

Making Proud Choices!



AUTHORS:

Loretta Sweet Jemmott Ph.D., R.N., F.A.A.N., John Jemmott III, Ph.D. and Konstance McCaffree, Ph.D.

OVERVIEW OF THE CURRICULUM

To reduce risk for STD/HIV and pregnancy risk related behaviors, young adolescents need not only knowledge and perception of personal vulnerability, but also positive attitudes towards condom use, skills and confidence in their ability to use condoms. The Making Proud Choices! curriculum is designed to meet those needs.

Making Proud Choices!: A Safer Sex Approach to STDs, Teen Pregnancy, and HIV Prevention Curriculum 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 authors' extensive experience working with youth. Making Proud Choices! is an adaptation and extension of the original Be Proud! Be Responsible! curriculum in that it integrates teen pregnancy prevention along with HIV/STD prevention.

GOAL OF THE CURRICULUM

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. Specifically, this curriculum emphasizes that adolescents can reduce their risk for STDs, HIV and pregnancy by using a condom, if they choose to have sex.

CURRICULUM OBJECTIVES

At the completion of The Making Proud Choices! Curriculum, adolescents will:

- Increase their knowledge of HIV, STDs and pregnancy prevention
- Believe in the value of safer sex, including abstinence
- Improve their ability to negotiate abstinence/safer-sex practices
- Increase their ability to use condoms correctly
- Have stronger intentions to use condoms if they have sex
- Have a lower incidence of HIV/STD sexual risk-taking behavior
- Take pride in choosing responsible sexual behaviors

IMPLEMENTATION OF THE CURRICULUM

The Making Proud Choices! Curriculum was designed to be used with small groups ranging from 6-12 participants, but it can be implemented with larger number of youths. The curriculum can be implemented in various community settings, including schools or youth-serving agencies.

LENGTH

The curriculum has eight hours of content divided into eight 1 hour modules. It can be implemented in eight sessions of sixty minutes each or in four 2 hours modules. In community settings, it can be implemented in a two day format (4 modules each day), four day format (2 modules each day) or an eight day format (1 module each day).

EDUCATOR TRAINING

The two-day educator training is designed to provide juvenile justice educators with the knowledge and skills to implement the *Making Proud Choices!* curriculum effectively and with a high degree of fidelity. The training adheres to core training principles for school curricula. In specific, the training includes: group building activities to create cohesion among participants; a curriculum overview and introduction with an emphasis on the theory and research that support the effectiveness of the curriculum; modeling, practice and reflection of key lessons and teaching strategies; and an exploration of participant attitudes and beliefs around the curriculum content.

As a result of this training, training participants will:

1. Identify the objectives, content, activities and unique features of the Making Proud Choices! curriculum;
2. Identify the teaching methodologies used in the Making Proud Choices! curriculum;
3. Identify the theoretical underpinnings of the Making Proud Choices! curriculum, and how they are applied in program activities;
4. Identify the research results from the Making Proud Choices! impact studies;
5. Describe basic information relating to HIV, STDs, pregnancy prevention and adolescent development;
6. Demonstrate select activities from the Making Proud Choices! curriculum, including condom use, problem solving, abstinence and negotiation skills;
7. Identify their own values and the impact of those value on their ability to effectively teach about adolescent sexuality;
8. Describe guidelines for answering sensitive questions regarding sexuality, HIV, sexually transmitted diseases (STDs) and pregnancy prevention;
9. Identify potential barriers to implementing the Making Proud Choices! curriculum and describe strategies for overcoming these barriers.