My Life, MY CHOICES

Power Through Choices (PTC) is a 10-session prevention curriculum for adolescents, ages 13-18, living in out-of-home care. It has two main themes: self-empowerment and the impact of choices on an individual’s future. It is designed to help youth prevent pregnancy, HIV, and other sexually transmitted infections (STIs).

The curriculum’s goal is to provide youth with specific information and skills to help them avoid risk-taking sexual behavior and reduce the incidence of adolescent pregnancy, HIV, and other STIs. Curriculum objectives are to enable the participants to:

1. Develop and practice effective communication skills;
2. Make healthy, positive choices;
3. Build contraceptive knowledge and skills; and
4. Learn how to access available resources.

June 17-21st at Polk County Riverplace
2309 Euclid Des Moines, IA 50310
Room 3 • 9:30am-2:30pm

Light Breakfast & Lunch will be provided

If you are interested in attending the Power Through Choices program this summer or have questions regarding the curriculum, please contact PTC facilitator Kaylie Engelen, APP, BSN at:

kengelen@yss.ames.ia.us or 515-298-0115

To sign up, please email the youth’s name and contact information.
We look forward to seeing you this summer!