



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD

ALEXANDRIA'S PROGRESS TOWARDS ENSURING EVERY CHILD SUCCEEDS TODAY AND TOMORROW

MAY IS...

Sex Ed for All Month

CYCP GOAL

All Children, Youth, and Families are Physically Safe and Healthy

ALEXANDRIA SPOTLIGHT

This month we are celebrating the work of the [Alexandria Campaign on Adolescent Pregnancy](#) (ACAP)! ACAP strives to reach youth and families with culturally and age-appropriate education, advocacy, technical assistance, direct service prevention programs and public awareness. Collaboratively, ACAP works with young people, their families and the community to secure brighter futures. Here is how:

- Inside ACPS, ACAP works with middle school Health and P.E. teachers to deliver “[Draw the Line, Respect the Line](#)” – a sexual health curriculum that teaches about setting boundaries in relationships, refusing peer pressure and reinforces sexual health concepts introduced within Family Life Education.
- In afterschool settings, ACAP partners with non-profit organizations including [Capital Youth Empowerment Program](#) and [Space of Her Own Mentoring Program](#) to host sexual health mini workshops and small groups covering topics from puberty to contraceptive use to refusal skills. Many of these workshops are delivered by youth Peer Advocates sponsored by ACAP, [Alexandria Sexual Assault Center](#) (SAC), and [Substance Abuse Prevention Coalition of Alexandria](#) (SAPCA).
- With families, ACAP and its partner, SAPCA, hosts “Healthy Conversations” dinners and other opportunities for parents/caregivers and their kids to practice open and honest communication about difficult topics.
- For its youth-serving partners, ACAP provides training in the [Search Institute’s Developmental Assets framework](#) and supports organizations in their adoption of strengths-based youth development approaches.
- Across the community, ACAP convenes experts in the areas of sexual health, sexual assault prevention, LGBTQ communities, education, and others to advise in the development of ACPS’ Family Life Education (FLE) Curriculum.



RESULT

Young people have complete and accurate sexual health information and access to sexual and reproductive health care services

WHY THIS MATTERS

When young people have access to comprehensive, medically accurate and inclusive sexual health information delivered by educators they trust, they are empowered to plan for the futures they desire.

Sex Ed For All Month is an opportunity to raise awareness and call for real investment in sex education in schools and communities across the United States. Young people benefit from sex ed because it:

- Gives them age-appropriate, medically accurate information so they can have healthy relationships, make healthy decisions, and have positive health outcomes.
- Teaches them the importance of treating everyone with dignity and respect, with racial justice, fairness, and compassion for others as core values.
- Strengthens a family’s bonds and understanding of their values and helps to create more open and honest communication.

Sex education can occur at all grade levels with information that is age- and culturally-appropriate.



- **In elementary school**, sex ed covers foundational building blocks around things like consent and boundary setting with friends, understanding our bodies, and the beautiful diversity in the ways people form and have families.
- **In middle school**, sex ed addresses relevant issues such as puberty, healthy peer relationships and anti-bullying, and media literacy skills to support kids in developing a healthy body image.
- **In high school**, sex ed covers everything from birth control and safer sex, to sexual decision-making and communication skills, to understanding how society and culture shape our ideas about sex, gender, and race, and how we can work towards more equitable communities.



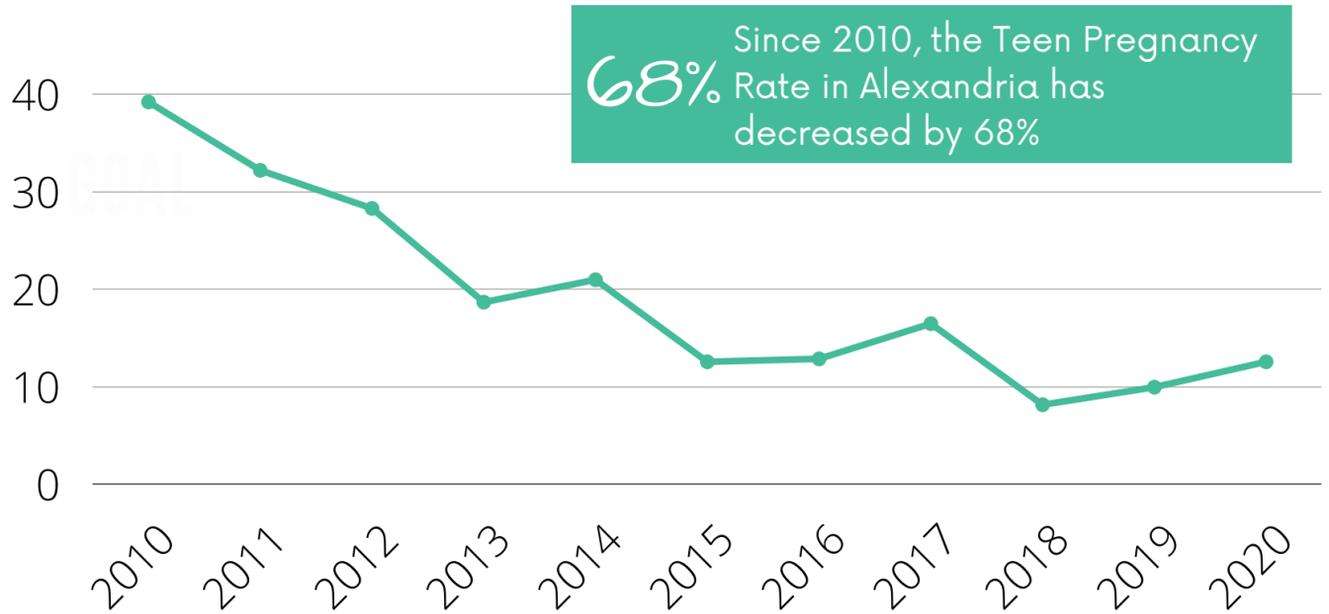
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HOW WE ARE DOING

