

South Dakota Personal Responsibility Education Program (PREP)

The South Dakota Personal Responsibility Education Program (SD PREP) is a federally funded initiative administered by the South Dakota Department of Health, Office of Lifespan Health.

Since 2010, the South Dakota PREP program has supported evidence-based education that helps youth build healthy relationships, make informed decisions, and prepare for successful adulthood. PREP programming provides medically accurate, age-appropriate education focused on pregnancy prevention, sexually transmitted infection prevention, and positive youth development.

STATE PLAN OVERVIEW

Our goals:

- Decrease the teen birth rate among South Dakota youth ages 15–19.
- Decrease sexually transmitted infections (STIs) among South Dakota youth ages 15–19.
- Increase healthy behaviors, such as life skills building, financial literacy, future planning, and healthy relationship skills among South Dakota youth as they prepare for successful adulthood.
- Strengthen community-level support to coordinate, deliver, and sustain effective evidence-based services for youth across South Dakota.

Who We Serve

- Youth ages 10–19 statewide
- Priority focus on youth at higher risk, including:
 - Youth aging out of foster care
 - Youth experiencing homelessness
 - Youth involved in the juvenile justice system
 - Youth living in under-resourced communities
 - Youth in areas with higher teen birth and STI rates

Program Supports

- Implementation of approved, evidence-based PREP curricula
- Training and certification of facilitators through a Training of Trainers (TOT) and Training of Facilitators (TOF) model
- Ongoing technical assistance, fidelity monitoring, and quality improvement
- Performance measure collection and evaluation to monitor outcomes and guide program improvement
- Positive Youth Development webinars and an annual conference

Approximately 175 youth are expected to be served during the FY 2026 project period.

Program Services

SD PREP facilitators use one or more of the three evidence-based curricula that best meet their populations' needs:

- **Teen Outreach Program (TOP)**
- **Families Talking Together (FTT)**
- **Motivating Adolescents to Reduce Sexual Risk (MARS)**

In addition to education on preventing pregnancy and sexually transmitted infections (STIs), South Dakota PREP helps youth build the knowledge and skills needed for successful adulthood by integrating key **Adulthood Preparation Subjects**, including

- **Healthy Relationships:** Examples include developing communication skills, building positive relationships, and healthy and safe romantic involvement
- **Healthy Life Skills:** Examples include goal setting, decision-making, negotiation skills, and self-care
- **Adolescent Development:** Examples include physical development and reproductive anatomy, identity formation

Optional subjects:

- Financial Literacy
- Parent-Child Communication
- Education & Career Success

Program Principles

Evidence-Based & Medically Accurate

All curricula are reviewed to ensure medical accuracy, age appropriateness, and alignment with federal PREP requirements.

Sexual Risk Avoidance without Normalizing Teen Sexual Activity

Programming emphasizes decision-making, goal setting, self-respect, and healthy relationships, without presenting teen sexual activity as expected or normative behavior.

Positive Youth Development (PYD)

PREP builds youth strengths and protective factors through skill-building, leadership development, and supportive relationships.

Trauma-Informed Delivery

Facilitators are trained to recognize the impact of trauma and create safe, supportive learning environments.

Curriculum Fidelity

Programs are delivered as designed, with approved adaptations only, ensuring consistency and effectiveness across the state.

Program Oversight

SD PREP is implemented through a partnership between:

- South Dakota Department of Health (Grantee)
- Lutheran Social Services – REACH Program (Subrecipient)
- South Dakota State University Population Health Evaluation Center (Evaluator)

Learn More

Visit the SD PREP webpage to learn more about programming, curricula, and partnerships:

<https://doh.sd.gov/programs/grants/personal-responsibility-education-grant/>

