BDI Logic Model at-a-Glance

Safer Choices Intervention Activities **Designed to Change Determinants**

Determinants of Teen Sexual Behaviors Addressed in Safer Choices

Teen Behaviors Directly Safer Choices' Related to Safer Choices' **Health Goal Health Goal**

Why Young People Choose to Have or Not Have Sex (Level 1, Class 1, Activity 1)

- What Could Happen If? (Level 2, Class 1, Activity 2)
- Homework—What Do You Think? (Level 2, Class 7, Activity 5)
- Media Influences (Level 2, Class 9, Activity 1)
- Expressing Affection (Level 1, Class 1, Activity 3)
- Avoiding Unsafe Choices (Level 2, Class 5, Activity 2)
- Analyzing the Situation (Level 2, Class 5, Activity 3)
- My Personal Limits (Level 2, Class 5, Activity 4)
- Dealing with a Pregnancy (Level 1, Class 5B, Activity 4)
- Changing Pregnancy Risk (Level 2, Class 4, Activities 2 & 3)
- The Impact of a Pregnancy (Level 2, Class 5, Activity 4)
- Video—Young People with HIV (Level 1, Class 6, Activity 1)
- People with HIV (Level 2, Class 2, Activity 3)
- Talking with a Person with HIV (Level 2, Class 3, Activity 1)
- How Behaviors Affect HIV Risk (Level 1, Class 5B, Activity 3)

ATTITUDES about:

- having/not having sex
- personal limits
- getting pregnant
- impact of teen parenthood
- people with HIV/AIDS
- HIV/STDs. condoms
- unprotected sex and how to protect yourself

- Increased Abstinence (Safest Choice)
- Increased Use of Condoms (Safer Choice)
- Increased Use of Contraception (Safer Choice)
- **Decreased Number of Sexual** Partners (Safer Choice)

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14-18)

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BDI Logic Model at-a-Glance (continued)

Safer Choices Intervention Activities Designed to Change Determinants

- Determinants of Teen Sexual Behaviors Addressed in Safer Choices
- Teen Behaviors Directly Related to *Safer Choices'* Health Goal

Safer Choices' Health Goal

- Personalizing the Impact (Level 1, Class 6, Activity 2)
- Accessing Resources (Level 2, Class 8, Activity 2)
- Barriers to Using Protection (Level 1, Class 9, Activity 3)
- Researching Methods of Protection (Level 1, Class 8, Activity 3)
- Closure—What Can You Do? (Level 1, Class 10, Activity 3)
- Making a Commitment (Level 2, Class 10, Activity 3)
- Peer and Parent Education Components
- COMMUNICATION with parents/adults about:
- attitudes toward having sex or not
- resources for information
- what makes it difficult to talk about sex.
- Increased Abstinence (Safest Choice)
- Increased Use of Condoms (Safer Choice)
- Increased Use of Contraception (Safer Choice)
- Decreased Number of Sexual Partners (Safer Choice)

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14–18)

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- Homework—Then and Now (Level 1, Class 1, Activity 4)
- Homework—Talk About It! (Level 2, Class 1, Activity 3)
- Homework—What Do You Think? (Level 1, Class 7, Activity 5; Level 2, Class 8, Activity 4)
- Homework Review—What Do You Think? (Level 1, Class 10, Activity 2)
- Parent Education Component— Homework and Parent Newsletters

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Safer Choices Intervention Activities **Designed to Change Determinants**

Determinants of Teen Sexual Behaviors Addressed in Safer Choices

Teen Behaviors Directly Related to Safer Choices' **Health Goal**

Safer Choices' **Health Goal**

- Closure-What Can You Do? (Level 1, Class 10, Activity 3)
- Making a Commitment (Level 2, Class 10, Activity 3)
- Avoiding Unsafe Choices (Level 2, Class 5, Activity 2)
- My Personal Limits (Level 2, Class 5, Activity 4)

- INTENTIONS to:
- make safer choices
- commit to plan to stick to personal limits
- Increased Abstinence (Safest Choice)
- Increased Use of Condoms (Safer Choice)
- Increased Use of Contraception (Safer Choice)
- Decreased Number of Sexual Partners (Safer Choice)

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14-18)

