FOR IMMEDIATE RELEASE

ACAP’s ‘PREP YourSELF’ Program Offers Personal Responsibility Education for County Youth

Aroostook County Action Program has received a grant via the Department of Health and Human Services titled, ‘Improving Outcomes for Youth,’ a Personal Responsibility Education Program (PREP), educating youth on the importance of personal responsibility.

Improving Outcomes for Youth (IOY) is committed to providing youth with the skills needed to promote leadership, resiliency, financial literacy, and personal responsibility. IOY encourages delayed pregnancy and promotes the idea that evidence shows having two involved parents is the best way to improve outcomes for children, youth and their families.

For youth already parenting, IOY has a mentorship program designed to promote healthy family relationships, self-care and personal growth activities designed to increase economic independence.

As part of this initiative, ACAP has partnered with New Beginnings and Maine Family Planning to facilitate the PREP curriculum, ‘Be Proud! Be Responsible!’

While Aroostook’s teen pregnancy rate is among the state’s lowest, at 3.7 unintended pregnancies for every 1,000 teenagers, now remains a good time to help our youth develop the perspective and character they need to avoid high-risk behavior. From intravenous drug use to risky sexual behavior, social media bullying and binge drinking, our youth need new tools to equip them for the new threats that now face young adults.

‘Be Proud! Be Responsible!’ is a risk reduction program that is geared toward preventing unplanned pregnancy and STI transmission. The curriculum encourages healthy self-esteem, self-advocacy, communication and healthy relationship skills, as well as, risk reduction and prevention education, one of which is abstinence. The program also focuses on alcohol and drug use as a major predictor of youth engagement in risky behavior.
All programs are provided at no cost and are suitable for those 16-24. For more information, please contact, Jenny Paul, Project Director, at 764-3721.

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For 45 years, ACAP has provided the people of Aroostook County with services and resources that help individuals and families achieve greater economic independence. As a leader, or in partnership with others, ACAP provides guidance to the community in responding to emerging human needs in the areas of community, family, energy and housing, and workforce development services. For more information on ACAP, or to make a tax-deductible contribution, please contact the agency at 771 Main Street, on the web at www.acap-me.org, or by calling 764-3721. ACAP – We Make Life Better!