

SRAE YR3 NEWS

March 2021

Prevention, Pregnancy Reduction Objectives and Training for Educators,



Spring

Communities, Teens (²*P*ROTECT Project)

Sexual Risk Avoidance Education (SRAE)

is a 3-year, federally-funded grant administered by the Family and Youth Services Bureau (FYSB, USDHHS). Its mission is adolescent pregnancy prevention using a medically-sound, evidence-based, and age-appropriate curriculum. Topics such as *Success Sequencing* and *Self-Regulation* are also required supplemental content. In 2018, **CJH Educational Grant Services, Inc.** (CJH) was one of 30 grant recipients from across the county selected to improve the health and well-being of at-risk youth. For this 3rd and final year (2020-2021), CJH will continue serving young adults in 12 North Carolina counties, with the goal of reaching 1,200 adolescents by year end.

2021 Dates of Curriculum Sessions	
February 13 & 20	Completed!
March 13 & 20	Completed!
April 9 & 10	Completed!
May 1 & 8	(Registration deadline is Sun., April 25)

Teens participate in a 10-hour virtual zoom classroom, divided into 2 or more sessions. Facilitators are curriculum-trained public school staff, health department personnel, retired teachers and others. To date, three (3) full sessions have been held, with the next one scheduled for Saturdays, May 1 & 8.

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.”

-- Mother Teresa



The Ripple Effect

Teens are
Choosing the Best
curriculum.

Welcome
Latonia Coryatt as our new
Program Specialist, FYSB.

Thank You! to Community and Partnering Agencies

	<i>Agency</i>	<i>City</i>	<i>Target Area County</i>
1	Above & Beyond Family Life, Inc.	Roanoke Rapids	Halifax
2	Conetoe Family Life Center	Conetoe	Edgecombe, Nash, Wilson
3	Divine Faith Baptist Church	Rocky Mount	Edgecombe, Nash, Wilson
4	Edwards Grove Baptist Church	Liberty	Randolph
5	Free Will Baptist Children's Home	Middlesex	Halifax, Nash, Edgecombe
6	Joy Community Development Corp	Rocky Mount	Edgecombe, Nash, Wilson
7	Jubilee Christian Center	Wagram	Brunswick, Hoke, Roberson, Scotland
8	M.A.T.T.E.R. Foundation, Inc.	Garner	Robeson, Scotland
9	Mount Moriah Community Church	Wilson	Wilson
10	OIC (Education Services Department)	Rocky Mount	Edgecombe, Nash
11	Presence Church	Sharpsburg	Edgecombe, Nash, Wilson
12	Shackle Free Community Outreach Agency	Burgaw	Duplin, Onslow
13	Tau Gamma Delta Sorority Inc.	Battleboro	Edgecombe, Nash, Wilson
14	Weldon City Schools	Weldon	Halifax
15	W.E.S.T. Community Center	Rocky Mount	Nash, Edgecombe

KEEPING IT 100! (Curriculum Delivery)

-- April Love, SRAE Educational Consultant

Who can *objectively* deliver our messages about sex, toxic friendship, alcohol, drugs, STDs, self-awareness, healthy relationships, peer pressure, consent, self-regulation, and success? **Seasoned educators and trained facilitators!**

Our 6-person team of facilitators are BOTH!! This cadre of professionals are dedicated educators who have over **100** years of experience in education! These talented and energetic facilitators are keeping it 100! **Keeping it 100** means to tell the whole truth all the time! While using the Choosing the Best curriculum, facilitators engage teens in activities that are *reality based* with scientific and *medical facts* supporting every lesson.

The facilitative team attended training by the curriculum publisher VP (Cliff Baskerville) and is well prepared to deliver these transformational eight (8) sessions from the ***Choosing the Best Life curriculum*** series. Facilitators studied each lesson, teamed up in pairs for co-teaching, practiced using the zoom platform, and collaborated on how to incorporate interactive virtual learning tools to keep teens involved, attentive, and engaged!!

Because the learning environment is virtual, innovation is necessary to create a stimulating and engaging “classroom” setting. Veteran educators learned to use various online tools like digital dice, Animoto, Moovly, the wheel of names, Biteable, and Explain Everything.

Self-Regulation, Success Sequencing and Decision Making are topics and skills that supplement the curriculum and help teens toward reaching their ultimate goals. The most important point while ‘keeping it real’ with teens is that **abstinence is 100% effective** in preventing unplanned pregnancy. Teens have been responsive and sometimes surprised by the information that is expertly delivered!

In-person vs ZOOM...

