

## CHOICES

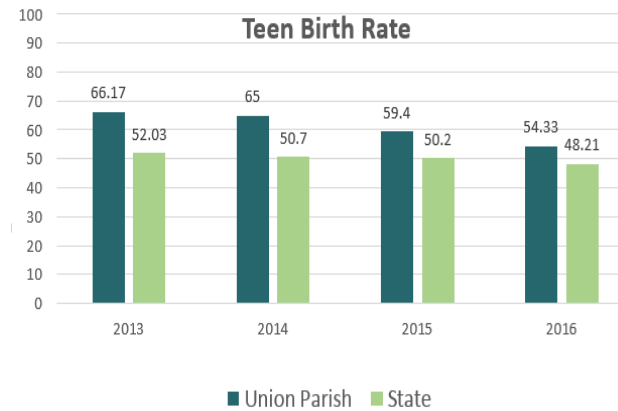
“You are the product of the choices you make...” Wayne Dyer”

“Destiny is not a matter of chance, it is a matter of CHOICE; it is not a thing to be waited for, it is a thing to be achieved. “William Jennings Bryan (1860-1925)

### Teen Decrease 2013-2016

The goal of It's a Girl Thing when the program started in 2013 was to decrease teen pregnancies by 5% in a period of 5 years we have decreased teen pregnancies in Union Parish by 18% in a period of three years. The State Teen Pregnancy decrease was 8% in the same period.

## Teen Birth Decrease 2013-2016



Source: Louisiana Department of Health Teen Birth Rate per 1000



[www.facebook.com/proudchoices](http://www.facebook.com/proudchoices)



[#IGT](https://www.instagram.com/girls_inc)

## UNION GENERAL HOSPITAL

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*“Providing Quality Service With  
Compassionate Care”*



## It's a Girl Thing Mission and Goals

Our **MISSION** is to help change the views, circumstances and lives of teen girls.

**GOAL** To connect and educate with teen girls 6<sup>th</sup> to 12 Grades with a focus on Pregnancy and STDs prevention, while utilizing educational activities, health information and comparable testimonials from influential community leaders.

We provide information to teen girls for use of tools to guide a process of understanding the importance of self-worth and setting goals in life.

## It's a Girl Thing Objectives

Provide education to increase knowledge base of local teens (Education changes a person's lifestyle and changes the future generations.)

- Enhance decision making skills
- Change attitudes and beliefs about self-worth.

[www.uniongen.org](http://www.uniongen.org)

## Why Are Self-Esteem and Body Image Important?

**Self-esteem is all about how much you feel you are worth — and how much you feel other people value you.** Self-esteem is important because feeling good about yourself can affect your mental health and how you behave.

People with high self-esteem know themselves well. They're realistic and find friends that like and appreciate them for who they are. People with high self-esteem usually feel more in control of their lives and know their own strengths and weaknesses.

## Recognitions and Awards

- 2014 Outstanding Rural Health Program of the Year Award from the Louisiana Rural Health Association (LRHA).
- 2015 Program of Promise from the Hospital Charitable Services Awards. Jackson Healthcare Foundation. Only 4 in the nation won this prestigious award out of a pool of 208.

- 2016 Program of Excellence from the Hospital Charitable Services Awards. Jackson Healthcare Foundation. Only 10 won this prestigious award out of a pool of over 200 nominees nationwide.
- Recognized by National Rural Health Resource Center Small Rural Hospital Transition Project Newsletter in May 2014 and again in October and November of 2016

## Program Schedule

**Union General Hospital Conference Room  
Once a Month-5:30-7:00PM**

**Union Parish Junior High School-Weekly  
Union Parish High School-Every other week**

