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 diseases (STDs), 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/STD 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

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

Maternal and Child Health Service
Child & Adolescent Health Division

123 Robert S Kerr Ave, Oklahoma City, OK 73102
(405) 426-8085

This publication is issued by the Oklahoma State Department of Health, as authorized by Lance Frye, Commissioner of Health. An electronic copy is available on the Oklahoma State Department of Health website at http://www.ok.gov/health/

PUBLISHER

ETR Associates
www.etr.org/

Authors: Loretta Sweet Jemmott, PhD, RN, FAAN, John B. Jemmott, III, PhD, Konstance A. McCaffree, PhD, CSE

Copyright: 2016, 5th Edition

Visit the U.S. Department of Health & Human Services Office of Population Affairs for more information on evidence-based programs.

opa.hhs.gov

ACKNOWLEDGEMENT

This publication was adapted from

factforward.org
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, STDs, 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 STD prevention, reproductive health, and pregnancy prevention instruction. All facilitators are trained to deliver the program with fidelity.

“Life presents many choices, the choices we make determine our future.”

- Catherine Pulsifer, author

HIV/AIDS Prevention Education

Making a Difference! is in compliance with Oklahoma’s HIV/AIDS education statute (70 O.S. § 11-103.3) which requires students to receive AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade.

Consent Education

Making a Difference! is 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 (OAS)

Oklahoma Academic Standards 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 a Difference! fulfills all of the Health/Safety education standards for students in 6th-8th and 9th-12th grade.

Health Education Standards:

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 3: Demonstrate ability to access valid information, products, and services to enhance health.

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

Standard 5: Demonstrate ability to use decision-making skills to enhance health.

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.