- Correcting Misperceptions of the Norm (Level 1, Class 2, Activity 1)
- STD Posters (Level 1, Class 4, Activity 1)
- How Number of Partners Affects STD Risk (Level 1, Class 5A, Activity 1)
- Rate the STD Risk (Level 1, Class 5A, Activity 2)
- Video—Young People with HIV (Level 1, Class 6, Activity 1)
- Methods of Protection (Level 1, Class 8, Activity 1)
- Clarifying UNSAFE, SAFER, and SAFFST Methods (Level 1, Class 8, Activity 2)
- Homework Review—Researching Methods of Protection (Level 1, Class 10, Activity 1)
- Safer Choices Challenge Game (Level 2, Class 2, Activity 1)
- Reintroducing Safer Choices (Level 2, Class 1, Activity 1)
- HIV, STD, and Pregnancy Testing (Level 2, Class 8, Activity 1)
- School/Community Linkages Component

KNOWLEDGE about:

- rates of sexual activity among ninth graders
- STD transmission, prevention, symptoms, testing, treatment, consequences of not treating
- increased STD risk posed by having multiple partners
- HIV/AIDS transmission and prevalence
- protection methods and safety
- pregnancy and HIV rates
- tests and procedures (HIV, pregnancy, STDs)

- Increased Abstinence (Safest Choice)
- Increased Use of Condoms (Safer Choice)
- Increased Use of Contraception (Safer Choice)
- Decreased Number of Sexual **Partners** (Safer Choice)

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14-18)

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BDI Logic Model at-a-Glance (continued)

Safer Choices Intervention Activities Designed to Change Determinants

Determinants of Teen Sexual Behaviors Addressed in Safer Choices

Teen Behaviors Directly Related to Safer Choices' Health Goal

Safer Choices' Health Goal

- How Behaviors Affect HIV Risk (Level 1, Class 5B, Activity 3)
- Video—Young People with HIV (Level 1, Class 6, Activity 1)
- How Number of Partners Affects STD Risk (Level 1, Class 5A, Activity 1)
- What Could Happen If...? (Level 2, Class 1, Activity 1)
- Pregnancy Risk Activity (Level 2, Class 4, Activities 2 & 3)

PERCEPTION OF RISK of:

- HIV/AIDS transmission
- positive/negative consequences of different sexuall choices
- pregnancy

- Increased Abstinence (Safest Choice)
- Increased Use of Condoms (Safer Choice)
- Increased Use of Contraception (Safer Choice)
- Decreased Number of Sexual Partners (Safer Choice)

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14–18)

- Effective NO Statements (Level 1, Class 2, Activity 2)
- Student Skill Practice (Level 1, Class 2, Activity 5)
- More Ways to Say NO (Level 1, Class 3, Activity 2)
- Refusal Roleplays ((Level 1, Class 3, Activity 3)
- Refusal Skills Review (Level 1, Class 7, Activity 1)
- Responding to Lines (Level 1, Class 7, Activity 2)
- Refusal Skills Roleplays (Level 1, Class 7, Activity 3)
- Review of Refusal Skills (Level 2, Class 6, Activity 1)
- Wishing and Hoping (Level 2, Class 6, Activity 2)
- Student Skill Practice (Level 2, Class 6, Activity 3)

SKILLS/SELF-EFFICACY to:

- refuse sex
- access information and health resources
- set personal limits
- use condoms properly

- Increased Abstinence (Safest Choice)
- Increased Use of Condoms (Safer Choice)
- Increased Use of Contraception (Safer Choice)
- Decreased Number of Sexual Partners (Safer Choice)

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14–18)

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BDI Logic Model at-a-Glance ((continued)
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Safer Choices Intervention Activities Designed to Change Determinants	Determinants of Teen Sexual Behaviors Addressed in Safer Choices	Teen Behaviors Directly Related to Safer Choices' Health Goal	Safer Choices' Health Goal
Real Situations: Unscripted Roleplays (Level 2, Class 6, Activity 4)			
 Barriers to Using Protection (Level 1, Class 9, Activity 3) 			
 Condom Negotiation Roleplays (Level 1, Class 9, Activity 4) 			
 Homework—Researching Methods of Protection (Level 1, Class 8, Activity 3) 			
 Homework—Visit or Call a Clinic (Level 2, Class 2, Activity 2) 			
 Analyzing the Situation (Level 2, Class 5, Activity 3) 			
My Personal Limits (Level 2, Class 5, Activity 4)			
 Condom Demonstration (Level 1, Class 9, Activity 1; Level 2, Class 7, Activity 2) 			
 Practicing Proper Use of Condoms (Level 1, Class 9, Activity 2; Level 2, Class 7, Activity 3) 			
 Challenges and Solutions for Condom Use (Level 2, Class 7, Activity 4) 			
Peer Resources Component—Peer Leaders model skills in roleplays			

