



# *Be Proud! Be Responsible!* Summary Sheet

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## **What is *Be Proud! Be Responsible!*?**

The *Be Proud! Be Responsible!* program (*BPBR*) gives teens the **information, skills** and **confidence** to reduce their risk of HIV. It empowers young people to change their behaviors and lower their risks by abstaining from sex or by using latex condoms if they choose to have sex.

*BPBR* uses interactive activities such as DVDs, games, brainstorming, roleplaying, skill building and small-group discussions to engage youth and make learning fun.

*BPBR* aims to:

- Help young people make proud and responsible decisions about their sexual behaviors.
- Change behaviors that put teens at risk for HIV and other STDs.
- Delay the initiation of sex among sexually inexperienced youth.
- Reduce unprotected sex among sexually active youth.

## **Does *BPBR* encourage young people to have sex?**

No, *BPBR* does *not* encourage sexual activity. It stresses that delaying sex until a later age is the best way to avoid HIV and other STDs. It encourages young people to build healthy relationships so they can talk with a partner about the decision to abstain or practice safer sex. It provides information about how to prevent HIV and other STDs to help young people avoid these risks if and when they choose to have sex.

The curriculum modules in the fourth edition include:

- Module 1: Introduction to HIV and AIDS
- Module 2: Building Knowledge About HIV
- Module 3: Understanding Vulnerability to HIV Infection
- Module 4: Attitudes and Beliefs About HIV, AIDS and Safer Sex
- Module 5: Building Condom Use Skills
- Module 6: Building Negotiation and Refusal Skills

## **Why use *BPBR*?**

*BPBR* is on the Office of Adolescent Health's list of approved evidence-based teen pregnancy prevention programs. Since 2009, the U.S. Department of Health and Human Services (HHS) has led a review of the teen pregnancy prevention research to help identify programs with evidence of effectiveness in reducing teen pregnancy, sexually transmitted infections (STIs), and associated sexual risk behaviors. The main purpose of the Teen Pregnancy Prevention (TPP) Evidence Review is to assess programs for demonstrated positive impacts on sexual risk behavior and sexual health outcomes. Programs on the list have been shown to be effective in changing young people's sexual behaviors.