

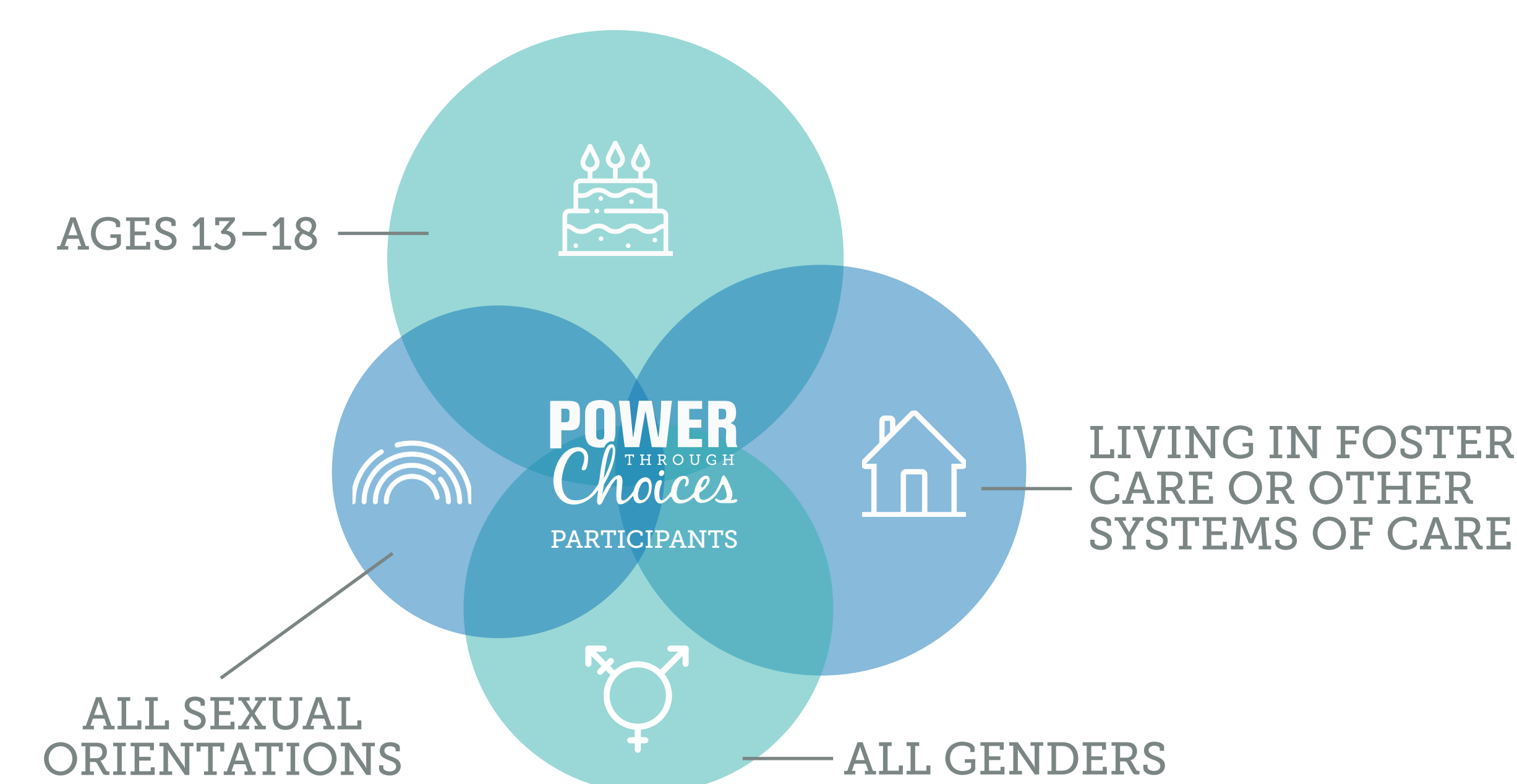
Equipping Youth to Succeed: Power Through Choices

NICHOLAS SUFRINKO, MILAGROS GARRIDO, AND DEBORAH CHILCOAT (HEALTHY TEEN NETWORK)

