



Positive Prevention PLUS Middle School

Overview

Program Components:

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

For Use With:

- Grades 6-8
- 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.
Lesson 1: Sexual Development	Describe the typical physical and psychosocial changes that occur during puberty. Identify common teen and young adult sex-related issues and concerns in the U.S. today. Define and discuss male, female, masculinity, femininity, sexual orientation, gender role, gender non-conformity, gender expression, and gender identity.
Lesson 2: Exploring Friendships	Assess the degree to which s/he has the traits and skills required for a quality committed friendship. Identify and describe opportunities for building friendships. Differentiate between “liking” and “loving” something or someone. Plan a safe and healthy activity.
Lesson 3: Bullying and 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: Preventing an Unplanned Pregnancy	Identify reasons for family planning. Describe a range of contraceptive methods, including their effectiveness in preventing pregnancy and other sexually transmitted diseases. Identify community family planning and contraception services. Identify the benefits of delayed sexual activity.
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. Describe ways that STIs can be transmitted. Identify community resources for STI testing and treatment.

Lesson 9: Recognizing and Reduced Risks	<p>Identify situations that put people at risk for HIV.</p> <p>Identify abstinence as the only 100% safe method to avoid an unplanned pregnancy, HIV and STIs.</p> <p>Identify abstinence from alcohol and drug use, including needle sharing, as an effective method for avoiding HIV/STIs.</p> <p>Describe the use of Universal Precautions to reduce HIV/STI transmission.</p> <p>Identify things that weaken a latex condom's ability to prevent HIV/STI transmission.</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: HIV/STI Testing and 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: Goal-Setting	<p>Identify personal goals, including steps for achieving these goals.</p> <p>Describe how an unplanned pregnancy or HIV infection would change personal goals and life plans, including measures to avoid an unplanned pregnancy and HIV infection.</p> <p>Identify ways they will protect their sexual health.</p>