

Healthy Decisions Power Bright Futures





What is SKYE?

Fostering growth and development across the many parts of a teen's life

A program of the Fulton County Board of Health, the SKYE Project provides teens and their parents and caregivers access to a range of programs, workshops, services and leadership opportunities. SKYE is designed to help youth protect themselves from unplanned pregnancy, HIV, and other sexually transmitted infections by supporting their growth and development across all areas of their lives.

SKYE initiatives help to develop the skills, knowledge, and sense of empowerment teens need to make the decisions that will nurture and sustain their optimal health and overall wellbeing. Research shows that youth who feel empowered and strong will also make healthy, safe decisions around their sexual activity.

Skills
Knowledge
Youth
Empowerment

Why SKYE?



For both teens and the adults in their lives, having awkward conversations today is better than talking about how to treat a sexually transmitted infection or how to handle an unplanned pregnancy tomorrow. The curricula SKYE uses contain the most up-to-date and accurate sexual health information. SKYE helps teens protect their health and helps parents and caregivers establish open and honest communication – all working together to empower their futures.

SKYE helps teens and their parents learn more about how to:

- Protect against an unplanned pregnancy
- Navigate critical conversations about sex
- Establish healthy relationships
- Build knowledge about sexual health
- Develop and strengthen leadership skills

Because self-awareness and effective self-expression are key to healthy sexual decisions, our program also puts great emphasis on fostering personal growth and confidence. SKYE prepares teens to both protect themselves and build stronger, more meaningful connections and relationships.



Did You Know?

Teens who participated in sex-ed programs generally get better grades and score higher on tests than teens who haven't had sexual health education. They also graduate high school and attend college at higher rates.

The SKYE Approach

The Fulton County Board of Health collaborates with schools, and youth-serving organizations, including after-school programs, faith-based organizations, and other community partners. We offer no-cost, evidence-based sexual health education programs and a variety of free services that support the development of teens into healthy, self-confident adults.



Making Proud Choices and Positive Prevention Plus

Evidence-based curricula that provides teens with lessons about media and peer pressure, healthy relationships and life planning. It empowers young people to change their behaviors and encourages them to lower their risks by abstaining from sex or by using latex condoms and other contraceptives, if they choose to have sex. Educational sessions are informative and interactive.



“Plan A”

A 23-minute entertaining and educational video for teen girls, created to reduce unplanned pregnancies, sexually transmitted infections, and HIV. Plan A is evidence-based. The producers collaborated closely with young women to make it highly relevant, engaging and effective.



Engaging Educational Workshops

Provide teens with interactive and valuable sessions on topics such as leadership, advocacy, self-expression, and financial literacy.



Supportive Services

For participants and their families, including assistance with school supplies, job readiness, college tours, educational retreats, referrals to behavioral health, tutoring and other basic needs.



Resource Guide

A guide providing information on agencies that offer adolescent-friendly health services, mental health treatment, contraceptive services, STI/HIV testing and treatment, job readiness programs, and other resources to support youth.



Professional Development Training for Youth-Serving Organizations

Through its network of training partners, the SKYE Project offers training sessions for community and faith-based organizations, schools, and other youth-serving organizations to help them cultivate environments that promote optimal health for teens. Trainings include Positive Youth Development, Youth Mental Health First Aid, and Trauma-Informed Care.

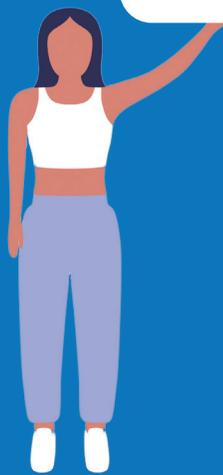


Support to Help Health Clinics Become More Teen-Friendly

SKYE has implemented the Adolescent Champion Model (ACM) in collaboration with Children’s Healthcare of Atlanta, Grady Teen Clinic, and Southside Medical Center. SKYE funds each health center to help them optimize their environments, policies, and practices to be more youth-centered. For more information about ACM, visit <https://umhs-adolescenthealth.org>.

Did You Know?

Studies show that teens who report talking with their parents about sex are more likely to delay having sex and to use condoms when they do have sex.



Ongoing Collaboration with Youth, Families, and the Community

To ensure that the SKYE Project is continually improving to meet the needs of youth, the Fulton County Board of Health actively engages the community, parents, caregivers and youth to collaborate on the project's implementation, improvement, and evaluation.



- **The SKYE Council** is comprised of youth who provide input on the project design to ensure the programs and activities meet the needs of the students we serve.
- **The SKYE Steering Committee** includes community organization leaders, medical professionals, parents/guardians, school administrators, two members of the SKYE Council, and youth-serving professionals. Together, they provide feedback to improve and enrich the SKYE Program.



To bring SKYE into your school or community program,
or learn more about the SKYE Project



visit

fultoncountyboh.com/SKYE



email

SKYE@fultoncountyga.gov



or call

(404) 613-1481

The SKYE Project is supported by the Office of Population Affairs (OPA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,827,824 with 100 percent funded by OPA/OASH/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by OPA/OASH/HHS, or the U.S. Government.