We remember the good *ole* days.
Teens attend *in-person* classes. March 21, 2019.
(YR 2)



2020 – 2021 Calendar Events

Major Projects
Curriculum Training with Cliff Baskerville Choosing the Best, LIFE January 22, 2021
SRAE TTA Topical Training <i>Enhancing Purpose, Passion and Results</i> (FYSB, ACF) Feb 23 – 25, 2021
Virtual 2021 Adolescent Pregnancy Prevention Grantee Conference <i>Creating Diamonds During Times of Great Pressure</i> June 14 – 17, 2021

Congratulations Jewellynne Tinsley...

... on her retirement as Program Officer (PO) for the Family and Youth Services Bureau, ACF, USDHHS. As our former PO, she offered sound advice and guidance during her tenure with us.

Consultant, Facilitators and Monitors

<i>Consulting Team</i>	<i>Facilitators and Monitors</i>
<ul style="list-style-type: none"> • Terry Alston - Parent Educator (WCS) • Krystina Dillard – Project Evaluator • *Patricia Hopkins – Community Partner Recruiter • Start Anew, LLC (Ronda Pierce) - IT Consultant • *Tiffany Sessoms – Data Entry Specialist • *April Love Williams – Education Consultant <p style="font-size: small; margin-top: 10px;">(Educators, teachers, and social science majors trained in the CTB curriculum)</p>	<ul style="list-style-type: none"> • Robin Davis • Christina Davis-McCoy • Norma Hedgepeth • Patricia Hopkins • Treba L. Howard • Latesha Barnes-Staton • Richard Thrash, Jr <p style="text-align: right; font-size: small; margin-top: 10px;">* facilitators also</p>



Support Appreciated...

... from Parents, Teens, Community Partners, Consultants, and Stakeholders
--Patricia Hopkins, Community Partner Recruiter

CJH has a lofty goal of aiming to serve 1,200 teens from the twelve NC counties mentioned below. Success of this project is a collaborative effort of individual family members, teens, churches, community organizations, schools, and other outreach agencies. The program utilizes community agencies (nonprofits, schools, churches) to help recruit teens to participate in the virtual 10-hour program. The interactive *Choosing the Best Life* curriculum highlights healthy relationships, character development, abstinence, self-growth, and healthier choices.

Youth ages 13-19 reside in *Brunswick, Duplin, Edgecombe, Halifax, Hoke, Nash, Onslow, Randolph, Roberson, Scotland, Swain, and Wilson counties.*

The Sexual Risk Avoidance Education (SRAE) program supports youth by educating them on the benefits of abstaining from any sexual or risky behaviors, in order for youth to execute more positive and informed decisions as the best and healthiest choice.

The statement “It takes a village to raise a child” resides very true for our current state of affairs. As a community, we have to help strengthen the efforts of relaying relevant and factual information to teens. Adolescents have a great deal of access and exposure to sexual information and content from television, peers, social media, and other sources. Therefore, it’s important for trusted adults to talk with teens about sex-related topics, including healthy relationships, the prevention of HIV, other sexually transmitted diseases (STDs), and unplanned pregnancy.

We all have a part in communicating honestly and openly with teens about risk behaviors and issues that promote teens’ health and reduce behaviors that place them at risk. *“All Aboard!” Let’s Do Our Part!*

“SRAE: Connecting Teens to a Brighter Future.”
-- Gloria Williams Wilson, Curricula Specialist & Project Manager

Our world is changing daily due to **COVID-19**. We find ourselves navigating through uncharted waters, trying to establish some sort of new norm. As humans, we are naturally social beings with a desire for community.

As schools across the country announce school closures, we think of rural and isolated teens who miss their classmates. We think of teens in low-income areas who depend on receiving breakfast and lunch at school. We think of teens who need a safe place like school to go to.

My belief is **“a connected teen is a protected teen.”** Through our Sexual Risk Avoidance Education Program (SRAE), we are helping teens to connect. This program supports specific activities to prevent unplanned teen pregnancy, promote healthy relationships, and encourage adolescent behaviors to avoid poverty as adults in twelve North Carolina counties: *Brunswick, Duplin, Edgecombe, Halifax, Hoke, Nash, Onslow, Randolph, Robeson, Scotland, Swain, and Wilson* for teens 13-19 year of age. Through virtual classes offering a research-based curriculum, we also address important topics that teens face daily, including bullying/cyberbullying, drugs, alcohol, vaping, healthy relationships, and more.

Like others, our SRAE project had to adjust to changes resulting from COVID-19 and has engaged Zoom Video Conferencing (a total virtual program-delivery platform) to continue helping teens build meaningful connections during a time of isolation.

