

About Us

Youth Outreach Services (YOS) is a nonprofit human service agency dedicated to caring for youth in and around Chicago, inspiring positive development in their lives, families, and communities. Founded in 1959, YOS has served over 300,000 youth through a wide variety of prevention, counseling, juvenile justice, and child welfare services.

Our staff is committed to helping youth find safe homes, remain in school, avoid substance abuse and gang involvement, and make positive choices.

We believe all kids are capable of excellence and are committed to providing the community-based support they need to overcome challenges and succeed.



Committed to caring. **Inspiring change.**

Connect With Us

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Teenage Pregnancy Prevention (PREP)

Ensuring the success and self-sufficiency of our youth



@yosprevention

YOS.ORG

Teenage Pregnancy Prevention (PREP)

Teenage Pregnancy Prevention is a part of the YOS Personal Responsibility Education Program (PREP). It consists of a team of specialists trained to implement an evidence-based curriculum to provide support, resources, and skills to understand the effects and reduce the risk of teenage pregnancy and sexually transmitted infections, including HIV.

The Teenage Pregnancy Prevention team serves middle school to high school youth in four Cook County neighborhoods: Belmont Cragin, Forest Park, Hillside, and Maywood.

In addition to evidence-based education, the team also provides sexual health materials such as condoms and at-home HIV testing kits and referrals to local health clinics to the students they serve.



Making Proud Choices!

Making Proud Choices is an evidence-based curriculum we use to teach comprehensive sex education to youth. It aims to provide adolescents with the knowledge, confidence, and skills needed to reduce their risk of contracting sexually transmitted infections, HIV and unplanned pregnancy by abstaining from sex or using a condom if they choose to have sex. The program was designed for small facilitator groups and/or classroom settings for youth ages 12-18.



Program Goals

- Increase knowledge of HIV, STIs and pregnancy prevention.
- Believe in the value of safer sex, including abstinence.
- Improve youths ability to negotiate abstinence/safer-sex practices.
- Increase teenagers ability to use condoms correctly.
- Develop stronger intentions to use condoms if they have sex.
- Lower incidence of HIV/STI sexual risk-taking behavior.
- Take pride in choosing responsible sexual behaviors.

How Can You Make a Difference?

Follow these steps:

1 Make Proud Choices!

What does it mean to make proud choices? Making proud choices means doing things that make you feel good. Being mindful of your actions shows respect to yourself, your family, and your community.

2 Be Informed

Make sure that the knowledge you acquire is accurate and based on evidence.

3 Spread Awareness

Your knowledge could change someone's life. Share what you've learned!

4 Be an advocate

Support making responsible choices. By leading by example, you can help influence others to also make informed decisions to reduce their risk of teen pregnancy and the spread of HIV and STIs.

5 Stay safe!

Most importantly, be safe! You can always abstain from sex, but if you do decide to engage in sex remember to use protection.

[YOS.ORG/PREVENTION](https://yos.org/prevention)