

Implementation Guidelines - Be Proud! Be Responsible! Be Protective! 2016

Implementation Factors	Recommended
Program characteristics	Eight 60-minute modules, including 5 DVDs (plan to have viewing equipment on hand)
Educator Requirements	This curriculum is designed to be taught by family life educators. Educators interested in implementing this program should be skilled in using interactive teaching methods and guiding group discussions, and should be comfortable with the program content.
Target audience	Adolescent mothers and pregnant girls
Group composition	Small groups of adolescent mothers and pregnant girls
Setting	Community settings, including youth-serving agencies
Delivery Timeframe	1-2 sessions per week over either 4 or 8 weeks
Adaptation Guidance	https://www.etr.org/ebi/assets/File/GeneralAdaptationGuidanceFINAL.pdf

The 3rd edition of Be Proud, Be Responsible, Be Protective was updated in 2016:

- HIV information has been updated to include current recommendations for testing and treatment.
- Birth control methods are presented in order of effectiveness, with a greater emphasis placed on long-acting reversible contraception (LARCs) and information about the female condom.
 - Facilitator scripts and instructions have been reviewed for trauma-informed language, inclusivity and sensitivity to the needs of pregnancy and parenting teens.
- Additional facilitator notes have been added on refusal skills and consent for roleplay practice, encouraging teachers to foster respect and mutual responsibility when teaching refusal skills.
- Roleplays have been reviewed and edited where needed to be sure they reflect experiences of pregnant and parenting teens.
- A new appendix on Supporting a Trauma-Informed Approach to Sexuality Education has been included.
- A section on Adapting This Program for Your Population was added to the front matter to briefly suggest potential green-light adaptations and define and caution against yellow- and red-light adaptations.