

## CHAT Program

Hoosier Uplands' CHAT (Choices Helping Abstinent Teens) Program is an abstinence education program offered to Junior High and/or High School health classes at Loogootee, Mitchell, Medora, Northeast Dubois, Orleans, Paoli, Pike, Salem, Shoals, and Springs Valley Community Schools. The purpose of the CHAT Program is to encourage students to practice abstinence in order to prevent teen pregnancy and sexually transmitted diseases. This eight-module program is also designed to educate students about how to have healthy relationships, including ways to deal with peer pressure and partner pressure.

### CHAT Program Goals

Goal 1: Increase the number of abstinence education programs in Indiana for adolescents ages 10-15 through implementation of the CHAT program, using the *Making a Difference!* curriculum in eight different sessions throughout the 2019-2020 school year.

Goal 2: Increase the delivery of positive messages regarding the choice for sexual abstinence among the target population through implementation of the CHAT program, using the *Making a Difference!* curriculum in eight different sessions throughout the 2019-2020 school year.

Goal 3: Positively impact the adolescent pregnancy and birth rates and the incidence of sexually transmitted diseases among the target population through implementation of the CHAT program, using the *Making a Difference!* curriculum in eight different sessions throughout the 2019-2020 school year.

### Program Funding

Hoosier Uplands receives a grant from the Indiana State Department of Health, Division of Maternal and Child Health, which funds this program along with local partners.