



The PSI Motto

“At our age,

It’s okay to think about sex,

It’s okay to talk about sex,

It’s okay to develop feelings
and attitudes about sex,

But it’s NOT okay
to have sex!”



For more information
about the Postponing
Sexual Involvement
Program, call
(860) 236-4872.

Postponing Sexual Involvement



An early intervention
approach to teen pregnancy
prevention



A partnership of the Hartford Action Plan on
Infant Health, the City of Hartford and the
Hartford Public Schools



Resisting Pressure...



Curiosity about sex is normal. We are all sexual beings from the moment we are born.

As children approach puberty, their thoughts and feelings about what is happening to their developing bodies can be

confusing. Social peer pressure puts them at risk for becoming sexually active before they are mature enough to understand and accept the consequences. Pre-teens need to learn to manage their feelings so they can resist becoming sexually active at too early an age. And it is important that they get these messages from people they trust and look up to.

Postponing Sexual Involvement (PSI) is a teen pregnancy prevention program run by Breaking the Cycle, in cooperation with Hartford Hospital and St. Francis Hospital and Medical Center. The nationally-recognized PSI curriculum was developed by Emory University and Grady Memorial Hospital in Atlanta.

PSI helps youth ages 10-12 learn how to resist becoming sexually involved before they are ready. The program helps them develop specific skills to feel confident that they can say “no” and have the “no” accepted.

Teens as Role Models...

PSI is taught to 5th grade students in the Hartford Public School system by teen role models from Hartford-area high schools, who are called PSI Teen Leaders. The high school students undertake intensive training to serve as PSI Teen Leaders.



PSI gives pre-teens a chance to discuss sexual health issues and rehearse their developing skills before facing a real-life challenge. A Question Box is stationed in each classroom to collect anonymous questions

from students who are too shy to ask them in front of the group. These discussion sessions provide the Teen Leaders with opportunities to dispel myths and inaccuracies about sex and replace them with facts.

In addition to teaching valuable social skills and providing accurate information to the 5th graders, PSI gives high school youth the opportunity to participate in community service projects that enrich their lives and reinforce goals for a more positive future — one that does not involve too-early parenthood.

Building Social Skills...

The 5-week PSI curriculum presents information on:

- The general nature of puberty
- How to handle natural and normal curiosity about sex
- Pressures toward greater sexual expression that occur as the preteen moves into the teen years
- The general nature of healthy relationships
- The need for setting limits on physical affection in relationships
- How to say “no” to social and peer pressures to experiment with sexual behavior.



These sessions provide an open forum for young people to learn about sex in a relaxed and non-judgmental atmosphere. It also gives older teens the opportunity to have an impact on the next generation of young people, forming bonds that educate and build stronger communities.

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