

Promoting Health Among Teens! Comprehensive Abstinence & Safer Sex

Module 1-8 Goals and Objectives

Module 1:

Getting to Know You

- Goals

The goals of this module are to:

- Provide participants with an overview of the program.
- Increase participants' personal investment 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.
- Increase participants' ability to identify realistic goals for their future.

- 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:

Exploring and Expressing Sexual Feelings

- Goals

The goals of this module are to:

- Increase knowledge of reproductive anatomy.
- Increase knowledge about physical development during puberty.
- Identify ways that participants can express themselves sexually without having sex.
- Increase participants' awareness of the pressures to become involved in sexual activity.
- Use information about peer pressure to help participants begin to understand the need to practice abstinence or safer sex.

- Learning Objectives

After completing this module, participants will be able to:

- Match the anatomy word to the correct # on the picture of internal/external reproductive anatomy
- Identify the physical development that occurs during puberty.
- Identify sexual messages from media, peers, and parents.



Promoting Health Among Teens! Comprehensive Abstinence & Safer Sex

Module 1-8 *Goals and Objectives*

- Identify ways to express feelings to a partner without transmitting a disease or creating a pregnancy.
- Explain how peer pressure affects safer sex or abstinence decision-making.
- Identify the sexual behaviors to avoid when practicing abstinence.

Module 3:

The Consequences of Sex: HIV Infection

- Goals

The goals of this module are to:

- Increase participants' knowledge about HIV/AIDS and HIV risk-associated behavior.
- Help participants identify behaviors that place people at risk for contracting sexually transmitted diseases, including HIV infection.

- Learning Objectives

After completing this module, participants will be able to:

- Identify the basic facts about HIV/AIDS.
- Identify a person's level of risk of HIV infection as a result of various sexual and non-sexual behaviors.
- Acknowledge their perceived risk for HIV infection.
- Identify how HIV/AIDS is transmitted.
- Identify which behaviors are low risk, high risk, and no risk for contracting the most deadly STD, HIV infection.
- Identify how HIV infection can be prevented.
- Define safer sex and abstinence.

Module 4:

A Plan to Reduce the Consequences of Sex

- Goals

The goals of this module are to:

- Introduce participants to the problem-solving steps as a way of thinking through and coping with sexual choices.
- Encourage participants to discuss the program and how they will teach their parents
- Review and reinforce the information learned throughout today's activities.

- Learning Objectives

After completing this module, participants will be able to:

- State and explain the three steps of problem solving.
- Explain how making their own decisions make it more likely they will achieve their goals and dreams.
- State how using problem-solving steps can help avoid risky situations.



Promoting Health Among Teens! Comprehensive Abstinence & Safer Sex

Module 1-8 Goals and Objectives

- Distinguish myths from facts about AIDS and HIV.
- Provide correct answers to review questions on HIV and AIDS.

Module 5:

Consequences of Sex: STD Infection

- Goals

The goals of this module are to:

- Increase participants' knowledge about sexually transmitted diseases (STDs).
- Help participants identify strategies for preventing STDs.
- Increase participants' perceived vulnerability to STDs.

- Learning Objectives

After completing this module, participants will be able to:

- Identify the most common STDs and their signs and symptoms.
- Identify how STDs, including HIV, are transmitted.
- Acknowledge their perceived risk for STDs.
- Identify how condoms can prevent STDs, including HIV, and pregnancy.

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.
- Increase participants' understanding of the consequences of teen pregnancy.
- Increase participants' knowledge of various types of contraceptive methods.
- Clarify participants' attitudes and beliefs about STDs and condom use.

- Learning Objectives

After completing this module, participants will be able to:

- Distinguish myths from facts about pregnancy.
- Identify specific birth control methods that may be used to prevent pregnancy.
- Discuss their attitudes towards contraception use.
- Express positive feelings toward pregnancy prevention.

Module 7:

STD/HIV Vulnerability

- Goals

The goals of this module are to:

- Increase participants' perceived vulnerability to HIV.