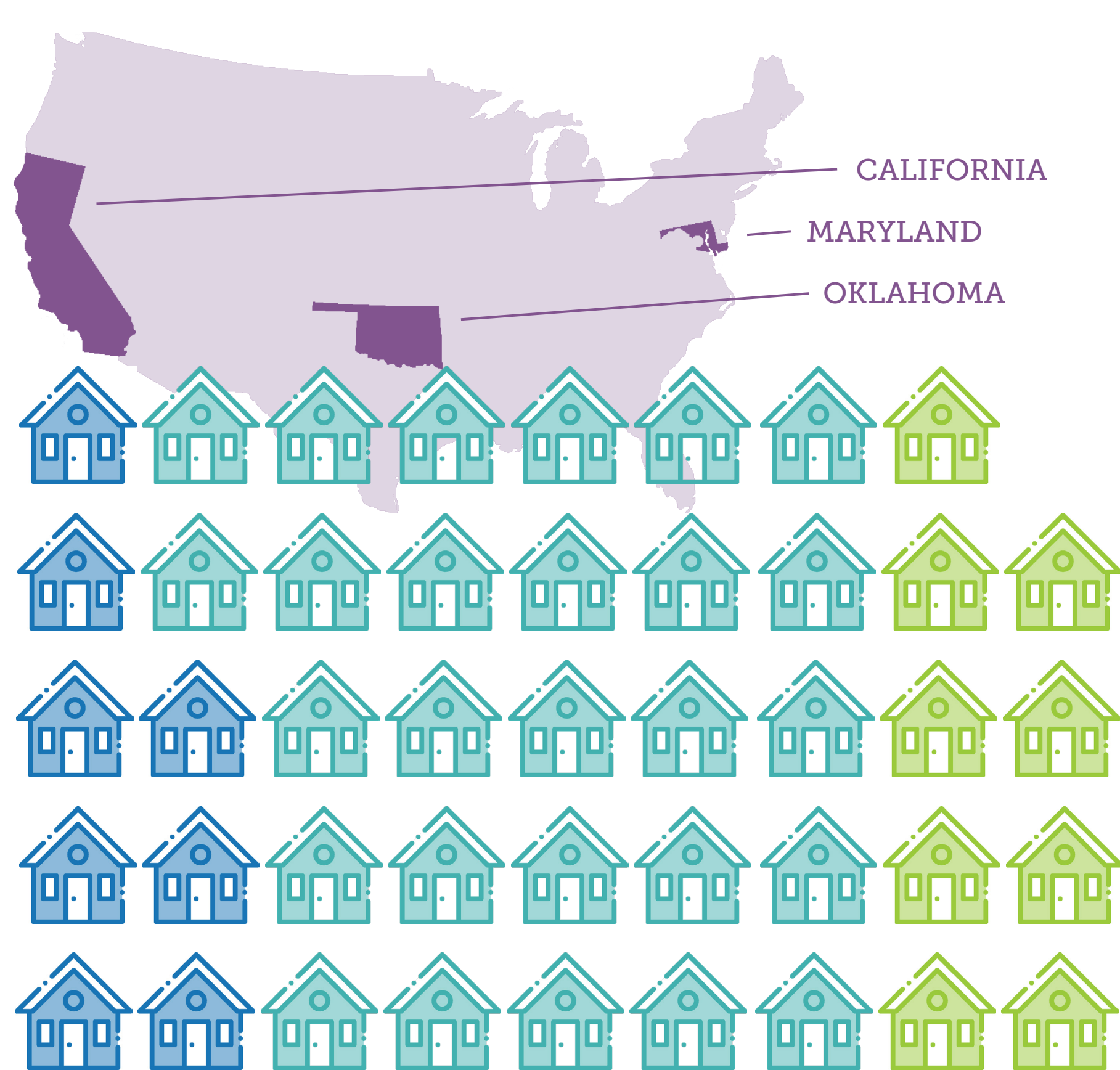
WHAT'S POWER THROUGH CHOICES?



WHO'S IT FOR?