Whether you live alone, have a full house, or are somewhere in-between, we all need each other now more than ever. Our SRAE project needs each of you to help us serve over 1,200 teens through this program by September 29, 2021. If you have teen-age children or know adolescents who live in the target counties listed, please refer them to us using the information below. Each teen completing the 10-hour curriculum will receive a \$50 Walmart gift card. Written parent permission is required for their participation.

SRAE Project Resources

- SRAE Website: <https://sites.google.com/view/cjh-srae>
- Facebook: <https://www.facebook.com/cjhgrants>
- Company Website: www.cjhgrants.com
- Leave a message: email us: cjh.srae@gmail.com | Messages only: (919) 438-3421

Other Resources:

- wethinktwice.org or <https://www.wethinktwice.acf.hhs.gov/>
- [#wethinktwice](https://www.facebook.com/wethinktwice)
- Weascend.org

Sexual Risk Avoidance Education: What You Need To Know

<https://weascend.org/wp-content/uploads/2018/01/Sexual-Risk-Avoidance-Education-What-You-Need-to-Know.pdf>



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Success is on the Horizon. Evaluation helps.

Tiffany Sessom, Data Entry Specialist on March 11, 2021

In the midst of such unprecedented times, it is important that we focus on every impactful stride achieved. CJH Educational Grant Services Inc. (CJH), celebrates the successful momentum of SRAE YR3. The resilience demonstrated by all stakeholders involved is nothing short of inspirational. CJH strives to educate, influence and impact the lives of today’s youth leaving them with an in depth knowledge and awareness around the positive benefits of abstinence, sex, marriage and healthy relationships.

The registration and data team continue to tailor and improve the enrollment process to make it more efficient and user-friendly for teen participants and community partners alike. Upon the completion of each session, several evaluation methods are utilized to ensure our program is making a life-long impact in the lives of the youth we serve.

Two (2) forms of evaluation analyzed are *Entry and Exit Surveys* offered by our funders, the Family and Youth Services Bureau (ACF, USDHHS) and our internal *pre and post surveys*. CJH encourages all participating teens to complete these questionnaires. The data is then analyzed to evaluate the program’s effectiveness. All surveys are **voluntary, anonymous and confidential** to protect sensitive information and encourage honest responses. It is our goal that through exposure to brief topics such as *Success Sequencing*, teens are able to establish new life goals and formulate a solid plan towards a **bright and promising future**.



Greeting from the *CJH Executive Board*:
Brenda, Sylvia, Yvonne, and members at large.

TO OUR PARENTS

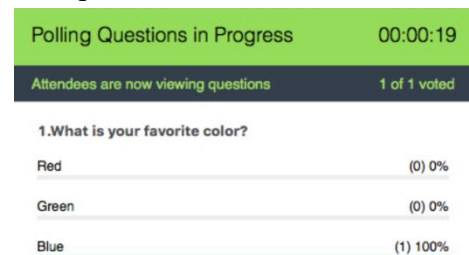
Thank you, parents and guardians for your *time, concerns, and ideas*. We appreciate you encouraging youth to participate in our project. According to research, parents are still considered the most influential in the lives of adolescents.
– **Cynthia J. Harris, Project Director**



Ronda Pierce, IT Consultant

The 2021 CJH-SRAE Sessions use the **Zoom Video Conferencing Application**. We have had great participation from teens. A few Zoom features being used are:

- **Chat** - Teens interact by messaging during the meeting to Everyone or Privately
- **Polls** –In the meeting, teens are prompted to answer questions.



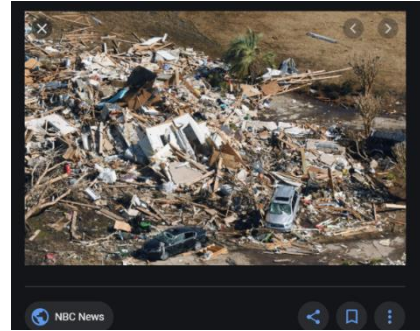
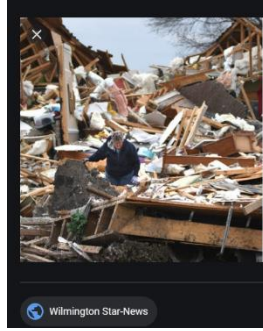
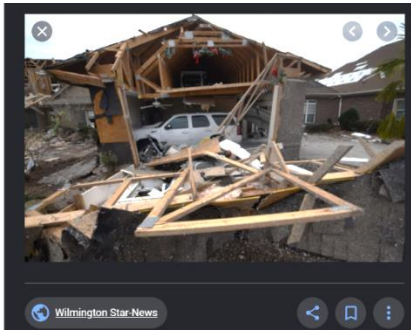
- **Break Out Rooms** - Teens join break-out room for more interaction and discussion.
- **Whiteboards** - Teens can write on whiteboard.
- **Reactions** - Nonverbal feedback during meetings is possible.
 - Clapping Hands 🙌
 - Thumbs Up 👍
 - Heart ❤️
 - Tears of Joy 😂
 - Open Mouth 😮
 - Party Popper (Tada, Celebration) 🎉

