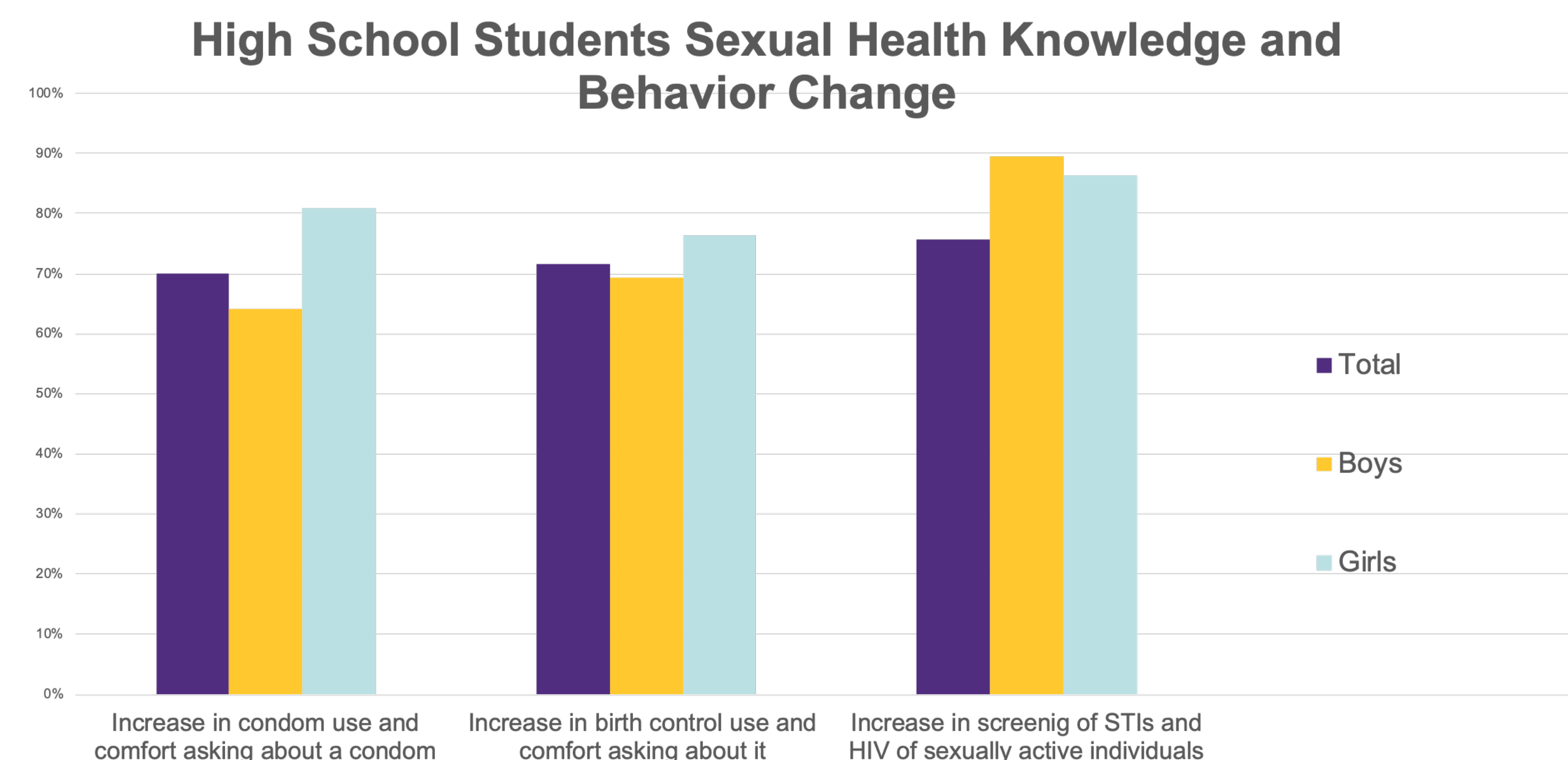
PROJECT GOALS

- Continue the PREP (Promoting Reproductive Education in Pitt County) Program started by Hannah Conley and Hannah Smith, 2018-2019 Albert Schweitzer Fellows
- Expand this program to multiple units of the Boys and Girls Clubs of the Coastal Plains
- Addition of a teen domestic violence prevention education piece

