



Choices Today > Options Tomorrow

2017 Pre and Post-Assessment Results - How did we do?

An electronic pre and post-assessment was sent to students of the Choices Today, Options Tomorrow curriculum, who range in age from 10-21 years, with an average age of 13. The results showed an overall improvement. In this curriculum, we cover topics such as STIs, the effects of teen pregnancy and positive decision-making for a better future.

Pre and Post Results - Knowledge of STIs and HIV

Question	Correct Before CTOT	Correct After CTOT
STI transmission can occur the first time a non-infected person and an infected person share sexual activity	55%	72%
Abstinence from sexual activity is the only 100% effective way to avoid sexually transmitting HIV	53%	76%
A person infected with an STI (sexually transmitted infection) may look healthy	44%	69%
Youth who are sexually active may become infected with HIV	53%	76%
Practicing sexual abstinence is an effective way a person can prevent sexual transmission of HIV	49%	76%

Pre and Post Results - Teen pregnancy and attitudes toward abstinence

Question	Correct Before CTOT	Correct After CTOT
Children born to teen parents are more likely to be incarcerated than children born to non-teen parents	19%	62%
Teens who become parents usually make less money as adults than teens who did not become parents as teenagers	44%	71%
Abstinence from sexual activity is the only 100% effective way to prevent pregnancy	59%	81%
I think teens who choose abstinence from sexual activity are making a positive decision	54%	79%
Teens who choose abstinence from sexual activity are more likely to achieve their goals	48%	77%



Curriculum Feedback - What are people saying?

- “I would like to see more modules about other topics. ...I would have never known about how you get an STD if it wasn't for this program.”
- 15 year old from Faith Christian School
- “I realized how important sexual abstinence is and how it teaches you to support your own values and goals. I learned that many STIs and STDs can be spread in ways I did not know of. I also learned some new things about drugs that I did not know from the past.” - 12 year old from Eastbrook Middle School
- “I think more schools should be involved with this program.”
-17 year old student from South Side High School JAG Program

What you should know about Choices Today, Options Tomorrow

- Ages served: 11 - 20
- 100% of schools who have received the program have requested the program again
- Many high school students comment that they “wish they would have had the information when they were in middle school”
- Program is highly effective in all educational settings - rural, faith-based, inner city, juvenile detention center and after school settings