Safer Choices Intervention Activities **Designed to Change Determinants**

Why Young People Choose to Have or Not Have Sex

Influences on Decisions (Level 1, Class 1, Activity 2)

(Level 1, Class 1, Activity 1)

- Correcting Misperceptions of the Norm (Level 1, Class 2, Activity 1)
- What Could Happen If...? (Level 2, Class 1, Activity 2)
- Making a Commitment (Level 2, Class 10, Activity 3)
- More Ways to Say NO (Level 1, Class 3, Activity 2)
- Refusal Roleplays (Level 1, Class 3, Activity 3)
- Responding to Lines (Level 1, Class 7, Activity 2)
- Refusal Skills Roleplays (Level 1, Class 7, Activity 3)
- Wishing and Hoping (Level 2, Class 6, Activity 2)
- Student Skill Practice (Level 2, Class 6, Activity 3)
- Real Situations: Unscripted Roleplays (Level 2, Class 6, Activity 4)
- My Personal Limits (Level 2, Class 5, Activity 4)
- Media Influences (Level 2, Class 9, Activity 1)
- **Developing Positive Media Messages** (Level 2, Class 9, Activity 2)
- Parent Education Component
- School/Community Linkages Component
- Participation in School Health Promotion Council

Determinants of Teen Sexual Behaviors Addressed in Safer Choices

SOCIAL NORMS about:

- reasons for having/not having
- refusing sex
- personal limits
- messages regarding sex

Teen Behaviors Directly Related to Safer Choices' **Health Goal**

Safer Choices' **Health Goal**

Increased Abstinence (Safest Choice)

(Safer Choice)

- Increased Use of Condoms (Safer Choice)
- Decreased Number of Sexual **Partners** (Safer Choice)

Increased Use of Contraception

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14-18)

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BDI Logic Model at-a-Glance (continued)

Safer Choices Intervention Activities Designed to Change Determinants

- Avoiding Unsafe Choices (Level 2, Class 5, Activity 2)
- Analyzing the Situation (Level 1, Class 5, Activity 3)
- My Personal Limits (Level 2, Class 5, Activity 3)
- Homework—Then and Now (Level 1, Class 1, Activity 4)
- Homework—What Do You Think? (Level 1, Class 7, Activity 5; Level 2, Class 8, Activity 4)
- Media Influences (Level 2, Class 9, Activity 1)

Determinants of Teen Sexual Behaviors Addressed in Safer Choices

VALUES about:

- personal limits
- having/not having sex
- societal values/messages regarding sex

Teen Behaviors Directly Related to *Safer Choices*' Health Goal

 Increased Abstinence (Safest Choice)

(Safer Choice)

- Increased Use of Condoms (Safer Choice)
- Decreased Number of Sexual Partners (Safer Choice)

Increased Use of Contraception

Safer Choices' Health Goal

Reduce teen pregnancy, HIV, and STDs among highschool-age adolescents (ages 14–18)

Comprehensive BDI Logic Model

	fer Choices Intervention Activities signed to Change Determinants	Pages	B	eterminants of Teen Sexual ehaviors Addressed in afer Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> — Health Goal	Safer Choices' Health Goal
				ATTITUDES		
•	1.1.1: Why Young People Choose to Have or Not Have Sex—Group discussions and worksheets regarding reasons to delay sex.	L1, 36–39	1.	Attitudes about having/not having sex	 Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) 	Reduce teen pregnancy, HIV, and STDs among high- school-age
•	2.1.2: What Could Happen If?—Small groups analyze sample situations, followed by discussion about positive and negative consequences of having/not having sex and having sex with or without protection.	L2, 36–37			 Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice) 	adolescents (ages 14–18)
•	2.7.5: Homework—What Do You Think?—Discussion with parents/guardians about when it's OK to have sex, what to think about before deciding, and beliefs about condoms/contraception.	L2, 186–187				
•	2.9.1: Media Influences—Activity in which students identify ways the media influences attitudes and norms about sex and unprotected sex (e.g., sex used to sell things; few consequences shown for unprotected sex).	L2, 206–208				
•	Throughout activities, Peer Leaders play a key role in reinforcing attitudes about not having sex.	L1, L2				

