



# Choices Today Options Tomorrow

## 2016 Pre and Post-Assessment Results - How did we do?

An electronic pre and post-assessment was sent to students of the Choices Today, Options Tomorrow curriculum, who range in age from 10-21 years, with an average age of 13. The results showed an overall improvement. In this curriculum, we cover topics such as STIs, the effects of teen pregnancy and positive decision-making for a better future.

### Pre and Post Results - Knowledge of STIs and HIV

Question	Correct Before CTOT	Correct After CTOT
STI transmission can occur the first time a non-infected person and an infected person share sexual activity	55%	72%
Abstinence from sexual activity is the only 100% effective way to avoid sexually transmitting HIV	53%	76%
A person infected with an STI (sexually transmitted infection) may look healthy	44%	69%
Youth who are sexually active may become infected with HIV	53%	76%
Practicing sexual abstinence is an effective way a person can prevent sexual transmission of HIV	49%	76%

### Pre and Post Results - Teen pregnancy and attitudes toward abstinence

Question	Correct Before CTOT	Correct After CTOT
Children born to teen parents are more likely to be incarcerated than children born to non-teen parents	19%	62%
Teens who become parents usually make less money as adults than teens who did not become parents as teenagers	44%	71%
Abstinence from sexual activity is the only 100% effective way to prevent pregnancy	59%	81%
I think teens who choose abstinence from sexual activity are making a positive decision	54%	79%
Teens who choose abstinence from sexual activity are more likely to achieve their goals	48%	77%



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### Curriculum Feedback - *What are people saying?*

- “Our lady was awesome! **She was a great speaker and didn’t feel like she was preaching.**”
- “I learned a lot more about HIV and AIDS. **Before I didn’t know anything about that.**”
- “I think that the choices today options tomorrow presentations are good to teach kids because then **they can realize to keep goals and set boundaries.**”
- “The presenter did very well explaining each topic. **She spoke clearly, and used words that my classmates could understand.** You could tell she really knew what she was talking about because she gave so many details to give as much information as possible.”
- “It was descriptive and really got the point across. **I believe it will help my peers and myself make better choices in the future.**”

### Choices Today, Options Tomorrow helped me to understand more about:

- ...how to make good decisions, **said 78%.**
- ...abstinence from sexual activity as a positive and healthy choice for teens, **said 80%.**
- ...how STIs and HIV are transmitted, **said 77%.**
- Percentage of students rating their overall experience with Choices Today, Options Tomorrow as *excellent* or *very good* was **83%.**

