

Contents

Publisher's Note	What's New in the Revised Edition	vii
Preface	The Safer Choices Program	ix
Acknowledgments	Individuals Involved in the Original Project	xv
Introduction	How to Use This Curriculum	1
Prior to Class 1	Setting the Stage	13
	The teacher follows parent/guardian notification and permission procedures, has students nominate Peer Leaders , establishes classroom groundrules and sets up an anonymous question box. Students are given a brief overview of the upcoming classes.	
Class 1	Not Everybody's Having Sex!	35
	Students brainstorm reasons young people choose not to have or to have sex. They generate a list of possible influences on personal decisions and identify ways to show love and affection without having sex.	
Class 2	The SAFEST Choice: Deciding Not to Have Sex	53
	The concept of a "norm" and student perceptions of the number of students their age who have not had sex are discussed. Refusal skills are introduced and demonstrated through scripted roleplays. Discussion and roleplay practice help students distinguish between ineffective and effective statements and actions.	
Class 3	Saying NO to Having Sex	81
	Characteristics of clear NO statements are reviewed, and alternative actions and delay tactics are introduced and modeled. Students practice refusal skills in small groups using a half-scripted roleplay.	
Class 4	Understanding STD and HIV	101
	Students work in small groups to create posters about specific STDs, including HIV. They discuss commonalities among STDs, brainstorm reasons teens might not get tested, and identify ways to address these barriers. As homework, student volunteers call hotlines for answers to questions.	

Class 5	Examining the Risk of Unsafe Choices—Part 1 115
	A partner risk activity helps students examine how the number of sexual partners affects STD risk and evaluate the increased risk from having overlapping partners. They then analyze the STD risk level for a variety of partner scenarios.
Class 6	Examining the Risk of Unsafe Choices—Part 2 137
	An HIV risk activity personalizes students' vulnerability to HIV infection and helps identify behaviors that put them at risk. A worksheet examines the impact a pregnancy would have on their lives.
Class 7	Teens with HIV: A Reality 153
	A DVD presents personal experiences of young people infected with HIV. Discussion focuses on the physical, social and emotional impact of HIV infection on the characters' daily lives and future goals. HIV transmission is clarified, and students complete a worksheet to personalize their risk.
Class 8	Practicing the SAFEST Choice 163
	After a review of refusal skills, student groups write refusals for pressure lines. They practice ways to say NO and still maintain relationships, using a half-scripted roleplay. A worksheet personalizes the advantages of not having sex and the use of refusal skills.
Class 9	SAFER Choices: Using Protection—Part 1 183
	Methods of STD and/or pregnancy prevention commonly used by teens are presented and discussed. A small group activity helps students evaluate the level of protection offered by different methods. As homework, students research availability of protective products.
Class 10	SAFER Choices: Using Protection—Part 2 197
	After the teacher demonstrates the proper use of condoms, student pairs identify characteristics and practice using condoms. Barriers to getting and using protection and ways to overcome them are discussed. In roleplays, students practice responses to typical pressure lines to have unprotected sex.

Level 1

Contents

Class 11	Knowing What You Can Do	215
	Homework assignments are reviewed. Students complete a worksheet about what they would say or do if they were in a situation where they wanted to delay having sex or keep from having unprotected sex.	
Appendix A	More Information About HIV and AIDS	229
Appendix B	Effective and Ineffective Methods of Protection	239
Appendix C	How to Use Roleplays	257
Appendix D	Refusal Skills Overview	261
Appendix E	Condom Effectiveness: Questions and Answers	265
Appendix F	Supporting a Trauma-Informed Approach to Sexuality Education	271
Appendix G	Reproductive Anatomy and Physiology	275
Appendix H	Alternate Activity for Class 6	293
Appendix I	Safer Choices Supplementary Activity Kit Correlation	299
References	301