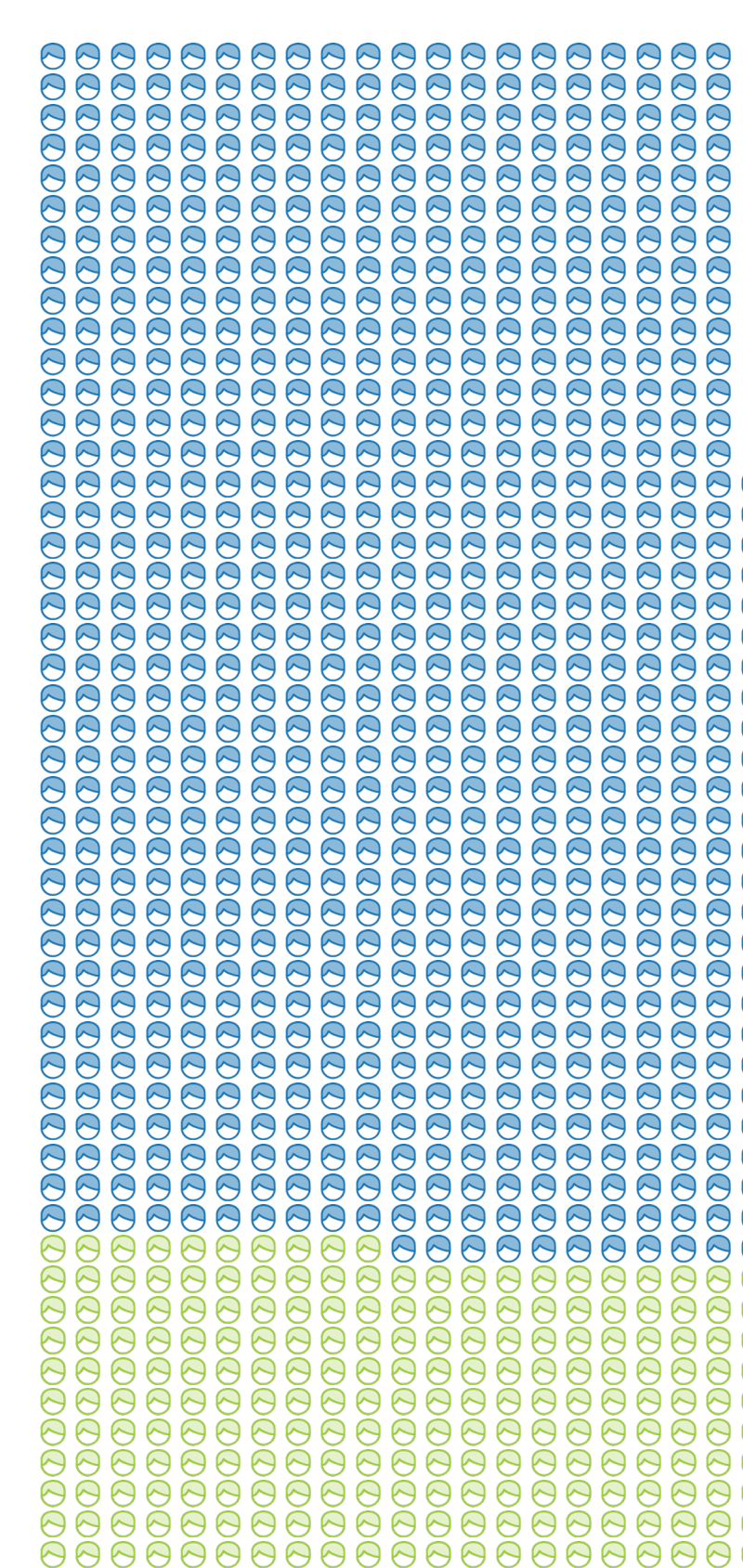


HOW WAS IT PROVEN EFFECTIVE?



A RANDOMIZED CONTROL TRIAL IN 44 GROUP HOMES ACROSS 3 STATES...