Promoting Health Among Teens! Comprehensive Abstinence & Safer Sex

Module 1-8 Goals and Objectives

- Confront stereotypes about who becomes infected with HIV.
 - Increase knowledge about how people can and cannot become infected.
 - Reinforce knowledge about HIV and AIDS.
 - Weaken negative beliefs and attitudes that foster risky sexual behaviors.
- Learning Objectives
After completing this module, participants will be able to:
 - Identify their attitudes toward risky sexual behavior.
 - Problem-solve for risky sexual behavior situations.
 - Recall correct information about AIDS.

Module 8:

Risky Sexual Behavior and Content Review

- Goals
The goals of this curriculum are to:
 - Review the information learned throughout today's activities.
 - Examine attitudes about HIV and safer sex.
 - Encourage participants to discuss the program and how they will teach their parents.
 - Increase participants' understanding of their responsibility for practicing safer sex and abstinence.
 - Reinforce participants' knowledge about HIV/AIDS and HIV risk-associated behavior.
- Learning Objectives
After completing this module, participants will be able to:
 - Explain how making their own decisions makes it more likely they will achieve their goals and dreams.
 - State how using problem-solving steps can help avoid risky situations.
 - Provide correct answers to review questions on HIV and AIDS.
 - Identify a person's risk of HIV infection as a result of various sexual and non-sexual behaviors.

Module 9:

Sexual Responsibility: Abstinence Skills

- Goals
The goals of this module are to:
 - Increase participants understanding of their responsibility in abstaining from sex.
 - Increase participants' skills to abstain from sex.

Promoting Health Among Teens! Comprehensive Abstinence & Safer Sex

Module 1-8 *Goals and Objectives*

- Learning Objectives

After completing this module, participants will be able to:

- Express an increased understanding of their responsibility in abstaining from sex.
- Identify ways to make abstinence work for them.
- Identify the benefits of abstinence.
- Express positive feelings towards abstaining from sex.

Module 10:

Sexual Responsibility: Condom Use Skills

- Goals

The goals of this module are to:

- Increase participants understanding of their responsibility to use condoms if they choose to have sex.
- Increase participants' skills to use condoms correctly and consistently.
- Increase participants' understanding of barriers to condom use, and increase their strategies for reducing those barriers.
- Increase skills in advocating for condom use behaviors.

- Learning Objectives

After completing this module, participants will be able to:

- Express an increased understanding of their responsibility in using condoms.
- List the correct steps to using a condom.
- Demonstrate steps for correct condom use.
- Identify how condoms can prevent STDs, including HIV, and pregnancy.
- Identify barriers to using condoms and strategies for overcoming those barriers.
- Identify ways to make condoms a more pleasurable part of the sexual experience.
- Identify ways to advocate condom use with a family member.

Module 11:

Enhancing Sexual Responsibility Skills

- Goals

The goals of this module are to:

- Help participants identify personal limitations regarding physical and sexual contact.
- Increase participants' self-efficacy and ability to resolve risky sexual situations that place them at risk for STDs, including HIV and pregnancy.
- Increase participants' refusal and negotiation skills regarding condom use.

- Learning Objectives

After completing this module, participants will be able to:



Promoting Health Among Teens! Comprehensive Abstinence & Safer Sex

Module 1-8 *Goals and Objectives*

- Identify the specific types of sexual physical contact within their personal comfort zone.
- Identify situations that place them at risk for STDs including HIV.
- Identify strategies for avoiding risky situations.
- Identify the body language and strategies needed for saying "NO" effectively.
- Express confidence in their ability to say "NO" to risky sexual situations.
- Demonstrate the ability to negotiate with a partner using the SWAT technique.

Module 12:

Role-plays: Refusal and Negotiation Skills

- Goals

The goals of this module are to:

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

- Learning Objectives

After completing this module, participants will be able to:

- Identify strategies for negotiating abstinence or safer sex with a partner.
- Demonstrate the ability to negotiate abstinence with a partner.
- Demonstrate the ability to negotiate condom use with a partner.
- Express confidence in their ability to negotiate abstinence and safer sex.
- Express pride in sticking to their decision to abstain from risky sexual behaviors.