



## The New York Foundling's Adolescent Health Education Initiative (AHEI)

A **health and wellness program** that provides **adolescents** with a comprehensive, evidence-based, age-appropriate **sexual health education**



Our health education programs provide young people ages 11-18 with the information to make healthy and responsible relationship choices - including safe sex practices, how to advocate for boundaries, and approaches to build confidence and self-worth.

Primarily serving the Bronx, The Foundling's Adolescent Health Education Initiative offers a variety of group classes and workshops for young people, parents, school administrators, and more. Our programs promote health, safety, and communication, with the goal of providing adolescents with the tools to make healthy decisions, prioritize their sexual health, and create positive relationships.

### THE ADOLESCENT HEALTH EDUCATION INITIATIVE OFFERS:

#### Evidence-Based Programs

AHEI offers two evidence-based programs, each composed of 8-15 lessons, designed for young people ages 11-18. Both curriculums use games, role-playing scenarios, skill-building activities, and small-group discussions.

##### ***Making Proud Choices***

*(6th - 8th Grades; Ages 11-13)*

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

##### ***Be Proud, Be Responsible!***

*(8th - 12th Grades; Ages 13-18)*

Geared toward older adolescents, this curriculum provides info on the consequences of sex - unplanned pregnancy, HIV, and other STIs. Students learn how to reduce risk, make safer choices, and to discuss and advocate their sexual boundaries.

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

#### Customized Workshops

AHEI teaches workshops for young people, parents, and others on a variety of subjects - and will customize the content depending on the audience and specific interests/needs.

##### ***Possible topics include:***

- **Healthy Relationships**
- **Healthy Life Skills**
- **Sexually Transmitted Diseases**
- **Puberty**
- **Birth Control Options & Protection**
- **Consent & Boundaries**
- **Anatomy & Reproduction**
- **Gender & Human Sexuality**
- **Internet & Social Media Awareness**

These workshops provide knowledge and info for young people, offer tools for parents to communicate with their children about difficult topics, and assist teachers, school counselors, and social service professionals in supporting young people as they transition to adulthood.

The AHEI team is also equipped to facilitate youth leadership programs, supporting young people in creating their own programs for peers.

### BRING EVIDENCE-BASED HEALTH EDUCATION TO YOUR COMMUNITY!

Reach out and our flexible staff will work with you to assess your needs and set up a class or workshop schedule.

To get started, contact us at  
[AHEI@NYFoundling.org](mailto:AHEI@NYFoundling.org) or 917-485-7637.