

Healthy Futures for Youth

healthy choices for healthy futures

Mission Statement

To motivate and equip youth to live an abstinent life-style, encouraging healthy choices for a healthy future.

Program Highlights

Free to Be has reached more than 79,000 youth and trained more than 400 youth peer educators, from 1992 until now.

Free to Be has made significant progress in reaching its intended outcomes. 98% of participants previously reporting abstinence remained abstinent at least 6 months following the exposure to Free to Be curriculum. 33.3% of currently abstinent students reported their intention to remain abstinent until marriage up to 12 months following completion of the curriculum.

Program Services

In order to effectively reach the youth of California, we offer the following services:

- Classroom presentations using a character-based, risk avoidance and relationship building curriculum
- Classroom panels led by youth educators who encourage their peers by sharing their personal reasons for choosing to live an abstinent life-style
- Annual training and ongoing support of peer educators in relevant topics (e.g., setting boundaries, healthy relationships, pressure refusal skills, goal setting, STD updates, and media influence)
- One-on-one youth mentoring and group support activities
- Workshops for parents and community members
- Communication with youth, parents and community supporters through interactive website, newsletters and e-newsletters