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Comprehensive BDI Logic Model (continued)

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> □ Health Goal	Safer
 1.1.3: Expressing Affection—Activity in which students list two ways to show love and affection without having sex. 2.5.2: Avoiding Unsafe Choices—Discussion of personal limits in terms of relationships and sex; students are encouraged to know limits ahead of time, watch for situations that challenge their limits, and have plan to stick with limits and deal with challenges. 2.5.3: Analyzing the Situation—Activity in which students share their responses with class about unsafe choices, think about personal limits regarding relationships and sex and review ways to commit to a personal relationship limit. 	L1, 42 L2, 110–113	2. Attitudes about personal limits	 Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice) 	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
 1.5B.4: Dealing with a Pregnancy— Worksheet helps students imagine how their lives would change if they were pregnant/got someone pregnant. 2.4.2 & 2.4.3: Pregnancy Risk Activity— Game in which students roll a die and choose strips from a bag to illustrate the risk of pregnancy. 2.4.4: The Impact of a Pregnancy—What I 	L1, 159–60 L2, 93–98	Attitudes about getting pregnant; impact of teen parenthood		
Did Last Saturday worksheet helps students think about how their lives would be different with a baby.	99–100			

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Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> <i>Choices</i>	Teen Behaviors Directly Related to <i>Safer Choices</i> Health Goal	Safer Choices' Health Goal
 1.6.1: Video—"Young People with HIV"— After viewing a video that features young people who have HIV, students discuss their thoughts and feelings. 	L1, 168–71	 Attitudes toward people with HIV/AIDS 	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high- school-age
 2.2.3: People with HIV—Worksheet helps students examine their thoughts and feelings about people with HIV. 	L2, 64		3. Increased Use of Contraception (Safer Choice)	adolescents (ages 14–18)
2.3.1: Talking with a Person with HIV— Guest speaker and debrief.	L2, 84–85		Decreased Number of Sexual Partners (Safer Choice)	
1.5B.3 How Behaviors Affect HIV Risk— Activity in which students exchange cards to demonstrate risk of HIV transmission	L1, 155–58	5. Attitudes about HIV/STDs		
1.6.2: Personalizing the Impact—Students complete How an STD or HIV Would Change My Life worksheet.	L1, 172–73			
 2.8.2: Accessing Resources—Activity in which students brainstorm resources and information on health services for HIV, STDs, pregnancy. 	L2, 181–182			
 1.9.3: Barriers to Using Protection— Activity in which students brainstorm barriers, share pressure lines about not using condoms, and practice responding to these pressure lines. 	L1, 227–28	6. Attitudes about condoms		
1.8.3: Homework—Researching Methods of Protection—Homework assignment has students go to a drug store to gather information about protective products, such as condoms and spermicides.	L1, 213–214	7. Attitudes about unprotected sex and how to protect yourself		
1.10.3: Closure—What Can You Do— Students complete a worksheet on what they would do to make SAFER choices in sample situations.	L1, 246–48			

	Pages	Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly Related to <i>Safer Choic</i> es' □ Health Goal	, Safer √ Choices' Health Goal
 2.10.3: Making a Commitment—Students make choices about protecting themselves against HIV, STDs, and pregnancy and see/discuss peer choices. 	L2, 223–227	7. Attitudes about unprotected sex and how to protect yourself (continued)		
	COI	MMUNICATION WITH PARENT/ADUI	LT	
 1.1.4: Homework—Then and Now— Discussion with parents about dating, pressures to have sex and reasons teens choose not to have sex. 	L1, 43–44	Communication about parent's/adult's attitudes and values about having sex or not	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high- school-age
 1.7.5 & 2.8.4: Homework—What Do You Think?—Discussion with parents about when it's OK for a person to have sex, things people should think about before deciding, and beliefs about condoms/ contraception. 	L1, 187–88 L2, 186–187		Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice)	adolescents (ages 14–18)
 1.10.2: Homework Review—What Do You Think?—Students brainstorm potential adult resources. 	L1, 244–45	Communication about parents/adults as resources for information		
2.1.3: Homework—Talk About It!— Students interview parents about reasons talking about sex can be difficult.	L2, 38–39	Communication about what makes it difficult to talk about sex		
		INTENTIONS		
 1.10.3: Closure—What You Can Do— Students review and apply reasons for no having sex, refusal skills and making a plan for future behaviors. 	L1, 246–48	Intentions to make safer choices	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high-
2.10.3: Making a Commitment—Students make choices about protecting themselves against HIV, STDs, and pregnancy and see/discuss peer choices.	L2, 223–227		Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice)	school-age adolescents (ages 14–18)

