



Making a Difference!

An Abstinence-Based Approach to Teen Pregnancy, STI, and HIV Prevention

What is Making a Difference?

Making a Difference! is an evidence-based sexual health education program designed to provide youth with the knowledge, attitudes, and skills to reduce their risk for sexually transmitted infections (STIs), HIV, and pregnancy. This program is medically accurate, abstinence-based, and specifically advocates postponing sexual activity. The intended audience for this program is youth ages 12-14 in a middle-school or community-based setting.

Outcomes

Making a Difference! is adapted from the Be Proud! Be Responsible! curriculum that integrates teen pregnancy prevention along with HIV/STI prevention. Research shows youth who participated in the Making a Difference! program reported the following:

- Delayed initiation of sexual activity
- Evaluation of this program showed behavior change lasted at least 3 months after implementation of the program

Themes

Making a Difference! uses an approach that has been proven effective with youth. This approach is based on the following themes:

1. Community and family
2. The role of sexual responsibility and accountability
3. The role of pride and making a difference with abstinence as the primary choice

Learning Activities

Making a Difference! includes a series of fun and interactive activities designed to increase participation and help students gain reasoning and decision-making skills that can reduce their risk for HIV, STIs, and pregnancy. Strategies include:

- Brainstorming
- Group discussions
- Videos
- Refusal skills practice
- Role-playing
- Skill-building exercises
- Practicing responses to peer pressure

Making a Difference! provides 480 minutes of STI prevention, reproductive health, and pregnancy prevention instruction. All facilitators are trained to deliver the program with fidelity.

HIV/AIDS Prevention Education

Oklahoma's AIDS Prevention Education statute ([70 O.S. § 11-103.3](#)) requires students to receive AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade. Making a Difference! contains information about HIV/AIDS and can be used to meet the state statute.

Consent Education

Making a Difference! is implemented in compliance with Oklahoma's Sex Education Curriculum and Materials statute ([70 O.S. § 11-105.1](#)), which requires all sex education curriculum, materials, classes, programs, tests, surveys/questionnaires to include information about sexual consent and meet the state's definition for consent ([21 O.S. § 113](#)).

Oklahoma Academic Standards for Health Education

Oklahoma Academic Standards (OAS) serve as expectations for what students should know and be able to do by the end of the school year. An effective health education program offers all students the opportunity to gain the needed knowledge, skills, and dispositions toward healthy lifestyles. When implemented with fidelity, Making Proud Choices! can potentially fulfill some of the objectives for the [health education standards](#) listed below for students in 6th-12th grade.

Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

Standard 4: Demonstrate ability to use interpersonal communication skills to enhance health and avoid/reduce health risks.

Standard 6: Demonstrate ability to use goal-setting skills to enhance health.

Standard 7: Demonstrate ability to practice health-enhancing behaviors and avoid/reduce health risks.

Standard 8: Demonstrate ability to advocate for personal, family, and community health.



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For more information about this or any other evidence-based curriculum, contact:

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