



## Frequently Asked Questions

### **What is Youth mPOWER?**

**Youth mPOWER!** program is implemented within a positive youth development framework as part of sexual risk avoidance strategies to help youth participants build healthy life skills, develop individual protective factors that reduce risks, empower youth to make healthy decisions, and provide tools and resources to prevent pregnancy and sexually transmitted infections in 12 North Carolina Counties (Onslow, Sampson, Edgecombe, Halifax, Vance, Duplin, Lenoir, Wayne, Nash, Cumberland, Durham and Wake).

### **How do you empower youth to make healthy decisions about delaying sexual activity?**

*Choosing the Best* is the primary Sexual Risk Avoidance Education (SRAE) curricula. SRA Specialists engage youth in education and skills-building to improve their knowledge, skills and attitudes that will help them make decisions to refrain from non-marital sexual activity. The following curriculums are as follows: Choosing the Best WAY (6<sup>th</sup> grade), Choosing the Best PATH (7<sup>th</sup> grade), Choosing the Best LIFE (8<sup>th</sup> grade), Choosing the Best JOURNEY (9<sup>th</sup>/10<sup>th</sup> grades) and Choosing the Best SOUL MATE (11<sup>th</sup>/12<sup>th</sup> grades).

*Love Notes SRA* is a curriculum that empowers youth with the skills needed to further their own personal development, form and maintain healthy relationships, and commit or recommit to leaving sex out of their youthful relationships while they work towards success in education and employment. The skills embodied in Love Notes SRA help youth stick to their intentions and reap the benefits associated with self-regulation. It appeals to young peoples' aspirations, and supports them in cultivating a vision for love, intimacy, education, work, and family. The program assists and encourages youth in defining a context for sex that is personally meaningful and protective of their aspirations and goals in life, rather than simply following the cues of the popular culture.

*Positive Youth Development (PYD)* activities teach the benefits associated with self-regulation, success sequencing for poverty prevention, healthy relationships, career goal setting, and resisting sexual coercion and dating violence. The following PYD activities are: Career and Employment Readiness, Conflict Resolution, Anger Management, Dangerous Love (Sexual Coercion and Dating Violence), Healthy Relationships, Getting to Know Me (The Color of my Personality), Developing Good Leadership Skills, The Ten Lenses and Youth Mental Health... Disorders and Addictions.

### **How long are the sessions?**

**Youth mPower!** sessions will consist of 8 hours of SRAE curricula sessions (Choosing the Best) and up to 5 hours of Positive Youth Development (PYD) activities. *Love Notes SRA* is specifically designed for high school youth (ages 15-24). *Love Notes SRA* sessions will consist of 13 hours of SRAE curriculum sessions which includes PYD activities.

Youth must complete at least 90% of curriculum training in order to receive an incentive and certificate of participation. Session days and times are determined by the participating partner agency/program. SRA Specialists will conduct an initial 1-hour orientation in order to have enrollment forms completed, distribute permission slips, and introduce curricula, and answer questions. Parents will participate in a 1-hour session specifically designed for parents (when applicable).

### **Can all youth participate in Youth mPOWER!**

**Youth mPOWER!** is geared to youth who are court involved, adjudicated and residing at home or temporarily in youth detention centers, group homes or other residential settings. **Youth mPOWER!** will seek partnerships with community and youth serving agencies that target court involved youth, JCPC programs that serve Level I and II disposition youth and youth requiring court ordered supervision through the local juvenile justice division office.

### **How can youth enroll in the program?**

SRA Specialists shall have each youth complete an enrollment form that is signed by the youth. Parents/guardians (or a designated responsible adult) are to fully read and sign the permission form. Each participating youth must have a permission slip signed by a parent/guardian or responsible adult. Youth and/or their parents may opt out of participating in the program.