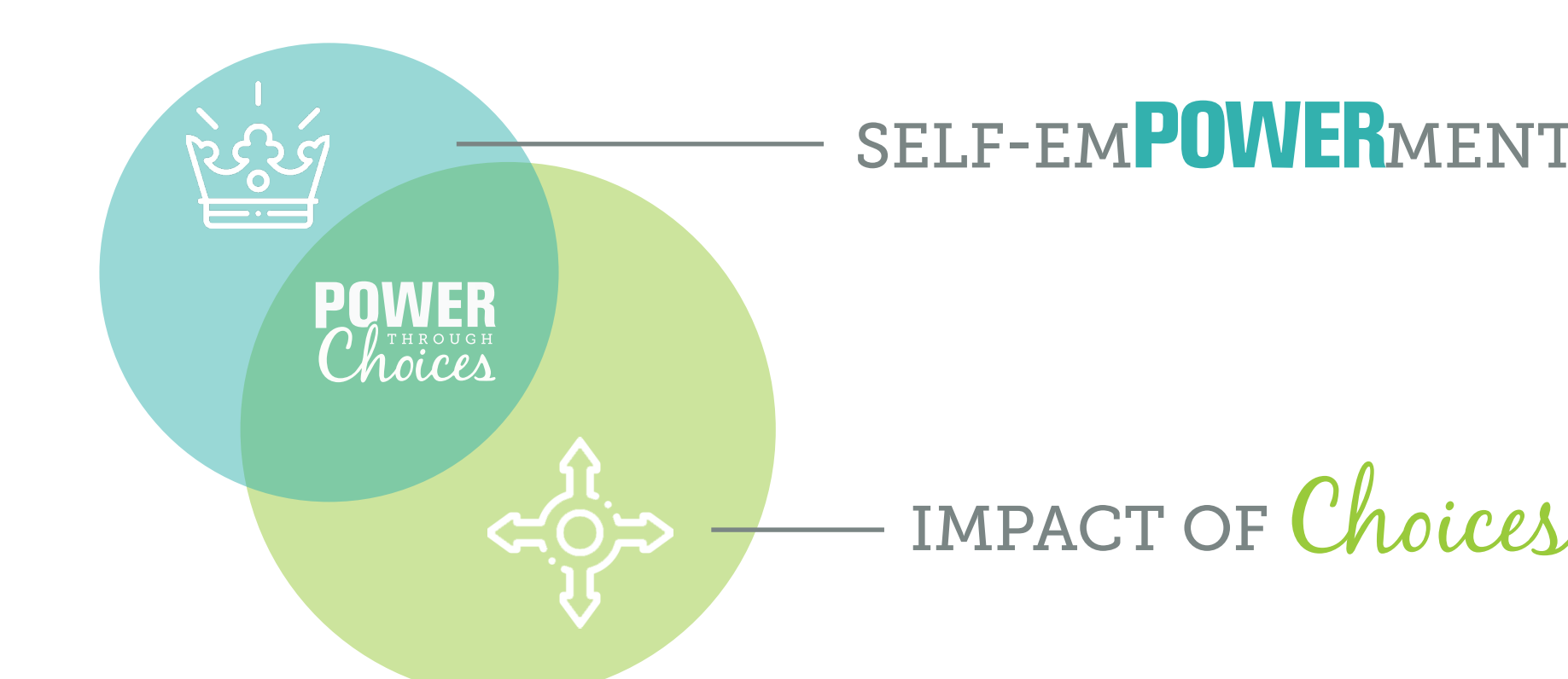
● CHILD-WELFARE ● MIXED/BOTH ● JUVENILE JUSTICE



● MALE ● FEMALE



WHAT'S THE FOCUS?



