



CHILDREN & YOUTH COMMUNITY PLAN (CYCP) REPORT CARD



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

VOLUME 3, ISSUE 4

This issue reports the progress made on providing youth with accurate sexual health information and access to reproductive health care services between April 2021 - May 2023

CYCP GOAL

All Children, Youth, and Families will be Physically Safe and Healthy

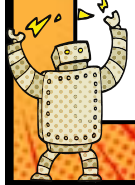
ALEXANDRIA SPOTLIGHT



THIS SPECIAL EDITION OF "ADVENTURES IN ALEXANDRIA" FEATURES THE "OGS" OF THE VALIANT PEER ADVOCATES, YAERELIN MOLINA AND CHLOE YOKITIS.



THE KEEP IT 360 PEER ADVOCATE PROGRAM HIRES AND TRAINS YOUTH TO EDUCATE THEIR PEERS ON MAKING HEALTHY LIFE CHOICES.



YAERELIN WAS HIRED AS A PEER ADVOCATE IN 2019 AND CHLOE WAS HIRED ON IN 2021. DURING THAT TIME, THEY HAVE...

- DELIVERED 65 PREVENTION-BASED WORKSHOPS TO NEARLY 500 MIDDLE SCHOOL-AGED YOUTH.
- SERVED ON THE ALEXANDRIA CAMPAIGN FOR ADOLESCENT PREGNANCY (ACAP)'S BOARD.
- PLANNED AND HOSTED FOUR ANNUAL YOUTH LEADERSHIP CONFERENCES.
- PARTICIPATED IN WEEKLY PLANNING SESSIONS IN 2020-2021 TO DEVELOP THE CHILDREN AND YOUTH COMMUNITY PLAN.
- FACILITATED "YOUTH SPEAK UP" EVENTS.

AND SO MUCH MORE.



"THEY HAVE REALLY TAKEN ON LEADERSHIP ROLES IN HELPING THE NEW PEER ADVOCATES LEARN THE SKILLS OF BEING AN AWESOME KEEP IT 360 PEER ADVOCATE."
- FELICIA PARKS, ACAP PREP GRANT COORDINATOR



AS YAERELIN DEDICATES MORE TIME TO SUPPORTING ANOTHER AWESOME PROGRAM (THE CAPITAL YOUTH EMPOWERMENT PROGRAM) AND CHLOE TRANSITIONS TO COLLEGE (UNIVERSITY OF ROCHESTER), IT'S TIME TO CELEBRATE THESE TWO PHENOMENAL PEER ADVOCATES (PAS). LET'S HEAR FROM OUR HEROES ABOUT THEIR EXPERIENCE AS PAS.

WHAT INSPIRED YOU TO APPLY FOR THE JOB?

YAERELIN BECAME A PEER ADVOCATE WHEN SHE RECEIVED A SCHOOL EMAIL ENCOURAGING YOUTH IN ALEXANDRIA TO APPLY FOR THE POSITION...

"I IMMEDIATELY APPLIED BECAUSE I'VE ALWAYS WANTED TO SERVE MY COMMUNITY AND SPREAD ACCURATE INFORMATION THAT COULD HELP PREVENT PREGNANCY, ENCOURAGE LEADERSHIP, PROVIDE SUPPORT, AND OVERALL ENCOURAGE ACADEMIC AND PERSONAL GROWTH."



CHLOE LEARNED ABOUT THE PEER ADVOCATES (PA) DURING THE YOUTH LEADERSHIP CONFERENCE IN 2020. SHE WAS INSPIRED TO APPLY FOR A PA POSITION AFTER SEEING A PRESENTATION THAT THE PAS DELIVERED ON YOUTH MENTAL HEALTH...

"IT WAS A REALLY AWESOME PRESENTATION. THEY INTRODUCED A LOT OF NEW IDEAS THAT I HADN'T THOUGHT OF, AND IT WAS SO COOL TO BE ABLE TO HEAR FROM PEOPLE MY OWN AGE TALKING ABOUT THINGS THAT PEOPLE DON'T TALK ABOUT..."

"...AFTER THE LEADERSHIP CONFERENCE, I REACHED OUT TO ERIKA KLEINER AND I WAS LIKE, "HEY! I WAS JUST AT THE LEADERSHIP CONFERENCE. THERE WAS THIS REALLY COOL GROUP. IF THEY'RE LOOKING FOR PEOPLE, LET ME KNOW." AND THEN SHE SENT ME THE INFO TO APPLY, AND I DID."

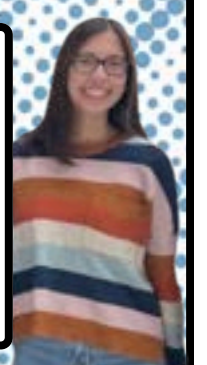


WHAT IS IT LIKE TO BE A PA?

YAERELIN: "BEING A PEER ADVOCATE IS LIKE BEING THE BIG SISTER I'VE NEVER HAD. WE FOCUS ON EARLY INTERVENTION, ENSURING THAT YOUTH'S VOICES ARE HEARD AND OFFERING SUPPORT AND RESOURCES WITHIN THE COMMUNITY."



CHLOE: "WE GO TO MIDDLE SCHOOLS AND WE DO ACTIVITIES ABOUT THINGS LIKE SUBSTANCE ABUSE PREVENTION AND HEALTHIER RELATIONSHIPS. WE TALK ABOUT THINGS THAT I WISH I HAD TALKED ABOUT WHEN I WAS IN MIDDLE SCHOOL."



WHAT IS IT LIKE TO TEACH MIDDLE SCHOOL STUDENTS ABOUT THE VARIETY OF TOPICS THAT WE TEACH?

