

# TeenAWARE

## Adolescents Who Are Responsible & Educated



### Who are we?

We are a joint venture of the Westchester County Department of Health, the Mount Vernon Adolescent Pregnancy Prevention Services, and Planned Parenthood Hudson Peconic.

### What is our mission?

We aim to significantly reduce the incidence of teen pregnancy and delay the onset of sexual activity among teens in Westchester County by increasing adolescents' self-esteem and helping them develop positive attitudes, values and interests.

### What do we offer?

We offer an array of services for teens, parents and community agencies.

**TEEN PEER EDUCATORS:** Teen Peer Educators are specially trained youth from the community who are available to speak at middle schools, high schools and community-based organizations on various topics that are affecting today's youth.

#### Relevant topics include:

- abstinence
- sex education
- drugs and alcohol use
- depression and suicide
- HIV/AIDS
- sexually transmitted diseases
- nutrition and physical activity
- self esteem
- healthy relationships
- peer pressure
- decision making skills
- conflict resolution
- job readiness

### Community Health Educators:

Community Health Educators (CHE) are available for presentations to groups of teens and/or adults. CHE's offers workshops that examine the reasons why some teens become sexually active and pregnant at an early age. Workshops include intervention strategies that give teens the skills and motivation necessary to delay sexual activity.

### Parent Presentations:

Parent presentations focus on how to talk to your children about subjects such as teen sexuality and healthy choices.

### Male Responsibility:

Individual and group counseling is provided for male teens. Sessions promote and encourage male adolescent involvement in educational, recreational and community service activities aimed at preventing teen fatherhood.

### Teen Employment Readiness Workshops:

These workshops, led by health educators and other guest speakers, stress the importance of educational opportunity and offers teens a forum in which to identify career options based on their own talents and interest. Teens learn how to prepare a resume, how to choose summer jobs and how to prepare for a job interview.

*"The most powerful contraceptive we can offer a young person is hope for a successful future."*

Dr. Michael A. Carrera  
Director of the Children's Aid Society  
National Adolescent Sexuality Training Center

#### Westchester County Department of Health TeenAWARE Program

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#### WESTCOP TeenAWARE Health Educators

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#### Planned Parenthood Hudson Peconic TeenAWARE Health Educators

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Photo courtesy of "Planned Parenthood & WestCOP," represent peer educators from both organizations.