



Family Health Council of
Central Pennsylvania, Inc.



YOUTH WELLNESS PLAYBOOK

Prevention Education Grounded in Science

2025/2026

About the Family Health Council of Central Pennsylvania



Family Health Council of Central PA (FHCCP) oversees a twenty-four-county network of partners across Central PA. Our network of providers offers a variety of healthcare services and supports including preventative screenings, person-centered care, case management, nutrition counseling, housing assistance, and service navigation support.

Working across multiple health issues, FHCCP takes a data-driven approach to identify and address health disparities and improve public health. This is accomplished through our network of diverse partners with expertise in reaching and providing quality care to historically marginalized populations throughout Central Pennsylvania.

FHCCP's network provides a variety of prevention and healthcare services including:

- Reproductive healthcare
- Supplemental Nutrition Services through the Women, Infants, and Children (WIC) Program
- HIV/AIDS prevention, care, and supportive services
- Supportive Services for individuals with substance use disorder
- Community Health Workers to support patient navigation and preventative screenings
- Adolescent Health education and skill-building

Mission & Core Values

Mission

To build and support community-based health networks through partnerships, education, advocacy, and effective resource allocation.

Core Values

Innovation

To continuously develop our resources, our knowledge, our assets and our creativity to address the demands of change without sacrificing quality of service

Empowerment

To be respectful of diversity and trust everyone to be involved, take ownership and reach their full potential

Transparency

To be open and truthful in our communication and accountable for our actions

Joy

To be inspired by our work and approach each opportunity with enthusiasm



Table of Contents

01

FHCCP's Adolescent Health Program

02

Why Pregnancy Prevention

03

Trainings and Technical Assistance

04

Curricula at a Glance

06

Curricula Deep Dive

12

Frequently Asked Questions

13

What is the PREP Program?

14

What is the TPP Program?

FHCCP's Adolescent Health Program

Adolescence, the phase of life between childhood and adulthood, is filled with many changes. During this phase of development, we experience physical, intellectual, emotional, and psychological growth. We begin to make lifestyle choices and establish behaviors that affect our health into adulthood.

During these key formative years, our brains undergo a lot of growth and development. We begin to try new things to help us learn and further define our likes, dislikes, goals and dreams for the future, and who we want to be as adults.

FHCCP's Adolescent Health programs meet young people where they are during this time of growth and exploration by providing them with the information and skills they need to safely explore the world around them.

Through activities grounded in science, FHCCP's programs help adolescents build and enhance the following skills:

- Making decisions
- Communicating effectively
- Managing stress
- Building and maintaining healthy relationships
- Identifying and managing feelings and emotions



Why Pregnancy Prevention?

It is common for adolescents to be curious about their changing bodies and begin to be interested in romantic relationships.

Sometimes, young people engage in risky behaviors because they want to feel that they belong. Other times, they lack the information and skills needed to make an informed decision.

Pregnancy Prevention Education provides young people with opportunities to have reliable information and practice skills that will allow them to safely and confidently make healthy decisions for themselves.



Studies show that when we build skills in the context of pregnancy prevention, young people transfer the skills they learn to avoid using substances, drinking alcohol, skipping school, or engaging in criminal or violent activities.

In other words, pregnancy prevention programs prevent other adolescent problem behaviors and keep young people safe, healthy, and on a path to reach their full potential.

Similarly, pregnancy prevention programs address the risk factors that can lead to unsafe sex. These include, but are not limited to, mental health concerns and substance use.

Trainings & Technical Assistance

FHCCP offers a variety of topics and formats to meet your needs.

Training topics include:

- How to be an askable adult
- Creating safe, inclusive environments
- Providing Adolescent Friendly Services
- Reproductive Health 101
- Adverse Childhood Experiences
- Trauma-Informed Principles and Practices
- Promoting Family Involvement



Curricula at a Glance

Populations & Setting Characteristics

Curriculum	School Based	Community Based	Ages 12-14 (middle school age)	Ages 14-18 (high school age)	Multiple Racial/Ethnic Populations
Be Proud, Be Responsible	<input checked="" type="checkbox"/>				
Friendships and Dating	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Making Proud Choices	<input checked="" type="checkbox"/>				
Sexual Health and Adolescent Risk Prevention (SHARP)	<input checked="" type="checkbox"/>				
Promoting Health Among Teens (PHAT)	<input checked="" type="checkbox"/>				
Positive Potential	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Choosing the Best Journey	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Curricula at a Glance

