

## Alexandria Youth Development Programming with Positive Outcomes related to Teen Pregnancy

### After School Programs:

**Program:** Project Stepout (City of Alexandria, Department of Community and Human Services)

**Location:** GW and Hammond Middle Schools, other locations as requested

**Participants:** Middle school girls (groups separated by grades)

**Description:** Project Stepout provides girls with information and skills to take control of their lives in a responsible manner in order to become productive citizens. Girls will form closer relationships with each other, discover their voices, and learn to show their strength, confidence and abilities through positive decision making. Topics may include healthy relationships, communication skills, conflict resolution and adolescent development. Project Stepout follows the [Girls Circle](#) curriculum, a promising practice, during the 10-12 weeks.

**Contact Information:** Kim Hurley - 703.746.5030 or [Kim.hurley@alexandriava.gov](mailto:Kim.hurley@alexandriava.gov)

**Program:** Rap it Up ([Northern Virginia AIDS Ministry](#))

**Location:** throughout Alexandria and as requested

**Participants:** Middle and High School Students

**Description:** The Northern Virginia AIDS Ministry, a non-profit organization dedicated to educating the community about HIV/AIDS, provides programming for middle and high school aged youth. Rap it Up is a 6 session skill-building program focused on sexually transmitted infections, HIV and pregnancy prevention. The series uses an interactive activity and informal discussion based model of learning.

**Contact Information:** Kimberly Jappell - 703-533-5505 or [kjappell@novam.org](mailto:kjappell@novam.org)

**Program:** SiHLE- Sisters Informing, Healing, Living & Empowering ([Northern Virginia AIDS Ministry](#))

**Location:** Throughout Alexandria and as requested

**Participants:** African American girls ages 14-18

**Description:** The Northern Virginia AIDS Ministry, a non-profit organization dedicated to educating the community about HIV/AIDS, offers a 6 week evidence-based HIV prevention program for African American girls ages 14-18. Participants meet for weekly group sessions at community centers, homeless shelters and other sites. Each week focuses on a different topic, ranging from avoiding risky behaviors to making healthy choices.

**Contact Information:** Gail Dixon - 703-533-5505 x 19 or [gdixon@novam.org](mailto:gdixon@novam.org)

**Program:** Project Success ([Capital Youth Empowerment Program](#))

**Location:** Hammond Middle School (Thursday's afterschool)

**Participants:** Middle school aged boys

**Description:** Project Success is a 10 week program that focuses on helping teenage boys make good choices in school and at home. The program uses the award winning "Wise-Guys"

curriculum. Some of the topics discussed are family values, decision making, life plans/goals, peer pressure, birth control and sexually transmitted diseases.

**Contact Information:** Isaac King - [iking@cyep.org](mailto:iking@cyep.org) or 202.321.8704

**Program:** [Planned Parenthood of Metropolitan DC](#)

**Location:** throughout Northern Virginia, DC and MD; Available for program requests in Alexandria

**Participants:** Middle, High School and college aged youth

**Description:** Planned Parenthood of Metropolitan Washington, D.C. offers age-appropriate sexuality education programs for middle school, high school and college age youth in schools and other community settings. Program topics include:

- Abstinence/delaying intercourse
- Anatomy and reproduction
- Birth control/contraception
- Communication skills
- Date/acquaintance rape
- Decision-making skills
- HIV/AIDS
- Pregnancy Options
- Puberty
- Relationships
- Safer Sex
- Self-Esteem
- Sexually Transmitted Infections
- Teen Pregnancy Prevention
- Values Clarification

All programs emphasize messages of responsibility, accountability, and the importance of the decision-making process. Programs are specifically tailored to meet the needs of your particular class or group. In addition, Planned Parenthood offers three after-school programs: Circle of Friends, Life Skills (in English or Spanish), and Responsible Males.

**Contact Information:** Soraya Galeas - [soraya.galeas@ppmw.org](mailto:soraya.galeas@ppmw.org) or 202-497-4173

### **Health Care:**

**Program:** [Teen Wellness Center](#)

**Location:** T.C. Williams High School (entrance on King Street)

**Participants:** Youth ages 12-19 who live in Alexandria City.

**Description:** The Teen Wellness Center provides FREE and Confidential health and mental health/substance abuse services. In some cases extended counseling will be available at the clinic at a fee based on what you can afford. (No one will ever be denied counseling because of inability to pay.) Services include Physicals (school/sports); Treatment of Minor Illness with referral to primary medical care; Immunizations; Counseling (personal, family and substance abuse); HIV Counseling and testing, Pregnancy Prevention and Testing; Sexually Transmitted Infection Testing, Treatment and Counseling; and Just Listening. The Teen Wellness Center is open Monday – Friday from 10 am – 5:00 pm.

Youth can also get involved in the Youth Advisory Group or as a Health Promoter. For more information contact Andria Smith at 703.746.4935 or [andria.smith@vdh.virginia.gov](mailto:andria.smith@vdh.virginia.gov).

**Contact Information:** For general information or to make an appointment, call 703-746-4776 OR Text "APPT" to 571-329-2245 (texts are answered within 24 hours, Monday-Friday).

### **Mentoring Programs:**

**Program:** Untouchables (Non-profit in close collaboration with the City of Alexandria, Department of Community and Human Services)

**Location:** Charles Houston Recreation Center

**Participants:** Young men of color, ages 8-18 years old

**Description:** Weekly youth-led meetings focus on academics, personal challenges, current events and club business. Untouchables include monthly field trips, community service projects and guest speakers. Adult men of color provide mentoring, support, tutoring and life skills training.

**Contact Information:** Theodore Jones, DCHS Student Assistance Counselor and Founder of the Untouchables, 703-850-6016, [theodore.jones@alexandriava.gov](mailto:theodore.jones@alexandriava.gov); Albertha Gray, President of the Untouchables, 703-509-3209

**Program:** Peer Advisors (City of Alexandria, Department of Community and Human Services)

**Location:** Charles Houston Recreation Center

**Participants:** Middle & high school students

**Description:** The Peer Advisors receive comprehensive leadership and life skills training, as well as counseling, college prep, college tours and access to leadership opportunities. They participate daily in mentoring and tutoring children at the Charles Houston Recreation Center and the Brent Place Family Learning Center. They help run the Kids are Terrific summer camp, leading educational sessions and chaperoning campers at sites all over the City. Peer Advisors volunteer and then become eligible for employment with the program. Program maximum is 12 students, with 5-6 paid positions at any given time.

**Contact Information:** Theodore Jones, DCHS Student Assistance Counselor, 703-850-6016, [theodore.jones@alexandriava.gov](mailto:theodore.jones@alexandriava.gov)

### **School-Based Programming:**

**Program:** Family Life Education Curriculum ([Alexandria City Public Schools](#))

**Location:** All Alexandria City Public Schools

**Participants:** Students K-9/10<sup>th</sup>

**Description:** Alexandria City Public Schools offers a K-8<sup>th</sup> Family Life Education curriculum and a 9<sup>th</sup> or 10<sup>th</sup> grade Human Growth and Development Course.

**Contact Information:** Dennis Burstein, Health and Physical Education Curriculum Specialist, 703-824-6680 or [dburstei@acps.k12.va.us](mailto:dburstei@acps.k12.va.us)