In 2016, the pregnancy rate for 15-19 year olds in Forsyth County was 24.1 births per 1000.¹ In minorities, the rates of teen pregnancy were even higher. The goal of our project was to empower adolescents to make informed decisions about their sexual and reproductive health.

Making Proud Choices (MPC) is an evidence-based intervention that promotes smart sexual health in adolescents. MPC consists of 8 sessions focused on goal setting, healthy relationships, facts about STIs and pregnancy, as well as condom and birth control demonstrations.


### RESULTS

- **16/16 (100%)** of participants plan to use a condom and **10/16 (63%)** plan to use birth control “the first time - or next time - I have sex”
- **15/16 (93%)** of participants demonstrated competency in correct condom use
- **11/16 (69%)** of participants were “comfortable going to a doctor or clinic to get birth control for either myself or my partner.”
- **15/16 (94%)** of participants were comfortable talking to their peers, partners, and/or adults (parents, doctors, teachers) about sex, STIs, condoms, and birth control

### SITES SERVED

<table>
<thead>
<tr>
<th>Site</th>
<th># Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carver School Road Library</td>
<td>1</td>
</tr>
<tr>
<td>Central Library – Teen Central</td>
<td>7</td>
</tr>
<tr>
<td>WR Anderson Jr Community Center</td>
<td>17</td>
</tr>
<tr>
<td>14th Street Community Center</td>
<td>6</td>
</tr>
</tbody>
</table>

### SUSTAINABILITY

- In December 2018, we formed the MPC Steering Committee which consists of stakeholders from
  - Forsyth County Public Library
  - Forsyth County Department of Public Health
  - Forsyth Adolescent Health Coalition
  - Planned Parenthood
  - Wake Forest Departments of Pediatrics and Obstetrics/Gynecology
  - Wake Forest School of Medicine
- The Steering Committee will continue to provide support for future iterations of MPC curriculum to community organizations

### ACKNOWLEDGEMENTS

We would like to thank the Albert Schweitzer Fellowship and our mentors:

- **Robin Lester, MPH, CHES**
  Site Mentor, Department of Public Health
- **Dr. Karen Gerancher and Dr. Julie Linton**
  Academic Mentors
- **Barbara Heffner**
  Director, NC Albert Schweitzer Fellowship
- **Dr. Temple Steele and Dr. Taylor Duffin**
  MPC Steering Committee Members
- Forsyth County Public Library
- City of Winston Salem Recreation & Parks