

Take Pride in Prevention: Making Proud Choices Curriculum Overview

Eaton Regional Education Service Agency's (RESA's) Taking Pride in Prevention Program (TPIP) is a grant funded project from the Michigan Department of Health and Human Services. A key component of the project is providing sex education programming to 12-19 year olds. The project utilizes 7 modules of the Making Proud Choices Curriculum. Each module includes various activities including group discussions, videos, educator lectures, games, and work sheet activities.

Module 1: Getting to know you and steps to making your dreams come true

Module Goals:

- Provide participants with an overview of the program
- Increase participants' personal investment and comfort in participating in the program
- Increase participants' ability to identify realistic goals for their future
- Increase participants' confidence about making proud and responsible choices to protect themselves and their community from unintended pregnancy, HIV and other STIs.

Learning Objectives

- Identify several agreements for the 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 possible outcomes of sex, and strategies for reducing possible negative outcomes
- Describe at least one goal they wish to achieve in the future
- Identify barriers to achieving their personal goals and strategies for overcoming them

Module 2: A Possible Outcome of Unprotected Sex: HIV Infection

Module Goals:

- Increase participant's knowledge about HIV/AIDS and HIV risk-associated behavior
- Help participant identify behaviors that place people at risk for contracting sexually transmitted infections, including HIV infection

Learning Behaviors

- Identify the basic facts about HIV and AIDS
- Distinguish facts from falsehoods 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
- Identify how HIV infection can be prevented

Module 3: Attitudes About Sex, HIV and Condom Use

Module Goals:

- Increase participants' perceived vulnerability to HIV
- Confront stereotypes about who becomes infected with HIV and learn more about how people can and cannot become infected
- Reinforce knowledge about HIV and AIDS

- Weaken negative beliefs and attitudes that foster risky sexual behaviors

Learning Objectives

- Identify their attitudes toward risky sexual behavior
- Problem solve for risky sexual behavior situations
- Recall correct information about HIV/AIDS
- Advocate and give advice regarding safer sex strategies

Module 4: Strategies for Preventing HIV Infection: Stop, Think, and Act

Module Goals:

- Introduce participants to a problem solving method to help think through and cope with sexual choices
- Review and reinforce the information learned thus far in the program

Learning Objectives

- State and explain the three steps of the problem-solving model
- State how using problem-solving can help avoid risky situations
- Explain how making their own decisions makes it more likely they will achieve their goals and dreams
- Provide correct answers to review questions on HIV and AIDS

Module 5: Possible Outcomes of Unprotected Sex: STIs

Module Goals:

- Increase participants' knowledge of sexually transmitted infections
- Help participants identify strategies for preventing STIs
- Increase participants' perceived vulnerability to STIs
- Clarify participants' attitudes and beliefs about STIs and condom use
- Teach participants the steps for correct use of a condom

Learning Objectives

- Identify the signs and symptoms of the most common STIs
- Identify how STIs, including HIV, are transmitted, and how they can be prevented
- Acknowledge their perceived risk for sexually transmitted infections
- Demonstrate steps for correct use of a condom
- Identify how condoms can prevent STIs, including HIV, and pregnancy

Module 6: A Possible Outcome of Unprotected Sex: Pregnancy

Module Goals:

- Increase participants' understanding of pregnancy as a possible outcome of unprotected sex
- Increase participants' perception that they are vulnerable to getting pregnancy or getting someone pregnant
- Increase participants' understanding of the consequences of teen pregnancy
- Increase participants' knowledge of various types of contraceptive methods.

Learning Objectives

- Distinguish facts from falsehoods about pregnancy
- Identify specific birth control methods that may be used to prevent pregnancy

Module 7: Enhancing Refusal and Negotiation Skills

Module Goals:

- Increase participants' communication and negotiation skills regarding condom use
- Enhance participants' ability to resist situations that increase their risk for unintended pregnancy, HIV and other STIs.

Learning Objects

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

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