



OUR MISSION: Healthy Futures of Texas is dedicated to reducing teen and unplanned pregnancy in San Antonio, in order to support the development of strong families and positively impact the future of our city. We envision a community where every child has parents who are ready to care for them and every teen is able to reach their full potential.

WHAT WE DO: Healthy Futures of Texas provides and promotes strategies that work to help young people make healthy decisions and avoid unplanned pregnancies. We provide education programs for parents, teens, and young adults. We educate and mobilize our community to know and to use what works. We also advocate for policies to help teens and young adults take responsibility for their health and their future—and avoid unplanned pregnancy.

OUR STRATEGY: As a small nonprofit, our strategy is to collaborate with other organizations to help them be more effective. We provide the tools and the training—and sometimes the facilitators—to assure that schools, community agencies, parents, and teens are able to address this important “piece of the puzzle.” Our greatest success has been helping our community overcome controversy to work together for young people.

OUR PROGRAMS

EDUCATION:

Youth Development/Youth Education:

Healthy Futures provides abstinence-plus education in schools and agencies in low-income areas of San Antonio. Using evidence-based and evidence-informed curricula—and always with parental consent—our educators facilitate sessions that help teens make responsible choices. Our programs reached 3,840 youth in 2014.

Parent Education: Healthy Futures provides parent empowerment workshops, where parents learn to communicate more effectively with their teens. In 2014, our programs reached 647 parents.

Big Decisions is a Texas-friendly abstinence-plus curriculum for teens available free on the internet. Deemed “promising” by Baylor College of Medicine researchers, Big Decisions is used by more than 20 Texas school districts, as well as by many agencies.

ADVOCACY:

The Healthy Futures Alliance (HFA) is a coalition of nearly 400 individuals working together to prevent teen and unplanned pregnancy in San Antonio. HFA includes “pro-choice” and “pro-life” members and advocates for science-based policies at both the state and local/school district levels.

Texas Women’s Healthcare Coalition: Healthy Futures leads this statewide coalition of healthcare, policy, and faith organizations that helped to restore women’s healthcare funding and ensure access to preventive care for low-income Texas women.

Youth Advocacy Council: Healthy Futures works with a group of high school students who serve as youth educators and advocates on issues of adolescent sexual and reproductive health, with an emphasis on teen pregnancy prevention.

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!