CHLOE: "IT SURPRISES ME HOW MUCH THE YOUTH SPEAK UP AND THE SORT OF QUESTIONS THEY ASK. I'M SO IMPRESSED WITH HOW MUCH THEY ARE WILLING TO PUT THEMSELVES OUT THERE IN ORDER TO LEARN MORE AND CONNECT WITH THEIR PEERS."



WHAT IS REWARDING ABOUT YOUR ROLE AS A PEER ADVOCATE?

YAERELIN: "ENCOURAGING AND INSPIRING MY COMMUNITY TO CONTINUE ADVOCATING FOR THEMSELVES AND OTHERS IN VARIOUS CAPACITIES THROUGHOUT THEIR LIVES."



CHLOE: "KNOWING THAT WE ARE TALKING ABOUT LOTS OF TOPICS LIKE, HEALTHY RELATIONSHIPS, SUBSTANCE USE, SOCIAL MEDIA AND MENTAL HEALTH, IS AMAZING. IF YOU'RE NOT HAVING THESE CONVERSATIONS WITH YOUR FAMILIES OR FRIENDS, THEN ALL YOU'RE SEEING ABOUT IT IS ON INSTAGRAM OR TIK TOCK OR NETFLIX."



WHAT HAVE YOU LEARNED ABOUT YOURSELF FROM YOUR EXPERIENCE AS A PEER ADVOCATE?

YAERELIN: "I HAVE THE ABILITY TO INSPIRE AND MOTIVATE OTHERS THROUGH DIFFICULT CHALLENGES AND RESPONSIBILITIES. BEFORE MY ROLE AS A PEER ADVOCATE, I NEVER KNEW I WAS CAPABLE TO GUIDE MY PEERS IN A WAY THAT IS INSPIRING."

CHLOE: "I'VE LEARNED ABOUT THE IMPORTANCE OF ASKING QUESTIONS. I LEARN THE MOST WHEN I ASK QUESTIONS AND I'M REALLY ABLE TO DIG DEEP INTO SOMETHING. THAT HAS REALLY GUIDED ALL THE CONVERSATIONS."



AS YOU THINK ABOUT YOUR FUTURE AND PREPARE FOR CHANGES, WHAT PARTS OF BEING A PEER ADVOCATE DO YOU THINK WILL SERVE YOU MOST AS A YOUNG ADULT? WHAT WILL YOU TAKE WITH YOU?

YAERELIN: "TRANSITIONING AS A YOUNG ADULT CAN BE HARD AT TIMES DUE TO SOCIETAL EXPECTATIONS AND PRESSURES. BEING A PEER ADVOCATE HELPED ME BUILD A SUPPORT NETWORK THAT PROVIDES GUIDANCE AND CULTIVATES RESILIENCY. IT PREPARED ME FOR LEADERSHIP ROLES AND HELPED ME NAVIGATE VARIOUS ASPECTS OF MY LIFE. AND IT INSPIRED ME TO MAKE A POSITIVE IMPACT IN MY COMMUNITY."

CHLOE: "I USED TO BE REALLY AFRAID OF MESSING UP OR SAYING THE WRONG THING. BUT NOW I'M SO MUCH MORE COMFORTABLE TALKING TO PEOPLE. I'M NOT AFRAID OF SPEAKING MY MIND ANYMORE. AS I MOVE ON TO COLLEGE AND BEYOND, I'LL BE ABLE TO MAKE CONNECTIONS MORE NATURALLY BECAUSE I HAVE THIS MINDSET OF LIKE, "BE WHO YOU ARE AND DON'T OVERTHINK THINGS." IF YOU JUST SPEAK FROM THE HEART AND SAY WHAT'S ON YOUR MIND, THEN I THINK THAT'S WHAT MOST PEOPLE WANNA SEE AT THE END OF THE DAY."

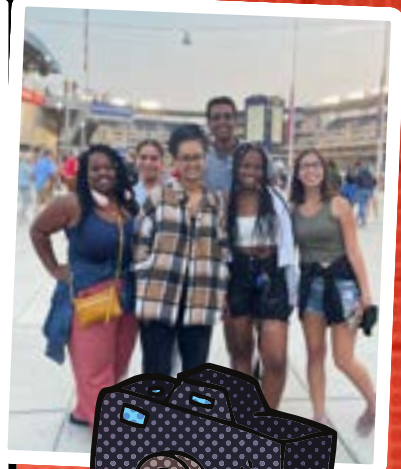


WHAT HAVE BEEN SOME OF YOUR FAVORITE MEMORIES FROM YOUR YEARS WORKING WITH THE CITY?

YAERELIN: "ATTENDING COMMUNITY COOKOUTS, TALKING TO THE CITY COUNCIL, AND MEETING INDIVIDUALS WHO SUPPORT OUR CAUSE."



CHLOE: "THE PEER ADVOCATES AND I WENT TO A NATS GAME, AND WE ALL GOT TO KNOW EACH OTHER. WE HAD DINNER AND ON THE CAR RIDE BACK, WE LISTENED TO OLIVIA RODRIGO AND HIGH SCHOOL MUSICAL SONGS. WE WERE ALL SINGING ALONG AND IT WAS SO MUCH FUN..."



IS THERE ANYTHING ELSE YOU WOULD LIKE TO SHARE?

YAERELIN: "INVOLVEMENT IN COMMUNITY PROJECTS IS SOMETHING I WISH I STARTED SOONER. I WOULD LIKE TO THANK THE COMMUNITY LEADERS IN THE CITY FOR ENCOURAGING OTHERS AND ENRICHING THE COMMUNITY'S SOCIAL FABRIC."