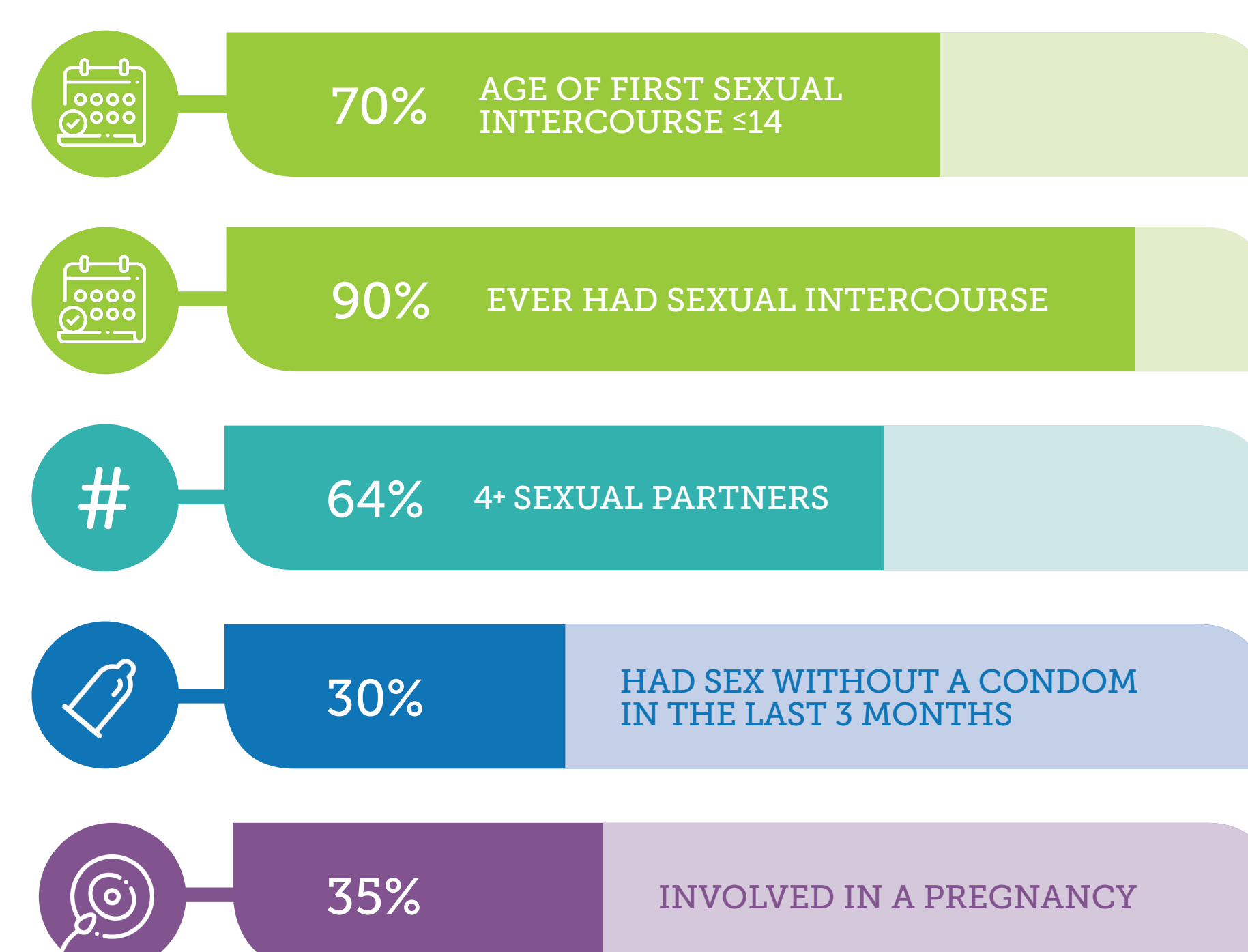
WHAT'RE THE OBJECTIVES?

FOR YOUTH PARTICIPATING TO...

- MAKE *healthy, positive choices* RELATED TO SEXUAL BEHAVIOR
- DEVELOP AND PRACTICE *effective communication skills*
- IDENTIFY AND ACCESS *available resources*
- USE EFFECTIVE *pregnancy and STI protection*

