

Promoting Health Among Teens! Abstinence-Only

Modules 1-8 Goals and Objectives

Module 1:

Getting to Know You and Steps to Making Your Dreams Come True

- Goals

The goals of this module are to:

- Provide participants with an overview of the program.
- Increase participants' personal investment and comfort in participating in the program.
- Introduce group members to each other.
- Establish group rules.
- Build group cohesion, comfort and feelings of safety and trust.
- Increase participants' confidence about making proud and responsible decisions about protecting themselves and their community from HIV and AIDS.

- Learning Objectives

After completing this module, participants will be able to:

- Identify several rules for group participation that will facilitate discussion and learning.
- Identify what it means to be proud and responsible.
- Describe the benefits of "proud" and "responsible" behavior.
- Identify at least two reasons why teens have sex, the consequences of sex, and strategies for reducing those consequences.
- Describe at least one goal they wish to achieve in the future.
- Identify a barrier to achieving their personal goals.

Module 2:

Puberty and Adolescent Sexuality

- Goals

The goals of this module are to:

- Increase participants' knowledge about physical, emotional and sexual development associated with puberty.
- Increase participants' awareness of the benefits of abstinence.

- Learning Objectives

After completing this module, participants will be able to:

- Identify the physical, emotional, and sexual development that occurs during puberty.
- Identify sexual messages from media, peers, and parents.
- Identify the sexual behaviors to avoid when practicing abstinence.
- Identify some of the benefits of abstinence.

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Module 3: Making Abstinence Work for Me

- Goals

The goals of this module are to:

- Examine attitudes about abstinence.
- Help participants identify ways to negotiate abstinence.
- Teach participants strategies they can use when faced with sexual decisions.
- Increase participants' awareness of partner pressure to become sexually active.

- Learning Objectives

After completing this module, participants will be able to:

- Identify some of the elements required for abstinence to work.
- Discuss attitudes about abstinence.
- Describe strategies to make abstinence work for them.
- Apply problem-solving steps to sexual decision-making.
- Identify ways to respond to partner pressure to become sexually active.

Module 4: Consequences of Sex: HIV/AIDS

- Goals

The goals of this module are to:

- Increase participants' knowledge about HIV/AIDS and HIV risk-associated behavior.

- Learning Objectives

After completing this module, participants will be able to:

- Identify the basic facts about AIDS and HIV.
- Identify a person's risk of HIV infection as a result of engaging in various sexual and non-sexual behaviors.
- Identify how HIV infection can be prevented.

Module 5: Consequences of Sex: STDs

- Goals

The goals of this module are to:

- Increase participants' knowledge about sexually transmitted diseases.
- Help participants identify behaviors that place people at risk for contracting sexually transmitted disease, including HIV infection.
- Increase participants' perceived vulnerability to STDs.

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- Learning Objectives

After completing this module, participants will be able to:

- Identify the most common STDs and the signs and symptoms of STDs.
- Identify how STDs, including HIV/AIDS, are transmitted.
- Express that they might be at risk for contracting an STD.
- Identify which behaviors are low risk, high risk, and no risk for contracting the most deadly STD, HIV infection.

Module 6:

Consequences of Sex: Pregnancy

- Goals

The goals of this module are to:

- Increase participants' understanding of pregnancy as a consequence of sex.
- Increase participants' perception that they are vulnerable to getting pregnant or fathering a pregnancy.
- Increase participants' understanding of the consequences of teen pregnancy.

- Learning Objectives

After completing this module, participants will be able to:

- Distinguish myths from facts about pregnancy.
- Express positive feelings towards pregnancy prevention.

Module 7:

Improving Sexual Choices and Negotiation

- Goals

The goals of this module are to:

- Increase participants' awareness of the characteristics of peer pressure.
- Increase participants' ability to resolve peer pressure situations.
- Help participants identify personal limitations and boundaries regarding sexual physical contact.
- Increase participants' refusal and negotiation skills regarding abstinence.

- Learning Objectives

After completing this module, participants will be able to:

- Identify the specific types of sexual physical contact that fit within their personal comfort zone.
- Recognize pressure from peers to engage in sexual activity.
- Advocate for abstinence with other young teens.
- Identify and explain the characteristics of effective refusal.

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- Identify strategies for negotiating abstinence in romantic relationships.
- Identify the body language and strategies needed for saying “NO” effectively.
- Demonstrate the ability to negotiate abstinence with a partner.
- Express confidence in their ability to say “No” to risky sexual situations.

Module 8:

Role-plays: Refusal and Negotiation Skills

- Goals

The goals of this module are to:

- Increase the participants’ communication, negotiation, and refusal skills regarding abstinence.
- Enhance participants’ ability to resist situations that place them at risk for STD/HIV infection and pregnancy.
- Increase participants’ sense of pride and responsibility in negotiating abstinence.

- Learning Objectives

After completing this module, participants will be able to:

- Identify strategies for negotiating abstinence in romantic relationships.
- Demonstrate the ability to negotiate abstinence with a partner.
- Express confidence in their ability to say “NO” to risky situations involving sexual behaviors.
- Express confidence in their ability to negotiate abstinence.
- Express pride in sticking to their decision to abstain from risky sexual behaviors.