CHLOE: "I REALLY ENJOYED MY TIME AS A PEER ADVOCATE. I AM DEFINITELY A DIFFERENT PERSON NOW THAN I WOULD HAVE BEEN IF I HAD NOT EVER ENTERED THE PROGRAM. IT'S GUIDED ME IN HIGH SCHOOL AND REALLY SHAPED ME. I'VE REALLY BEEN ABLE TO GROW INTO MYSELF MORE."



THESE TWO DYNAMIC YOUNG ADULTS HAVE CERTAINLY LEFT THEIR MARK ON ALEXANDRIA.

HERE IS WHAT THEIR CURRENT AND FORMER PEER ADVOCATE TEAMMATES HAD TO SAY ABOUT CHLOE AND YAERELIN...

"YAERELIN IS THE TYPE OF PERSON WHO..."

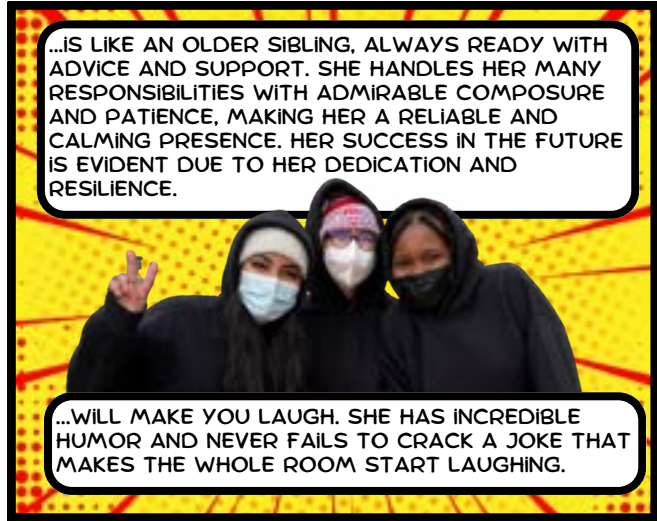


...WILL ALWAYS ASK HOW YOU'RE DOING. SHE IS SUPER CARING, AND FRIENDLY

...WILL TAKE ON THE HEAVIEST TOPICS TO EXPLAIN TO THE KIDS BECAUSE SHE ISN'T AFRAID OF A CHALLENGE AND UNDERSTANDS THE IMPORTANCE OF TALKING ABOUT DIFFICULT THINGS.



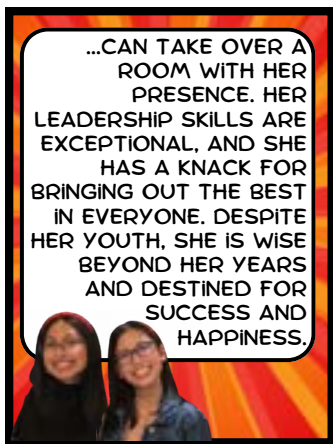
...CAN TALK TO ANYONE WHICH CAN ALLOW PEOPLE TO FEEL COMFORTABLE OPENING UP.




...IS LIKE AN OLDER SIBLING, ALWAYS READY WITH ADVICE AND SUPPORT. SHE HANDLES HER MANY RESPONSIBILITIES WITH ADMIRABLE COMPOURE AND PATIENCE, MAKING HER A RELIABLE AND CALMING PRESENCE. HER SUCCESS IN THE FUTURE IS EVIDENT DUE TO HER DEDICATION AND RESILIENCE.

...WILL MAKE YOU LAUGH. SHE HAS INCREDIBLE HUMOR AND NEVER FAILS TO CRACK A JOKE THAT MAKES THE WHOLE ROOM START LAUGHING.

"CHLOE IS THE TYPE OF PERSON WHO..."



...CAN TAKE OVER A ROOM WITH HER PRESENCE. HER LEADERSHIP SKILLS ARE EXCEPTIONAL, AND SHE HAS A KNACK FOR BRINGING OUT THE BEST IN EVERYONE. DESPITE HER YOUTH, SHE IS WISE BEYOND HER YEARS AND DESTINED FOR SUCCESS AND HAPPINESS.



...CAN TAKE THE LEAD, HELPING BOOST THE PRODUCTIVITY OF A CONVERSATION OR AN EVENT

...ALWAYS MAKES JOKES THAT MAKE THE WHOLE ROOM LAUGH



...WILL ALWAYS HYPE YOU UP. SHE ALWAYS WISHED ME LUCK WHENEVER I WOULD HAVE A PERFORMANCE AND HER, ALONG WITH YAERELIN, JUST RADIATE GOOD VIBES



...SHOWS UP EARLY AND LEAVES LAST BECAUSE SHE'S REALLY DEDICATED AND PUTS HER ALL INTO EVERYTHING SHE DOES.

WHAT'S IS IT LIKE TO WORK WITH CHLOE AND YAERELIN?



...VERY COMFORTABLE...IN MY 1ST YEAR OF BEING A PEER ADVOCATE, THEY PROVIDED A LOT OF GUIDANCE & ENCOURAGEMENT IN THE WORK WE DO.

WORKING WITH YAERELIN & CHLOE HAS BEEN AMAZING. THEY WERE BOTH EXTREMELY WELCOMING MY 1ST YEAR & CONTRIBUTED A HUGE AMOUNT TO THE LESSONS & PROJECTS WE WORKED ON. ALONG WITH EVERYONE ELSE, I COULDN'T HAVE ASKED FOR BETTER COWORKERS.