Session Logistics

Curricula	Lessons/ Session	Session Length	Total Hours	Multi- Year?	Group Size
Be Proud, Be Responsible	8	50 min	7	No	Small (6-12) Large (13-30)
Friendships and Dating	20	1.5 hours	30	No	Small (6-10)
Making Proud Choices (school version is 40 minute sessions)	8	1 hour	8	No	Small (6-12) Large (13-30)
Sexual Health and Adolescent Risk Prevention (SHARP)	5	1 hour	4	No	Small (5-10) Large (11-20)
Promoting Health Among Teens (PHAT)	8	1 hour	8	No	Large (15-30)
Positive Potential	5	45-50 Minutes	4	Yes	Large (15-30)
Choosing the Best Journey	8	45 minutes	6	No	Large (15-30)

Deep Dive: Be Proud! Be Responsible!

A Safer Sex Approach to HIV Prevention is designed to help adolescents develop the knowledge, skills, and motivation necessary to change their behaviors in ways that will reduce their risk of contracting HIV and other sexually transmitted infections. BPBR uses interactive activities like roleplaying, games, brainstorming, and small group discussions to keep youth engaged and have fun!

Students will be able to:

- Increase their knowledge about HIV, AIDS, and risk behaviors
- Gain an understanding of reproductive anatomy and adolescent development
- Recognize the value of safer sex and abstinence
- Minimize sexual risk behaviors
- Make proud and responsible decisions about their sexual behaviors

Why use BPBR?

Youth who participated in Be Proud! Be Responsible reported

- fewer number of sexual partners
- fewer days not using a condom during sex
- weaker intentions of having sex over the next three months
- stronger belief that practicing abstinence would prevent pregnancy, STIs and AIDS.

Deep Dive: Making Proud Choices

The Making Proud Choices program (MPC) gives teens the information, skills and confidence to protect themselves from unplanned pregnancy, HIV and other STDs. It empowers young people to change their behaviors and lower their risks by abstaining from sex or by using condoms if they choose to have sex.

MPC uses DVDs, games, brainstorming, roleplaying, skill-building activities and small-group discussions. It helps adolescents understand how to make healthy decisions to protect themselves.

Students will be able to:

- Increase their knowledge of HIV, other STDs and pregnancy prevention.
- Believe in the value of abstinence and other safer-sex practices.
- Improve their ability to negotiate abstinence or safer-sex practices.
- Take pride in choosing responsible sexual behaviors

Why use MPC?

Youth who participated in Making Proud Choices reported:

- less likely to have had sex in the past three months
- significantly improved knowledge of HIV/STIs,
- self-efficacy in negotiating condom use and refusing sex

Deep Dive: SHARP

Sexual Health and Adolescent Risk Prevention

Sexual Health and Adolescent Risk Prevention (SHARP) is an interactive single-session STI/HIV prevention intervention. The program's overall goals are to deepen STI/HIV knowledge, improve correct condom use, reduce sexual risks and alcohol use, and set long-term goals to utilize knowledge and skills learned during the session.

Students will be able to:

- Understand the consequences of risky sexual and substance use practices.
- Understand how HIV and STIs are transmitted.
- Identify behaviors that place people at risk for HIV/STIs.
- Develop sexual risk reduction strategies.
- Learn how to successfully negotiate condom use.
- Develop long-term sexual risk and alcohol use reduction goals.
- Understand how decisions about engaging in risk behaviors today can affect life tomorrow and further down the road.

Why use SHARP?

Youth who participated in SHARP reported:

- decrease in alcohol use
- increase in condom use

Deep Dive: Promoting Health Among Teens (PHAT)

The Promoting Health Among Teens! Abstinence Only program give adolescents the tools they need to reduce their risk of sexually transmitted infections, including HIV, and pregnancy, and to allow them to feel comfortable abstaining from sex completely.

Learning activities focus entirely on abstinence, and include viewing DVDs, playing games, brainstorming, role-playing, engaging in skill-building exercises, and small group discussion. Each activity is brief, and most are active exercises that require the participants to get up out of their chairs and interact with one another.

