

# Lutheran Social Services

TWIN CITIES METRO-AREA

## Objectives

- 50 youth, ages 11-13, participating in Student Movement for Achievement in School and Home (SMASH) out of school time programming services, will reduce their risk relative to pregnancy, STI prevention and HIV/AIDS through completing Making Proud Choices (MPC) curriculum.
- 75 high risk court-ordered youth, ages 13-18, participating in the Empowering Students to Achieve (ESA) Life Skills Program, will reduce their risk relative to pregnancy, STI prevention and HIV/AIDS through completing the All4You! curriculum.
- 125 ESA youth, ages 11-18, will participate in supplemental developmentally appropriate, culturally grounded curriculum on positive-decision making, healthy relationships, the importance of self-esteem, financial literacy, self-regulation strategies, goal-setting and personal accountability.
- 25-50 youth at higher risk (those who are highly mobile or homeless and youth living with disabilities) for teen pregnancy will be referred from community partners to SMASH program for MPC or All4You! lessons.
- 75-100 ESA youth, ages 11-18 will increase their knowledge and build relationships with community health resources.

## Curriculum

### Making Proud Choices

[Making Proud Choices!](#) is A Safer Sex Approach to STDs, Teen Pregnancy, and HIV Prevention and is an eight-module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex. The target audience for LSS's intervention is youth ages 11-13. It is based on cognitive behavioral theories, focus groups, and the researchers' extensive experience working with youth. The goal of Making Proud Choices! 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.

### All4You!

The primary goal of [All4You!](#) is to reduce the number of students who have unprotected sexual intercourse, which is associated with increased risk of HIV, other STD and unplanned pregnancy. The target audience for LSS's program is youth ages 14-18 in alternative learning

centers. The curriculum also aims to change key determinants related to sexual risk taking, such as attitudes, beliefs and perceived norms. The intervention is delivered as a 14-session program totaling about 26 hours of instruction. It is delivered through mini-lectures, brainstorming, games, small-group work, role-plays, guest speakers, videos, reflection activities, and service learning visits.

## Accomplishments

- 71% of current staff are African American and 14% are Latino and Spanish-speaking providing a large representation of the populations served
- LSS is one of Minnesota's largest statewide social service nonprofits
- LSS's SELF Program has reached 679 youth in school settings and 114 youth in the community in the 2017-18 school year
- 64% of youth taught in schools and 85% of youth taught in the community self-identify as POC
- 101 youth self-identified as having a disability
- The SELF Program's Peer Educators reached 50 students through one-to-one education

## Populations Receiving Making Proud Choices and All4You! Curricula

- Youth of color and American Indian youth ages 10-19 (males and females)
- Youth in the Juvenile Justice System, transitioning out of the system or on probation
- Youth in Alternative Learning Centers
- Youth experiencing a variety of social disparities and inequities based on their race and/or ethnicity

**Gabriel McNeal, PREP State Coordinator | [gabriel.mcneal@state.mn.us](mailto:gabriel.mcneal@state.mn.us)**

For more information: [Minnesota Department of Health - MN PREP Website](#)

To obtain this information in a different format, call: 651-201-3623. Printed on recycled paper.