...AN ABSOLUTE PLEASURE. CHLOE'S LEADERSHIP SKILLS & HER ABILITY TO COMMAND A ROOM ARE TRULY INSPIRING. DESPITE BEING YOUNGER, SHE BRINGS A LEVEL OF MATURITY & INSIGHT THAT ELEVATES ANY TEAM.

...REALLY FUN...THEY MADE GOING TO PEER ADVOCATES MORE EXCITING & THEY ARE EASY TO WORK WITH.

...AMAZING...BECAUSE THEY BROUGHT A SMILE ON MY FACE, & ALWAYS MADE ME LAUGH.

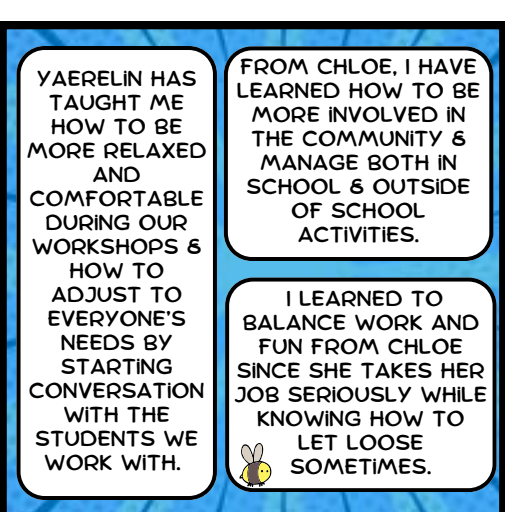


YAERELIN BALANCES HER PERSONAL LIFE, SCHOOL, & WORK WITH REMARKABLE EASE. HER PATIENCE & ABILITY TO CONNECT WITH THE YOUTH IN ALEXANDRIA MAKE HER A STANDOUT TEAM MEMBER.

WHAT HAVE YOU LEARNED FROM CHLOE AND YAERELIN?



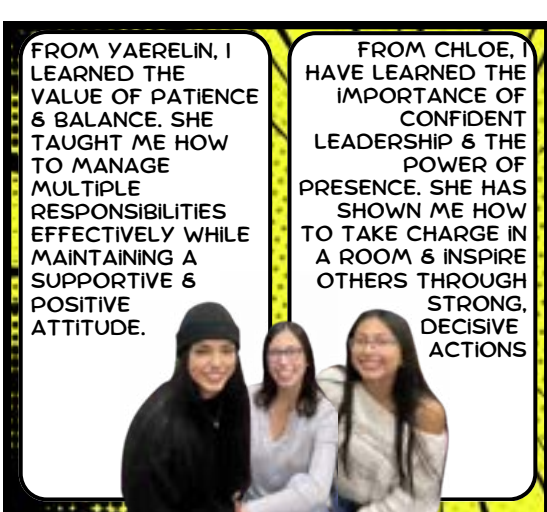
I LEARNED HOW TO KEEP THE PASSION I HAVE FOR TEACHING KIDS FROM YAERELIN BECAUSE I SEE HER DEVOTION TO PEER ADVOCATES AND IT INSPIRES ME.



YAERELIN HAS TAUGHT ME HOW TO BE MORE RELAXED AND COMFORTABLE DURING OUR WORKSHOPS & HOW TO ADJUST TO EVERYONE'S NEEDS BY STARTING CONVERSATION WITH THE STUDENTS WE WORK WITH.

FROM CHLOE, I HAVE LEARNED HOW TO BE MORE INVOLVED IN THE COMMUNITY & MANAGE BOTH IN SCHOOL & OUTSIDE OF SCHOOL ACTIVITIES.

I LEARNED TO BALANCE WORK AND FUN FROM CHLOE SINCE SHE TAKES HER JOB SERIOUSLY WHILE KNOWING HOW TO LET LOOSE SOMETIMES.



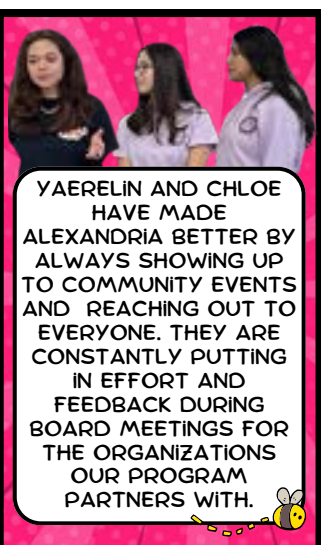
FROM YAERELIN, I LEARNED THE VALUE OF PATIENCE & BALANCE. SHE TAUGHT ME HOW TO MANAGE MULTIPLE RESPONSIBILITIES EFFECTIVELY WHILE MAINTAINING A SUPPORTIVE & POSITIVE ATTITUDE.

FROM CHLOE, I HAVE LEARNED THE IMPORTANCE OF CONFIDENT LEADERSHIP & THE POWER OF PRESENCE. SHE HAS SHOWN ME HOW TO TAKE CHARGE IN A ROOM & INSPIRE OTHERS THROUGH STRONG, DECISIVE ACTIONS

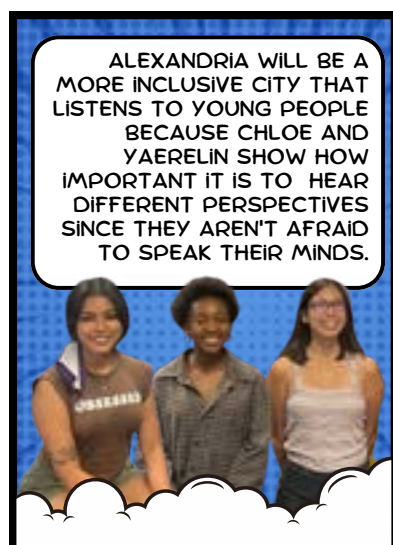
HOW IS ALEXANDRIA BETTER BECAUSE OF YAERELIN AND CHLOE?



