

Be Proud! Be Responsible!

Overview of the Curriculum

Be Proud! Be Responsible! A seven-part curriculum (*eight-part for middle-school aged youth*) that provides adolescents with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted diseases. To change behavior, adolescents need not only information and a perception of personal vulnerability, but also the skills and the confidence in their ability to act safely.

Guidelines

- Target audience:
 - A. Middle and High school youth ages 11-18. Sessions delivered to *Middle School aged youth will require an additional 50 minute session* to review Puberty and Anatomy.
 - B. Young Adults 18-21 *content will be adjusted to experience level of the group

- Group composition:
 - A. A minimum of 6 youth required per group for delivery of the curriculum
 - B. Larger groups of youth (25 or more) require one adult present in addition to the Health Educator
 - C. Mixed gender or same gender groups

- Setting:
 - A. The curriculum requires the showing of videos and therefore a TV or Computer with DVD capabilities will be required
 - B. The curriculum can be delivered in school classrooms, after school groups, community based organizations, and clinics.
 - C. It is important to note that when program is delivered in schools, modules have to be adjusted to class periods and may require additional sessions

- Delivery time-frame options:
 - A. 7sessions (50 minutes each) over the course of two weeks
 - B. 7sessions (50 minutes each) adapted to fit school periods or blocks, but must be done within a few weeks without large periods between sessions.
 - C. 1 three-hour session and 1 four-hour session over two days
 - D. One day for six hours with extra time for breaks

Curriculum Objectives

At the completion of this program, youth will:

- Increase their knowledge about HIV, AIDS, and other STDs.
- Believe in the value of safer sex, including abstinence.
- Increase confidence in their ability to negotiate safer sex
- Have gained skills in how to use condoms correctly.
- Have gained negotiate skills.
- Intend to practice safer sex.
- Reduce sexual risk behaviors.
- Take pride in and responsibility for choosing responsible sexual behaviors.
- Understand the importance of protecting the community

Curriculum Sessions

Be Proud! Be Responsible! Includes the following seven sessions:

1. Introduction to HIV and AIDS
2. Building Knowledge About HIV and AIDS
3. Understanding Vulnerability to HIV Infection
4. Attitudes and Beliefs about HIV, AIDS and Safer Sex
5. Building Condom Use Skills
6. Building Negotiation and Refusal Skills
7. Birth Control Methods Demonstration