

THE NEW YORK FOUNDLING

The New York Foundling's

Adolescent Health Education Initiative (AHEI)

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

Our health education programs provide young people ages 10-21 with the information to make healthy and responsibile relationship choices - including safe sex practices, how to advocate for boundaries, and approaches to build confidence and self-worth.

Serving the Bronx and Upper Manhattan (north of Central Park), 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 INITATIVE OFFERS:

Evidence-Based Programming

AHEI offers **Making Proud Choices!**, a proven curriculum that encourages young people to build healthy relationships, postpone sexual behaviors, and reduce risky behavior when/if sexually active.

Composed of 8-15 lessons, the model includes games, role-playing scenarios, skill-building activities, and small-group discussions.

This model has been named effective in changing sexual behaviors by the U.S. Department of Health and Human Services.

Research has found that participants:

- **Delay sexual behavior**
- **Reduce risky sexual behavior**
- **Improve their knowledge of HIV, STIs, pregnancy, and contraceptives**
- **Are more confident in asserting their boundaries**

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.

BRING EVIDENCE-BASED HEALTH EDUCATION TO YOUR COMMUNITY!

The AHEI team is equipped to provide age-appropiate programming across age groups, and can also facilitate youth leadership programs, supporting young people in creating their own programs for peers. Additionally, the team has specific training to serve those with intellectual and developmental disabilities as well.

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

Contact us at AHEI@NYFoundling.org or 646-581-7126