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly → Related to <i>Safer Choices'</i> Health Goal	Safer Choices' Health Goal
 2.5.2: Avoiding UNSAFE Choices— Students brainstorm list of personal limits; review steps (know limits, watch for situations, have plan to stick to limits); discuss challenges; and brainstorm ways to commit to personal relationship limits. 2.5.4: My Personal Limits—Worksheet helps students define their own personal limits and plan how to deal with challenges. 	L2, 110–113 L2, 115	Intentions to commit to plan to stick to personal limits	 Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice) 	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
		KNOWLEDGE		
1.2.1: Correcting Misperceptions of the Norm—Activity in which students estimate percentage of ninth-graders not having sex; Is Everybody Having Sex? transparency reveals actual norms, and students discuss reasons for misperceptions.	L1, 56–58	Knowledge about rates of sexual activity among ninth-graders	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
1.4.1: STD Posters—Activity in which students review fact sheets and make posters on different STDs, then discuss transmission, symptoms, prevention, treatment for each STD.	L1, 106–110	Knowledge about STD transmission, prevention, symptoms, testing, treatment, consequences of not treating	4. Decreased Number of Sexual Partners (Safer Choice)	
1.5A.1: How Number of Partners Affects STD Risk—Signature Sheet worksheet and How STD Spreads transparencies demonstrate how having multiple, concurrent partners increases STD risk and reinforce that the SAFEST choice is not to have sex.	L1, 128–134			
1.5A.2: Rate the STD Risk—Small groups discuss and evaluate risks of different partner scenarios.	L1, 135–138			(continued)

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> Health Goal	Safer √ Choices' Health Goal
1.6.1: Video—"Young People with HIV"— After a mini-lecture on HIV/AIDS statistics, students watch a video featuring young people with HIV and discuss their impressions; activity ends with a review of HIV/AIDS facts.	L1, 168–171	Knowledge about HIV/AIDS transmission, prevalence	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents
1.8.1: Methods of Protection—Brainstorm and lecture on different birth control methods, their effectiveness and safety.	L1, 208–210	4. Knowledge about protection methods and safety 4. Knowledge about protection (Safer Choice) 4. Decreased Number of Sexual Partners	(ages 14–18)	
1.8.2: Clarifying UNSAFE, SAFER, and SAFEST Methods—Activity in which small groups sort cards denoting whether method offers no protection, protection against pregnancy only, or protection against pregnancy and HIV/STDs.	L1, 211–212		(Safer Choice)	
2.2.1: Safer Choices Challenge Game— Students play a team game to review information from Level 1 of Safer Choices, including information on HIV/AIDS, other STDs, protection and ways to say no.	L2, 58–60			
1.10.1: Homework Review—Researching Methods of Protection—Peer Leaders create chart listing recommended stores for obtaining protection, based on Researching Methods of Protection Summary.	L1, 242–243			
2.1.1: Reintroducing Safer Choices— Review of factual information on pregnancy and HIV and safer choices	L2, 34–35	Knowledge about pregnancy and HIV rates		
2.8.1: HIV, STD and Pregnancy Testing— Students review testing fact sheets for HIV, pregnancy, STDs, then complete Information About Testing worksheet and discuss.	L2, 178–180	Knowledge about different types of tests and procedures (HIV, pregnancy, STDs)		

Comprehensive BDI Logic Model (continued)