Tornado Affects SRAE Target Community

Our hearts go out to teens, families, and residents affected by recent natural disasters of the past 12 months including **Covid-19 disease**, **Hurricane Isaias**, and the February 15, 2021 **tornado** that hit Brunswick County, NC. Local and national newspaper headlines/ photos describe devastation.

- **EF3 tornado with 160 mph winds levels homes in Brunswick County; 3 dead, 10 injured**
February 17, 2021 at 9:29 am EST, By Associated Press.

WILMINGTON, N.C. — “An EF3 tornado killed three people and injured 10 others when it struck late Monday night in Brunswick County, near Ocean Isle Beach in southeastern North Carolina. The twister left residents trapped or missing and dozens of homes damaged, officials said,” www.wsocvt.com/news/local/tornado-hits-north-carolina-leaves-some-residents-trapped/VV2XO6UIFFFMTLXKMCJFHUJJ2I/



2021 Teen Participant Quotes

Middle School Post-survey

Q24 - What did you learn from this program that you did not know before?

- *that sending inappropriate things is illegal*
- *that a lot of stuff is unhealthy when ur not ready*
- *About stds*
- *Condoms dont always work*
- *I have learned basically everything*

Q22 - Why is self-regulation important for me to succeed? Use the space below to answer.

- *to keep my emotion in and find a healthy way to let them out*
- *Self control*
- *so that i can make better choices*

High School Post-Test:

Q26 - What did you learn from this program that you did not know before?

- *The understanding of other people's point of view*
- *How many people a day get a STD*
- *I learned a lot about how to say no and sticking up for myself and other people*

Q24 - Why is self-regulation important for me to succeed? Use the space below to answer.

- *So I don't get stds and have a baby*
- *It helps with self control and awareness*
- *When you self regulate you make better decisions. These can help me focus on my goal instead of getting sidetrack*

I DIDN'T KNOW THAT WAS ILLEGAL!

-- April Love, SRAE Educational Consultant

“Ignorance of the law is no excuse!”



“In North Carolina, as well as in many other states, **teen sexting is a crime** that carries harsh penalties, including sex offender registration depending on the offense.

[Does NC Need a Teen Sexting Law?, UNC School of Government] <https://civil.sog.unc.edu/does-nc-need-a-teen-sexting-law/#:~:text=In%20North%20Carolina,%20as%20well%20as%20in%20many.child%20pornography%20and%20obscenity%20which%20I%20outline%20here.>

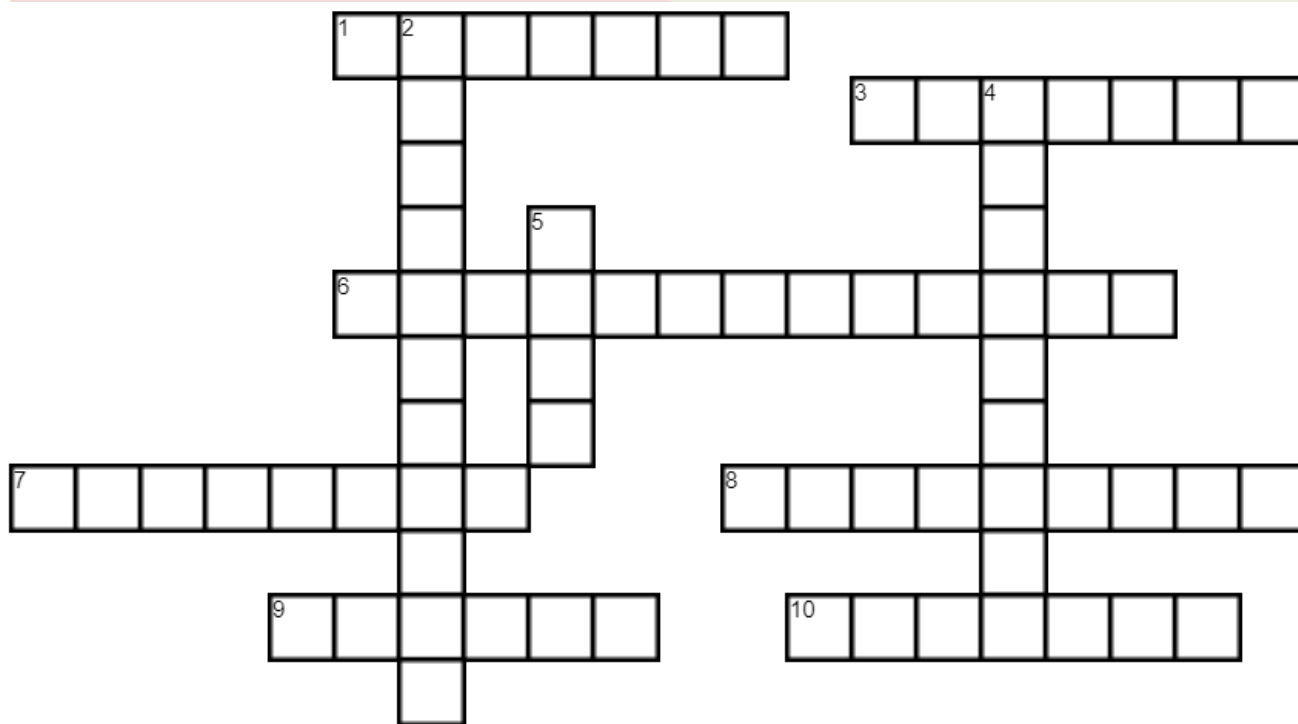
“Are teens charged with sexting?”

