

# myHealth for Teens and Young Adults

HOPKINS, ST. LOUIS PARK, AND MINNETONKA, MINNESOTA

## Objectives

- Youth ages 12-21 participating in myHealth education programming will be given tools to reduce their likelihood of teen pregnancy and STI transmission, as well as increase their skills around goal setting and future planning through the implementation of the Teen Outreach Program (TOP) curriculum.
- As part of TOP, myHealth educators will build and reinforce youth participant's healthy adolescent development, financial literacy knowledge, development of healthy relationships, and healthy decision-making skills.

## Curriculum

### Teen Outreach Program

[The Teen Outreach Program™ \(TOP\)™](#) is a national youth development program designed to prevent adolescent problem behaviors by helping adolescents develop a positive self-image, effective life management skills, and achievable goals. The program is directed toward reducing rates of teenage pregnancy, school failure, and school suspension. The focus is to engage young people in a high level of community service learning that is closely linked to classroom-based discussions of future life options. The program consists of supervised community service learning, classroom-based discussions, and activities related to key social-developmental tasks of adolescence.

## Accomplishments

- Ten TOP clubs throughout 7 different school settings participated.
- All TOP clubs completed a minimum of 20 hours of community service. This included projects that focused on their local, national and global communities. They covered a large variety of topics from food insecurities, racial inequities, healthy/ unhealthy relationships animal cruelty, and helping young people in the hospital. Students found topics that they were passionate about and worked together as a team or class to support their cause and effect change.
- Students surveyed felt respected by, and connected to, their TOP facilitator.
- All 7 TOP settings invited facilitators back for the 2017-18 school year.

## Populations Receiving TOP Curriculum

- African-American Youth
- Asian Youth
- Latino Youth
- Youth with cognitive and developmental disabilities
- LGBTQ youth
- Students that come from homes where English is not the primary language
- First generation American/ Immigrant
- First generation college bound

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For more information: [Minnesota Department of Health – MN PREP Website](#)

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