

## *Making Proud Choices*

### **More Evidence of Failure than Success**

<i>Making Proud Choices</i>	School-recruited, held on Saturdays
Study conducted by independent evaluators?	<b>NO</b> , the study was by the program authors
Follow-up at least 12 months after the program to show duration of effect?	<b>YES</b> , follow-up measures were taken at 3, 6, & 12 months after the program
<b>OUTCOMES:</b>	<b>Jemmott, et al., 1998<sup>1</sup></b>
Pregnancy	Not measured
STDs	Not measured
Sexual Initiation	<b>NO EFFECT</b>
Consistent Condom Use	Reduced at 3 months only
Condom Use Frequency	Increased at 12 months
Unprotected Sex	Subgroup only, 12 months
Number of Sex Partners	Not measured
Frequency of Sex	Subgroup only, 12 months
Dual Effect: Condom Use & Abstinence	<b>NO EFFECT</b>

### **Key Findings**

*Making Proud Choices* (MPC) is a comprehensive sex education (CSE) curriculum that recruits from the school population and is held at the school on Saturdays. One impact study has been conducted, and it was done by the program’s developers/authors.<sup>1</sup> A published research review by *The Institute for Research & Evaluation*<sup>2</sup> found that **this study did not produce sufficient evidence to label MPC an effective school-based program**. There was no reduction in sexual initiation, and the only long-term main effect (i.e., an effect across the full targeted population, not just a subgroup of the intended audience) was an increase in condom use frequency. That increase was not considered to be evidence of program effectiveness because the more-protective measure of consistent condom use (CCU) showed no positive program impact after 3 months.

**Summary.** Contrary to the U.S. Teen Pregnancy Prevention website,<sup>3</sup> *Making Proud Choices* has shown little evidence of effectiveness in school populations—there was no reduction in teen sexual initiation, no sustained effect on consistent condom use, and the impact on teen pregnancy or STDs was not measured. (*Making Proud Choices* is marketed by ETR, an offshoot of Planned Parenthood.)

1. Jemmott JB, Jemmott LS, & Fong GT. (1998). Abstinence and safer sex HIV risk-reduction interventions for African American adolescents: A randomized controlled trial. *JAMA: Journal of the American Medical Association*, 279(19), 1529-1536.
2. Ericksen IH, Weed SE. (2019). "Re-Examining the Evidence for School-based Comprehensive Sex Education: A Global Research Review." *Issues in Law and Medicine*, 34(2):161-182.
3. See: <https://tppevidencereview.youth.gov/EvidencePrograms.aspx>