

Promoting Health Among Teens (PHAT) Project

M1	Getting to Know You and Steps to Making Your Dreams Come True	Time (minutes)
A	Welcome and Program Overview	5
B	Talking Circle	10
C	Creating Group Rules	5
D	Be Proud! Be Responsible!	5
E	Brainstorming about Teens and Sex	10
F	Goals and Dreams Timeline	15
G	Obstacles to Your Goals and Dream	10

M2	Puberty and Adolescent Sexuality	Time (minutes)
A	Understanding Reproductive Anatomy (Video and Discussion)	30
B	Understanding Messages About Sex	10
C	How Do People Express Themselves Sexually Without Having Sex?	10
D	Benefits of Sex/Benefits of Abstinence	10

M3	Making Abstinence Work for Me	Time (minutes)
A	Roc-A-AB: What You Need to Know to Make Abstinence Work	15
B	Forced Choice - Attitudes About Abstinence	15
C	STOP, THINK, & ACT Introduction	5
D	Jasmine and Derrick (Practice S, T, A)	10
E	"Trying to Slow Down": Understanding Partner Pressure	10

M4	Consequences of Sex: HIV/AIDS	Time (minutes)
A	Acknowledging the Threat of AIDS	5
B	Discussing HIV/AIDS & "Time Out" Video	15
C	Myths and Facts Review Game	10
D	AIDS Basketball	10
E	Homework Assignment: Talking to your Parent About Sex	5
F	In-Class Role-play to prepare for Homework Assignment	10
G	Talking Circle	5

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M5	Consequences of Sex: STDs	Time (minutes)
A	Welcome and Talking Circle	5
B	Homework Assignment Review	10
C	STD Brainstorm, STD Video, and Discussion	20
D	"Don't Pass It Along": The Transmission Game	10
E	"The Truth About HIV" Video (HIV/AIDS Clip)	15

M6	Consequences of Sex: Pregnancy	Time (minutes)
A	Myths and Facts About Pregnancy	15
B	"The Truth About Sex" Video (Pregnancy Clip)	15
C	My Younger Cousin: Partially Scripted Role-play	15
D	Responding to Peer Pressure	15

M7	Improving Sexual Choices and Negotiation	Time (minutes)
A	Knowing and Setting Physical Limits	15
B	Getting out of a Risky Situation	15
C	Tell It To Tanisha	15
D	Keisha and John—A Love Story	15

M8	Role-plays: Refusal and Negotiation Skills	Time (minutes)
A	Introduction to SWAT	10
B	Practicing SWAT: Scripted Role-plays "At a Party" Gregg and Robin	15
C	Strengthening Negotiation Skills: Unscripted Role-plays A-F	20
D	Creating Letter	10
E	Talking Circle	5

1 MODULE

Promoting Health Among Teens!
**Abstinence-Only
Intervention**

GETTING TO KNOW YOU AND STEPS TO MAKING YOUR DREAMS COME TRUE

GOALS

The goals of this module are to:

- ▶ Provide participants with an overview of the program.
- ▶ Increase participants' personal investment in participating in the program.
- ▶ Introduce group members to each other.
- ▶ Establish group rules.
- ▶ Build group cohesion, comfort, and feelings of safety and trust.
- ▶ Increase participants' confidence about making proud and responsible decisions to protect themselves and their community from HIV.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Identify several rules for group participation that will facilitate discussion and learning.
- ▶ Identify what it means to be proud and responsible.
- ▶ Describe the benefits of proud and responsible behavior.
- ▶ Identify at least two reasons why teens have sex, the consequences of sex, and strategies for reducing those consequences.
- ▶ Describe at least one goal they wish to achieve in the future.
- ▶ Identify a barrier to achieving their personal goals.

STRATEGIES/METHODS

- ▶ Mini Lecture
- ▶ Sharing Exercise
- ▶ Group Discussion
- ▶ Brainstorming
- ▶ Goals and Dreams Timeline Exercise

MATERIALS

- ▶ Pencils
- ▶ Markers
- ▶ Name Tags
- ▶ Masking Tape
- ▶ Posters:
 - *Promoting Health Among Teens!*
 - *Goals and Dreams Timeline*
- ▶ Handouts:
 - *Goals and Dreams Timeline*
- ▶ Pre-labeled Newsprint:
 - *Promoting Health Among Teens! Be Proud! Be Responsible!*
 - *Group Rules*
 - *Why Some Teens Have Sex*
 - *Why Some Teens Don't Have Sex*
 - *Consequences of Sex*
 - *Goals* (written on left side of newsprint)

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. WELCOME AND PROGRAM OVERVIEW	5
B. TALKING CIRCLE	10
C. CREATING GROUP RULES	5
D. PHATI BE PROUDI BE RESPONSIBLEI BRAINSTORM.	5
E. BRAINSTORMING ABOUT TEENS AND SEX	10
F. GOALS AND DREAMS TIMELINE	15
G. BRAINSTORMING OBSTACLES TO YOUR GOALS AND DREAMS. .	10

FACILITATOR'S NOTE

Before the program begins, label the newsprint for all the activities in the modules you will be covering in the day's lesson. In a logical order, tape the pre-labeled sheets of newsprint to the wall (folded so that the titles are covered by the bottom half of the newsprint). Unfold them one at a time, as needed. In addition, hang all posters.