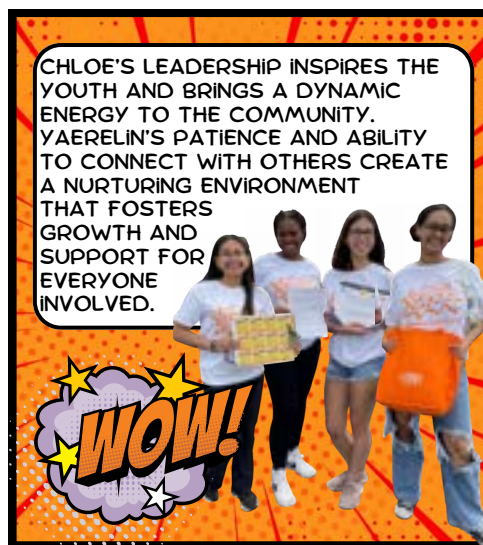
CHLOE AND YAERELIN MADE ALEXANDRIA BETTER BY THE EFFORT THEY PUT INTO THIS PROGRAM. THEY SHOWED UP AT EVENTS, AND ALWAYS WENT THE EXTRA MILE.



YAERELIN AND CHLOE HAVE MADE ALEXANDRIA BETTER BY ALWAYS SHOWING UP TO COMMUNITY EVENTS AND REACHING OUT TO EVERYONE. THEY ARE CONSTANTLY PUTTING IN EFFORT AND FEEDBACK DURING BOARD MEETINGS FOR THE ORGANIZATIONS OUR PROGRAM PARTNERS WITH.



ALEXANDRIA WILL BE A MORE INCLUSIVE CITY THAT LISTENS TO YOUNG PEOPLE BECAUSE CHLOE AND YAERELIN SHOW HOW IMPORTANT IT IS TO HEAR DIFFERENT PERSPECTIVES SINCE THEY AREN'T AFRAID TO SPEAK THEIR MINDS.



CHLOE'S LEADERSHIP INSPIRES THE YOUTH AND BRINGS A DYNAMIC ENERGY TO THE COMMUNITY. YAERELIN'S PATIENCE AND ABILITY TO CONNECT WITH OTHERS CREATE A NURTURING ENVIRONMENT THAT FOSTERS GROWTH AND SUPPORT FOR EVERYONE INVOLVED.


WHAT WILL ALWAYS REMIND YOU OF YAERELIN? AND OF CHLOE?

CHLOE'S ABILITY TO COMMAND A ROOM & HER VIBRANT LEADERSHIP STYLE WILL ALWAYS REMIND ME OF HER - ANY SITUATION WHERE SOMEONE STEPS UP WITH CONFIDENCE & DIRECTS WITH CLARITY.




COMMUNITY CIRCLES AND ANY OPEN CONVERSATION I MAY HAVE WITH YOUNGER STUDENTS OR MY PEERS WILL ALWAYS REMIND ME OF YAERELIN.

WHENEVER I VOLUNTEER OR STEP UP TO TAKE THE LEAD, I WILL ALWAYS THINK OF CHLOE BECAUSE OF HER GREAT EXAMPLE.




YAERELIN'S CALM & SUPPORTIVE DEemeanOR, ESPECIALLY WHEN OFFERING ADVICE OR HANDLING MULTIPLE TASKS WITH EASE, WILL ALWAYS REMIND ME OF HER - SEEING SOMEONE MANAGE THEIR RESPONSIBILITIES WITH PATIENCE & GRACE.

WHAT IS YAERELIN'S SUPERPOWER? CHLOE'S?

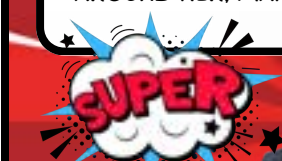



YAERELIN'S SUPERPOWER IS HER INCREDIBLE PATIENCE AND HER ABILITY TO GIVE SAGE ADVICE. HER SUPPORTIVE NATURE AND BALANCED APPROACH TO LIFE MAKE HER AN INVALUABLE ASSET TO ANY TEAM.



YAERELIN'S SUPERPOWER IS HER ABILITY TO MAKE CONNECTIONS WITH SO MANY DIFFERENT TYPES OF PEOPLE AND ALWAYS BEING THERE AND SHOWING UP WHENEVER SHE SAID SHE WOULD.

CHLOE'S SUPERPOWER IS HER LEADERSHIP ABILITY AND HER KNACK FOR TAKING OVER A ROOM. HER PRESENCE AND CONFIDENCE INSPIRE THOSE AROUND HER, MAKING HER A NATURAL LEADER.

CHLOE'S SUPERPOWER IS HER ABILITY TO MAKE TIME FOR ALL OF THE EXTRACURRICULARS SHE WAS APART OF AND ALWAYS PUTTING IN EFFORT.

THIS CONCLUDES ANOTHER EXCITING CHAPTER OF...



ADVENTURES IN ALEXANDRIA!