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> Health Goal	Safer Choices' Health Goal
		PERCEPTION OF RISK		
 1.5B.3 How Behaviors Affect HIV Risk— Activity in which students exchange cards to demonstrate risk of HIV transmission. 1.6.1: Video—"Young People with HIV"— After a mini-lecture on HIV/AIDS statistics, students watch a video featuring young people with HIV and discuss their impressions; activity ends with a review of HIV/AIDS facts. 	L1, 155–58 L1, 168–171	Perception of risk of HIV/AIDS transmission	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
1.5A.1: How Number of Partners Affects STD Risk—Signature Sheet worksheet and How STD Spreads transparencies demonstrate how having multiple, concurrent partners increases STD risk and reinforce that the SAFEST choice is not to have sex.	L1, 128–134	Perception of risk of positive/negative consequences of different sexual choices	(Safer Choice)	
2.1.2: What Could Happen If?— Students work in groups with Peer Leaders to explore positive/negative consequences of telling a partner they're not ready for sex, having sex before ready, refusing sex without protection, or having sex without protection; emphasis is on positive consequences of making safer/safest choices.	L2, 36–37			
2.4.2 & 2.4.3: Pregnancy Risk Activity— Game in which students choose a numbers from 1 to 6 and stand when Peer Leader rolls die with that number (to signify that they've had unprotected sex and gotten pregnant). Each roll of the die represents one month; after 6–8 months, most students are standing. Round 2 repeats numbers game with Changing Pregnancy Risk strips that illustrate results of using protection and includes a debrief about choices and risks.	L2, 93–98	3. Perception of risk of pregnancy		

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Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	, Teen Behaviors Directly → Related to <i>Safer Choices'</i> □ Health Goal	Safer Choices' Health Goal
		SKILLS & SELF-EFFICACY		
1.2.2: Effective NO Statements— Instructor models four characteristics of a clear NO; roleplays with peer Leaders (Your Friend's Ex-Partner and Trying to Slow Down) demonstrate ineffective and effective refusals; students complete an Observer Checklist and debrief.	L1, 59–62	 1. Refusal skills: NO statements Alternative actions Delay tactics Condom negotiation 	 Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) 	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
1.2.3: Student Skill Practice—Students think about how to respond and work in pairs on a roleplay (Two Hours Alone) to respond to pressure lines with NO statements.	L1, 63–65		Decreased Number of Sexual Partners (Safer Choice)	
1.3.2: More Ways to Say NO—Students identify concerns about telling partners they're not ready for sex; instructor introduces Alternative Actions and Delay Tactics and demonstrates; Peer Leaders demonstrate techniques in a roleplay (The Answer is No) while students identify examples of refusal techniques used.	L1, 85–88			
1.3.3: Refusal Roleplays—Students complete responses to pressure lines for a roleplay (At A Party); small groups led by Peer Leaders read pressure lines and refusals, and complete Observer Checklists.	L1, 89–90			
 1.7.1: Refusal Skills Review—Review of clear NO statements, alternative actions and delay tactics. 	L1, 180			
1.7.2: Responding to Lines—Students give examples of lines used by friends to persuade them to do something, then divide into groups with Peer Leaders and practice using three refusal skills to respond to lines.	L1, 181–82			

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in Safer Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> □ Health Goal	Safer
1.7.3: Refusal Skills Roleplays—Students work in small groups with Peer Leaders to complete Ready or Not? roleplay scripts and discuss.	L1, 183–84	Refusal skills: (continued)	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high-
2.6.1: Review of Refusal Skills—Review of clear NO statements, alternative actions and delay tactics.	L2, 130–131		Increased Use of Contraception (Safer Choice)	school-age adolescents (ages 14–18)
2.6.2: Wishing and Hoping—Peer Leaders demonstrate refusal skills in a roleplay; students identify clear "no" messages, alternative actions, and delay tactics.	L2, 132		Decreased Number of Sexual Partners (Safer Choice)	
2.6.3: Student Skill Practice—Students complete a roleplay (Speechless No More or Should I Say Anything) and label responses as clear NO, alternative action or, delay tactics; in groups with Peer Leaders, students read pressure lines and respond with their own written refusals.	L2, 133–136			
2.6.4: Real Situations: Unscripted Roleplays—Peer Leaders create situations and students write unscripted roleplays using all three types of refusals (clear NO, alternative action, delay tactic) and complete the Real Situations worksheet. Groups present their roleplays in the following class.	L2, 137– 138; 160			
1.9.3: Barriers to Using Protection— Students brainstorm barriers to using protection, then share pressure lines about not using condoms and practice responding to these lines.	L1, 227–228			
1.9.4: Condom Negotiation Roleplays—In small groups with Peer Leaders, students complete a half-scripted roleplay (Time for a Condom), then practice skills/self efficacy to refuse sex without a condom.	L1, 229–230			

