

***All4You!* Table of Contents**

Pre-Lesson: Preparing for All4You!

The *All4You!* educator visits each class about 1 to 2 weeks before beginning the program to nominate peer leaders, introduce the program and distribute field trip permission forms.

Lesson 1: It's All4You!

Students participate in the *All4You!* Challenge, a game designed to review and present important information about HIV, other STD and unintended pregnancy.

Lesson 2: Sexually Transmitted Diseases

Students watch a video about common STDs, then participate in an activity to personalize their vulnerability to STD. They also receive basic information on testing for HIV, other STD and pregnancy.

Lesson 3: What's the Risk?

Students discuss HIV/AIDS and how it impacts teens. They participate in an activity to identify behaviors that put them at risk for HIV, and then complete a small-group activity to examine ways to make respectful decisions in a relationship. They also complete a worksheet to begin preparing for their volunteer project.

Lesson 4: Experience It

Students participate in an activity to build empathy for the people with whom they will work through their volunteer project. They then plan activities for their first visit. Students also discuss goals, expectations and rules to prepare for their volunteer project visits. A guest speaker shares his or her experiences with HIV or AIDS. A question-and-answer period follows the speaker's presentation.

Lesson 5: Using Our Skills in the Community—Visit #1

Students make their first visit to the volunteer project and receive an orientation to their tasks. In this and subsequent visits, the teacher looks for and reinforces behaviors and situations that can be related to the *All4You!* program (e.g. direct communication, taking responsibility).

Lesson 6: Negotiation and Refusal Skills

Students reflect on their first volunteer project visit. Negotiation and refusal skills are introduced (the —Psst technique), demonstrated and practiced through roleplays.

Lesson 7: Using Our Skills in the Community—Visit #2

Students make their second visit to the volunteer project and work in their designated roles.

Lesson 8: Reduce Your Risk

Students reflect on their second volunteer project visit. They discuss different methods of protection and categorize them based on their effectiveness for preventing HIV, other STD and/or pregnancy. They work in small groups to analyze methods of protection based on personal lifestyle and relationship characteristics, then analyze their own lifestyle and relationships and think about what method of protection would be best for them. The teacher tells a story to demonstrate the proper use of condoms. Students identify the do's and don'ts of condom use, and then practice the steps for proper use of condoms.

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Lesson 9: Using Our Skills in the Community—Visit #3

Students make their third visit to the volunteer project and work in their designated roles.

Lesson 10: You Can Handle It

Students reflect on their third volunteer project visit. They identify ways to bring up the subject of condoms with a partner. Students review the —Psst technique and practice using it through paired roleplays.

Lesson 11: Using Our Skills in the Community—Visit #4

Students make their fourth visit to the volunteer project and work in their designated roles.

Lesson 12: Staying Safe

Students reflect on their fourth volunteer project visit. They participate in an activity to generate ways to handle sexual risk situations. They also participate in a relay in which they practice proper condom use steps, and then discuss ways to make condom use more likely. As a closing activity, students identify changes they can make in their lives right now that will help protect them from HIV, other STD and unplanned pregnancy.

Lesson 13: Using Our Skills in the Community—Visit #5

Students make their final visit to the volunteer project and work in their designated roles. They end the day by making a card for the staff and residents at the volunteer project site.

Lesson 14: It's *All4You!*

Students review and reflect on their participation in *All4You!* by writing in their volunteer project folders and creating posters that represent their volunteer project experience. To conclude, students are asked to make a commitment to protect themselves from HIV, other STD and unintended pregnancy. The activity is completed anonymously to protect students' privacy and minimize potential peer influence.