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Pre-Lesson: Setting the Stage

Students meet the *All4You2!* Educator and receive a brief overview of the program. Students establish group agreements and nominate Peer Leaders.

Lesson 1: Sexually Transmitted Infections (STIs)

Students watch a video about common STIs. They participate in an activity to personalize their vulnerability to STIs.

Lesson 2: HIV and Teens

Students view a video and discuss personal stories of teens who are HIV+. Students also take part in a story about how their behavioral choices can impact their future.

Lesson 3: Reasons for Not Having Sex

This lesson provides a story to help students think about and compare the consequences of having versus not having sex.

Lesson 4: What's the Risk?

Students participate in an activity to identify behaviors that put them at risk for HIV and other STIs, and then reflect on their personal risk and how they can reduce it, if needed.

Lesson 5: Examining the Risk

Students participate in an activity that illustrates the increased risk of having multiple sexual partners. They rate and discuss relative risks of different partner scenarios.

Lesson 6: Negotiation and Refusal Skills

Negotiation and refusal skills (the “Psst” technique) are introduced and demonstrated through roleplays. Students then practice and receive feedback using these skills through half-scripted role plays.

Lesson 7: More Skills

Alternative actions and delay tactics are introduced as 2 more ways to stick with personal limits. Students then practice and receive feedback using these skills through roleplays. They prepare for a homework activity to be completed with a parent/guardian or another trusted adult.

Lesson 8: Handling Risky Situations

There are many situations, like being at a party with no adults there, which could lead to unplanned sex. In this lesson, students listen to a story and identify risky situations that could lead to unplanned sex. They also identify ways to handle such situations.

Lesson 9: Teens and Relationships

Having healthy personal relationships can be challenging. Students examine healthy and unhealthy elements of a relationship, and identify these elements in their own relationships.

Lesson 10: Ending Relationships in Healthy Ways

Students identify warning signs of unhealthy relationships, and discuss when and how to end a relationship when necessary. They also learn positive ways to recover when a relationship ends.

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Lesson 11: Reduce Your Risk

Students discuss different methods of protection and categorize them based on their effectiveness for preventing HIV, other STIs, and/or pregnancy. They work in small groups to analyze methods of protection based on personal lifestyle and relationship characteristics. Students then analyze their own lifestyle and relationship and think about the best choice for them to prevent HIV, other STI, and pregnancy.

Lesson 12: It's All About Condoms

The teacher tells a story to demonstrate the proper use of condoms. Students identify the dos and don'ts of condom use, and practice using condoms. They brainstorm ways to make condom use more likely.

Lesson 13: Talking about Condoms

Students identify ways to bring up the subject of using condoms with a partner. They also brainstorm possible reasons for not wanting to use condoms and responses to those reasons.

Lesson 14: Testing and Resources

Students work in small groups to examine issues around HIV, other STI and pregnancy testing, including basic information regarding the test itself, confidentiality and when to get tested. They discuss resources to locate selected health services.

Lesson 15: Staying Safe

Students participate in an activity to provide advice to other teens on how to stay safe from HIV, other STIs, and unplanned pregnancy. They personalize the information by working in pairs to talk through important issues about relationships and/or avoiding unprotected intercourse. As a closing activity, students identify what changes they can make in their lives right now that will help protect them from HIV, other sexually transmitted diseases, and unplanned pregnancy.