The Idaho Adolescent Pregnancy Prevention (APP) Program coordinates with agencies, educational organizations, and other partners throughout the state to provide adolescents with resources concerning their sexual health.

The goal of the Idaho APP Program is to decrease the teen pregnancy rate by increasing access to sexual health education and resources in school and community settings.

Interested in one of our programs? We can help you implement any of them in your school or community. Please contact us for more information:

Katherine Humphrey
Idaho Department of Health and Welfare
208.334.4961

Providing youth access to accurate information, services, and supportive relationships so they can make healthy choices.
Our Philosophy: Positive Youth Development

Positive youth development (PYD) refers to an approach that engages youth within their schools and communities in a productive and constructive manner. This approach promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and providing the support needed to build on their leadership strengths.

PYD emphasizes the importance of focusing on youth’s strengths instead of their risk factors to ensure all youth grow up to become contributing adults.

The programs available through the Idaho APP Program incorporate the fundamental characteristics of positive youth development:

- Focus on positive outcomes
- Youth as active participants
- Long-term involvement
- Community oriented
- Emphasis on collaboration

Youth benefit most when they have accurate information, the skills and self-confidence to make responsible decisions, and caring and competent adults in their lives.

Programs available through the Idaho Pregnancy Prevention Program

Wise Guys

Wise Guys focuses on engaging males ages 15-17 by providing a sequence of informal lessons that teach reproductive health as well as life lessons such as values, goal setting, and positive decision making. This program provides a fun learning environment that encourages sharing within a group setting.

¡Cuídate!

¡Cuídate! is a culturally-based small group series designed to reach Latino youth ages 13-18. Cultural beliefs common to the Latino culture such as the importance of family and gender role expectations are used to promote abstinence and contraception as culturally accepted and effective practices. This program is available in English and Spanish.

Reducing the Risk

Reducing the Risk is a sexual health education curriculum for students ages 12-18, focusing on building knowledge of abstinence and contraception while providing a positive perception of sexual health and relationships. Activities include skill building lessons in refusal skills, negotiation, and active communication. The goal of Reducing the Risk is to prepare youth for their sexual future while reducing the incidence of unprotected sex.

Additional information and resources for teens and parents can be found on our website at:

idahoteenpregnancy.com