

Implementation Guidelines – Making Proud Choices (2020/2021)

Implementation Factors	Recommended	Possible Adaptations
Program characteristics	Eight 60-minute modules	Adaptations available: -MPC for Out-of-Home Youth Care (10 modules) http://www.etr.org/ebi/programs/making-proud-choices/
Educator Requirements	Educator needs to be well-versed in interactive and participatory facilitation; comfortable working with youth -One educator is needed	Having a back-up educator is recommended
Target audience	Can be delivered to diverse populations, ages 12-19	Older youth should not be grouped with younger youth (similar ages per group)
Group composition	Small groups of 6 to 12 youth Single or mixed gender groups	Can be done with larger groups – this requires additional educators. If done in classrooms with a teacher present, one educator can facilitate up to 25 students
Setting	Afterschool setting Community-based setting In-school setting	If delivering the program in schools, modules have to be adjusted to class periods; it will require additional sessions. Activities should not be dropped; sequence should not be changed.
Delivery Timeframe	8 hour curriculum delivery options: -2 four-hour sessions over two days -2 modules per day over 4 days -1 module per day over 8 days Should be delivered within 2 weeks	In schools the curriculum can be adjusted to classroom periods or block periods, but the cycle needs to be completed within a couple of weeks without larger breaks in between Planning tip: Learn and use the school calendar.

For the edition released in 2020/2021, ETR has reviewed Making Proud Choices (MPC), and made the following changes:

- All modules reviewed for medical accuracy
- Updated information on HIV, including testing, PrEP and PEP, U=U, relative risk of sexual behaviors, emphasis on ART treatment and normal life span for those living with HIV
- Updated information on contraceptive methods, including withdrawal
- Language updates around inclusivity related to gender identity, sexual orientation and behavior
- Language updates to ensure a more trauma-informed approach
- Edits to eliminate stigma or phrasing that might overemphasize a fear-based approach to sexual health education
- Changes to reflect advances in technology In addition, a new pre-module on Healthy Relationships and Sexual Identity has been added to the California Edition to ensure alignment with the California Healthy Youth Act. New Tools for Virtual Implementation
- MPC Virtual Guidance Document provides tips and adaptations to deliver the module's activities virtually through either live or self-paced delivery
- PowerPoint support tools cover all key content and activities
- Jeopardy PowerPoint template for facilitating Jeopardy-style games with youth
- Alternative Video Guidance Document directs educators to free videos that can be used to replace the videos referenced in MPC, including new discussion questions and key points
- A link to these new tools can be found on the Adaptation Guidelines & Tools tab on the MPC program page:
etr.org/ebi/programs/making-proud-choices