

MAKING PROUD CHOICES

An evidence-based, safer-sex curriculum that provides 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.



- An interactive program that has proven positive health outcomes for youth.
- Consists of ten 60-minute lessons which can be presented over five to 10 days.
- Snacks and refreshments will be provided throughout the program.
- Each participant that completes 80% of the program will receive a \$20 gift card.
- Compliant with The California Healthy Youth Act (CA Education Code Sections 51930-51939)

PRE-MODULE: Sexual Diversity and Healthy Relationships

- Explain how gender identity, gender expression, sex assigned at birth, sexual and emotional attraction, and sexual behavior are related to sexual identity.
- Describe their own identity using affirming terms.
- Explain how understanding sexual identity and diversity can positively impact all individuals and decrease the harms caused by stigma and shame.
- List at least six characteristics of healthy relationships.
- Define each of the components of the acronym TREO (trust, respect, equality, open communication) and give an example of each.

MODULE 1: Getting to Know You and Steps to Making Your Dreams Come True

- Introduces participants to the program.
- Creates a safe space for talking about sexuality.
- Promotes the goal of protecting themselves and their community.
- Gives them ideas about how they can examine their own goals, and obstacles that might stand in the way of reaching them

MODULE 2: Introduction to HIV

- Clarifies myths about the causes, transmission, and prevention of HIV while providing correct and factual information.
- Provides opportunities for participants to develop skills in giving correct information on HIV/AIDS to friends.
- Helps participants identify various behaviors that place them at risk for HIV infection.

MODULE 3: Attitudes About Sex, HIV and Condom Use

- Informs participants about the transmission and prevention of HIV.
- Helps participants advocate and give advice regarding HIV/ AIDS and safer sex strategies.

MODULE 4: Strategies for Preventing HIV Infection: Stop, Think and ACT

- Encourages participants to think about their choices.
- Helps them understand the importance of protecting themselves against HIV.
- Reinforces information about risky behavior.
- Provides them with a problem-solving strategy as a way to reduce their risk of HIV.

MODULE 5: Introduction to STDs

- Helps participants examine the signs and symptoms of the most common STIs.
- Illustrates how STDs can impact the lives of young people.

MODULE 6: Introduction to Condom Use

- Informs participants about correct use of condoms, as a way to prevent STIs.
- Helps participants examine myths about pregnancy.
- Illustrates how pregnancy can impact the lives of young people.

MODULE 7: Introduction to Contraception

- Informs participants about the various forms of birth control.
- Helps participants examine their attitudes about contraception.

MODULE 8: Developing Condom Use and Negotiation Skills

- Enhances participants ability to use condoms correctly.
- Explores positive aspects of condom use.
- Allows participants to practice condom negotiations skills.

MODULE 9: Enhancing Refusal and Negotiation Skills

- Provides an opportunity for participants to practice condom negotiation skills.
- Provides an opportunity for participants to practice communication and negotiation skills with a partner.

Planned Parenthood of the Pacific Southwest received a California Personal Responsibility Education Program (CA PREP) grant to provide evidence-based sexuality education to youth ages 12 to 18 (and parenting mothers up to age 19) in San Diego County. The main goal of CA PREP is to address health disparities and reduce rates of unintended pregnancies and sexually transmitted infections including HIV among high-need youth.

If you are interested in learning more about MPC or if you would like to schedule an intervention for your own youth-serving program, contact:

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