

April 17, 2018

Pacers Foundation Inc.
125 S. Pennsylvania Street
Indianapolis, IN 46204

Subject: Healthy Sexuality

Dear Sir/Madam,

Girls Inc. is coming to you today to ask for your help in funding our Healthy Sexuality program which aims to educate girls on how to embrace their sexuality. As you may know, adolescent pregnancy presents formidable challenges for teens. In addition to the physical implications of teenage pregnancy, most teen mothers raise their children as single parents. Fortunately, recent data from the Center for Disease Control and Prevention website states that the teen birth rate declined 41% from 2006 to 2014. Although the current decrease in teen pregnancy rates is promising, the U.S. continues to have the highest teen pregnancy rate among industrialized nations. Further, the rate of sexually transmitted infections (STIs) among young women, especially young women of color, is still of great concern. Therefore, Girls Inc. has developed the Healthy Sexuality program to enable girls to learn about and take charge of their sexual health.

The objective of the Healthy Sexuality program is to provide girls with adequate information that would help them to feel comfortable with their sexuality. The program also provides girls with medical advice on how to be safe and prevent teen pregnancy and STIs.

Girls Inc. provides the Healthy Sexuality program for approximately 1,500 middle and high-school students all over Wayne and Union Counties in Indiana by visiting the local schools in the area. We visit each school for a week-long educational session in which we give lectures on how to be sexually healthy. The program enables girls to state their opinion and decide when they want to have sex. We strive to make sure that no one pressures girls into having sex when they are not ready by encouraging girls to say no. Also, girls are advised to abstain from sexual intercourse until they are older. The program encourages girls to talk to an adult before making any decisions that may affect their health.

Our program started in 2012 and, since then, we have seen measurable success. We would like to continue to educate our community girls about their health. Our proposal requests \$10,000 in funding to support our cause. We appreciate Pacers Foundation Inc's aid in funding our program that will help reduce the teen pregnancy rate in America.

If you require any further information, please do not hesitate to contact us at (765)-962-2362.

Kind regards,

Sarah Alhussain

Healthy Sexuality

Project Abstract

Girls Inc. inspires all girls to be strong, smart, and bold, providing girls across the U.S. and Canada with life-changing experiences and solutions to the unique challenges they face. We give girls the skills they need to remain active and healthy. Through Girls Inc's. Healthy Sexuality program, girls gain the knowledge and skills to take charge of and make informed decisions about their sexual health. We encourage girls to think about their futures and to identify ways to avoid early pregnancy. We also educate girls on how to prevent sexually transmitted infections and diseases including HIV.

Statement of Need

Girls Inc. provides the Healthy Sexuality Program for over 1,500 students in Wayne and Union Counties, Indiana. The program visits local schools and provides a series of lectures that last for one week in each school. The program starts at the beginning of every school year and continues while school is in session. To keep the program active, we require funding of about \$10,000. The amount will help us get the necessary help from sex educators and medical consultants who will assist us in the education process. It will also supply us with the necessary handouts; brochures and pamphlets, and enough funding to conduct surveys at the end of each school year to determine the decrease in teen pregnancy rate.

Program Description

The Healthy Sexuality program provides girls with adequate information to help them embrace and feel comfortable about their sexuality. The program works closely with sex education experts and medical consultants that give lectures to girls that will help them gain advice on how to protect themselves from pregnancy and STIs. We also conduct surveys at the end of each session to gain information on how aware girls have become about being sexually healthy. The program also conducts a final survey at the end of the program to see how it impacted the teen pregnancy rate in Wayne and Union Counties, Indiana.

References

Center for Disease Control and Prevention (2017). Teen Pregnancy. From: <https://www.cdc.gov/teenpregnancy/about/>

Goals and Objectives

The Healthy Sexuality Program aims to achieve the following:

1. Encourage girls to embrace their sexuality and be confident in their own skin.
2. Educate girls about the risk of unprotected sex.

3. Provide information on how to prevent teen pregnancies either by abstinence or contraceptives.
4. Ease girls into knowing that they should not feel pressured into having sex before they are ready.
5. Enforce the awareness of the need for a formal consent before engaging in sexual intercourse.

These goals aim to further decrease the teen pregnancy rate in Wayne and Union Counties, Indiana. The measurable outcome of these goals is to see a decrease in pregnancy of about 12% in the target group over the next 3 years.

Timeline

Activities	
Submit Grant Proposal	June 2018
Expected Grant Notification	August 2018
Begin Healthy Sexuality program at the beginning of the school year.	August 2018

Budget

The budget includes the necessary funds to take the program to local schools to educate girls about healthy sexuality.

Expenses	Amount
Medical Consultants	\$5,000
Sex Education Experts	\$4,000
Surveys, Brochures, & Pamphlets	\$1,000
Total	\$10,000

Evaluation

The Healthy Sexuality Program provides handouts in the form of surveys to middle and high-school students in three categories; What I Care About, Asking Assertively Scenarios, and Door Openers. These surveys allow us to gain information on how aware the girls have become about preventing teen pregnancy and STIs. The surveys also give statistics on the current rate of teen pregnancy in Wayne and Union Counties, Indiana. Another survey will be conducted at the end of the program to allow us to see the decrease rate of teen pregnancy.

Staff and Organization

Kiersten Aubre – Healthy Sexuality Facilitator

Kiersten has been at Girls Inc. since 2011 as a summer BOLD program leader. She is currently the facilitator of the Healthy Sexuality Program and contributes to the health of our youth, and our community. She is passionate about empowering young people to respect themselves and make informed choices.

Katie Reising – Director of Healthy Sexuality and Teen Advocate at Richmond Community Schools

Katie holds a BS in Early Childhood Education from Indiana University and a Masters of Education from Earlham College. Katie has drop-in hours for students at Richmond High School and facilitates small girl groups focusing on topics such as healthy relationships, communication, goal-setting and personal value development. Katie's openness and compassion quickly put teens at ease, allowing them to share, learn, and grow in ways that build self-esteem and reduce the influence of negative peer pressure.