



# WA PREP for Healthy Youth

## What is WA PREP?

The Washington Personal Responsibility Education Program (WA PREP)\* is a sexual health education program administered by the Washington Department of Health (DOH), in partnership with the Office of Superintendent of Public Instruction (OSPI) and Cardea. Through professional learning and capacity development, WA PREP prepares teachers and youth development professionals to implement sexual health education for youth ages 11–18.

## WA PREP Interventions

In partnership with Cardea, WA PREP intervention partners (IPs) select evidence-based/informed curricula that provide adolescents with knowledge, skills, and opportunities for reflection on sexual health and related issues. The following curricula are approved for WA PREP implementation (*Note: This list is updated regularly*):

[Be Proud! Be Responsible!](#)

[Draw the Line! Respect the Line!](#)

**FLASH:** [Middle School / High School](#)

[Making Proud Choices](#)

[Native It's Your Game](#)

[Native STAND](#)

[Native VOICES](#)

**Positive Prevention PLUS:**  
[Middle School / High School](#)

[Reducing the Risk](#)

[Rights, Respect, Responsibility High School](#)

[Rights, Respect, Responsibility Middle School](#)

Cardea works with IPs to address three adulthood preparation subjects—**Healthy Relationships, Parent-Child Communication**, and **Healthy Life Skills**—whether through the selected curricula or other resources.

## WA PREP Services

Cardea offers **customized** capacity development and professional learning services to support IPs in selecting, implementing, and sustaining comprehensive sexual health programming.

**Capacity Development** supports IPs with:

- **Selecting** evidence based/informed curriculum that best fits their students and school community
- **Engaging** their communities
- **Teaching** the selected curriculum in person, when possible, or in a virtual and/or hybrid format, if needed
- **Participating** in WA PREP evaluation activities
- **Replicating and sustaining** sexual health education

**Professional Learning** supports IPs by:

- Increasing comfort and confidence in teaching sexual health education
- Assisting with planning, implementation, and sustainability of sexual health education interventions

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