



## Native It's Your Game

### Program Components

- Internet-based HIV/STI and pregnancy prevention program
- 13 online lessons lasting 30-45 minutes each
- Uses interactive activities, videos, games, and journaling activities
- Includes a parent/child component designed to encourage communication around dating, drugs and alcohol, and sexual behavior

### Evaluation Findings

- Youth reported more reasons not to have sex
- Better knowledge about STIs and how to use a condom
- More confidence about obtaining and using condoms

### Intended Audience

- Designed for American Indian/Alaska Native (AI/AN) communities in the classroom or as an extracurricular program
- AI/AN middle school youth (12-14 years old)

### Adult Preparation Subjects

#### Healthy Relationships

- Lessons on healthy relationships and refusal skills-training

#### Parent-Child Communication

- Multiple activities on parent-child communication

#### Healthy Life Skills

- Lessons on puberty and reproduction
- Lessons on HIV/STIs
- Lessons on pregnancy and contraception

Sessions	Objectives
Lesson 1: Pre-Game Show	Describe the theme and goals of the curriculum List agreements for program participation Describe physical, mental, social, and spiritual health Describe how people in their lives can support them List their personal strengths, short-term and long-term goals
Lesson 2: Keeping It Real....Among Friends	Describe the qualities of a healthy friendship Demonstrate the ability to evaluate friendships Feel confident in the ability to have healthy friendships Practice resisting social pressures to have an unhealthy friendship
Lesson 3: Playing By Your Rules...SELECT, DETECT, PROTECT	Describe the three steps necessary for playing by your rules (SELECT, DETECT, PROTECT) Define the meaning of a “personal rule” Identify situations that may challenge personal rules Identify actions to help stick with personal rules
Lesson 4: Protecting Your Rules	Describe the three steps for playing by their rules (SELECT, DETECT, PROTECT) List characteristics of a clear “NO” statement and Alternative Actions Distinguish between ineffective and effective approaches to using clear “NO” statements Practice using clear “NO” statements and Alternative Actions effectively
Lesson 5: Know Your Body	Describe changes in male and female anatomy and physiology during puberty Identify the parts of the male and female reproductive systems and understand the function of each of these parts Define sex and understand the physical consequences of having sex (pregnancy, HIV, other STDs) Describe menstruation and sperm production and identify their relationship to reproduction
Lesson 6: Keeping It Real...Healthy Dating Relationships	Distinguish between healthy and unhealthy dating behaviors Recognize the importance of respecting other people’s rules List steps to getting out of an abusive relationship Apply personal rules to dating relationships
Lesson 7: Protecting and Playing By Your Rules...Regarding Sex	Review the steps necessary to play by their rules: SELECT, DETECT, PROTECT Identify the social, emotional, and physical consequences of having sex Select personal rules about sex Detect challenges to personal rules about sex, especially alcohol and drugs Protect personal rules about sex

Lesson 8: Negotiate to PROTECT	<p>State the importance of effective negotiation (with family/friends, and dating partners)</p> <p>Describe effective negotiation (speaking and listening) skills</p> <p>Demonstrate the ability to effectively negotiate with others in order to protect personal rules</p> <p>Describe ways to protect their personal rules about online communication and behavior.</p>
Lesson 9: Keeping It Real...Consequences of Pregnancy	<p>Identify the social, emotional, and physical consequences of pregnancy</p> <p>Describe the impact of pregnancy on a teen's life and future</p> <p>State that using a condom and another contraceptive method will help reduce the risk of getting pregnant</p> <p>State the only 100% effective way not to get pregnant is by choosing not to have sex</p>
Lesson 10: Keeping It Real...Consequences of HIV & STDs	<p>Explain how HIV and other STDs are transmitted from person to person</p> <p>Explain the physical, social, and emotional consequences of being infected with HIV or other STDs</p> <p>Examine the impact HIV and other STDs may have on their lives and future</p> <p>Recognize the importance of seeing a healthcare provider and getting tested for HIV, other STDs and pregnancy if they have been sexually active</p>
Lesson 11: Keeping It Real...Risk Reduction Strategies	<p>State that abstinence is the only 100% effective way to avoid HIV, other STDs and pregnancy</p> <p>Describe the importance of using latex condoms to reduce the risk of getting HIV and other STDs, or becoming pregnant, if having sex</p> <p>Identify the correct steps for condom use</p> <p>Describe different contraceptive methods and their failure rates</p>
Lesson 12: Playing By Your Rules...A Review	<p>Identify personal rules related to sexual behavior</p> <p>DETECT risky situations that challenge personal rules</p> <p>Demonstrate how to use a clear NO and alternative actions in different situations</p> <p>Demonstrate the ability to negotiate condom use if they choose to have sex</p>
Lesson 13: The Post-Game Show	<p>Describe what they learned from the program</p> <p>Describe how they will use what they learned in the future</p> <p>Personalize their commitment to make responsible decisions to reduce their risk of getting HIV, getting other STDs, or becoming pregnant</p>

Source: Native It's Your Game Facilitator Manual

Source: <https://healthynativeyouth.worldsecuresystems.com/curricula/native-iyg>