MODULE 2

PUBERTY AND ADOLESCENT SEXUALITY

GOALS

The goals of this module are to:

- ▶ Increase participants' knowledge about the physical, emotional, and sexual development associated with puberty.
- ▶ Increase participants' awareness of the benefits of abstinence.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Identify the physical, emotional, and sexual development that occurs during puberty.
- ▶ Identify sexual messages from media, peers, and parents.
- ▶ Identify the sexual behaviors to avoid when practicing abstinence.
- ▶ Identify some of the benefits of abstinence.

STRATEGIES/METHODS

- ▶ Video Viewing
- ▶ Group Discussion
- ▶ Brainstorming

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MATERIALS NEEDED

- ▶ Masking Tape
- ▶ Makers
- ▶ Newsprint
- ▶ Pencils
- ▶ TV and DVD Player
- ▶ DVD: "The Subject is: Puberty - Change is Normal" - Abstinence Version
- ▶ Pre-labeled Newsprint:
 - *Group Rules*
- ▶ Posters:
 - *Male Reproductive Anatomy*
 - *Female Reproductive Anatomy*
 - *Anatomy Key Words*
 - *How People Express Themselves Sexually*
- ▶ Handouts:
 - *Male Reproductive Anatomy*
 - *Female Reproductive Anatomy*
- ▶ *Glossary of Terms for Male and Female Anatomy* (included in module)
- ▶ *Male and Female Reproductive Anatomy Answer Keys* (included in module)

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. UNDERSTANDING REPRODUCTIVE ANATOMY (DVD & DISCUSSION)	30
B. UNDERSTANDING MESSAGES ABOUT SEX.....	10
C. HOW DO PEOPLE EXPRESS THEMSELVES SEXUALLY WITHOUT HAVING SEX?.....	10
D. BENEFITS OF SEX / BENEFITS OF ABSTINENCE	10

MODULE 3

MAKING ABSTINENCE WORK FOR ME

GOALS

The goals of this module are to:

- ▶ Examine attitudes about abstinence.
- ▶ Help participants identify ways to negotiate abstinence.
- ▶ Teach participants strategies they can use when faced with sexual decisions.
- ▶ Increase participants' awareness of partner pressure to become sexually active.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Identify some of the elements required for abstinence to work.
- ▶ Discuss attitudes about abstinence.
- ▶ Describe strategies to make abstinence work for them.
- ▶ Apply problem-solving steps to sexual decision-making.
- ▶ Identify ways to respond to partner pressure to become sexually active.

STRATEGIES/METHODS

- ▶ Group Discussion
- ▶ Agree/Disagree
- ▶ Brainstorming

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MATERIALS NEEDED

- ▶ Masking Tape
- ▶ Markers
- ▶ Pencils
- ▶ Newspaper
- ▶ "Abstinence Necessities" Blank Sticky Notes (1 inch wide and 3 inches long)
- ▶ Prepared "Abstinence Necessities" Slips
- ▶ Pre-labeled Newspaper:
 - *Group Rules*
 - *Agree*
 - *Disagree*
 - *Abstinence Jeans*
- ▶ Posters:
 - *STOP, THINK, & ACT Problem Solving Steps*
- ▶ Handouts:
 - *Jasmine and Derrick Case Study*
 - *Trying to Slow Down Role-Plays (Ineffective & Effective Versions)*

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. WHAT YOU NEED TO MAKE ABSTINENCE WORK FOR YOU	20
B. ATTITUDES ABOUT ABSTINENCE	15
C. STOP, THINK, & ACT-INTRODUCTION TO PROBLEM SOLVING.	5
D. STOP, THINK, & ACT-JASMINE AND DERRICK.	10
E. TRYING TO SLOW DOWN: UNDERSTANDING PARTNER PRESSURE	10

4 MODULE CONSEQUENCES OF SEX: HIV/AIDS

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CONSEQUENCES OF SEX: HIV/AIDS

GOALS

The goals of this module are to:

- ▶ Increase participants' knowledge about HIV/AIDS and HIV risk-associated behavior.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Identify the basic facts about AIDS and HIV.
- ▶ Identify a person's risk of HIV infection as a result of engaging in various sexual and non-sexual behaviors.
- ▶ Identify how HIV infection can be prevented.

