

# How Can You Get Involved in Adolescent Pregnancy Prevention?

The Alexandria Campaign on Adolescent Pregnancy (ACAP) is dedicated to reducing the adolescent pregnancy rate in our City. We need your help. Listed below are some ideas on how to get involved.



- **Spread the word about *Keep It 360*.** *Keep It 360* is about having open and honest conversations about sex and teen pregnancy with teens, parents and the community. Talk to your children, neighbors, family, and community about teen pregnancy and sex. Let us know how ACAP can help.
- **Host a parent discussion or Home Health Party.** Do you or your friends want to brush up on reproductive health topics (puberty, contraception, safer sex, etc.)? Do you and your friends want tips on how to talk to your kids about risky behaviors? Invite friends, neighbors, and family to your home for a workshop and/or discussion on these topics, how to get involved and/or ways to prevent adolescent pregnancy in the community. The ACAP Coordinator can come to your home and lead a discussion for you and your friends.
- **Join the Alexandria Campaign on Adolescent Pregnancy (ACAP).** ACAP meets on a quarterly basis at City Hall. Get involved in a sub-committee that puts ACAP's action plan to work. We are especially looking for community members who have experience in public relations, marketing, public policy and/or fund development. We are also looking for members who have a passion and desire to help youth succeed.
- **Mentor a child or a pregnant/parenting teen.** Mentoring is one of the most effective ways to decrease adolescent pregnancy, crime, drug abuse, poor school performance, and gang involvement. The Alexandria Mentoring Partnership is looking for 300 adults to pair up with kids of all ages. Visit [alexandriava.gov/mentoring](http://alexandriava.gov/mentoring) for more information. If you want to mentor a pregnant or parenting adolescent, visit the Naomi Project at [naomiproject.org](http://naomiproject.org) for more information.
- **Invite ACAP to your community center, faith based organization, or other gatherings** to talk about *Keep It 360*, positive youth development, adolescent pregnancy, parenting skills and/or risky behaviors.
- **Post and distribute ACAP materials** in your community center, faith based organizations, etc.
- **Be a Walker and Talker.** Visit with your neighbors and other parents and pass out helpful ACAP materials.
- **Host a fundraiser.** ACAP is always looking for additional funding to help spread the message to parents and youth about adolescent pregnancy prevention.
- **Coordinate a baby item/diaper drive for pregnant and parenting adolescents.** Many adolescent parents struggle on a daily basis to meet the needs of their baby. Assisting them with these types of items can help relieve stress and give them time to concentrate on other things such as graduating from high school.

**Together we can make a difference.**

**If you are interested in any of these opportunities, please contact Becky Griesse at 703.746.3130 or [Rebecca.griesse@alexandriava.gov](mailto:Rebecca.griesse@alexandriava.gov). Visit [KeepIt360.org](http://KeepIt360.org).**