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in Safer Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> Health Goal	Safer √ Choices' Health Goal
 1.8.3: Homework—Researching Methods of Protection—Homework assignment in which students go to a store to research protective products (condoms, spermicides, foam) and record prices and features. 2.2.2: Homework—Visit or Call a Clinic—Homework assignment in which students brainstorm questions to ask and then visit or call a clinic. 	L1, 213–214 L2, 61–63	Skill/self-efficacy to access information and health resources	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
Community Resource Guide— Implementation Manual describes how to create a guide to local resources as part of the School-Community Linkages Component.	IM, 185			
2.5.3: Analyzing the Situation—Activity in which students work in small groups to identify challenges to personal limits by completing a worksheet.	L2, 114	3. Setting personal limits		
2.5.4: My Personal Limits—Activity in which students think about personal limits related to relationships and sex and complete a worksheet to identify a personal limit and plan ways to stick to this limit in challenging situations.	L2, 115			
1.9.1 & 2.7.2: Condom Demonstration— Mini-lecture on condom facts and demonstration by instructor, using penis model or fingers.	L1, 222–224 L2, 161–163	4. Proper use of condoms		
1.9.2 & 2.7.3: Practicing Proper Use of Condoms—Students practice condom use using fingers, followed by a discussion about comfort level.	L1, 225–226 L2, 164–165			

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> Health Goal	Safer
2.7.4: Challenges and Solutions for Condom Use—Activity in which students divide into same-gender groups, with Peer Leaders in each group, and identify barriers to using condoms; they complete the Condom Challenges and Solutions worksheet and then share their ideas with the class.	L2, 166–167	4. Proper use of condoms (continued)		
		SOCIAL NORMS		
 1.1.1: Why Young People Choose to Have or Not Have Sex—Activity in which same-gender groups brainstorm and complete worksheets on reasons young men and young women choose to have or not have sex, discuss gender differences, and then review common reasons for delaying sex. 1.1.2: Influences on Decisions—Large-group discussion about factors other than gender that influence decisions to have sex; emphasis is on having a choice and the safest choice is to abstain. 	L1, 36–39 L1, 40–41	Social norms about reasons for having/not having sex	 Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice) 	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
1.2.1: Correcting Misperceptions of the Norm—Large-group discussion about norms, including estimates of how many ninth-graders have sex followed by actual percentages; group discusses reasons for misperceptions.	L1, 56–58			
2.1.2: What Could Happen If?—Activity in which small groups with Peer Leaders explore positive and negative consequences of communicating with a partner about having or not having sex, with an emphasis on the positive consequences of safer/safest choices.	L2, 36–37			

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in Safer Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> Health Goal	Safer
2.10.3: Making a Commitment—Activity in which students make choices about protecting themselves against HIV, STD, and pregnancy and see/discuss peer choices. Parent Education Component— Implementation Manual describes parent education activities that help shape social norms, including homework, guest speakers, parent newsletters and participation in the School Health Promotion Council.	L2, 223–227 IM, 161–182	Social norms about reasons for having/not having sex (continued)	 Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice) 	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
School Organization and School- Community Linkages Component— Implementation Manual describes use of a Community Resource Guide, HIV- positive speakers, and other activities.	IM, 183–188			
1.3.2: More Ways to Say NO—Students identify concerns about telling partners they're not ready for sex; instructor introduces Alternative Actions and Delay Tactics and demonstrates; Peer Leaders demonstrate techniques in a roleplay (The Answer is No) while students identify examples of refusal techniques used.	L1, 85–88	2. Social norms about refusing sex		
1.3.3: Refusal Roleplays—Students complete responses to pressure lines for a roleplay (At a Party); small groups led by Peer Leaders read pressure lines and refusal, and complete Observer Checklists.	L1, 89–90			
1.7.2: Responding to Lines—Students give examples of lines used by friends to persuade them to do something, then divide into groups with Peer Leaders and practice using three refusal skills to respond to lines.	L1, 181–82			

