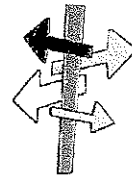


BIG DECISIONS™

Sexuality Curriculum



1. RULES OF THE GAME: Forming a Respectful Group

- Fill out PRE-TEST materials
- Give an overview of the curriculum
- Identify RESPECT as a key value for the group
- Develop ground rules for the group

2. ANATOMY AND REPRODUCTION: How it Works

- 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

3. RELATIONSHIPS AND ROMANCE: What is Healthy? What is Love?

- Identify characteristics of healthy and unhealthy relationships
- Consider how having sex can cause problems in teen relationships
- Learn how physical attraction (lust) and crushes (infatuation) are different from mature love

4. SEXUALLY TRANSMITTED DISEASES (including HIV/AIDS)

- Increase knowledge of the common STDs, their symptoms, and possible consequences
- Identify ways to avoid getting and spreading STDs
- Recognize that abstinence is the most effective way to avoid STDs
- Learn who should get tested for STDs

5. ABSTINENCE: Why Should I Wait?

- Define what is meant by "abstinence" and "sex"
- List the advantages of abstinence for teens
- Learn that teens who choose to wait deserve respect
- State the most important reason(s) to wait

6. CONTRACEPTION: Preventing Pregnancy

- Learn that babies and families are healthier when new parents are over age 20
- Evaluate commonly used contraceptive methods (including abstinence) for effectiveness in preventing pregnancy (and STDs)
- Recognize that abstinence is the healthiest choice
- Understand that sexually active people must take action to avoid pregnancy (and STDs)

7. SEX AND CONSEQUENCES: My GOALS, My DECISION

- Visualize their GOALS and DREAMS for the future
- Consider how getting an STD or having a pregnancy might affect someone
- Recognize that abstinence is healthiest, and that people who have sex must TAKE ACTION to avoid pregnancy and STDs
- Make their own personal DECISION to avoid negative consequences

8. INFLUENCE: Friends, the Media, and Sex

- Define "influence" and list things that influence young people about sex
- Identify examples of influence from friends & the media, & classify them as positive or negative
- Describe how to resist negative influences about sex

9. DEALING WITH SEXUAL PRESSURE: The Power to Say No

- Learn that it is never OK to pressure someone for sex, and that everyone has the right to say "no"
- Consider how to avoid getting into pressure situations
- Consider effective ways to say "no" when pressured for sex
- Practice saying no in pressure situations

10. WRAP-UP AND EVALUATION: How Did We Do?

- Reinforce key messages and experiences of the sessions
- Have an opportunity to ask questions
- Give feedback about what you learned and liked, and how you would improve BIG DECISIONS™

PARENT SESSION

- Describe what helps young people make healthy decisions about sex
- View an overview of the BIG DECISIONS™ curriculum
- Learn what parents can do to help their children make healthy decisions about sex

Download BIG DECISIONS™ FREE at www.BIGDECISIONS.org

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