



## Positive Prevention PLUS High School

### Overview

#### Program Components:

- Evidence-based curriculum
- 13 lessons
- Family Homework Assignments
- Parent materials in English and Spanish

#### For Use With:

- Grades 9-12
- Out-of-school youth

#### Evaluation findings:

- Delay in initiation of sexual activity
- Increased access to reproductive health services
- Increase in intended condom & other birth control use
- Increase in communication with a parent of trusted adult about sexual health topics

### National Health Education Standards

Positive Prevention incorporates all 8 of The National Health Education Standards

### Adult Preparation Subjects

#### Healthy Relationships:

- Lessons on Healthy Relationships and Relationship Violence

#### Parent-Child Communication:

- Extensive resources for parents on communication with children
- Family homework assignments

#### Healthy Life Skills:

- Lesson on Making Informed Decisions, Media and Peer Pressure, and Accessing Community Resources

Modules	Objectives
Getting Started: Classroom Ground Rules and Vocabulary	Identify and follow class guidelines for appropriate behavior. Complete a self-assessment of pre-existing knowledge (Pre-Test) related to interpersonal relationships and sexual health. Identify facts about related teen sexual health. Identify ways to improve teen sexual health.
Lesson 1: Life Planning	Identify your personal life plans and goals. Visualize yourself achieving your life plans and goals. Identify several steps you need to take now to reach your goals.
Lesson 2: Healthy Relationships	Identify three components of love. Identify eight types of intimacy. Identify non-sexual ways to achieve intimacy. Identify the qualities of a healthy relationship.
Lesson 3: Relationship Abuse	Commit to end bullying and inappropriate sexual behavior in self and others. Identify inappropriate behaviors such as sex trafficking, sexting, sex with minors, and making sexual advantages without permission. Demonstrate a variety of ways to protect themselves. Identify how to respond to inappropriate sexual behaviors.
Lesson 4: Family Planning and Contraception	Identify reasons for planning for a family. Describe a range of contraceptive methods, including their effectiveness in preventing pregnancy and other sexually transmitted diseases. Identify sexual abstinence as the only certain way to prevent unintended pregnancy or sexually transmitted diseases. Identify community family planning and contraception services.
Lesson 5: Teen Pregnancy: Choices and Responsibilities	Discuss how to make an important decision if facing an unplanned pregnancy. List the key components of prenatal care and responsible parenting. Identify key components of your state's Safe Surrender (or Safe Haven) Law, including how to safely surrender a newborn child.
Lesson 6: Myths and Stereotypes About HIV Infection	Describe the impact of HIV/AIDS on individuals and their family life. Identify myths or stereotypes regarding persons infected with HIV. Express compassion/concern for persons with disabilities or illness, including those infected with HIV.
Lesson 7: The HIV/AIDS Epidemic	Describe AIDS epidemic. Describe the effectiveness of ART and PrEP in the prevention and treatment of an HIV infection. Identify the fluids and body routes for HIV transmission. Identify behaviors that will and will not put a person at risk for HIV transmission.
Lesson 8: Preventing Sexually Transmitted Infections	Identify and describe common STIs and their symptoms. Identify community resources for STI testing and treatment.

Lesson 9: Protection and Communication	<p>Identify abstinence as the only 100% safe method to avoid an unplanned pregnancy, HIV and STIs.</p> <p>Identify the success and failure rate of latex condoms in preventing the spread of HIV/STIs.</p> <p>Describe the proper use of a latex condom.</p> <p>Demonstrate condom negotiation skills.</p>
Lesson 10: Media and Peer Pressure	<p>Identify pressures from peers, media or society to engage in high risk behaviors.</p> <p>Recognize that not all students participate in high risk behaviors.</p> <p>Demonstrate skills to refuse/avoid the pressure to engage in high risk behaviors.</p>
Lesson 11: Accessing Community Resources	<p>Describe how an HIV infection can spread through a population.</p> <p>Identify resources for HIV/STI testing, counseling and information.</p>
Lesson 12: Steps to Success	<p>Identify behaviors and choices that move them closer to, or further away from, their life plans and goals.</p> <p>Specify several next steps they need to take to move toward accomplishing their life plans and goals.</p> <p>Create and sign a Personal Contract affirming their commitment to avoiding HIV/STI infection or an unplanned pregnancy.</p> <p>Assess what they learned in this unit.</p>