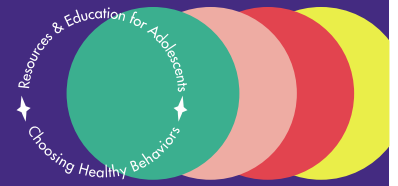


REACH



MOTIVATING ADOLESCENTS TO REDUCE SEXUAL RISK

RESOURCES FOR YOUTH 14-18 years old, high school

KEY FEATURES

Project MARS: Motivating Adolescents to Reduce Sexual Risk (MARS) is an evidence-based curriculum targeted at reducing adolescent risky sexual behavior, particularly in contexts where alcohol or marijuana use may be involved. The facilitator will use motivational interviewing skills and create an environment that will enhance the participant's inherent motivation for, commitment to, and movement towards behavior change.

WHAT TO EXPECT

Trained facilitators will complete one to two sessions that include two to three hours of curriculum content and discussion.

IMPACT

- Self-efficacy; set long-term goals to utilize knowledge and skills learned during the session
- Future orientation, build confidence in negotiation safer sex and condom use
- Healthy attitudes and norms, reduce sexual risk behaviors
- Increase knowledge about HIV and STDs
- Substance use and its related effects upon sexual activity.

COMPONENTS

- Role Plays
- Videos
- Group discussions
- Hands-on activities
- Games

LSS REACH

705 East 41st Street
Sioux Falls, SD 57105

605-444-7500 • 800-568-2401

ILS-REACH@LssSD.org

REACH.LssSD.org



SOUTH DAKOTA
DEPARTMENT OF HEALTH



Independent
Living Services