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:

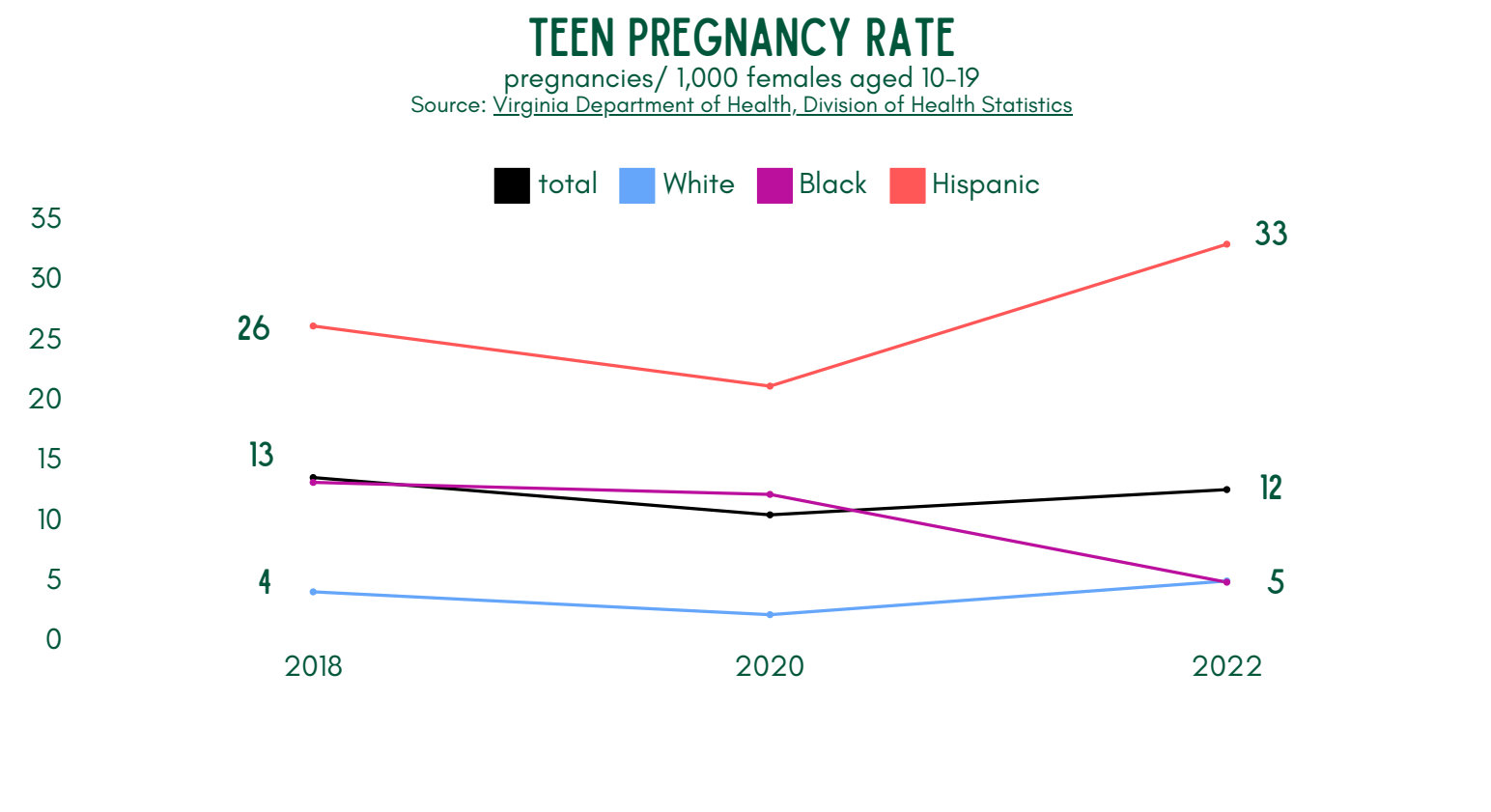
- Gives them age-appropriate, medically accurate information so they can have healthy relationships, make healthy decisions, and have positive health outcomes.
- Teaches them the importance of treating everyone with dignity and respect, with racial justice, fairness, and compassion for others as core 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.

HOW WE ARE DOING



Trend: The teen pregnancy rate is 12.4 for every 1,000 girls, aged 10-19. The number has decreased by 8% since 2018. Hispanic youth are 6.83 times more likely to become pregnant than White youth.

CYCP STRATEGIES

#15: Support ACPS in providing comprehensive K-12 sex ed that's LGBTQ inclusive and includes consent, violence, prevention, and refusal skills

#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)

IMPLEMENTATION STATUS

Progress with promoting sex ed for all:

2 Strategies,
6 Action Steps,
100%



are in progress or fully implemented

CHAMPION



PARTNERS

- Alexandria City Public Schools
- Alexandria Police Department
- Alexandria Recreation, Parks, & Cultural Activities
- Alexandria Sexual Assault Center
- Boys & Girls Club
- Capital Youth Empowerment Program
- Community Lodgings
- Northern VA Juvenile Detention Center
- Sheltercare
- Seaport Foundation
- Substance Abuse Prevention Coalition of Alexandria
- Keep It 360 Peer Advocates
- Teen Wellness Center

WHAT DID WE DO?

ACAP HAS FULLY IMPLEMENTED THE FOLLOWING ACTIONS:



Formed the School Health Advisory Board Family Life Education (FLE) Workgroup



Worked with Capital Youth Empowerment Program to deliver evidence-based sex ed curriculum to youth groups across 13 community sites



Keep It 360 Peer Advocate program expanded to serve five sites in partnership with the ACPS LINK Program



Worked with ACPS to deliver evidence-based sex ed curriculum to middle school Health and P.E. Classes through Personal Responsibility Education Program Grant

Reviewed current FLE curriculum with the FLE Workgroup and made recommendations for revisions and enhancements.



Provided "Healthy Conversations" or other family engagement programs in multiple languages to build family skills related communication about sexual health/pregnancy prevention



Implemented the "El Camino" curriculum with Black and Latino youth, youth in the International Academy, and youth involved in the criminal justice system across various community-based locations



Installing condom dispensers at various community sites where disproportionately impacted groups reside, work and attend school

The revised ACPS FLE curriculum has been approved to be implemented starting school year 24-25!