Students will be able to:

- Recognize abstinence as the best way to avoid Pregnancy and HIV/STIs
- View abstinence as a positive choice
- Recognize teen pregnancy, HIV and other STIs as obstacles to their goals and dreams
- Respond with confidence to pressures to have sex

Why use PHAT?

Youth who participated in Promoting Health Among Teens reported:

- less likely to have sex throughout the 24 months after the program
- increased belief that practicing abstinence would help them achieve their career goals
- delayed sexual experience among virgins

Deep Dive: Choosing the Best Journey

Covering topics that are highly relevant to lower high school teens, this eight-lesson curriculum powerfully communicates the value of committing to sexual delay. Videos that open each lesson lead naturally to discussion. Each segment balances information about healthy choices with activities and role-plays that help teens practice saying “No.”

Students will be able to:

- Know the facts on STIs, teen pregnancy to make the healthiest choices for their future
- Gain confidence in being assertive and to handle negative peer pressure and relationship pressures
- Recognize and prevent child sexual abuse and other forms of sexual violence and know how to get help if someone they know is a victim
- Define consent
- Develop traits such as respect for others, self-respect, compassion, courage and honesty.

Why use CTBJ?

Youth who participated in CTBJ reported:

- less likely to initiate sex
- less likely to have ever had sex

Deep Dive: Positive Potential

The Positive Potential program is a whole-child program for middle school students. The curriculum is designed to reduce or delay sexual behaviors, reduce other risky behaviors, including the use of alcohol, tobacco, and drugs, and promote positive youth development among largely white rural communities. The three-year program consists of five 45 to 50-minute sessions per year, plus an end-of-the-year assembly designed to support existing health and physical education instruction.

Students will be able to:

- Maintain a positive view of their personal future
- Identify effective problem solving and refusal skills
- Communicate positively with trusted adults
- Recognize how the choices they make today can affect their lives now and in the future

Why use Positive Potential?

Youth who participated in Positive Potential Reported:

- increased skills to help them avoid sexual activity in high school
- more often reported their intention to wait until after high school before having sexual intercourse

Frequently Asked Questions

How much does it cost?

FHCCP's prevention programs are **FREE!** We use two different grant funds to support our work - Learn more about the Personal Responsibility Program and the Teen Pregnancy Prevention Program on the following pages.

Is the curriculum available for review?

The curricula are all copyrighted materials which means that we cannot provide you with an electronic copy or send you a copy, but, we can schedule a time to sit with you to review the curriculum and answer questions and concerns.

I'm interested in programming, but am concerned about scheduling so many sessions. Can the program be shortened?

We address these concerns on a case by case basis. We would welcome the opportunity to discuss your unique needs and work together to find a solution that meets everyone's needs.

Do you have any materials we can share with parents?

YES! We have detailed descriptions of each curricula. And, we have permission slip templates that can be used either for active or passive parental consent.



What is the PREP Program?

The federally-funded Personal Responsibility Education Program (PREP) supports efforts to educate youth on both abstinence and contraception for the prevention of pregnancy and sexually transmitted infections through evidence-based programs. Programs also educate youth on **adulthood preparation subjects** including:

- Positive Self-Esteem
- Family Interactions
- Goal setting
- Decision Making
- Negotiation
- Communication and Interpersonal Skills
- Stress Management

When PREP programs are implemented with fidelity, we see

reductions in:

- Student absences
- Sexual risk behaviors
- Unintended pregnancy
- Substance and alcohol use
- Experiences of forced sex
- Number of sexual partners

increases in:

- Setting healthy boundaries
- Size of pro-social network
- Mental wellbeing
- Condom and contraceptive use



What is the Teen Pregnancy Prevention (TPP) Program?

The Teen Pregnancy Prevention (TPP) Program is a national, evidence-based program that funds diverse organizations working to reach adolescents to improve sexual and reproductive health outcomes and promote positive youth development.

The TPP program intentionally engages **parents/caregivers** to inform the project activities. They also help to promote positive experiences, relationships, and environments so that young people can thrive.

Youth voice is at the center of the TPP program through our regional **Youth Advisory Board**. They inform program design, content, and quality improvement efforts.

FHCCP, works with **school-based, clinic-based, and community-based** partners to provide tested and effective sexual and reproductive health interventions throughout Central Pennsylvania.



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