

## Promoting Health Among Teens (PHAT) Project

<b>M1</b>	<b>Getting to Know You and Steps to Making Your Dreams Come True</b>	<b>Time (minutes)</b>
A	Welcome and Program Overview	5
B	Talking Circle	10
C	Creating Group Rules	5
D	Be Proud! Be Responsible!	5
E	Brainstorming about Teens and Sex	10
F	Goals and Dreams Timeline	15
G	Obstacles to Your Goals and Dream	10

<b>M2</b>	<b>Puberty and Adolescent Sexuality</b>	<b>Time (minutes)</b>
A	Understanding Reproductive Anatomy (Video and Discussion)	30
B	Understanding Messages About Sex	10
C	How Do People Express Themselves Sexually Without Having Sex?	10
D	Benefits of Sex/Benefits of Abstinence	10

<b>M3</b>	<b>Making Abstinence Work for Me</b>	<b>Time (minutes)</b>
A	Roc-A-AB: What You Need to Know to Make Abstinence Work	15
B	Forced Choice—Attitudes About Abstinence	15
C	STOP, THINK, & ACT Introduction	5
D	Jasmine and Derrick (Practice S, T, A)	10
E	“Trying to Slow Down”: Understanding Partner Pressure	10

<b>M4</b>	<b>Consequences of Sex: HIV/AIDS</b>	<b>Time (minutes)</b>
A	Acknowledging the Threat of AIDS	5
B	Discussing HIV/AIDS & “Time Out” Video	15
C	Myths and Facts Review Game	10
D	AIDS Basketball	10
E	Homework Assignment: Talking to your Parent About Sex	5
F	In-Class Role-play to prepare for Homework Assignment	10
G	Talking Circle	5

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<b>M5</b>	<b>Consequences of Sex: STDs</b>	<b>Time (minutes)</b>
A	Welcome and Talking Circle	5
B	Homework Assignment Review	10
C	STD Brainstorm, STD Video, and Discussion	20
D	“Don’t Pass It Along”: The Transmission Game	10
E	“The Truth About HIV” Video (HIV/AIDS Clip)	15

<b>M6</b>	<b>Consequences of Sex: Pregnancy</b>	<b>Time (minutes)</b>
A	Myths and Facts About Pregnancy	15
B	“The Truth About Sex” Video (Pregnancy Clip)	15
C	My Younger Cousin: Partially Scripted Role-play	15
D	Responding to Peer Pressure	15

<b>M7</b>	<b>Improving Sexual Choices and Negotiation</b>	<b>Time (minutes)</b>
A	Knowing and Setting Physical Limits	15
B	Getting out of a Risky Situation	15
C	Tell It To Tanisha	15
D	Keisha and John—A Love Story	15

<b>M8</b>	<b>Role-plays: Refusal and Negotiation Skills</b>	<b>Time (minutes)</b>
A	Introduction to SWAT	10
B	Practicing SWAT: Scripted Role-plays “At a Party”, “Gregg and Robin”	15
C	Strengthening Negotiation Skills: Unscripted Role-plays A-F	20
D	Closing Letter	10
E	Talking Circle	5