



Making Proud Choices Overview

Program Components

- HIV prevention curriculum emphasizing safer sex, including information about both abstinence and condoms
- Eight culturally appropriate sessions, each lasting 60 minutes
- Experiential activities included to build skills to delay initiating sex and to communicate with partners
- Educator training recommended

Intended Participants

- African American youth, ages 11 to 13 (adaptations for White, Asian and Latino youth have shown to be promising)
- Middle school students / sixth and seventh graders
- Urban youth

Evaluation Findings

- Delayed initiation of sexual intercourse
- Reduced frequency of sex
- Reduced incidence of unprotected sex
- Increased condom use

Modules	Objectives
Module 1: Getting to Know You and Steps to Making Your Dreams Come True	<ul style="list-style-type: none"> • 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 barriers to achieving their personal goals and strategies for overcoming them
Module 2: The Consequences of Sex: Pregnancy	<ul style="list-style-type: none"> • Distinguish myths from facts about pregnancy • Identify specific birth control methods that may be used to prevent pregnancy
Module 3: The Consequences of Sex: STDs	<ul style="list-style-type: none"> • Identify the signs and symptoms of the most common STDs • Identify how STDs, including HIV/AIDS, are transmitted, and how they can be prevented • Acknowledge their perceived risk for STDs • Demonstrate steps for correct condom use • Identify how condoms can prevent STDs/HIV and pregnancy
Module 4: The Consequences of Sex: HIV Infection	<ul style="list-style-type: none"> • Identify the basic facts about HIV and AIDS • Distinguish myths from facts about HIV and AIDS • Identify a person’s risk of HIV infection as a result of engaging in various sexual and non-sexual behaviors • Identify which behaviors are low risk, and no risk for contracting HIV infection • Identify how HIV infection can be prevented
Module 5: Attitudes about Sex, HIV & Condom Use	<ul style="list-style-type: none"> • Identify the attitudes toward risky sexual behavior • Problem-solve for risky sexual behavior situations • Recall correct information about HIV/AIDS • Demonstrate steps for correct condom use • Advocate and give advice regarding safer sex strategies
Module 6: Strategies for Preventing HIV Infection: Stop, Think, and Act	<ul style="list-style-type: none"> • State and explain the three steps of the problem-solving model • State how using problem-solving steps can help avoid risky situations • Explain how making their own decisions makes it more likely that they will achieve their goals and dreams • Provide correct answers to review questions on HIV and AIDS
Module 7: Developing Condom Use and Negotiation Skills	<ul style="list-style-type: none"> • List the correct steps to using a condom • Identify barriers to using condoms and other safer sex behaviors • Identify strategies for implementing condom use • Identify ways to make condoms a more pleasurable part of the sexual experience • Demonstrate the ability to respond to excuses a partner may give with statements in support of condom use • Identify strategies for negotiating condom use with their partners
Module 8: Enhancing Refusal and Negotiation Skills	<ul style="list-style-type: none"> • Demonstrate body language and strategies for saying “no” effectively to unprotected sex • Identify strategies for negotiating condom use with a sex partner • Demonstrate the ability to negotiate condom use with a partner • Express pride about sticking to decisions that can help them to achieve their goals

Source: Advocates for Youth, Science and Success, 2nd Edition

Source: Making Proud Choices 3rd Edition