Comprehensive BDI Logic Model (continued)

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> Health Goal	Safer
 1.7.3: Refusal Skills Roleplays—Students work in small groups with Peer Leaders to complete Ready or Not? roleplay scripts and discuss. 2.6.2: Wishing and Hoping—Peer Leaders demonstrate refusal skills in a roleplay; students identify clear "no" messages, 	L1, 183–84 L2, 132	Social norms about refusing sex (continued)	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
 alternative actions, and delay tactics. 2.6.3: Student Skill Practice—Students complete a roleplay (Speechless No More or Should I Say Anything?) and label responses as clear NO, alternative action or, delay tactics; in groups with Peer Leaders, students read pressure lines and respond with their own written refusals. 	L2, 133–136		4. Decreased Number of Sexual Partners (Safer Choice)	
2.6.4: Real Situations: Unscripted Roleplays—Peer Leaders create situations and students write unscripted roleplays using all three types of refusals (clear NO, alternative action, delay tactic) and complete the Real Situations worksheet. Groups present their roleplays in the following class.	L2, 137– 138; 160			
2.5.4: My Personal Limits—Activity in which students think about personal limits related to relationships and sex and complete a worksheet to identify a personal limit and plan ways to stick to this limit in challenging situations.	L2, 115	3. Social norms about personal limits		

(continued)

	s Intervention Activities Change Determinants	Pages	Determinants of Teen Sexual Sehaviors Addressed in Safer Choices	Teen Behaviors Directly Related to <i>Safer Choic</i> es' □ Health Goal	Safer √ Choices' Health Goal
students ide influences a and unprote sell things; f unprotected messages a messages a show conse 2.9.2: Deve Messages— develop and campaigns	a Influences—Activity in which entify ways the media attitudes and norms about sex ected sex (e.g., sex used to few consequences shown for a sex); they identify specific and discuss whether these are positive/negative, realistic, equences, etc. Iloping Positive Media—Activity in which students a present their own media promoting responsible sexual sing a worksheet (Our Media	L2, 206–208 L2, 209–211	Social norms about messages regarding sex	 Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice) 	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
			VALUES		
Students branched review steps challenging to limits), dis	ding UNSAFE Choices— ainstorm list of personal limits, s (know limits, watch for situations, have plan to stick scuss challenges, and ways to commit to personal limits.	L2, 110–113	Values about personal limits	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
which stude class about personal lim sex and rev	rzing the Situation—Activity in ents share their responses with unsafe choices, think about nits regarding relationships and iew ways to commit to a lationship limit.	L2, 114		Decreased Number of Sexual Partners (Safer Choice)	
which stude related to re complete a personal lim	ersonal Limits—Activity in ents think about personal limits elationships and sex and worksheet to identify a nit and plan ways to stick to challenging situations.	L2, 115			(continued)

Safer Choices Intervention Activities Designed to Change Determinants	Pages	Determinants of Teen Sexual Behaviors Addressed in <i>Safer</i> Choices	Teen Behaviors Directly Related to <i>Safer Choices'</i> □ Health Goal	Safer Choices' Health Goal
 1.1.4: Homework—Then and Now—Discussion with parents about dating, pressures to have sex and reasons teens choose not to have sex. 1.7.5 & 2.8.4: Homework—What Do You Think?—Discussion with parents about when it's OK for a person to have sex, things people should think about before deciding, and beliefs about condoms/contraception. 	L1, 43–44 L1, 187–188 L2, 186–187	Values about having/not having sex	Increased Abstinence (Safest Choice) Increased Use of Condoms (Safer Choice) Increased Use of Contraception (Safer Choice) Decreased Number of Sexual Partners (Safer Choice)	Reduce teen pregnancy, HIV, and STDs among high- school-age adolescents (ages 14–18)
2.9.1: Media Influences—Activity in which students identify ways the media influences attitudes and norms about sex and unprotected sex (e.g., sex used to sell things; few consequences shown for unprotected sex); they identify specific messages and discuss whether these messages are positive/negative, realistic, show consequences, etc.	L2, 206–208	Values about societal values/messages regarding sex		