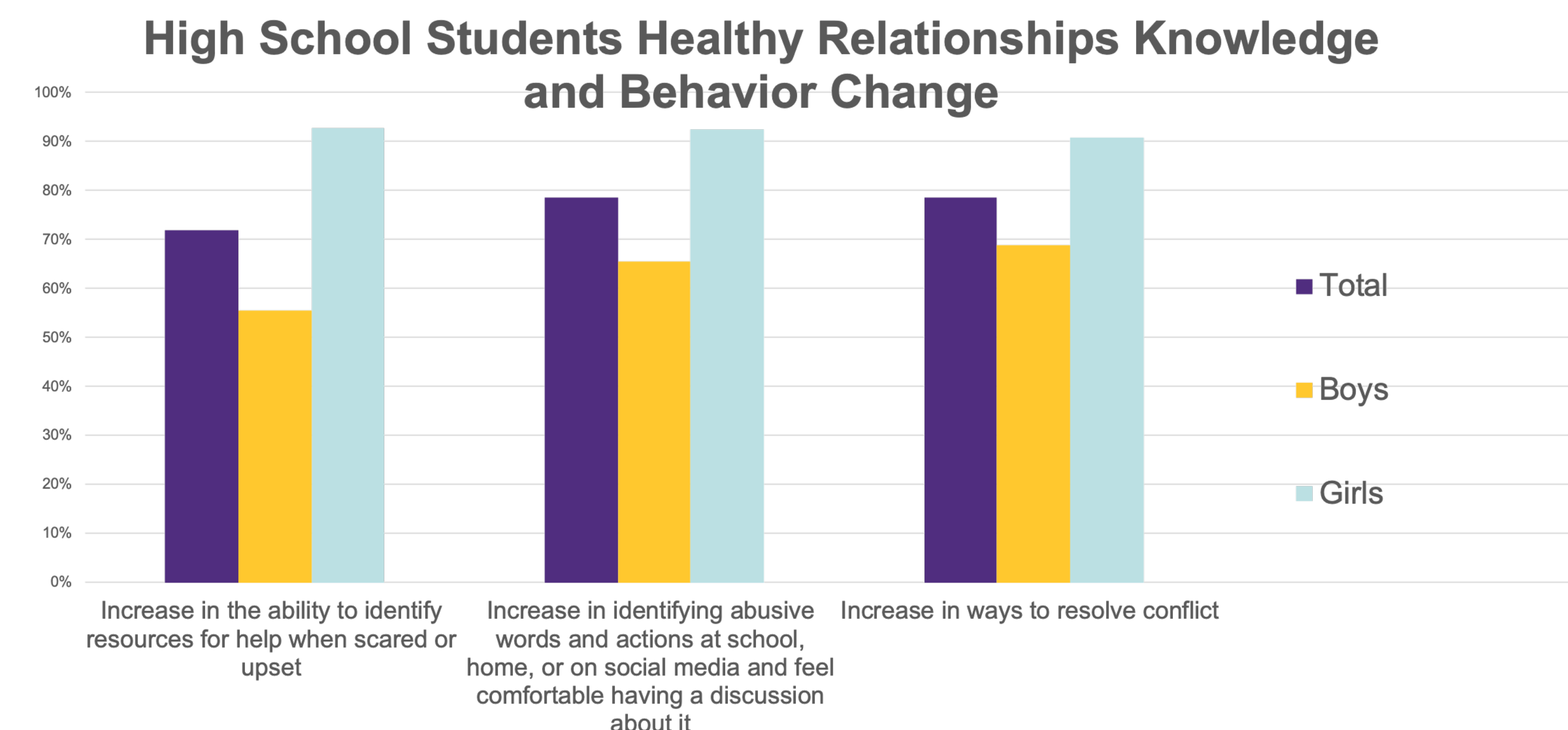
SERVICES PROVIDED

- Held two 8-week programs with weekly sessions for high school and middle school teens at the Boys and Girls Clubs of the Coastal Plains, Jack Minges and Ayden Units
- Led interactive sessions to teach a variety of topics including healthy dating, contraception, sexually transmitted infection and domestic violence prevention
- Final celebration with Empathy Belly experience
- Revised and compiled curriculum: Common Sense Education, ODCP Student Violence, and 'Rights, Respect, Responsibility'

RESULTS



- **53 of 70 high school students on average adopted one or more of the following sexual behaviors:**
 - Increase in condom use and comfort asking about a condom
 - Increase in birth control use and comfort asking about it
 - Increase in screening of STIs and HIV of sexually active individuals
- **46 of 64 high school students adopted one or more of the following healthy relationship behaviors:**
 - Increase in the ability to identify resources for help when scared or upset
 - Increase in identifying abusive words and actions at school, home, or on social media and can feel comfortable discussing it
 - Increase in ways to resolve conflict



SUSTAINABILITY

- Healthy Relationships will be sustained at the Boys and Girls Clubs of the Coastal Plains- Jack Minges and Ayden units.
- The Teen Directors will be using our provided curriculum to teach during the summer sessions
- Schweitzer Fellowship will provide funding for anatomical models we borrowed from Laupus Library can be purchased for the units as teaching resources



ACKNOWLEDGEMENTS

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Heather Joyner

Boys and Girls Clubs of the Coastal Plains,
Jack Minges Unit

Emily Mead (Site Mentor)

Boys and Girls Clubs of the Coastal Plains,
Ayden Unit

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