

# THE MASSACHUSETTS PERSONAL RESPONSIBILITY EDUCATION PROGRAM (PREP)

Office of Sexual Health & Youth Development  
Massachusetts Department of Public Health



Prioritizing the Holistic  
Well-being of Young People

## MISSION

- Decrease teen birth rates through increased access to evidence-based education
- Decrease STI incidence through increased access to medically-accurate, age-appropriate health education

## WHAT PARTICIPANTS SAY...

"We learn how to protect  
ourselves here.  
This program is something we  
look forward to."

- PREP Participant  
Making Proud Choices  
Family Services of the Merrimack Valley



## ABOUT PREP

PREP aims to increase positive reproductive health outcomes and increase life opportunities for youth through sexual health and adulthood preparation education. In partnership with the Department of Elementary and Secondary Education, youth receive high quality, inclusive, age-appropriate, and medically accurate comprehensive sexuality education through community-based organizations or select school districts. PREP programs are rooted in core values of evidence-based programming, positive youth development, and racial justice.

## PROGRAM IMPACT



**Program Reach:** An average of 2,245 youth served annually since 2013



**Inclusive Sex Education:** PREP is reaching priority youth populations: 16% of PREP participants identify as LGBTQ



**School Achievement:** After PREP, 76% of youth said the program made them more likely to care more about doing well in school



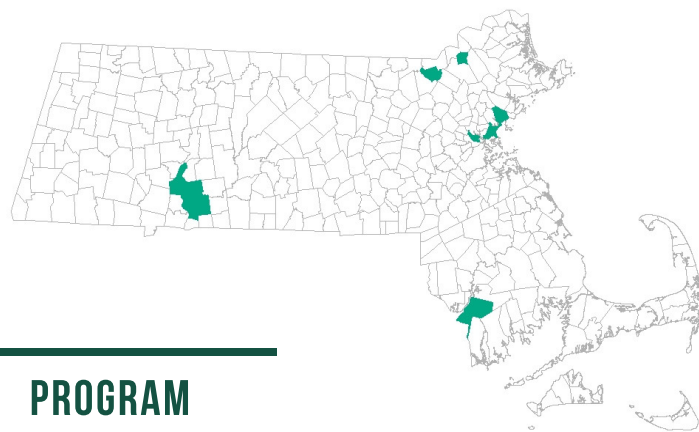
**Resource Knowledge:** 85% of youth learned where to go for sexual and reproductive health services in their communities

### Source:

Data are from PREP facilitator logs and youth surveys. Program reach is based on facilitator logs from FY13 to FY17. Reach of LGBTQ youth and school achievement statistics are from FY15 to FY17 surveys. Only FY17 data are used to measure resource knowledge.

YOUTH CENTERED | FUTURE FOCUSED | VALUES EXPLORATION

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## PROGRAM INFORMATION

### Cambridge Health Alliance

- Serving Revere and Somerville

### Chelsea Public Schools

- Serving Chelsea

### Citizens for Citizens

- Serving Fall River

### Family and Children's Services of Greater Lynn

- Serving Chelsea, Lynn, and Revere

### Family Services of the Merrimack Valley

- Serving Lawrence

### Gándara Center

- Serving Chicopee, Holyoke, and Springfield

### Lowell Community Health Center

- Serving Lowell

### Salem Public Schools

- Serving Salem

### Springfield Public Schools

-Serving Springfield

## PROGRAM COMPONENTS

1. Comprehensive Sexual Health Education
2. Communication and Negotiation Skills
3. Personal and Community Values Exploration
4. Adulthood Preparation

### Adulthood Preparation Subjects



#### Healthy Relationships

- Positive self-esteem, romance, friendship, family interactions



#### Adolescent Development

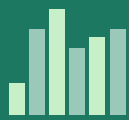
- Puberty, adolescent growth and development, body image, racial and ethnic diversity, and cultural identity



#### Financial Literacy

- Budgeting, income, and financial planning

## OFFICE OF SEXUAL HEALTH & YOUTH DEVELOPMENT KEY PRINCIPLES



DATA  
DRIVEN



POSITIVE YOUTH  
DEVELOPMENT



RACIAL  
JUSTICE



TRAUMA INFORMED  
CARE



HEALTH  
EQUITY



REPRODUCTIVE  
JUSTICE



SUSTAINABILITY

## HOW CAN YOU LEARN MORE?

FOR MORE INFORMATION ABOUT PREP AND LINKS TO PROGRAMS ABOVE, VISIT OUR WEBSITE AT [HTTPS://WWW.MASS.GOV/PERSONAL-RESPONSIBILITY-EDUCATION-PROGRAM-PREP](https://www.mass.gov/personal-responsibility-education-program-prep)



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