

Milwaukee Public Schools 2010-2011 Title IV High Risk Sexual Behavior Programming

Program	Description	Key Outcomes	Program Strategies	Program Elements	Targeted	#'s Trained	Age/Grade
Reducing the Risk					Audience		Levels
High School Level	<p><i>Reducing the Risk: Building Skills to Prevent Pregnancy, HIV, and STD</i> includes 16 well-defined lessons which clearly emphasize teaching refusal statements, delay statements and alternative actions students can use to abstain or protect.</p> <p>Directions for pre-course preparation, including parent permission, establishing ground rules, etc., are included in the manual. Specific guidelines for class activities, back-ground information for teachers, and complete lecture notes are also included.</p>	<p>At the completion of this curriculum, students will be able to:</p> <ol style="list-style-type: none"> Evaluate the risks and consequences of becoming an adolescent parent or becoming infected with HIV or another STD; recognize that abstaining from sexual activity or using contraception are the only ways to avoid pregnancy, HIV infection and other STDs Conclude that factual information about contraception and protection is essential for avoiding teenage pregnancy, HIV infection and other STDs Demonstrate effective communication skills for remaining abstinent and for avoiding unprotected sexual intercourse 	<p><i>Reducing the Risk</i> is based on three health behavior theories including Social Learning Theory, Social Influence Theory and Cognitive-Behavioral Theory. These three theories hypothesize that in order to reduce risk-taking behaviors, people need to:</p> <ol style="list-style-type: none"> learn and personalize relevant information recognize social pressures and anticipate risky situations establish norms for positive behaviors learn and practice skills to act on the information and cope with social pressures <p>The program addresses each of these critical components of the health behavior theories by providing youth with:</p> <ol style="list-style-type: none"> Information about teen pregnancy, HIV, abstinence, birth control and the risks and consequences of teen pregnancy and HIV/STDs. Opportunities to personalize information by having youth identify their own vulnerability to pregnancy and HIV, examining the impact of pregnancy and HIV on their own lives and identifying their personal values regarding abstaining or using birth control. Opportunities to recognize social pressures and anticipate risky situations by having youth examine common lines used to pressure them to have sex and teaching youth how to anticipate and prepare for situations in which unwanted or unprotected sex may occur. Reinforce norms for abstinence or protected sex through the information presented and through all the skill instruction and practice. Opportunities to learn and practice skills, including refusal skills, delaying skills and protection skills throughout the sixteen well-defined lessons, <p>The curriculum emphasizes refusal skills, delaying tactics and alternative actions students can use to abstain or use protection. The classes are designed for 45-minute periods; most can be expanded to fill two periods by providing more time for discussion and practice of skills.</p>	<p>Workshops and Trainings: One 2-hour Pre-Assessment Meeting</p> <p>Six hours of Required Training for Use of Curriculum</p> <p>One 2-hour Interim/Booster Session</p> <p>One 2-hour Post Assessment Meeting</p> <p>Curriculum Package: Teacher's manual, videos, and related hand-outs</p> <p>Additional Supplemental Materials: videos, pamphlets, posters, etc.</p> <p>Free Guest Speakers for visits to your classroom: 3 visits X 1 hour</p> <p>Technical Assistance: 3 hours</p> <p>Evaluation</p>	<p>male/female; Black/African American; Hispanic/Latino ; White; Urban;</p> <p>small groups, classrooms and community agencies</p>	30 per training	High School, ages 14-19 years

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Making Proud Choices					Audience		Levels
Middle School Level	<p><i>Making Proud Choices! A Safer Sex Approach to STDs, Teen Pregnancy, and HIV Prevention</i> is an eight-module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex or using condoms if they choose to have sex. It is based on cognitive behavioral theories, focus groups, and the researchers' extensive experience working with youth. <i>Making Proud Choices</i> acknowledges that abstinence is the most effective way to eliminate the risk for STDs, including HIV. The goal of Making Proud Choices is to empower young adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STDs, and their risk for pregnancy.</p>	<p>Youth will have:</p> <ol style="list-style-type: none"> 1. increased knowledge about prevention of HIV, STDs and pregnancy 2. increased confidence in their ability to negotiate safer sex 3. increased negotiation skills 4. a lower incidence of STD/HIV risk-associated sexual behavior 5. a stronger sense of pride and responsibility in making healthy choices 6. for students who are sexually active: more positive attitudes/beliefs about condom use 7. for students who are sexually active: improved condom use skills 8. for students who are sexually active: stronger intentions to use condoms if they have sex 	<p>Target Audience: Young African-American, Hispanic/Latino and White adolescents, ages 11-14, who attend middle schools and youth-serving community based programs. The curriculum has eight hours of content divided into eight one-hour modules. It can be implemented in eight sessions of 60 minutes each or in four two-module sessions. In community settings, it can be implemented in the two-day format (four modules each day), four-day format (two modules each day) or eight-day format (one module each day).</p> <p>The curriculum includes a series of fun and interactive learning experiences designed to increase participation and to help young adolescents understand faulty reasoning and decision-making about taking risks for STD/HIV and pregnancy. The activities incorporate social cognitive-behavioral skill-building strategies (i.e. presentation, modeling, and the practice of safer sex negotiation skills). They involve culturally sensitive video clips, games, brainstorming, role-playing; skill-building activities and small group discussions that build group cohesion and enhance learning. Each activity lasts a brief time, and most are active exercises in which the adolescents get out of their seats and interact a lot with each other. In this way, it is possible to maintain interest and attention that might fade if lecturing and lengthy group discussions were used.</p>	<p>Workshops and Trainings: One 2-hour Pre-Assessment Meeting</p> <p>Six hours Required Training for Use of Curriculum</p> <p>One 2-hour Interim/Booster Session</p> <p>One 2-hour Post Assessment Meeting</p> <p>Curriculum Package: Teacher's manual, videos, and related hand-outs</p> <p>Additional Supplemental Materials: videos, pamphlets, posters, etc.</p> <p>Free Guest Speakers are available to visit your classrooms: 3 visits X 1 hour</p> <p>Technical Assistance: 3 hours</p> <p>Evaluation</p>	<p>male/female; Black/African American; Hispanic/Latino; White; Urban; small groups, classrooms, and community agencies</p>	<p>30 per training</p>	<p>Middle School/ grades 6-8/ 11-14 years old</p>