



## Who We Are...

### About Us

The Detroit Health Department Prevention Program is using an exciting health curriculum called Michigan Model for Health: Healthy and Responsible Relationships & Making Proud Choices. Your child will have the chance to take part in the discussions, activities and workshops designed to develop life-long health habits related to abstinence knowledge and skills. The program will focus on: sex education, protection against sexually transmitted infections (STIs), pregnancy transmitted infections and pregnancy prevention.

## What We Offer...

- How to set personal limits and communicate them to peers
- How to identify, avoid, and escape risky situations
- How to communicate with family and other trusted adults about sexual decisions and potential consequences
- Drug prevention



### Contact Us:

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# We're Just Girls...



## PRIDE IN PREVENTION MAKING PROUD CHOICES





“Ms. Fallon was very transparent and gave very in-depth information to the girls. She was approachable, offered her time and advice away from class time. Her personality offered a safe haven for the girls.”



The lessons will give your child information and opportunities to build skills that will promote healthy behaviors and relationships. However, WE NEED YOUR HELP! You are the first and most important teacher! Your child will be encouraged to talk to you about relationships and to ask you questions.

## What We Offer...

- Facts about sexually transmitted infections (STIs) and prevention
- Goal-setting skills
- Abstinence Skills
- Methods for reducing the risk of STIs and pregnancy
- How to maintain a healthy relationship
- Positive relationship building skills with friends and family
- Free snack during the sessions
- Gift card incentives with completion of program



"It was an absolute pleasure allowing my daughter to be a part of the We're Just Girls Sexual Health course. Having already introduced the topic of sex with her, I thought it would be beneficial to have her receive the educational experience from a health professional. Ms. Fallon was very transparent and gave very in-depth information to the girls. She didn't allow them to be silent during the recaps, she was approachable, offered her time and advice away from class time. Her personality offered a safe haven for the girls. It opened more in-depth conversations for us as mother and daughter as well. I think she was a great teacher and utilized the platform in a very successful way."

— Program participant's mother speaking about Health Educator Fallon Smith

