

Curriculum Outline

1. RULES OF THE GAME: Forming a Respectful Group

Objectives:

- Review the Key Messages of *Big Decisions*
- Identify respect as a key value for the group
- Develop ground rules for the group
- Role-play showing respect
- Express confidence in your ability to show respect

Activities

- 1.1 - Introduction and Key Messages Review - 5 min
- 1.2 - Ice-Breaker: Differences and Respect - 10 min
- 1.3 - Setting Ground Rules - 10 min
- 1.4 - Respecting Others - 15 min
- 1.5 - What Respect Means to Me - 5 min

2. GOALS AND DREAMS: My Future

Objectives

- Picture your dreams for the future
- Consider how a pregnancy (or another pregnancy) or HIV/STI could affect reaching your goals and dreams
- Prepare to talk with a parent or other trusted adult about goals and dreams

Activities

- 2.1 - My Dream Board - 30 min
- 2.2 - How Could It Affect My Goals and Dreams? - 5 min
- 2.3 - My Goals, My Decisions - 5 min
- 2.4 - Homework: Talking about Goals and Dreams - 5 min

3. RELATIONSHIPS AND ROMANCE: What is Healthy?

Objectives

- Reflect on conversations with your parent or other adult about goals and dreams
- Identify characteristics of healthy and unhealthy relationships
- Personalize the importance of showing and expecting respect
- Learn how people in unhealthy relationships can seek help, if needed

Activities

- 3.1 - Homework Review: Goals and Dreams- 5 min
- 3.2 - Healthy or Unhealthy? - 20 min
- 3.3 - Relationship Role-Plays - 15 min
- 3.4 - Relationships and Me - 5 min

4. ANATOMY AND REPRODUCTION: How it Works

Objectives

- Identify the names and functions of male and female body parts
- Review how pregnancy happens
- Evaluate statements about reproduction to determine if they are true or false

Activities

- 4.1 - Ice-Breaker: What Do They Call It? - 5 min
- 4.2 - Reproductive Anatomy: The Body Parts - 20 min
- 4.3 - The Journeys of the Sperm and the Egg - 5 min
- 4.4 - Reproduction: True or False? -10 min

5. ABSTINENCE: Decisions to Wait

Objectives

- Define what is meant by “abstinence”
- Identify reasons to not have sex
- Understand the risks of “sexting”
- List ways, other than sex, to show someone you care
- Personalize the advantages of abstinence

Activities

- 5.1 - Reasons to Wait - 10 min
- 5.2 - Is This Abstinence? - 10 min
- 5.3 - What about “Sexting”? - 5 min
- 5.4 - Ways to Show You Care - 10 min
- 5.5 - My Ideas about Abstinence - 5 min
- 5.6 - Homework: Talking about Abstinence - 5 min

Curriculum Outline, Continued

6. A CLEAR “NO”: My Limits

Objectives

- Reflect on conversations with your parent or other adult about abstinence and pressure
- Learn that everyone has the right to say “no”
- Learn that it is never OK to pressure someone for sex
- Learn and practice effective ways to say “no” to having sex

Activities

- 6.1 - Homework Review: Talking with Parents - 5 min
- 6.2 - The Right to Say “No” - 10 min
- 6.3 - Pressure Situation: A CLEAR “No” - 15 min
- 6.4 - Pressure Situation: The Party – 15 min

7. CONTRACEPTION: Pregnancy at a Good Time for You

Objectives

- State what you would like to have in place before you have or cause a pregnancy (or another pregnancy)
- Evaluate commonly used contraceptive methods (including abstinence) for effectiveness
- Personalize the risk of pregnancy without using effective contraception
- Identify your personal limits to avoid pregnancy, or another pregnancy, as a teen

Activities

- 7.1 - When would be a Good Time for a Pregnancy, or another Pregnancy? - 5 min
- 7.2 - Contraceptive Method Bingo - 30 min
- 7.3 - Effectiveness Line-Up - 5 min
- 7.4 - Pregnancy in My Life - 5 min

8. SEXUALLY TRANSMITTED INFECTIONS, Including HIV/AIDS

Objectives

- Personalize the potential consequences of common STIs
- Identify ways to reduce the risk of getting and spreading STIs
- Identify health providers in your community that provide testing for HIV and other STIs
- Identify your personal limits to reduce your risk of STIs

Activities

- 8.1 - Index Cards - 5 min
- 8.2 - STI Information Stations - 30 min
- 8.3 - Getting Tested - 5 min
- 8.4 - STIs and Me - 5 min

9. STAYING HEALTHY AND ON TRACK: Defending My Limits

Objectives

- Review effective ways to give a CLEAR “no”
- Practice saying “no” to activities that are beyond your personal limits
- Demonstrate the ability to say “no” effectively to having sex; to having sex without a condom; and to having sex without effective contraception
- Prepare to talk with a parent or other trusted adult about having children

Activities

- 9.1 - Defending My Limits - 5 min
- 9.2 - Role-Play Situation #1: After School - 15 min
- 9.3 - Role-Play Situation #2: Prom Night - 20 min
- 9.4 - Talking about Having Children Homework - 5 min

10. OVERCOMING CHALLENGES: Big Decisions

Objectives

- Reflect on conversations with parents about having children
- Consider ways that your personal limits might be challenged
- Demonstrate strategies to overcome challenges to your limits
- Reinforce the connection between defending your limits and achieving your goals and dreams
- Celebrate completion of *Big Decisions*

Activities

- 10.1 - Homework Review: Talking about Having Children- 5 min
- 10.2 - Goals and Challenges - 10 min
- 10.3 - Write Your Own Challenge Situation - 20 min
- 10.4 - *Big Decisions* Graduation - 10 min