



HOLLABACK STL

Minority Youth Programs  
for the St. Louis Community




**THE URGE II**  
TEENS ♦ HEALTH ♦ RELATIONSHIPS

**UMSL | MIMH**  
Missouri Institute of Mental Health

UMSL | MIMH  
8255 Florissant RD  
SUITE 9  
St. Louis , MO 63121  
ATTN: Curve The Urge II

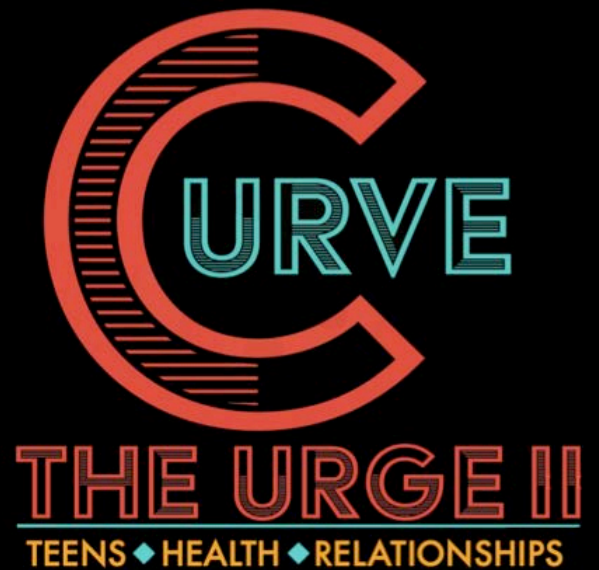
(314) 516-8487  
(314) 516-8481

Register Online  
[www.curvethetheurge.org](http://www.curvethetheurge.org)

 Hollaback St. Louis  
@curvethetheurge

 @hollabackstl

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**THE URGE II**  
TEENS ♦ HEALTH ♦ RELATIONSHIPS

**ENCOURAGING  
MINORITY  
YOUTH TO TAKE  
RESPONSIBILITY FOR  
THEIR HEALTH AND  
WELLNESS!**

# WANT MORE INFORMATION ABOUT CURVE THE URGE II?

PLEASE FILL OUT & MAIL TO:

UMSL | MIMH  
8255 Florissant RD  
SUITE 9  
St. Louis, MO 63121  
ATTN: Curve the Urge II

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

CHECK ALL THAT APPLY:

I'M INTERESTED IN PARTICIPATING OR HAVING SOMEONE PARTICIPATE IN THE CURVE THE URGE II PROGRAM.

I'M INTERESTED IN PROVIDING SPONSORSHIP FOR THE CURVE THE URGE II PROGRAM.



THE URGE II  
TEENS • HEALTH • RELATIONSHIPS

## FREE SEXUAL RISK AVOIDANCE EDUCATION PROGRAM!

**CURVE THE URGE II** is a FREE education program designed to foster healthy & mature relationships, dating violence prevention, self-esteem development and success planning. Also helps prevent teen pregnancies & STI's and reduces engagement in other risky behaviors.

### PROGRAM FEATURES

- Open between the ages of 15 and 19.
- Provides youth the necessary tools and resources to prevent pregnancy, HIV and sexually transmitted diseases.
- Emphasizes sexual risk avoidance education. Self Esteem enhancing activities and success planning strategies.
- Teaches youth how to establish and maintain healthy relationships.
- Teaches youth how to resist the pressure they may experience from peers in regards to sexual activity.
- Provides free referrals and linkages to social service agencies.

SPONSORS





## Description of Love Notes Curriculum

### Curriculum Overview

The Love Notes curriculum consists of 13 lessons and takes a holistic, positive, youth-development approach by helping youth to better understand and develop themselves, define their goals, and acquire essential healthy relationship and life skills. It helps teens think about their lives now and into the future. Love Notes Sexual Risk Avoidance Adaptation – Evidence Based addresses these issues by building skills and knowledge for healthy relationships of all kinds: romantic, friendship, family, school, and work in the context of the Healthy Youth Act of 2017 that set the stage for SRA funding.

### Curriculum Objectives

Youth will learn more about themselves: how their past has shaped the present and how to make decisions on what they want for their own future. They learn what healthy relationships are and are not while building a set of skills for choosing friends and partners, and for developing and maintaining healthy relationships that do not involve sex, including evidence-based communication and conflict management skills. Parents and family connection activities offer conversation starters on healthy relationships and on the benefits of leaving sex out of their youthful relationships.

# WAYS TO CONTACT US

Visit us at  
[CurveTheUrge.org](http://CurveTheUrge.org)



Click the  
"Contact Us"  
button



Email us at:

[Hollabackstl@mimh.edu](mailto:Hollabackstl@mimh.edu)

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314-516-8487.  
Be sure to leave a  
message .





**HOLLABACK STL**

**BE SURE TO CHECK OUT ALL OF OUR PROGRAMS!**



## **CURVE THE URGE**

A FREE sexual risk avoidance education program to help youth voluntarily refrain from sexual activity and strengthen their focus on goals, hopes and dreams.

**Grades 6-12.**

**[Curvetheurge.org](http://Curvetheurge.org)**

## **PROJECT Y-CHAT NOW**

A FREE substance use and HIV/AIDS prevention program complemented with social marketing campaigns to help promote positive prevention messages.

**Ages 13-24.**

**[Projectychatnow.org](http://Projectychatnow.org)**

**PROJECT**  
*Y-ChatNow*

Youth Changing Health Awareness Trends Now!



## **CURVE THE URGE II**

A FREE sexual risk avoidance education program to foster positive relationships, help prevent teen pregnancies & STIs, and reduce engagement in other risky behaviors.

**Ages 15-19.**

**[Curvetheurge.org](http://Curvetheurge.org)**