

## Program Highlights

- \* Classroom plays – Curriculum themed plays performed by professional actors
- \* Family Theater Night – Plays performed by students and professional actors.
- \* YMCA Fit and Healthy Night – A recreational evening for the whole family.
- \* School trips to local theaters!



### The Center for Healthier Communities

champions community health efforts by utilizing local resources to enhance and sustain programs and services that significantly benefit the quality of life for children, youth, and families.

In addition to **PATH-AT**, the Center's programs include:

### Children's Assault Treatment Services (CATS)

provides 24-hour-a-day medical evidentiary exams and case management to children and adults victimized by sexual abuse.

### School-Based Obesity and Diabetes Initiative (SODI)

helping local public schools improve the health status of its student body, parents and staff by conducting school assessments, developing improvement plans and implementing programs that focus on nutrition and physical fitness.

**Promoting Alternatives for Teen Health through Artes Teatro (PATH-AT)** is a research study funded by the Office of Adolescent Pregnancy Programs, Office of Population Affairs and Department of Health and Human Services. The program does not promote contraception or teach religion.



**Northridge Hospital Medical Center**  
*Center for Healthier Communities*

A member of CHW

14531 Gault St.  
Van Nuys, CA 91405  
TEL: (818) 785-3489  
FAX: (818) 994-2399  
[www.NorthridgeHospital.org](http://www.NorthridgeHospital.org)

# PATH-AT

Promoting Alternatives for Teen Health  
through Artes Teatro



**PATH-AT** is a youth-led program designed to decrease the rate of teen pregnancies in the Greater San Fernando Valley. Funded by the Office of Adolescent Pregnancy Programs, Adolescent Family Life.



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## What is PATH-AT?

**Promoting Alternatives for Teen Health through Artes Teatro (PATH-AT)** tests the effectiveness of innovative approaches to promoting adolescent premarital abstinence. **PATH-AT** uses peer educators and theatre arts to provide adolescents with the information and skills to make healthy life choices, accomplish their goals and abstain from premarital sexual activities.

The **PATH-AT** program recruits local high school students and trains them as Peer Educators responsible for leading after school workshops for middle school students (grades 7-8) who are at-risk for pregnancy and sexually-transmitted infections. The program is directed to students residing in primarily Latino low-income communities in the San Fernando Valley of Los Angeles County.

## Why is PATH-AT Important?

**Today's youth are faced with many pressures to become sexually active.**

**FACT:** Latinos have the highest teen birth rate among major racial and ethnic groups in the United States.<sup>1</sup>

**FACT:** Ninety-four percent of adults in the United States and 91 percent of teenagers think it is important for school-aged children and teenagers to receive a strong message from society that they should abstain from sex until they complete high school.<sup>2</sup>

**FACT:** Data also shows that youth have a clearer understanding of abstinence and the health consequences of engaging and refraining from sexual activity after participating in an abstinence program.<sup>3</sup>

1. National Campaign to Prevent Teen Pregnancy Fact Sheet (2006).
2. TeenPregnancy.org (Case Study: US Department of Health and Human Services 2002).
3. Northwestern University 2002.

## What are PATH-AT Goals?

**PATH-AT is designed to encourage adolescents and teens to practice sexual abstinence.**

*The goals of the program are to:*

- Decrease the rate of teenage pregnancy in the greater San Fernando Valley
- Promote alternatives to high-risk behavior by sponsoring risk-free activities after-school, in the evenings and on weekends
- Promote a positive approach to sexual abstinence
- Help teens gain a better understanding of the consequences of premarital sex
- Promote positive choices for youth during high-risk transitional periods from middle school to high school
- Provide leadership, life skills and youth development opportunities for young participants
- Provide parents with skills, knowledge and confidence to speak to their children about sexuality
- Increase parent involvement



## Peer Educator Training

High School students receive 90 hours of training as Peer Educators in order to effectively lead middle school workshops. The training curriculum includes:

- Organizational Skills
- Developing a Teaching Style
- Public Speaking
- Classroom Management
- Conflict Resolution
- Teaching Middle School Curriculum

## Middle School Workshops

There are 14 workshops conducted at local middle schools which focus on abstinence education. The curriculum includes:

- Risks of Early Sexual Involvement
- Social Pressures
- Peer Pressures
- Assertiveness Techniques
- Relationship and Team Building
- Setting Limits
- Self-Esteem
- Values Awareness
- Friendships, Dating and Love
- Acting Skills
- Role Playing/Skits



## Parent Workshops

There are five workshops conducted at local middle schools, which are geared toward parents. The curriculum includes:

- Communication Skills
- Setting House Rules
- Media Pressures
- Conflict Resolution
- Relationship and Intimacy Building