STRATEGIES/METHODS

- ▶ Video Viewing
- ▶ Group Discussion
- ▶ Game
- ▶ Sharing Exercise

MATERIALS

- ▶ TV and DVD Player
- ▶ DVD: "The Subject is: HIV" - Abstinence Version
- ▶ Masking Tape
- ▶ Pencils
- ▶ Markers
- ▶ Newsprint
- ▶ AIDS Basketball Questions and Answers (included in module)
- ▶ Pre-labeled Newsprint:
 - *Group Rules*
 - *Barriers*
 - *Solutions*
- ▶ Posters:
 - *HIV/AIDS Frame*
 - *Key Words*
- ▶ Handouts:
 - *Homework Assignment*

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. ACKNOWLEDGING THE THREAT OF AIDS.	5
B. DISCUSSING HIV/AIDS (VIDEO & DISCUSSION)	15
C. AIDS BASKETBALL GAME.	20
D. HOMEWORK ASSIGNMENT.	5
E. HOMEWORK ROLE-PLAYS	10
F. TALKING CIRCLE.	5

5 MODULE

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CONSEQUENCES OF SEX: STD INFECTION

GOALS

The goals of this module are to:

- ▶ Increase participants' knowledge about sexually transmitted diseases.
- ▶ Help participants identify behaviors that place people at risk for contracting sexually transmitted diseases, including HIV infection.
- ▶ Increase participants' perceived vulnerability to STDs.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Identify the most common STDs and the signs and symptoms of STDs.
- ▶ Identify how STDs, including HIV/AIDS, are transmitted.
- ▶ Express that they might be at risk for contracting an STD.
- ▶ Identify which behaviors are low risk, high risk, and no risk for contracting the most deadly STD, HIV.

STRATEGIES/METHODS

- ▶ Sharing Exercise
- ▶ Brainstorming
- ▶ Group Discussion
- ▶ Transmission Game
- ▶ Exercise
- ▶ DVD Viewing

MATERIALS NEEDED

- ▶ Masking Tape
- ▶ Markers
- ▶ Pencils
- ▶ Stickers (to place on completed homework)
- ▶ Extra Copies of the *Homework Assignment*
- ▶ Completed *Homework Assignment* (by youths)
- ▶ Pre-labeled Index Cards (A, U, D)
- ▶ TV and DVD Player
- ▶ DVD: "The Subject is: STDs" - Abstinence Version
- ▶ Pre-labeled newsprint:
 - *Easy*
 - *Obstacles*
 - *S, T, D*
 - *How Do People Get STDs?*
 - *Why You Should Avoid STDs*
 - *Group Rules*
- ▶ Posters:
 - *Sexually Transmitted Diseases*

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. WELCOME AND TALKING CIRCLE	5
B. HOMEWORK ASSIGNMENT REVIEW	10
C. SEXUALLY TRANSMITTED DISEASES BRAINSTORM & DISCUSSION	20
D. "DON'T PASS IT ALONG" (THE TRANSMISSION GAME)	10
E. DVD: "THE SUBJECT IS: STDs" - ABSTINENCE VERSION	15

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MODULE

Promoting Health Among Teens!
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CONSEQUENCES OF SEX: PREGNANCY

GOALS

The goals of this module are to:

- ▶ Increase participants' understanding of pregnancy as a consequence of sex.
- ▶ Increase participants' perception that they are vulnerable to getting pregnant or getting someone pregnant.
- ▶ Increase participants' understanding of the consequences of teen pregnancy.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Distinguish myths from facts about pregnancy.
- ▶ Express positive feelings toward pregnancy prevention.

STRATEGIES/METHODS

- ▶ Exercise
- ▶ Video Viewing
- ▶ Role-Play
- ▶ Group Discussion

MATERIALS NEEDED

- ▶ Pencils
- ▶ *Myths and Facts About Pregnancy Statements* (included in module).
- ▶ *Peer Pressure Scenarios (#1-4)* (included in module)
- ▶ TV and DVD Player
- ▶ DVD: "Tanisha & Shay" - Abstinence Version
- ▶ Pre-labeled newsprint:
 - *Group Rules*
- ▶ Handouts:
 - *Nina Next Door* - Partially Scripted Worksheet

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. MYTHS AND FACTS ABOUT PREGNANCY.....	15
B. "TANISHA & SHAY" DVD	15
C. NINA NEXT DOOR.....	15
D. RESPONDING TO PEER PRESSURE.....	15

