

SELF: Seeing and Exploring Life's Future 2022-2023 School Year in Review



The 2022-2023 school year saw Lutheran Social Service of Minnesota's Seeing & Exploring Life's Future (SELF) service successfully build upon our 38-years of providing effective, comprehensive, medically-accurate and culturally-inclusive sexual health education for everyone.

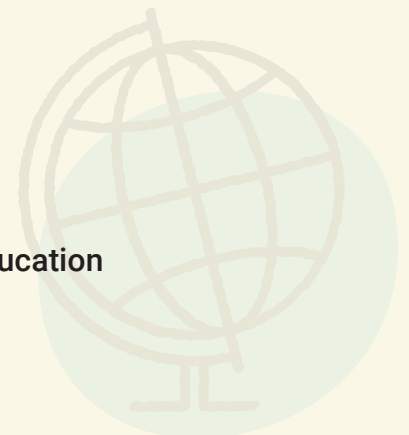
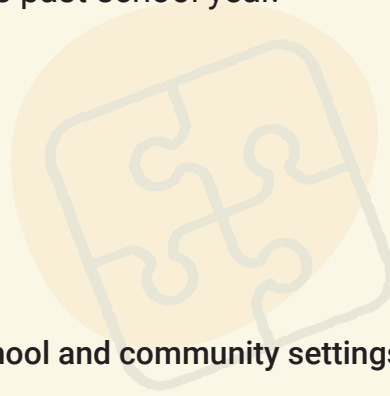
Our programming is rooted in seven main principles that lay the foundation for all our services — from school-based curricula focused on healthy sexuality, pregnancy prevention and good decision-making skills to customized tools, trainings and support for parents, caregivers and other educators.

Here are some highlights from this past school year.

DEMOGRAPHICS

1,727 participants reached
in the following settings:

- 1,297** School-Based
- 49** Disability-Centered in school and community settings
- 218** Community-Based not including disability-centered education
- 32** Parent & Caregiver
- 131** Youth Work Professional & Other Caring Adult





School-Based Educational Outcomes

Prior to instruction, youth in school-based programming completed a knowledge-based pre-assessment. They completed the same assessment at the end of instruction to determine how much their knowledge increased around SELF topics related to healthy relationships, pregnancy and STI prevention and consent. The average assessment score went from 47% to 90% as a result of SELF programming.

Youth had this to say about their class experience with SELF:

95% agreed or strongly agreed that our programming was helpful.

96% agreed or strongly agreed that our programming increased their knowledge of how to avoid pregnancy and STIs.

96% agreed or strongly agreed that consent is important in all sexual interactions.



Disability-Centered Educational Outcomes

Youth in our disability-centered programming completed a post-assessment only. Their average score this year was 91%.

Youth had this to say about their class experience with SELF:

96% agreed or strongly agreed that our programming was helpful.

95% would recommend this programming to others.

96% agreed or strongly agreed that they learned how to make choices that will keep them safe.



Community-Based Learning Outcomes

Youth reached in community education had this to say about working with SELF:

100% agreed or strongly agreed that working with SELF was helpful.

98% would recommend this programming to others.

96% plan to use one thing they learned from SELF's programming in their daily life.



Parent & Caregiver Educational Outcomes

Parents and caregivers reached through our programming had this to say about working with SELF:

97% agreed or strongly agreed this class was helpful.

97% would recommend this class to others.

100% felt they learned information that will help keep their child safe.



Youth Work Professional & Other Caring Adult Educational Outcomes

Adults reached through our professional development programming had this to say about working with SELF:

97% agreed or strongly agreed this class was helpful.

97% would recommend this class to others.

97% felt they learned information that will help keep the youth they work with safe.

THANK YOU FOR ANOTHER AMAZING SCHOOL YEAR!

If we partnered with you this year, please know that we could not exist without your support, and we look forward to working with you again.

We will be scheduling dates for the 2023-24 school year through this summer and fall. Please email self@lssmn.org to schedule dates or discuss a new partnership!