As a result, teens who engage in sexting are often charged with violating laws that prohibit child pornography and obscenity, which were designed to punish adult predators who sexually victimize children.”

[Teen “Sexting” Is a Problem, But Is It a Crime?, NC Criminal Law, A UNC School of Government Blog,

<https://nccriminallaw.sog.unc.edu/teen-sexting-is-a-problem-but-is-it-a-crime/>]

CROSSWORD CHALLENGE



Across

1. mother & father
3. not sick
6. interactions with others
7. without medication
8. participate freely
9. going out socially, romantically
10. buddies

Down

2. teens
4. evasion, dodging
5. notorious group

Puzzle answers, page 8

Special thanks to **Harriet Pavon-Rosado** for puzzle sources.



Evaluation: What Does the Data Say ???

--Tiffany Sessoms, *Data Entry Specialist*



How Is The Program Evaluated?

Participants are encouraged to complete survey forms (see previous article: "Success on the Horizon," page 5). Responses are collected for the independent evaluator (Krystina Dillard) and her team who analyzes the data to determine program effectiveness. All surveys are voluntary, anonymous, and confidential to protect sensitive information and encourage honest responses.



What Does The Data Tell Us and How Will It Be Used?

Collected data will reveal the prior ideology of teen participants in regard to their knowledge around abstinence, sex, marriage and healthy relationships. Hopefully, it will also provide a snapshot of the *positive* mind-shift of teens after completing the SRAE program. Through exposure to a brief class in *Success Sequencing*, teens can establish new life goals and formulate a solid plan towards a **bright** future. Survey result will also assist CJH in making appropriate changes to improve future sessions.



LOL | LOL

Why is it important to have a good laugh?

"Shared laughter gives us strength in adversity and can help us feel a bit more in control when the future looks uncertain. And laughter literally makes us stronger. Recent studies have found that a good laugh can boost our dopamine levels and even shore up our immune systems,"

www.bing.com/search?q=jokes%20about%20good%20health&qsn&form=QBRE&sp=-1&pq=jokes%20about%20good%20health&sc=0-23&sk=&cvid=FE78F5E6A00E4D2D8F043C45E295C369

- Do you know why consuming ants is good for your health? It's because they have anty-bodies!
- I failed my Health and Safety Test today. Apparently when they ask what steps you should take in case of a fire, "large ones" was not the correct answer. <https://jokojokes.com/health-jokes.html>
- Where do sick boats go to get healthy? The dock! www.fatherly.com/play/best-coronavirus-jokes/

We look forward to hearing from you!

Gloria Williams Wilson, *Curricula Specialist & Project Manager*
Sexual Risk Avoidance Education Project

Email: wilgloglo1@gmail.com
TEL: (252) 266-1735

Cynthia J. Harris, *President*
CJH Educational Grant Services, Inc.

P. O. Box 14264
Raleigh, NC 27620-4264
Email: charris@cjhgrants.com
TEL: (919) 832-0306



Crossword Solution

DOWN

1 PARENTS
3 HEALTHY
6 RELATIONSHIPS
7 DRUGFREE
8 VOLUNTEER
9 DATING
10 FRIENDS

ACROSS

1 GANG
2 ADOLESCENTS
4 AVOIDANCE

