

CURRICULA OVERVIEW

Be Proud! Be Responsible! (6 hours)

A six-module curriculum that provides participants with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted diseases. To change behavior, adolescents need not only information and a perception of personal vulnerability, but also the skills and the confidence in their ability to act safely.

Life Skills Training (7 hours)

A highly interactive, skills-based program designed to promote positive health and personal development for youth and young adults. This program helps them navigate the challenges of the high school and college years, and prepares them for the independence and responsibilities that they will encounter as young adults. The program helps participants achieve competency in the skills that have been found to reduce and prevent substance use and violence.

Hepatitis Education (4 hours)

Includes interactive sessions designed to increase knowledge about liver wellness and Hepatitis A, B, & C. Participants learn about risks associated with hepatitis, symptoms, and methods to protect themselves from contracting and/or spreading the virus. These sessions also encourage youth and young adults to avoid behaviors that can cause damage to the liver such as alcohol and drug use, unprotected sexual activity, and unsafe piercing and tattooing.

Social Marketing (12 hours)

Participants spend the remaining 12 program hours working together to create unique social marketing campaigns based off curricula learned from the Be Proud! Be Responsible!, Life Skills Training and Hepatitis lesson plans. Participants can choose from a variety of project formats (flyer, poster, PSA, social media content, video, etc.) to promote in designated St. Louis neighborhoods, with goal of increasing community awareness about substance use, HIV/AIDS and hepatitis prevention.