



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

This event was made possible by Grant Number 2401MIPREP from the Department of Health and Human Services, Administration for Children and Families. Its contents are solely the responsibility of Eaton RESA and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families.