

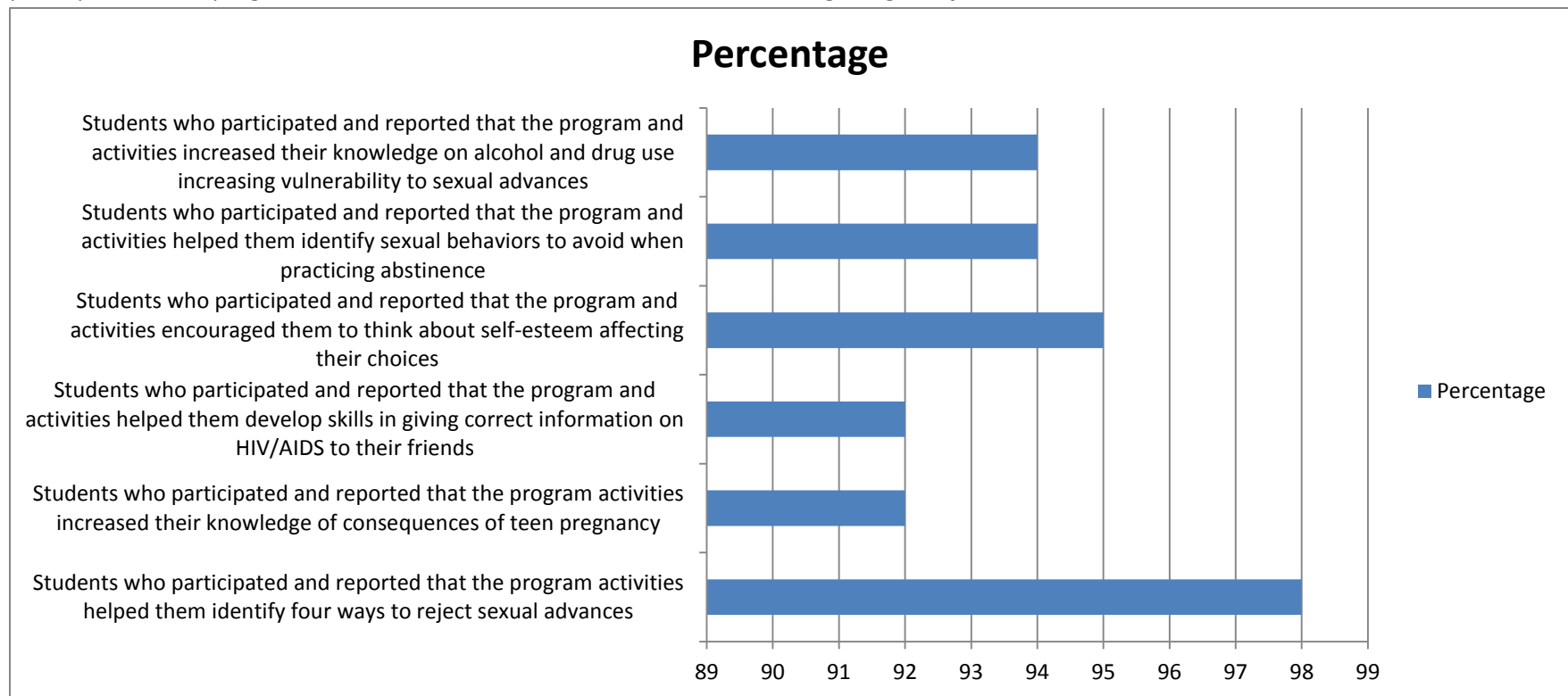
# Choices Helping Abstinent Teens (CHAT)

Grant Year 1 – Hoosier Uplands

2014-2015 Annual Report

Hoosier Uplands' CHAT (Choices Helping Abstinent Teens) Program is an abstinence education program that encourages youth to practice abstinence to protect themselves from the consequences of engaging in sexual activities. It teaches participants to make responsible decisions, to respect themselves as well as others, and the importance of developing a positive self-image. The curriculum educates the participants on how to get out of high-risk situations, how to set physical limits, and the appropriate negotiation and refusal skills necessary to communicate abstinence. The CHAT program is offered to Junior High and High School students during health classes at Orange, Lawrence, and Washington Counties. This eight-module program is also designed to educate students about how to have healthy relationships, including ways to deal with peer pressure and partner pressure.

The following graph depicts data retrieved by Junior High and High School students in Lawrence, Orange, and Washington Counties who participated in the program and activities. **843 students were serviced during the grant year!**



There was a 9% increase in knowledge reported from students regarding ways to negotiate abstinence with their partner and a 4% increase in comfort level reported from students regarding talking about sex, pregnancy, and STD's. Furthermore, 96% of students who participated in the program and activities reported that they felt the program increased their knowledge about attaining self-sufficiency before engaging in sexual activities.

### **CHAT Program Goals**

- To help students identify goals and dreams for their future.
- To encourage positive attitudes and beliefs about abstinence.
- To provide students with the skills necessary to live an abstinent lifestyle.
- To increase students' knowledge about prevention of pregnancy, STD's, and HIV.
- To educate Junior High and High School students about the risks associated with sexual behavior.
- To give students the sense of self-efficacy and confidence required to allow them to make sound decisions about their sexual choices.

### **Program Funding**

Hoosier Uplands received a grant from the Indiana State Department of Health, Division of Maternal and Child Health, which funds the CHAT program along with local partners. The CHAT Program plans to service over 800 students each academic school year with this grant. There are no costs for students to participate in this program.