



Table of Contents

Table of Contents.....	iv
Acknowledgments.....	vi
Credits.....	viii
About the Developers and Researchers.....	ix
Disclaimers.....	xi
Welcome to ¡Cuídate!.....	xiii

Module 1: Introduction and Overview 1.1

Activity A • Conocimiento (Getting to Know You)	1.3
Activity B • Talking Circle.....	1.6
Activity C • Creating Group Rules.....	1.8
Activity D • ¡Cuídate! Logo	1.12
Activity E • Discussing Pregnancy	1.14
Activity F • Discussing STDs and HIV	1.24

Module 2: Building Knowledge About Pregnancy, STDs and HIV 2.1

Activity A • What it Means to be Latino/Latina -- Overview.....	2.3
Activity B • Cultural Values	2.5
Activity C • What Latinos Think About Unplanned Pregnancy, STDs, HIV and Safer Sex.....	2.12
Activity D • View DVD, ¡Cuídate!	2.16
Activity E • Myths and Facts Game.....	2.22

Module 3: Understanding Vulnerability to Pregnancy, STDs and HIV Infection 3.1

Activity A • Acknowledging the Risk of Unplanned Pregnancy, STDs and Safer Sex	3.3
Activity B • View DVD, <i>Demasiado Joven</i>	3.7
Activity C • A Romance	3.9
Activity D • Latino Cultural Attitudes and Safer Sex.....	3.13
Activity E • La Lotería	3.19



Module 4: Attitudes and Beliefs About Pregnancy, STDs, HIV and Safer Sex..... 4.1

- Activity A** • ¿Quién Es Más Macho? ¿Quién Es Más Mujer?4.3
- Activity B** • Music and Discussion4.12
- Activity C** • Adolescent Vulnerability to Unplanned Pregnancy, STDs and HIV 4.19
- Activity D** • La Zona Peligrosa(The Danger Zone)4.22

Module 5: Building Condom-Use Skills 5.1

- Activity A** • Discussing Condoms..... 5.3
- Activity B** • Condom-Use Skills.....5.5
- Activity C** • Overcoming Barriers to Condom Use5.10
- Activity D** • What Gets in the Way of Caring Behavior5.16
- Activity E** • Condom Line-up5.19

Module 6: Building Negotiation and Refusal Skills..... 6.1

- Activity A** • No Hay Razón (There Is No Reason)6.3
- Activity B** • Using the S.T.O.P. Technique and *Sofia and Miguel* DVD and Discussion.....6.8
- Activity C** • S.T.O.P. Technique and Role-plays6.16
- Activity D** • Safer Sex Jeopardy Game6.36
- Activity E** • Talking Circle.....6.41

Appendix A: Optional Activities A.1

- Understanding Reproductive Anatomy A.1
- The Subject Is: HIV* DVD and Discussion A.10
- Choosing Music..... A.12

Appendix B: Background Supplemental Information .. B.1

Appendix C: Tips for Effectively Managing Groups C.1

Appendix D: FAQ and Glossary D.1