



the campaign to prevent unplanned pregnancy

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POWER TO DECIDE SELECTED TO EVALUATE INTERVENTION TO IMPROVE MENTAL, EMOTIONAL AND BEHAVIORAL HEALTH OF YOUNG PEOPLE

(Washington, D.C.) — Power to Decide, the campaign to prevent unplanned pregnancy, was recently approved to oversee the rigorous evaluation of [Real Talk](#), an intervention developed by My HealthEd, Inc., to educate youth on sexual health topics while also improving mental and emotional health.

The five-year evaluation project will be in partnership with My HealthEd, [Healthy Teen Network](#) and [Child Trends](#) and is made possible with support from the Administration for Children and Families, Family and Youth Services Bureau’s Personal Responsibility Education Program – Innovative Strategies (PREIS).

“We are extremely grateful to have been selected as part of an incredible team to evaluate the impact of a tool designed to support young people as they face life’s pressures,” said Dr. Raegan McDonald-Mosley, CEO of Power to Decide.

Real Talk was developed through Power to Decide’s [Innovation Next](#) program and uses storytelling and shared experiences to foster connections and provide information and resources to help young people navigate the pressures of life, school and beyond. Young people can connect on topics such as identity, healthy relationships and mental health as well as find the information and resources they need for additional support.

“Technology based sexual health interventions are not only innovative but have tremendous potential to support young people at every stage of their life,” continued McDonald-Mosley. “Through rigorous, independent and consistent evaluation, we can identify and scale impactful interventions to meet the needs of young people and help them to lead healthy, productive lives.”

Power to Decide is a private, non-partisan, non-profit organization that works to ensure all people—no matter who they are, where they live, or what their economic status might be—have the power to decide if, when and under what circumstances to get pregnant or have a child. Please visit us at www.PowerToDecide.org or follow us on [Facebook](#) and [Twitter](#).