

YWCA of Minneapolis

MINNEAPOLIS, MINNESOTA

Objectives

- Female youth age 12-18 will participate in the Girls RAP program and receive high-quality youth development intervention designed to promote healthy relationships with adults, peers and partners; identify values and goals for the future including high school graduation and pursuing post-secondary education; develop effective communication skills; positive body image and strong self-efficacy. SHARP curriculum will be used to increase protective factors and decrease risk factors associated with teen pregnancy and sexually transmitted infections through completion of SHARP and Girls RAP.

Curricula

Sexual Health and Adolescent Risk Prevention (SHARP)

This four hour, single-session, group-based intervention is designed to reduce sexual risk behaviors among high-risk adolescents in juvenile detention facilities. The program is delivered in small groups of up to 10 youth and seeks to increase condom use and reduce alcohol-related sexual risk behavior. Overall, [SHARP](#) program 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.

Safer Sex Intervention

The overall goals of the [Safer Sex Intervention \(SSI\)](#) are to reduce sexual risk behaviors, increase condom use, and prevent the recurrence of sexually transmitted infections (STIs) among sexually active young women. The target audience is sexually active adolescent girls and young women who are between ages 13 and 23 and have been diagnosed with an STI. SSI is led by a female health educator and is appropriate for use in clinics or community-based organizations providing sexual health services to young women. The intervention is administered one-on-one and face-to-face in a single 30- to 50-minute session. SSI includes booster sessions that were designed to coincide with the young woman's treatment schedule.

Accomplishments

- 9 Girls RAP groups throughout Minneapolis participated in SHARP curriculum as part of the 12-week program in 2016-17

MINNESOTA PERSONAL RESPONSIBILITY PROGRAM (MN PREP)

- Girls receiving SHARP programming demonstrated positive social/emotional skills in self-management and peer relationships
- Girls receiving SHARP stated it was important to them to meet their educational goals before having a child.

Populations Receiving SHARP and SSI Curricula

- African-American Youth
- Hmong Youth
- Latino Youth

Gabriel McNeal, PREP State Coordinator | gabriel.mcneal@state.mn.us

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

To obtain this information in a different format, call: 651-201-3623. Printed on recycled paper.

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