

schoolhealth

PROGRAM NEWS



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School Health Program News

News from the States

New Jersey Initiative Promotes Sexual Health

Students consistently report that they do not get information about sexuality in time for it to influence the sexual decisions they make, and educators often say they do not get enough training to provide effective sexual health education. The New Jersey Teen Prevention Education Program (Teen PEP) aims to respond to those shortcomings by increasing knowledge, skills, and behaviors that promote sexual health among adolescents.

Teen PEP assists high schools in implementing a year-long credit course that produces a core group of trained students who are effective sexual health advocates. The curriculum is based on the nationally recognized HiTOPS—Health-Interested Teens' Own Program on Sexuality—curriculum, and the peer-to-peer leadership developed by the Princeton Center for Leadership Training. Two advisors and peer educators run workshops for teens, parents, and educators, focusing on unplanned pregnancy, HIV/AIDS, other STDs, homophobia, sexual harassment, and dating violence. Activities focus on building critical skills such as communication with peers and parents; problem-solving and decision-making; negotiation and refusal; and self-management.

A special component is the Day of Learning about Adolescent Sexual Health. This annual event includes workshops and special presentations designed to address a wide variety of teen sexual health issues. The day allows peer educators from all Teen PEP schools to showcase and experience innovative, peer-led prevention outreach activities and to hear from speakers and state

leaders about critical teen sexual health issues.

Teen PEP is sponsored by the New Jersey Department of Health and Senior Services in collaboration with the Princeton Center for Leadership Training and HiTOPS, Inc. Contact:

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