...AND IS IN THE PROCESS OF:



Advocating at local and state level for policies that improve student access to comprehensive sexual health education



Implementing ACAP's Latino Outreach Plan to provide prevention messaging and information to Latino community



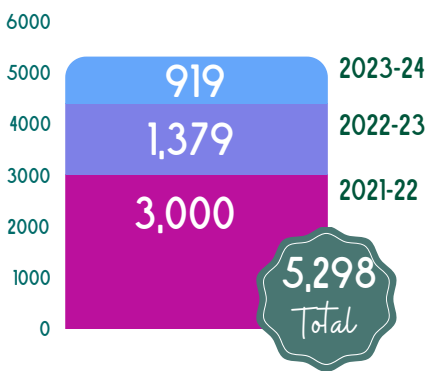
Expanding condom dispensers at additional community sites where disproportionately impacted groups reside, work, and attend school



Identifying opportunities to provide prevention info/resources to newly arrived students and families completing enrollment within ACPS

HOW MUCH DID WE DO SINCE 2021?

OF YOUTH SERVED BY ACAP'S EDUCATIONAL PROGRAMS



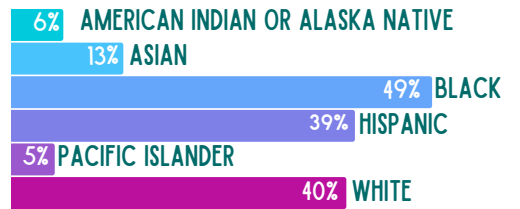
5 KEEP IT 360 PROGRAM SITES have been served by the Peer Advocates

22 CONDOM DISPENSERS have been installed

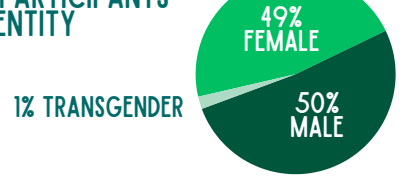
45,674 CONDOMS have been dispensed since launching Wrap Up, Alexandria

HOW WELL DID WE DO IT?

PROGRAM PARTICIPANTS' RACE & ETHNICITY



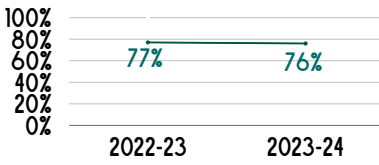
PROGRAM PARTICIPANTS' GENDER IDENTITY



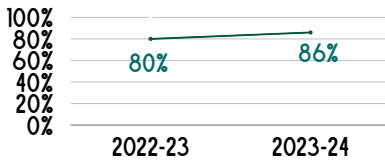
IS ANYONE BETTER OFF?

% OF PARTICIPANTS WHO...

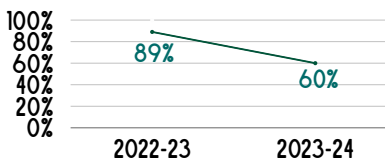
ARE LIKELY TO TALK WITH A PARENT, GUARDIAN, OR CAREGIVER ABOUT SEX



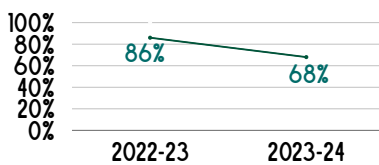
PLAN TO DELAY SEXUAL INTERCOURSE UNTIL THEY GRADUATE HIGH SCHOOL OR RECEIVE THEIR GED



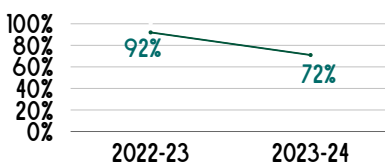
ARE LIKELY TO TALK TO A TRUSTED ADULT IF SOMEONE MAKES THEM UNCOMFORTABLE, HURTS THEM, OR PRESSURES THEM TO DO THINGS THEY DON'T WANT TO DO



ARE LIKELY TO RESIST OR SAY NO TO SOMEONE IF THEY ARE PRESSURED TO PARTICIPATE IN ACTS, SUCH AS KISSING, TOUCHING PRIVATE PARTS, OR SEX

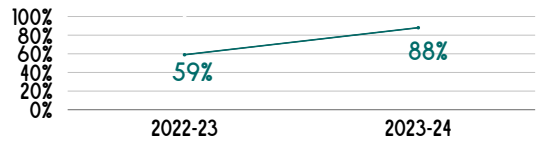


BETTER UNDERSTAND WHAT MAKES A RELATIONSHIP HEALTHY

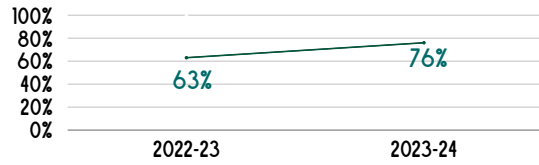


% OF PROGRAM PARTICIPANTS WHO...