Teen Pregnancy Rate

pregnancies/ 1,000 females aged 15-17

Source: Virginia Department of Health, Division of Health Statistics



CYCP STRATEGIES

- **Strategy #15:** Support ACPS in providing comprehensive K-12 sex ed that's LGBTQ inclusive and includes consent, violence, prevention, and refusal skills
- **Strategy #16:** Prevent unintended teen pregnancy by targeting resources for prevention education and health services specifically for communities and groups that are disproportionately affected by teen pregnancy (i.e. Black and Latina girls, girls ages 18-19)

CHAMPION



PARTNERS

- [Alexandria Sexual Assault Center](#)
- [Capital Youth Empowerment Program](#)
- [Substance Abuse Prevention Coalition of Alexandria](#)
- [Alexandria City Public Schools](#)
- [Teen Wellness Center](#)

WHAT DID WE DO?

To advance the CYCP, so far ACAP has:



Formed the School Health Advisory Board Family Life Education Work Group



Introduced El Camino curriculum with a special focus on Latino Youth



Began working with Capital Youth Empowerment Program to deliver comprehensive sex-ed curriculum to youth groups across various community sites



Began working with ACPS to deliver comprehensive sex-ed curriculum to middle school Health and P.E. Classes through Personal Responsibility Education Program Grant



Partnered with SAC and SAPCA to launch the Keep It 360 Peer Advocate Program



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HOW MUCH DID WE DO?



ACAP facilitated training for over **25** sexual health education staff and professionals

3,000 youth are served by ACAP's educational programs each year across **13** sites

HOW WELL DID WE DO IT?

Over **\$467,000** in grant funds have been invested into education programs, training for staff, health education professionals, educational materials, participant incentives, youth employment, youth leadership training and program management.

Participant surveys indicate that youth enjoy the programs and feel comfortable discussing sexual health topics with peers and adult facilitators.



IS ANYONE BETTER OFF?

45% of program participants reported that they were more likely to abstain from sex

47% of program participants reported that they were less likely to have sex in next 6 months

Of those not abstaining...

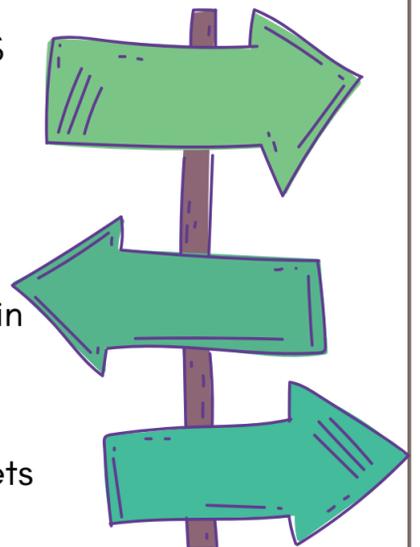
47% of participants reported that they were more likely to use birth control

48% of participants reported that they were more likely to use a condom



WHERE WE ARE HEADED

- FLE Workgroup will add new members and convene to advise ACPS curriculum development based on revised Virginia Department of Education FLE requirements
- ACAP Workgroups and Leadership Council will begin strategic planning process for 2022-2026 Action Plan
- Peer Advocate program will expand to serve three additional sites in partnership with the ACPS LINK Program
- ACAP and partners will host a community meeting to review 2022 Developmental Assets Data and discuss next steps to increase assets for all Alexandria youth



RESOURCES

Did you know...?

ACAP has a text line for youth who have questions about sex, love, and relationships! Teens can anonymously text SEX to 30644 and receive answers from a trained staff to specific questions about sex, love, and relationships within 24 hours.

Find more resources at:

- Alexandriava.gov/ACAP
- Instagram: [@AlexandriaTeenLife](https://www.instagram.com/AlexandriaTeenLife)
- Facebook/ACAP.va

