



Reducing the Risk Overview

Program Components

- Sex education curriculum, including information on abstinence and contraception
- Sixteen sessions, each lasting 45 minutes and expandable to 90 minutes, if desired
- Experiential activities included to build skills in refusal, negotiation, and communication
- Educator training recommended

Intended Participants

- High school students, especially those in grades nine and 10
- Low risk youth
- Sexually inexperienced youth
- Multi-ethnic populations - white, Latino, Asian, and black youth
- Urban, suburban, and rural youth

Evaluation Findings

- Increased parent-child communication - especially among Latino Youth
- Delayed initiation of sexual intercourse
- Reduced incidence of unprotected sex - among low risk youth

Classes	Objectives
Prior to Class 1: Initiating Reducing the Risk <ul style="list-style-type: none"> Parent notification and permission for student participation 	<ul style="list-style-type: none"> Identify guidelines that will help to create a safe and comfortable environment for learning and sharing
Class 1: Abstinence, Sex and Protection <ul style="list-style-type: none"> Pregnancy Prevention Emphasis Alternate Class 1: Abstinence, Sex and Protection HIV Prevention Emphasis 	<ul style="list-style-type: none"> Demonstrate refusal skills for preventing pregnancy and HIV Recognize vulnerability to pregnancy and HIV Identify ways to avoid pregnancy and keep relationships safe Explain how HIV is transmitted and how to prevent transmission
Class 2: Abstinence – Not Having Sex	<ul style="list-style-type: none"> Explain abstinence vs. using protection Recognize the advantages to abstinence Identify reasons why teens fail to abstain or use protection Demonstrate how to communication with boy/girlfriend about abstinence
Class 3: Refusals	<ul style="list-style-type: none"> Identify verbal and nonverbal communication skills Demonstrate the social skills needed for abstaining and using protection Examine 5 characteristics of effective refusals
Class 4: Using Refusal Skills	<ul style="list-style-type: none"> Practice using refusal skills Identify ways to use refusal skills in difficult situations
Class 5: Delaying Tactics	<ul style="list-style-type: none"> Identify delaying skills as tool and demonstrate how to use them in pressure situations
Class 6: Avoiding High-Risk Situations	<ul style="list-style-type: none"> Identify situations that can lead to unwanted or unprotected sex Practice handling crisis situations Recognize the myths and truths about protection from STDs
Class 7: Getting and Using Protection – I	<ul style="list-style-type: none"> Explain methods for protection against unplanned pregnancy and/or STDs Describe advantages and disadvantage on methods for protection
Class 8: Getting and Using Protection – II	<ul style="list-style-type: none"> Discuss and demonstrate prevention methods specifically related to HIV prevention Locate nearby clinics that offer family planning services
Class 9: Knowing and Talking About Protection Skills Integration – I	<ul style="list-style-type: none"> Practice communication skills learned from previous lessons on protection, birth control methods and clinic services Discuss ways to handle communication with friends, family or partners about reducing the risk of pregnancy or STDs
Class 10: Skills Integration – II	
Class 11: Skills Integration – III	
Class 12: Preventing HIV and Other STD	<ul style="list-style-type: none"> Explain what STD are, how they are transmitted, and how to get treatment Explain how to protect oneself from STDs Recognize how common STDs are among sexually active teens
Class 13: HIV Risk Behaviors	<ul style="list-style-type: none"> Identify risk behaviors for exposure to HIV Examine risk continuum
Class 14: Implementing Protection from STD and Pregnancy	<ul style="list-style-type: none"> Develop a plan for preventing pregnancy and reducing risks
Class 15: Sticking with Abstinence and Protection	<ul style="list-style-type: none"> Practice methods of sticking with the plan to abstain or protect
Class 16: Skills Integration – IV	<ul style="list-style-type: none"> Practice sticking with choices and review all skills that have been learned in this course