



We Offer These Programs:

Draw the Line/Respect the Line

5 (45 min.) sessions in grade 6; 7 (45 min.) sessions in grades 7 and 8

6th – 8th grade, approx. 10 – 14 years old

This curriculum helps students develop personal sexual limits and practice the skills needed to maintain those limits when challenged. This evidence-based program stresses that postponing sexual activity is the best plan; covers setting limits to prevent HIV, STDs and pregnancy; and discusses social pressures, challenges to personal limits, and communication and refusal skills.

It's Your Game... Keep It Real

12 (45 – 60 min.) lessons in Level I; 12 (45 – 60 min.) lessons in Level II

6th – 8th grade, approx. 10 – 14 years old

It's Your Game (IYG) is a classroom- and computer-based program for middle school youth. The curriculum is grounded in theory and was developed to prevent teen pregnancy and sexually transmitted diseases (STDs), including HIV. IYG emphasizes abstinence but also teaches students how to protect themselves from pregnancy and STDs using medically accurate information. The curriculum includes eight classroom-based lessons including interactive activities that facilitate group discussion, including role-plays for students to practice refusal skills. Four computer-based lessons include a virtual world interface, educational quizzes, animations, and fact sheets that target determinants of sexual risk taking and are tailored to gender and sexual experience.

Making Proud Choices

8 (1 hour) Modules

6th – 8th grade, approx. 11 – 13 years old

This HIV risk reduction curriculum acknowledges that abstinence is the best choice. But it also emphasizes the importance of condoms to reduce the risk of pregnancy and STIs, including HIV, if participants choose to have sex. The curriculum consists of eight, one-hour modules. Making Proud Choices involves group discussions, videos, games, brainstorming, experiential exercises, and activities to build skills. The curriculum encourages participants to take pride in themselves and their community, to behave responsibly for their own sake and for the sake of their community, and to consider their goals for the future and how unhealthy behavior might thwart those goals.

Wyman's Teen Outreach Program (TOP®)

At least 25 (1 hour) sessions across 9 months

6th – 12th grade, approx. 10 – 18 years old

TOP® is an evidence-based program specifically designed for teens from 6th to 12th grade. Guided by a nine-month curriculum, TOP® reduces the risk of problem behavior while promoting healthy choices and empowering teens to lead successful lives and build strong communities. TOP® also includes a Community Service Learning component; a minimum of twenty hours that will allow the students to better their community while learning life skills and building a sense of purpose. There are three essential goals that every teen in the program can build a foundation of success from: healthy behaviors, life skills, and a sense of purpose. TOP® has demonstrated a 52% lower risk of suspension, 60% lower risk of course failure, and 53% lower risk of pregnancy.

Reducing the Risk

16 (45 – 50 min.) sessions

9th – 12th grade, approx. 14 – 18 years old

The major focus of RTR is the development of attitudes and skills that will help teens prevent pregnancy and the transmission of STD, including HIV. This research-proven approach addresses skills such as risk assessment, communication, decision making, planning, refusal strategies and delay tactics. Reducing the Risk is an evidence-based program that has 16 lessons, with each lesson lasting 45 to 50 minutes in length.

Big Decisions

10 (1 hour) sessions

7th – 12th grade, approx. 11 – 18 years old

An abstinence-plus, medically accurate, easy-to-use curriculum that has been evaluated as a "promising program". The 10-session curriculum includes lessons on anatomy/reproduction, healthy relationships, contraception, STDs, goals and dreams, and much more! *Big Decisions* is compatible with Texas law and has been approved and used in more than 23 Texas school districts. For more information about *Big Decisions*, visit www.BigDecisions.org.

Families Talking Together

8 Modules

For parents of children ages 9 and above

A parent-based intervention program focused on improving parent-child communication and parental monitoring, with the goal of delaying sexual initiation and preventing risky sexual behavior among middle-school aged youth. Parents are given information and skills to help them guide their teens to form healthy relationships, set goals, and increase self-esteem.

***Prevention of teen and unplanned pregnancy is much more than abstinence, sex education, and contraception.
It is about goals and dreams -- and moving toward a bright future!***