

Promoting Health Among Teens! (PHAT)
Comprehensive Abstinence & Safer Sex Intervention

MOD	Activity	Time (minutes)
M1	Getting to Know You	
A	Welcome and Program Overview	5
B	Talking Circle	10
C	Creating Group Rules	5
D	Promoting Health Among Teens! Be Proud! Be Responsible!	5
E	Brainstorming About Teens and Sex	10
F	Goals and Dreams Timeline	15
G	Brainstorming Obstacles to Goals and Dreams	10
M2	Exploring and Expressing Sexual Feelings	
A	Understanding Reproductive Anatomy	25
B	How Do People Express Themselves Sexually	15
C	Understanding Messages About Sex	10
D	Understanding Peer Pressure	10
M3	Consequence of Sex: HIV Infection	
A	Acknowledging the Threat of AIDS	5
B	Discussing HIV/AIDS	15
C	“The Subject is HIV” Video and Discussion	20
D	HIV Risk Continuum	20
M4	A Plan to Reduce the Consequences of Sex	
A	STOP, THINK & ACT Introduction	5
B	Jasmine and Derrick	10
C	Jesse (Video Clip)	10
D	Myths and Fact Review Game	10
E	Homework Assignment	5
F	Homework Role-plays	10
G	Talking Circle	5
M5	Consequences of Sex: STD Infection	
A	Welcome and Talking Circle	5
B	Homework Assignment Review	10

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C	STD Brainstorm, Video, and Discussion	20
D	“Don’t Pass It Along”: The Transmission Game	10
E	“The Truth About HIV” Video	15
M6	Consequences of Sex: Pregnancy	
A	Myths and Facts About Pregnancy	15
B	“The Truth About Sex” Video (Pregnancy Clip)	15
C	Birth Control Methods Demonstration	15
D	Attitudes Towards Contraception	15
M7	STD/HIV Vulnerability	
A	“The Club” Video and Discussion	45
B	Tell It To Tanisha	15
M8	Risky Sexual Behavior and Content Review	
A	“Robert Townsend’s Partners in Crime” Video Clip	15
B	What I Think About Safer Sex & HIV: Forced Choice	10
C	AIDS Basketball Game	15
D	Homework Assignment	5
E	Homework Roleplay	10
F	Talking Circle	5

M9	Sexual Responsibility: Abstinence Skills	
A	Talking Circle	5
B	Homework Review	10
C	Benefits of Abstinence and Safer Sex	10
D	Roc-A-AB: What You Need to Know to Make Abstinence Work	15
E	Attitudes about HIV & Abstinence: Forced Choice	10
F	My Younger Cousin	10
M10	Sexual Responsibility: Safer Sex - Condom Use Skills	
A	Condom Use Skills	15
B	Condom Card Line-Up	15
C	Barriers to Condom Use	15
D	How to Make Condoms Fun & Pleasurable	15

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M11	Building Skills in Sexual Responsibility	
A	Knowing and Setting Physical Limits	10
B	Getting out of a Risky Situation	15
C	Who is More Responsible?	10
D	What to Say if My Partner Says...	15
E	Introduction to SWAT	10
M12	Role Play: Refusal and Negotiation Skills	
A	Practicing Negotiation Skills: Scripted Role Plays	20
B	Enhancing Negotiation Skills: Unscripted Role Plays	25
C	Closing Activity-Letter to Self	10
D	Talking Circle	5

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