



The New York Foundling's

Adolescent Health Education Initiative



Providing adolescents in the child welfare system with an education on sexual health and decisions, with the goal of building self-confidence and making responsible choices

Serving the Bronx and Manhattan, The Foundling's Adolescent Health Education Initiative offers group classes to young people between the ages of 13-18. The Foundling's trained experts use an evidence-based curriculum to promote healthy relationship choices—including safe sex practices, how to advocate for boundaries, and approaches to build confidence and self-worth.

BENEFITS

- Improve the ability for young people to consider abstinence or safer-sex practices.
- Increase the knowledge of how HIV and other sexually transmitted diseases are spread.
- Reduce the practice of unprotected sex and increase pregnancy prevention.
- Instill pride in making responsible decisions about sexual health and actions.

BRING EVIDENCE-BASED HEALTH EDUCATION TO YOUR COMMUNITY!

The program typically works with school counselors, teachers, and social service professionals to bring these classes to young people.

If you work with adolescents that would benefit, reach out to The Foundling, and our staff will work with you to set up a class schedule. *Weekly sessions are most popular, but scheduling is flexible to best fit participant needs. Additionally, one-on-one support services are also available.*

TWO CURRICULUM OPTIONS

Making Proud Choices

Geared toward younger adolescents, this curriculum encourages young people to build healthy relationships, postpone sexual behaviors, and reduce risky behavior when/if sexually active. *This course contains 6 sessions*

Be Proud, Be Responsible!

Geared toward older adolescents, this curriculum provides teens with the information and tools to understand the consequences of sex—from HIV and sexually transmitted infections to unplanned pregnancy. Students learn how to reduce risk, make safer choices, and to discuss and advocate their sexual boundaries. *This course contains 10 sessions*

Both curriculums use games, role-playing scenarios, skill-building development activities, and small-group discussions to engage youth.

The two models used in the program have been named effective in changing sexual behaviors by the U.S. Department of Health and Human Services.

**To get started, contact us at
AHEI@NYFoundling.org or 917-485-7637.**