

# **Making Proud Choices! Outline**

**Session 1: Getting to Know You and Making Your Dreams Come True** - This lesson is designed to inform students about the program and create a safe space for talking about sexuality, increase their ability to identify realistic goals for their future and increase their confidence about making proud and responsible decisions to protect themselves and their community from STIs, including HIV, and unintended pregnancy. They will brainstorm group agreements to create safety, brainstorm why some teens have sex and what it means to make proud and responsible choices. They will also be asked to outline their personal goals and what obstacles might get in the way of them achieving those goals.

**Session 2: A Possible Outcome of Unprotected Sex: HIV Infection** – The goal of this lesson is to increase students’ knowledge of HIV/AIDS and HIV risk – associated behavior and to help them identify behaviors that place people at risk for contracting STIs, including HIV infection. Students will watch and discuss a video on HIV, answer True/False questions to dispel common myths about HIV, and perform a group activity where they assess the risk level of different types of activities for contracting HIV.

**Session 3: Attitudes About Sex, HIV and Condom Use** –The goal of this lesson is to weaken negative beliefs and attitudes that foster risky sexual behaviors, confront stereotypes about people who become infected with HIV and reinforce knowledge about HIV/AIDS. Students will watch and discuss “The Hard Way” video and perform an activity in which they practice advocating and giving advice regarding HIV and safer sex practices.

**Session 4: Strategies for Preventing HIV Infection: Stop, Think and Act** – This lesson teaches a problem-solving strategy to help youth think through their choices and make decisions under pressure. They will apply this strategy to a fictional scenario, watch and discuss “Nicole’s Choice” video and play an “HIV/AIDS” game to reinforce their knowledge.

**Session 5: The Consequences of Sex: STIs** – The goal of this lesson is to increase students’ knowledge of sexually transmitted infections, increase their perceived vulnerability to STIs, and teach them how to correctly use condoms. They will watch an informative video on STI signs and symptoms, play an interactive game that demonstrates how STI’s are transmitted, and learn the steps for using a condom through verbal instruction and a condom demonstration by the instructor.

**Session 6: A Possible Outcome of Unprotected Sex: Pregnancy** – The goal of this lesson is to increase students’ understanding of pregnancy as a consequence of sex, increase their perception of vulnerability to getting pregnant or getting someone pregnant, and to increase their understanding of the consequences of teen pregnancy. They will examine myths about pregnancy in a Myth or Fact activity, learn about birth control methods, and explore their attitudes about contraception in an interactive “Agree/Disagree” activity.

**Session 7: Developing Condom Use Skills and Negotiation Skills** – In this lesson youth learn that sex is still fun and pleasurable when a condom is used. They learn how to get out of a risky situation, set physical limits, and use negotiation and refusal skills to communicate with their partners about safer sex. They will play a game to learn the steps in correctly using condoms, change negative statements about condom use into positive ones, and brainstorm excuses a partner may give for not using a condom and then change those excuses into positive reasons to use a condom.

**Session 8: Enhancing Refusal and Negotiation Skills** – This lesson is intended to continue the discussion and learning about refusal and negotiation skills so that students feel confident and comfortable with their boundaries. This will be achieved through watching and discussing the “Wrap it Up” video and further roleplay practice.