

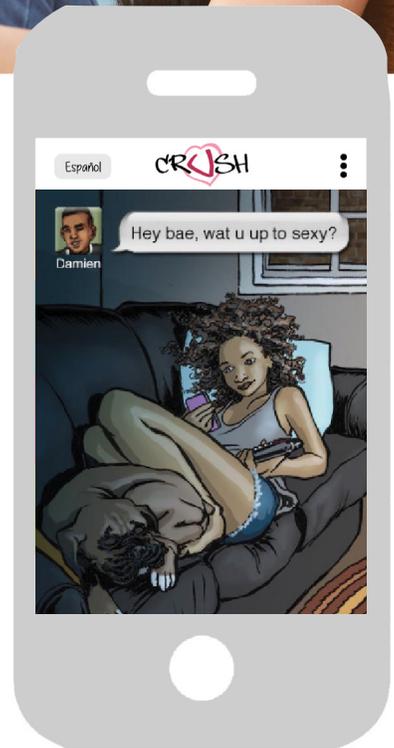


Crush shares sexual health information with adolescent women—anywhere, anytime.

Crush is an innovative digital tool that empowers adolescent women by sharing on-demand access to comprehensive, medically accurate sexual health information in English and Spanish.

Crush uses interactive, multimedia features to enhance engagement and support diverse learning styles. Crush offers sex-positive, culturally and age appropriate text, animation, video, quizzes, interactive graphics, and calendar and clinic locator tools to educate users about birth control, healthy relationships, sexual health and anatomy, pregnancy, and clinical services.

Coming Soon! More information on CrushTEXT and how you can use the evidence-based program in your communities and schools.



5 proven ways Crush empowers

When paired with CrushTEXT, Crush lays the “behavioral groundwork” of sexual health empowerment even before users start thinking about having sex. These findings are based on a 2017 randomized controlled trial with 1,210 women, ages 14 to 18, recruited from across the United States:

1

Young women who use Crush and CrushTEXT are more likely to use health clinics for sexual & reproductive health services.

2

Young women who use Crush and CrushTEXT are more likely to feel confident in using health clinics for sexual & reproductive health services.

3

Crush increases users' positive attitudes toward using birth control, every time.

4

Young women who use Crush and CrushTEXT are more likely to feel in control of using birth control, every time.

5

Young women who use Crush and CrushTEXT are more knowledgeable about IUDs & implants.

Sex Ed for Real Life.

Crush is designed for today's generation of adolescent women who may or may not be sexually active and need quick and convenient access to sexual health information. By covering a range of topics, Crush helps young women avoid the clutter of inaccurate or incomplete information they may find online.

Crush utilizes behavior change theories and constructs—Theory of Planned Behavior, Social Learning Theory, and self-efficacy—to increase adolescent women's sense of control over decisions regarding their sexual behavior. These theories together impact intentions and skills to engage in healthy behaviors.

Body n' Soul

All about healthy relationships, sex readiness, reproductive anatomy & physiology, & STIs.

Go Get It!

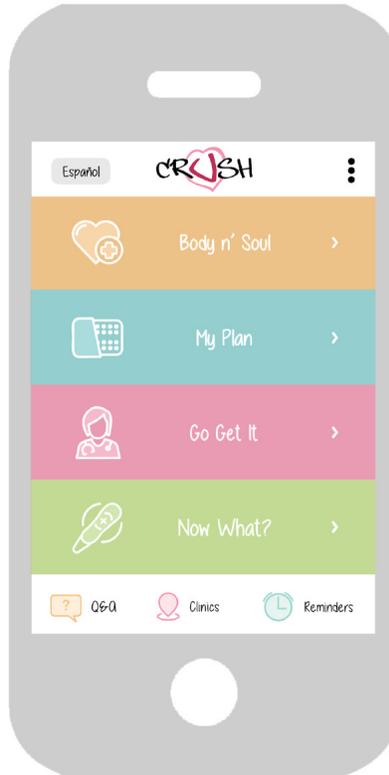
Advice on what to expect during a clinic visit & common concerns.

Q&A

Answers frequently asked questions & links to reliable websites & hotlines.

Clinics

Search for local family planning clinics & HIV testing sites.



My Plan

Information about birth control, with an emphasis on long-acting reversible contraception & dual protection.

Now What?

Information about pregnancy & pregnancy testing.

Reminders

Customizable calendar reminder tool for birth control & medical appointments.

“I find it very helpful and informative. My school has a decent sex ed program, but nobody ever told me anything about birth control options, especially where and how to get them. Thank you for putting together an app with all the information.”

CRUSH USER



MetaMedia designs and produces award-winning, innovative, and engaging interactive training and information programs using proven and emerging technologies.



Healthy Teen Network

Healthy Teen Network promotes better outcomes for adolescents and young adults by advancing social change, cultivating innovation, and strengthening youth-supporting professionals and organizations.

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