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MODULE

Promoting Health Among Teens!
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IMPROVING SEXUAL CHOICES AND NEGOTIATION

GOALS

The goals of this module are to:

- ▶ Increase participants' awareness of the characteristics of peer pressure.
- ▶ Increase participants' ability to resolve peer-pressure situations.
- ▶ Help participants identify personal limitations and boundaries regarding sexual physical contact.
- ▶ Increase participants' refusal and negotiation skills regarding abstinence.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Identify the specific types of sexual physical contact that fit within their personal comfort zone.
- ▶ Recognize pressure from peers to engage in sexual activity.
- ▶ Advocate for abstinence with other young teens.
- ▶ Identify and explain the characteristics of effective refusal.
- ▶ Identify strategies for negotiating abstinence in romantic relationships.
- ▶ Identify the body language and strategies needed for saying "NO" effectively.
- ▶ Demonstrate the ability to negotiate abstinence with a partner.
- ▶ Express confidence in their ability to say "NO" to risky sexual situations.

STRATEGIES/METHODS

- ▶ Group Discussion
- ▶ Agree/Disagree
- ▶ Problem Solving Scenarios
- ▶ Exercises

MATERIALS NEEDED

- ▶ Masking Tape
- ▶ Markers
- ▶ Pencils
- ▶ Blank Index Cards
- ▶ Pre-labeled Newsprint
 - *Group Rules*
 - *Benefits of Waiting*
 - *Delaying Strategies*
- ▶ Posters:
 - *STOP, THINK, & ACT Problem Solving Skills*
 - *Expressing Physical Affection Signs (#1-8)*
- ▶ Handouts:
 - *Calling Koko Callers (#1-6)*
 - *A Love Story*
 - *Keisha and John Worksheet*
- ▶ Cards:
 - *Risky Sexual Situation (#1-5)*

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. KNOWING AND SETTING SEXUAL LIMITS	15
B. GETTING OUT OF A RISKY SEXUAL SITUATION	15
C. CALLING KOKO	15
D. KEISHA AND JOHN—A LOVE STORY	15

8 MODULE

ROLE-PLAYS: REFUSAL AND NEGOTIATION SKILLS

GOALS

The goals of this module are to:

- ▶ Increase the participants' communication, negotiation, and refusal skills regarding abstinence.
- ▶ Enhance participants' ability to resist situations that place them at risk for STD/HIV infection and pregnancy.
- ▶ Increase participants' sense of pride and responsibility in negotiating abstinence.

LEARNING OBJECTIVES

After completing this module, participants will be able to:

- ▶ Identify strategies for negotiating abstinence in romantic relationships.
- ▶ Demonstrate the ability to negotiate abstinence with a partner.
- ▶ Express confidence in their ability to say "NO" to risky situations involving sexual behaviors.
- ▶ Express confidence in their ability to negotiate abstinence.
- ▶ Express pride in sticking to their decision to abstain from risky sexual behaviors.

STRATEGIES/METHODS

- ▶ S.T.O.P. Technique
- ▶ Unscripted Role-Play
- ▶ Sharing Exercise
- ▶ Scripted Role-Play
- ▶ Self Contract

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MATERIALS

- ▶ Masking tape
- ▶ Markers
- ▶ Pencils
- ▶ Envelopes
- ▶ 8.5 x 11 Plain Paper
- ▶ Newsprint
- ▶ Pre-labeled newsprint:
 - *Group Rules*
- ▶ Posters:
 - *S.T.O.P.*
 - *The Promise*
 - *Refusal Skills Charts (#1A, 1B, 2, 3 and 4)*
- *Observer Checklist*
- *Role-Play Guidelines*
- ▶ Handouts:
 - *At a Party (Totally Scripted Version and Partially Scripted Version)*
 - *Shawn and Robyn*
- ▶ Cards:
 - *Role-Play A: Loretta and Monique*
 - *Role-Play B: Carlos and Yvonne*
 - *Role-Play C: Clayton and Jada*
 - *Role-Play D: Jerod and Selena*
 - *Role-Play E: Justin and John*
 - *Role-Play F: Pat and Devin*

INSTRUCTIONAL TIME

- ▶ 60 minutes

ACTIVITY

TIME NEEDED

A. INTRODUCTION TO S.T.O.P.	10
B. PRACTICING S.T.O.P.: SCRIPTED ROLE-PLAYS: AT A PARTY, SHAWN AND ROBYN.	15
C. STRENGTHENING NEGOTIATION SKILLS: UNSCRIPTED ROLE-PLAYS A-F.	20
D. CLOSING ACTIVITY- LETTER TO SELF.	10
E. TALKING CIRCLE.	5