

## Equipping Youth Mission Statement

*Equipping Youth with  
Powerful Choices*

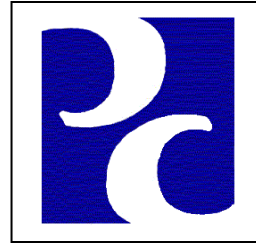
Equipping Youth programs afford youth the opportunity to develop skills that enable them to make healthy choices when faced with pressures to conform to risky behaviors prevalent among adolescents today.

### Goals of Equipping Youth

- To make prevention education more accessible for youth in our community
- To teach youth the benefits they gain by avoiding risk behaviors
- To assist youth in making a commitment to save sexual relationships for marriage

### Activities of Equipping Youth

- Teach *Powerful Choices* curricula
- Train classroom teachers and youth leaders
- Perform research and evaluation
- Provide school assemblies
- Build community coalitions
- Conduct advisory community forums
- Host statewide abstinence conferences and parent seminars



### Powerful Choices Curricula

- Utilizes unique educational techniques: peer-to-peer discovery through interactive demonstration-discussion
- Seeks to equip youth to make the best choices for their lives while establishing positive relationships with their parents and other youth who can offer guidance and provide accountability
- Activities provide opportunity to learn content while building internal assets
- Handouts require parent or guardian signatures to ensure at-home communication of class content
- Scientific and research-based

Year 1: *Powerful Choices: Character* is a 7-lesson series

Year 2: *Powerful Choices: Abstinence* is a 10-lesson series

Year 3: *Powerful Choices: Commitment* is a 10-lesson series

"I choose to have *Powerful Choices* facilitate their lessons at my school because it focuses on character traits that are imperative for successful and healthy adult living".  
- Jamie Sebring, Taft Middle School Teacher

### Equipping Youth Staff

**Nancy Palm** - Coalition Director building local knowledge & support in communities across Iowa to help ensure every Iowa youth has access to abstinence education



**Kara Johnson** - Education Director interacting with schools to meet district/state education guidelines and to initiate programming



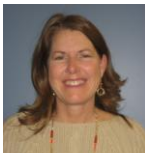
**Amy Klinkner** - Teacher Trainer of the philosophies & background of *Powerful Choices*, equipping teachers to implement abstinence curricula in their classrooms



**Tanea Moreland, Rachel Hofmann & Kelly Schmidt** - Educators in the classroom, teaching today's youth to make *Powerful Choices* within their schools & communities



**Wendy Daubert** - Research Assistant working with the National Resource Center, The University of Iowa on collection of classroom data toward program evaluation



**Toni Overton** - Office Manager specializing in community and web-based communication and leadership in organizational and support systems



## Our Executive Director

Ruth Anne Eccles, MSN, is the founder and Executive Director of Equipping Youth. She holds a graduate degree in community health nursing education from the University of Iowa, and over twenty years of experience in community health work with youth and their families. Ruth Anne is the founder of the Abstinence Education Initiative Coalition, the Aid to Women Crisis Pregnancy Center, and Inform Iowa, a crisis-care hotline. She is also co-founder of the Linn County Adolescent Pregnancy Prevention Coalition.



## Board Members

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Equipping Youth is the recipient of a Community Based Abstinence Education award from the Department of Health and Human Services and funded in part by private donor support.

## A Majority of Teens in Iowa are Abstinent!

- 67% of Iowa youth AGREE it is against their values to have sex as a teenager.  
2005 Iowa Youth Survey Report (rev. Dec. 2006)
- 43% percentage of students who have EVER had sexual intercourse  
2007 Iowa Youth Risk Behavior Survey Results
- 34% percentage of students who had sexual intercourse with one or more people during the past three months  
2007 Iowa Youth Risk Behavior Survey Results

Abstinence education is making a difference in the lives of students across Iowa.



Our programs currently reach approximately 5,000 students in Eastern Iowa.

*"What I liked about Powerful Choices is the idea that we do have the power to choose. No one can stand in our way!"*

*"Four Words: I Loved Powerful Choices!"*

*"I want my first time to be special not casual."*

*-8<sup>th</sup> grade students*

equipping youth with the skills to make healthy choices

EQUIPPING

YOUTH

Character-based  
abstinence education  
for youth throughout  
the state of Iowa

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