



Be Proud! Be Responsible!

Program Components

- HIV-prevention curriculum
- Six sessions, each lasting 50 minutes
- Experiential activities included to build skills in negotiation, refusal, and condom use
- Educator training recommended

Intended Participants

- African-American male youth
- Urban 13-18 year old youth

Evaluation Findings

- Reduced frequency of sex
- Reduced number of sexual partners
- Increased condom use

Modules	Objectives
Module 1: Introduction to HIV/AIDS	<ul style="list-style-type: none"> • Identify why it is important for youth to learn about HIV prevention strategies • Identify why it is important to be proud and responsible • Identify what it means to protect oneself and one’s community • Identify and distinguish myth from fact regarding the causes, transmission, and prevention of HIV
Module 2: Building Knowledge about HIV/AIDS	<ul style="list-style-type: none"> • Identify why it is important to learn about HIV prevention strategies • Differentiate myths from facts about HIV and AIDS • Identify the correct information regarding the transmission, causes and prevention of HIV infections
Module 3: Understanding Vulnerability to HIV Infection	<ul style="list-style-type: none"> • Identify which of their own behaviors increases their vulnerability and risk for infection • Identify how easily HIV is transmitted and how it feels to be at risk for HIV infection and other STDs • Correctly identify which behaviors are high risk, low risk and no risk for contracting HIV • Recall correct information concerning AIDS • Identify their responsibility in making safe sex choices
Module 4: Attitudes and Beliefs About HIV/AIDS and Safer Sex	<ul style="list-style-type: none"> • Identify their attitudes toward risky sexual behavior • Describe the impact of problematic attitudes on risky behaviors • Problem solve for risky sexual behavior situations • Recall correct information concerning AIDS
Module 5: Building Condom Use Skills	<ul style="list-style-type: none"> • Explain the importance of proud and responsible sexual decision making • Identify barriers to using condoms and other safer sex behaviors • Identify strategies for practicing safer sex behaviors • Identify ways to make condoms a more pleasurable part of the sexual experience • Explain how condoms can prevent HIV, STDs, and unwanted pregnancy • List the correct steps to using a condom and demonstrate those steps
Module 6: Building Negotiation and Refusal Skills	<ul style="list-style-type: none"> • Negotiate condom use or abstinence in sexual relationships • Describe strategies for reducing barriers to safer sex behaviors