



## OUR PURPOSE

Family Resource Center South Atlantic is a nonprofit, community-based organization that seeks to implement a sexual risk avoidance education (SRAE) program (Youth mPOWER!) in the North Carolina counties with the highest rates of teen births and STDs/HIV.

## SERVICE AREAS

- Onslow
- Duplin
- Sampson
- Lenoir
- Edgecombe
- Wayne
- Halifax
- Nash
- Vance
- Cumberland
- Wake
- Durham



*"Helping families acquire the social and economic skills and resources needed to be self-sufficient."*



## MAIN OFFICE LOCATION

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## CONTACT US

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## SEXUAL RISK AVOIDANCE EDUCATION (SRAE)

Family Resource Center South Atlantic's Sexual Risk Avoidance Education (SRAE) program (Youth mPOWER!) aims to reduce the rate of teen pregnancy, sexually transmitted diseases, and other related risky behaviors in 12 counties across North Carolina.

## Youth mPOWER!

The Youth mPOWER! program provides age-appropriate, objective, and medically accurate sexual health education to adolescents (ages 11-21). In addition, the program provides positive youth development, healthy relationships, and leadership skills training to participants.



## OUR GOAL

The goal of Youth mPOWER! is to reduce teen pregnancy, births and STDs by educating at risk middle, high school, and adjudicated youth on how to voluntarily refrain from non-marital sexual activity.

## OUR METHOD

Youth mPOWER! uses a risk-avoidance model within a positive youth development framework with *Choosing the Best*, a 5-8 hour, peer-reviewed curriculum intervention method designed to teach youth the skills, knowledge, and benefits of refraining from non-marital sexual activity. An additional 4-7 hours of positive **youth development activities** are focused on:

- Career and Leadership Skills
- Job Readiness Skills
- Self-Awareness



## DID YOU KNOW?

A recent published study indicated that students who received the *Choosing the Best* curriculum were nearly 1.5 times more likely to delay the onset of sexual behavior than students who did not receive the program.