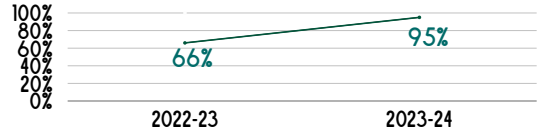
...FELT THE MATERIAL PRESENTED WAS CLEAR



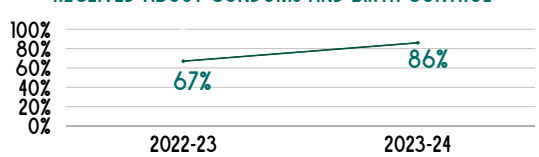
...FELT THE PROGRAM'S DISCUSSIONS OR ACTIVITIES HELPED THEM TO LEARN PROGRAM LESSONS



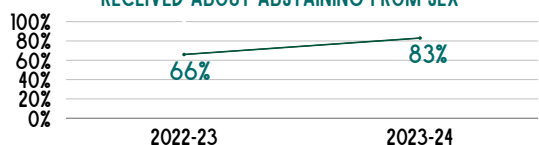
...FELT RESPECTED AS A PERSON WHILE IN THE PROGRAM



...WERE SATISFIED WITH THE AMOUNT OF INFORMATION RECEIVED ABOUT CONDOMS AND BIRTH CONTROL



...WERE SATISFIED WITH THE AMOUNT OF INFO RECEIVED ABOUT ABSTAINING FROM SEX



AFTER THE PROGRAM...

100% of participants indicated improved attitudes towards abstinence

83% of participants indicated improved attitudes toward using condoms

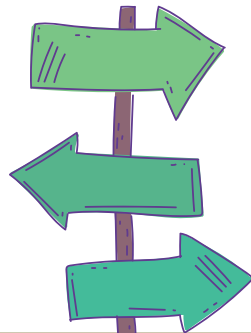
90% of participants indicated improved self-efficacy to use a condom correctly

88% of participants indicated improved knowledge about preventing pregnancy and STIs (including HIV)

WHERE ARE WE HEADED?

From now until 2025, we will:

- Increase the number of "Wrap Up, Alexandria" condom dispensers around the City and to specifically include locations where youth frequent.
- Seek funding for the PREP grant and, if awarded, work with an additional community partner to increase ACAP's work over the next three years.



RESOURCES & UPCOMING EVENTS



Have questions about love, sex, or relationships? Text the word "SEX" or "ACAP" to 571-640-2898.

Responses are usually made within 24 -48 hours, Monday through Friday. This is not a hotline and not intended for emergencies. To report an emergency, please call 911.

FIND MORE RESOURCES AT:

- [Alexandriava.gov/ACAP](https://alexandriava.gov/ACAP)
- [Facebook/ACAP.va](https://www.facebook.com/ACAP.va)
- [Sex Ed for All Month](#)
- [Instagram: @AlexandriaTeenLife](#)
- [Resource Directory for Alexandria's Youth & Young Adults](#)

TEEN RESOURCES

GENERAL

- **Teen Source** - My Health, My Future, My Plan
- **Scarleteen**: Sex Education for the Real World
- **Go Ask Alice!**
- **Advocates for Youth**
- **Sex, Etc.**
- **I Wanna Know: Sexual Health and You**
- **Planned Parenthood** - Info for Teens

RELATIONSHIPS

- **Alexandria Domestic Violence Program**
- **Love is Respect**

CONDOMS & BIRTH CONTROL

- **Power to Decide**
- **Avert - Using Condoms**

PARENT & GUARDIAN RESOURCES

- **Planned Parenthood for Parents**
- **Talking about Sex: FamilyEducation.com**
- **Kids Health for Parents**
- **Real Life, Real Talk**
- **Talk with Your Kids**
- **PFLAG** (Parents, Families, and Friends of Lesbians and Gays) | Metro DC PFLAG | Email pflag.alexandria@gmail.com or arl.pflag@gmail.com for information on local chapters and support groups
- **Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children** - A brief by Dr. Caitlin Ryan, Director of The Family Acceptance Project
- Check out these resources compiled by **SIECUS**: Sex Ed For Social Change for a one-stop shop to help bring sex education into your home.

RESOURCES FOR SERVICE PROVIDERS

- **ACAP** offers support for service providers in Alexandria through trainings, workshops and technical services
- **Advocates for Youth**
- **Power to Decide**
- **Sex, Etc.**
- **GLSEN** - Gay, Lesbian, Student Education Network
- **Search Institute**

SEXUAL ORIENTATION & GENDER IDENTITY

- **Safe Space NOVA**
- **The Trevor Project**
- **Side by Side**
- **Sexual Minority Youth Assistance League (SMYAL), Washington, DC**
- **Alexandria LGBTQ Task Force**

PREGNANT & PARENTING TEENS

- **Alexandria Teen Wellness Center**
- **Scarleteen** - Pregnancy & Parenting



Champion Guide

Starting conversations about consensual sex and effective birth control has the power to change EVERYTHING. **These tips** from Power to Decide will help you continue being a champion to the young people in your life.



Wrap Up, Alexandria is a condom distribution program aimed to make condoms more readily available to the community through strategically placed condom dispensers throughout the City of Alexandria. This program is designed to help people, especially young people, make positive choices about their sexual health.

REGISTRATION IS OPEN FOR THE 2024 ALEXANDRIA YOUTH LEADERSHIP CONFERENCE!

**AUGUST 6-7, 10AM-4PM
AUGUST 8, 11AM-5PM**

This **free** event is open to rising 9th through 12th graders residing in the City of Alexandria.

This year's conference will be held August 6 and 7, 10 a.m. - 4 p.m., and August 8, 11 a.m. - 5 p.m., at the Del Pepper Community Resource Center (4850 Mark Center Dr.) Participants who attend the conference in its entirety are eligible to receive a \$20 gift card! This event is free and youth must register by August 2. **Register here.**

The Youth Leadership Conference empowers emerging young leaders by providing training opportunities and connecting them to resources in their community.

Click here to view and share the event flyer.

This event is hosted by the **Substance Abuse Prevention Coalition of Alexandria**, the **Alexandria Campaign on Adolescent Pregnancy**, the **Alexandria Sexual Assault Center**, and the **Alexandria Library**.

Questions? Contact felicia.parks@alexandriava.gov or call 703.851.6163.