

PROJECT EMPOWER

Education Means Power Buncombe County's Teen Pregnancy Prevention Initiative

Project EMPOWER is a program of Mt. Zion Community Development, Inc., a 501(c3) non-profit organization. Project EMPOWER has been in existence since 2003 and serves 6th, 7th, and 8th grade students at Asheville Middle School, and 9th grade students at Asheville High School. Project EMPOWER is funded by the NC Dept. of Health & Human Services, Office of Minority Health's Community-Focused Eliminating Health Disparities Initiative.

Organizations that Support Adolescent Sexual Health in Buncombe County

- Asheville City Schools Foundation
- Buncombe County Department of Health
- Child Abuse Prevention Services
- Health Partners
- Our Voice
- Planned Parenthood Health Systems, Inc.
- YWCA of Asheville's NC TPPI Adolescent Parenting Program
- Mt. Zion Community Development Corp's NC TPPI Adolescent Pregnancy Prevention Program



Planning Advisory Committee

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Johnnie Grant, *The Urban News*
Keynon Lake,
"My Daddy Taught Me That"
Michelle Lemelle,
Asheville City School System
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A Positive Trend

While many people believe teen pregnancy is a growing problem, North Carolina's teen pregnancy rate is actually at an all-time low. Key highlights from the most recent data available show that:

- Teen pregnancy has declined more than 62% since it peaked in 1990
- Between 2011 and 2012, teen pregnancy declined 10%
- While significant racial/ethnic disparities still exist, the gaps between white teens and their African American and Latina counterparts are narrowing
- Fewer teen parents are having subsequent teen pregnancies
- Most of the decline in teen pregnancy is because of increased contraceptive use (APPCNC).



Belinda K. Grant,
Executive Director
of Mount Zion
Community
Development, Inc.
Photo: Urban News



Teens & Young Adults

Did You Know?

Teens are the least likely age group to seek health care, yet they engage in behaviors that can be harmful to their health. We encourage students to take care of themselves and to make better decisions for their overall well-being.

Resources for Teens, Young Adults, and Parents

YouthEmpoweredSolutions.org
YES! (Youth Empowered Solutions) gives power to youth, in partnership with adults, to create community change that will positively impact adolescent health. YES! has short videos about youth empowerment and advocacy; updates on advocacy efforts in tobacco and substance abuse, and obesity prevention.

IWannaKnow.org

Provides answers to questions about teen sexual health and sexually transmitted diseases.

AdvocatesForYouth.org

Advocates for Youth is dedicated to improving the sexual health and awareness of the under-25 crowd. If you are interested in finding out what is being done internationally to promote sexual

awareness, or how HIV prevention is being taught in schools, this is the site to go to.

GirlsInc.com

Great girls advocacy site.

Acne.org

A noncommercial site that provides unbiased information on acne.

For Parents

NotMeNotNow.org

Not Me, Not Now focuses on promoting abstinence among teens and provides information for adults on how to communicate with teens about sex and sexual health.

TeenPregnancy.org

This is a good link for parents. It also provides teen survey questions about perceptions and attitudes, and has lots of other links listed that would be of particular interest to parents.

En Español

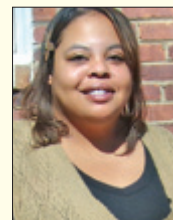
www.healthfinder.gov/espanol

Source: Buncombe County, NC



The World is **YOURS!**
We Want You to **SUCCEED!**

A Message from Caryn B. Monroe



Caryn B.
Monroe

Adolescent Pregnancy Prevention

Attending the Adolescent Pregnancy Prevention Council of North Carolina's (APPCNC), Annual Conference on

May, 15-16 2014 was a wonderful and enlightening experience for me. I met many intriguing educators, all with the common goal of improving adolescent health.

I discovered many invaluable tools that can only enhance my service delivery; tools that I will use to better educate the youth in our community. Together, with all of the collective knowledge and experience displayed at APPCNC, I believe we can reduce/impact the teen pregnancy rate in Buncombe County as well as in North Carolina.

Health Equity Matters

Community Partners

Asheville Buncombe Institute of Parity Achievement (ABIPA)
Providing health outreach and health screenings. Visit www.ABIPA.org

Land of Sky Regional Council
Coordinating Living Healthy classes. Visit www.livinghealthywnc.org

Mt. Zion Community Development, Inc
Project EMPOWER

(Education Means Power).
www.mtzionasheville.org

YWCA
Diabetes Wellness & Prevention Programs. www.ywcaofasheville.org

UNC Asheville, NC Center for Health and Wellness
Collecting data and evaluating the program. Visit ncchw.unca.edu

Health Equity is based on the belief that everyone in our community should have the same opportunity to make choices that allow them to live a long, healthy life, regardless of their income, education or ethnic background.

Community partners are working together to offer the following resources:

1. Health screenings and medical care referrals
2. Classes to help people "take charge" of their chronic diseases
3. Special programs and classes for minority populations

The best time to think about how you'll handle a tough decision about sex is before you have to make it.



Know the facts, have a plan, and understand your options. www.stayteen.org