

## Choices Today > Options Tomorrow

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## Promoting Health Among Teens

### 2018 Assessment Results - How did we do?

McMillen Health successfully **reached 2,298 students through our Choices Today, Options Tomorrow (CTOT) Curriculum and Promoting Health Among Teens (PHAT) Curriculum.** CTOT was used with students in grades 9-12 while PHAT was used with students in grades 6-8. Both curricula discuss sexually transmitted infections (STIs), the effects of teen pregnancy, and positive decision making for a better future. McMillen Health served the following Indiana counties through this project: Allen, DeKalb, Grant, LaGrange, Noble, and Whitley. The following survey results and evaluation feedback provide an overview of our outcomes:

82%

of program participants increased their knowledge on abstinence as the means of **preventing teen pregnancy, birth, and STIs.**

68%

of program participants increased their knowledge regarding the **consequences of teen pregnancy.**

83%

of program participants identified **at least 4 ways to reject sexual advances** and increase knowledge on **how alcohol and drug use increase vulnerability to sexual advances.**

86%

of program participants increased their knowledge regarding **attaining self-sufficiency before engaging in sexual activity.**

65%

of program participants who identified **at least two ways to prevent contracting HIV and other STIs that can be transmitted by engaging in sexual activity.**

### Measuring Success Through Student Stories

While teaching at South Side High School in Fort Wayne, our educator had three immigrant students who were already married. One of the married Burmese females had experienced multiple miscarriages at this point in her life. All three of these young women were completely unaware of how conception occurred and how pregnancy progresses. Our Choices Today, Options Tomorrow program provided much needed insight to these three female students, but also to the group as a whole. This is one of the many stories our educators have shared, showing how important this kind of health education is.



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### Curriculum Feedback - What are students saying?

- “This program changed the way I think and make decisions.”  
- **14 year old student from Eastside Jr/Sr High School**
- “I like the program about drugs and alcohol the most. It really taught me about the dangers lurking in the corner about drugs. After the presentation I am a lot less likely to do drugs.”  
- **16 year old male from Northrop High School**
- “After this presentation, I feel like I know how and what choices to make when faced with difficult choices.”  
- **15 year old student from Westview Jr/Sr High School**



### What you should know about Choices Today, Options Tomorrow and Promoting Health Among Teens programs

- Grades served: 6 - 12
- Ages served: 11 - 21
- 100% of schools who have received the program have requested the program again
- Program is highly effective in all educational settings - rural, faith-based, inner city, juvenile detention center and after school settings