



Teen Time Program “Making Proud Choices” Module Goals & Objectives

Module 1: Getting to Know You and Steps to Making Your Dreams Come True

Subtopic: Pre-test; Introduction to Sexuality

Goal:

- (1) Foster a comfortable learning environment, where participants feel safe discussing sexuality with other participants and the facilitator(s).
- (2) Increase participants' ability to identify realistic goals for their future.
- (3) Introduce a broad definition of sexuality.
- (4) Increase participants' confidence about making proud and responsible decisions about protecting themselves and their community from HIV / AIDS, STIs, and pregnancy.

Objectives:

- By the end of this session, participants will be able to:
- Identify what it means to be proud and responsible and describe the benefits of that behavior.
 - Identify at least two reasons why teens have sex, 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.
 - Explain the difference between sex and sexuality.
 - Define sexuality beyond sexual intercourse.
 - Begin developing a level of comfort with asking parents/guardians and trusted adults appropriate questions about sexuality.

Module 2: The Consequences of Sex: HIV Infection

Subtopic(s): Anatomy and Physiology; Sexual Health Examinations

Goal:

- (1) Increase participants' knowledge about HIV / AIDS and HIV risk-associated behavior.
- (2) Help participants' identify behaviors that place people at risk for contracting STIs, including HIV infection
- (3) Develop an understanding of reproductive and sexual anatomy and physiology.

Objectives:

- By the end of this session, participants will be able to:
- 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 and how HIV can be prevented.
 - Identify internal and external, male and female reproductive and sexual body parts.
 - Describe the functions of the reproductive and sexual body parts.
 - Identify and explain what occurs in a sexual health exam.

Module 3: Attitudes and Beliefs About HIV / AIDS and Condom Use

Goal:

- (1) Increase participants' perceived vulnerability to HIV
- (2) Confront stereotypes about who becomes infected with HIV and reinforce knowledge about HIV and AIDS

Objectives:

- By the end of this session, participants will be able to:
- Identify their attitudes toward risky sexual behavior
 - Problem-solve for risky sexual behavior situations.
 - Advocate and give advice regarding safer sex strategies.



Module 4: Strategies for Preventing STI & HIV infection: STOP, THINK and ACT

Subtopic(s): Communication; Values; Decision-Making

Goal: (1) Introduce participants to problem-solving methods to help think through and cope with sexual choices.
(2) Help participants make value-based decisions, and comfortably and effectively communicate their decisions to others without wavering.

Objectives: By the end of this session, participants will be able to:

- 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.
- Identify the difference between “personal values” and “things they value”.
- List two ways their parents/guardian and/or family influence their values.
- Identify societal influences on their values.
- Identify their own personal values and those values affect their decisions.

Module 5: Consequences of Sex: Sexually Transmitted Infections and Correct Condom Use

Goal: (1) Increase participants’ knowledge about STIs.
(2) Help participants identify strategies for preventing STIs.
(3) Increase participants’ perceived vulnerability to STIs.
(4) Clarify participants’ attitudes and beliefs about STIs and condom use.
(5) Teach participants the steps for correct use of a condom.

Objectives: By the end of this session, participants will be able to:

- Identify signs and symptoms of the most common STIs
- Identify how STIs, including HIV and AIDS are transmitted and how they can be prevented.
- Demonstrate steps for correct condom use.
- Identify how condoms can prevent STIs, including HIV and pregnancy.

Module 6: Consequences of Sex: Pregnancy

Subtopic(s): Abstinence and Contraceptives

Goal: (1) Increase participants’ understanding of pregnancy as a consequence of sex
(2) Increase participants’ perception that they are vulnerable to getting pregnant or getting someone pregnant.
(3) Increase participants’ knowledge of various types of contraceptive methods.

Objectives: By the end of this session, participants will be able to:

- Distinguish myths from facts about pregnancy
- Identify specific birth control methods
- Define abstinence

Module 7: Developing Condom Use Skills and Negotiation Skills

Subtopic(s): Preventing sexual risk-taking; Abstinence

Goal: (1) Increase participants’ understanding of barriers to condom use and increase their strategies for reducing those barriers.
(2) Increase partner communication and negotiation skills so that they can negotiate condom use with a sexual partner.
(3) Enhance participants’ ability to resist situations that place them at risk for HIV/ STI infection and pregnancy.

Objectives: By the end of this session, participants will be able to:

- Identify barriers to using condoms
- Identify strategies for implementing condoms and other safer sex behaviors
- List the correct steps for using a condom.
- List ways of preventing transmission of STIs/ HIV including abstinence and condoms



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Module 8: Enhancing Role-Plays: Refusal and Negotiation Skills

Goal: (1) To increase participants' communication and negotiation skills regarding condom and contraceptive use.
(2) To enhance participants' ability to resist situations that increase their risk for STIs and HIV. Provide.

Objectives: By the end of this session, participants will be able to:

- Demonstrate body language and strategies for saying "no" effectively to unprotected sex.
- Identify strategies for negotiating condom use with a sexual partner
- Express pride about sticking to decisions that can help them to achieve their goals