

About Us

Youth Outreach Services (YOS) is a nonprofit human services agency dedicated to supporting youth across the Chicagoland area, fostering positive growth in their lives, families, and communities.

Founded in 1959, YOS has served more than 300,000 young people through a wide range of prevention, counseling, juvenile justice, and child welfare programs.

We believe all kids are capable of excellence and have the potential to succeed. That's why YOS is committed to providing the community-based support they need to overcome challenges, build resilience, and thrive.



Committed to caring. **Inspiring change.**

Connect With Us

Contact Youth Outreach Services today to learn more about our programs and how we can support your family.



(773) 777-7112



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www.yos.org

Follow us @ [@youthoutreachservices](https://www.instagram.com/youthoutreachservices)
or [@YOSChicago](https://www.instagram.com/YOSChicago)



Teenage Pregnancy Prevention

Personal Responsibility Education Program (PREP)



[@yosprevention](https://www.instagram.com/yosprevention)



Personal Responsibility Education Program (PREP)

The Personal Responsibility Education Program (PREP) is a Youth Outreach Services (YOS) program dedicated to helping prevent teen pregnancy and reduce the risk of sexually transmitted infections (STIs), including HIV. Led by a team of trained specialists, PREP provides youth with evidence-based education, supportive resources, and practical tools to make healthy, informed decisions. Services are offered to middle and high school students in the Cook County communities of Belmont-Cragin, Forest Park, Hillside, and Maywood. In addition to classroom-based education, the program connects youth with valuable sexual health resources, including condoms, at-home HIV testing kits, and referrals to local health clinics and supportive services.

Making Proud Choices!

Making Proud Choices! is an evidence-based program that provides comprehensive sex education for adolescents ages 12–18. Through engaging group and classroom-based learning, youth gain the knowledge, confidence, and practical skills needed to make healthy, informed decisions about relationships and sexual health.

The program helps reduce the risk of sexually transmitted infections (STIs), HIV, and unplanned pregnancy by encouraging abstinence or safer sex practices, including condom use for those who choose to become sexually active.



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? When you make proud choices, you are 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 the knowledge you acquire is accurate and evidence-based.
- 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 make informed decisions, to reduce their risk of teen pregnancy, and to prevent 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, always use protection.

www.yos.org/prevention

