

# Healthy Teen Initiative (HTI) Grantee

## WATONWAN COUNTY SCHOOL DISTRICTS

The overall goal of the Healthy Teen Initiative is to target populations experiencing the greatest disparities in teen pregnancies and sexually transmitted infections (STIs) through the implementation of high quality, medically accurate, evidence-based and informed programs to promote healthy youth development, risk avoidance, abstinence, and to delay the onset of sexual activity.

Watonwan County will implement the following programming in the Butterfield/Odin, Madelia, and St. James school districts with youth 10-14 in Watonwan County.

### Making a Difference!

The goal of *Making a Difference!* is to empower young adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STDs and their risk for pregnancy. Specifically, this curriculum emphasizes that young adolescents should postpone sexual activity and that practicing abstinence is the only way to eliminate risk for pregnancy and STDs, including HIV. This curriculum contains eight 60-minute sessions and will be delivered to 6<sup>th</sup> grade students within all three school districts.

### Project AIM

Project AIM is an evidence-based youth development intervention that motivates youth to make safe choices and addresses barriers to sexual risk prevention such as hopelessness, poverty, and risk opportunities in order to reduce sexual risk behaviors among youth ages 11-14. This program contains twelve 50-minute sessions delivered bimonthly. This program will be delivered to 7<sup>th</sup> graders in all three of the aforementioned school districts and targeted 8<sup>th</sup> graders.

The Healthy Teen Initiative (HTI) is funded by the U.S. Office of Health and Human Services, Administration for Children and Families, Federal Youth and Family Services Bureau, and Title V State Sexual Risk Avoidance Education Program. The funds are allocated to Watonwan County through the Minnesota Department of Health. Please contact Sue with questions regarding HTI's implementation in Watonwan County.

**Sue Harris, Grant Coordinator** | [sharris@isd840.org](mailto:sharris@isd840.org)

For more information: [Minnesota Department of Health - Healthy Teen Initiatives Website](#)

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