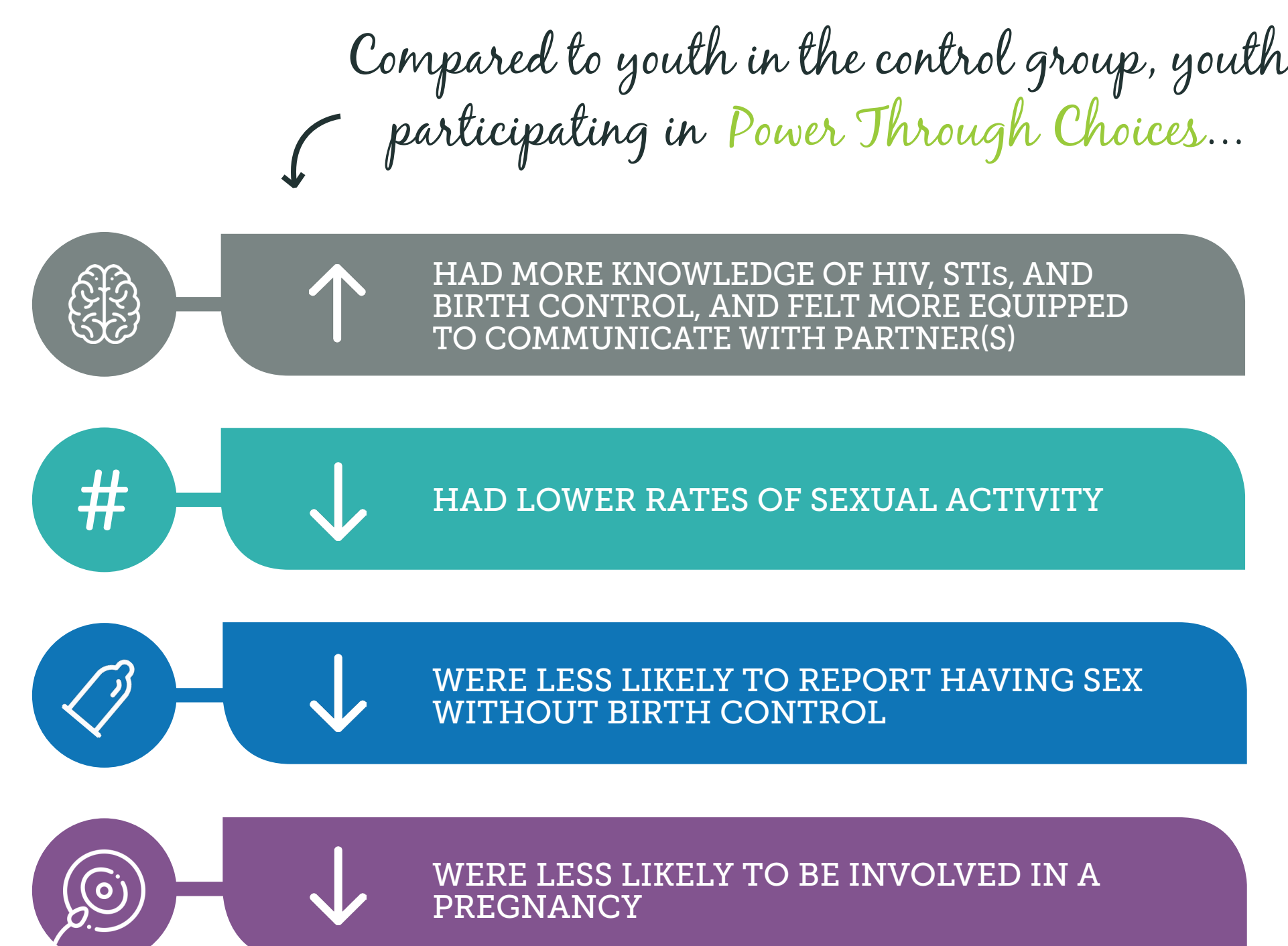
“The only sexual health program designed with and for youth in foster care and other out-of-home care”

PowerThroughChoices.org



Includes randomized control trial participants at baseline

WHO PRESENTED WITH RISK FACTORS THAT COULD LEAD TO ADVERSE SEXUAL HEALTH OUTCOMES...



FOUND THAT PARTICIPANTS INCREASED THEIR ABILITY TO PREVENT AN UNPLANNED PREGNANCY AND STI/HIV INFECTION.

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REFERENCES
CONNOLLY, E. D., GOESLING, S., CLARK-YOUTILL, C., CROFTON, M., MARCOVE, J., OMAN, R., & VEBELY, S. (2006). FINAL IMPACTS OF THE POWER THROUGH CHOICES PROGRAM. WASHINGTON, DC: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, OFFICE OF ADOLESCENT HEALTH. AVAILABLE AT: <https://www.hhs.gov/ashd/ahp/evaluation-and-research/youth-pregnancy-prevention-program/evaluation/adolescent-pregnancy-prevention-program-approaches/impact-final>. AND <https://www.powerthroughchoices.org/research>

HEALTHY TEEN NETWORK. IN D.I. POWER THROUGH CHOICES IMPACT EVALUATION SUMMARY. BALTIMORE: HEALTHY TEEN NETWORK. AVAILABLE AT: <https://powerthroughchoices.org/our-research/>