

**BOARD AGENDA ITEM**  
**May 24, 2016**

**SUBJECT:**

Comprehensive Health Education Curriculum

**BACKGROUND:**

The Comprehensive Health Education Act of 1988 (CHEA) and Aiken County School Board Policy IHAM require that reproductive health, family life education, and pregnancy prevention be taught as part of a comprehensive health education program. Clear requirements for these components exist based on grade level, make up of classes, length of instruction, and the approval of instructional materials. CHEA requires that all such materials be approved by the thirteen member local CHEA advisory committee. That committee consists of two parents, three clergy, two health professionals, two teachers, two students, one being the president of the student body of a high school, and two other persons not employed by the local school district.

**ADMINISTRATIVE CONSIDERATION:**

As part of our participation in a U. S. Department of Health and Human Services grant with the South Carolina Campaign to Prevent Teen Pregnancy, the district's CHE Advisory Committee has spent approximately four months reviewing evidence-based curriculum materials designed to address the reproductive health, family life education, and pregnancy prevention requirements of CHEA and Policy IHAM. The advisory committee has approved and recommends *Making Proud Choices* for high schools and Healthy Futures *Nu-CULTURE* for middle schools.

**RECOMMENDATION:**

Approve The CHE Advisory Committee's recommendations of *Making Proud Choices* for high schools and Healthy Futures *Nu-CULTURE* for middle schools.

**ATTACHMENT:**

Making Proud Choices description  
Nu-CULTURE description

**PREPARED BY:**

King Laurence

# Making Proud Choices!

## OVERVIEW

Making Proud Choices! is a safer-sex approach to HIV/AIDS and teen pregnancy prevention. The program is directed toward empowering inner-city, African American adolescents to use condoms if they choose to have sex.

An evaluation of Making Proud Choices! revealed positive program impacts on condom use and unprotected sex. The program had a particularly strong impact on students who were sexually experienced before they received the intervention. These students were found to decrease not only unprotected sex, but also the frequency of sex in general.

Another evaluation compared the Making Proud Choices! program, with the Making a Difference! program, two combined Making a Difference! and Making Proud Choices! programs, and a control group. The Making Proud Choices! program did not demonstrate any program impacts. The comprehensive groups were significantly less likely to report multiple partners than the control group.

## DESCRIPTION OF PROGRAM

**Target population:** Urban African American adolescents from low-income families.

The Making Proud Choices! curriculum consists of eight culturally-appropriate, hour-long modules. These modules address facts, attitudes, and beliefs surrounding HIV/AIDS and teen pregnancy. They also teach condom use skills and negotiation-refusal techniques. Program activities include role playing and video watching.

Making Proud Choices! is an adaptation and extension of the Be Proud! Be Responsible! curriculum. The latter curriculum is based on the idea that participants should be proud of themselves and their community, and that they should make and focus attention on healthy goals. This particular intervention differs from Be Proud! Be Responsible! in that it deals not only with HIV/AIDS prevention, but also pregnancy prevention. Making Proud Choices! acknowledges that abstinence from sex is preferred, but highlights condom use as a way to reduce the risk of sexually transmitted diseases (STDs) and pregnancy. The program places specific emphasis upon adolescents' goals and dreams and on how sexual behavior has the potential to thwart those dreams. The goals of the program are to increase HIV/AIDS knowledge, to combat negative beliefs about condom use, and to promote condom use self-efficacy.



# Healthy Futures

cultivating leaders through relationship education

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## Relationship Education



**Nu-CULTURE** (pronounced "new culture") is the Healthy Futures classroom-based relationship education program for grades 6-8. Dedicated to **Cultivating Urban Leaders Through Unique Relationship Education**, this program provides youth with the tools and resources needed to make and maintain healthy choices and be positive role models in their communities.

Nu-CULTURE is a 24 session program developed by Healthy Futures that provides middle school students with the knowledge, skills, and self-efficacy necessary to delay sexual activity and reduce the risk of teen pregnancy and sexually transmitted infections. Nu-Culture includes a variety of engaging activities designed to maximize student participation, including small group activities, role-plays, audiovisual materials, and daily parent connection forms.

Nu-CULTURE helps students understand the risk associated with early sexual activity and develops skills necessary to make healthy decisions and avoid risky behaviors. The program emphasizes increasing skills and self-efficacy in communication and refusal skills using through age appropriate, medically accurate information about teen pregnancy prevention, sexually transmitted infections, and other sexual health topics. Nu-Culture includes daily parent connection forms designed to engage parents in the topics covered and encourage open parent-teen communication.

### Nu-CULTURE Goals

- Influence attitudes, behavioral and normative beliefs, and self-efficacy regarding healthy relationship choices and risk-reduction behaviors by creating a Nu-CULTURE where healthy choices are supported by peers and family.
- Strengthen beliefs about the benefits of delaying sexual activity.
- Strengthen beliefs about the benefits of using effective contraception and condoms if sexually active.
- Increase intentions to delay sexual activity.
- Increase intentions to use effective contraception and condoms if sexually active.
- Develop leaders to be positive role models to their peers and communities.



B-7

Attachment 2