

MPC^o Version Overview: Module Matrix

Version →	MPC Community 8 Modules, 60 Minutes Each	Adapting MPC Community 14 Modules, 40 Minutes Each	MPC California Community 10 Modules, 60 Minutes Each	Adapting MPC California Community 15 Modules, 40 Minutes Each
Pre-Module	Not Applicable	Not Applicable	Setting the Stage: Sexual Diversity & Healthy Relationships	Setting the Stage: Sexual Diversity & Healthy Relationships
Module 1	Getting to Know You & Steps to Making Your Dreams Come True	Getting to Know You & Steps to Making Your Dreams Come True	Getting to Know You & Steps to Making Your Dreams Come True	Getting to Know You & Steps to Making Your Dreams Come True
Module 2	A Possible Outcome of Unprotected Sex: HIV Infection	A Possible Outcome of Unprotected Sex: HIV Infection: Part 1	A Possible Outcome of Unprotected Sex: HIV Infection	A Possible Outcome of Unprotected Sex: HIV Infection: Part 1
Module 3	Attitudes About Sex, HIV & Condom Use	A Possible Outcome of Unprotected Sex: HIV Infection: Part 2	Attitudes About Sex, HIV & Condom Use	A Possible Outcome of Unprotected Sex: HIV Infection: Part 2
Module 4	Strategies for Preventing HIV Infection: STOP, THINK, and ACT	Attitudes About Sex, HIV & Condom Use	Strategies for Preventing HIV Infection: STOP, THINK, and ACT	Attitudes About Sex, HIV & Condom Use
Module 5	A Possible Outcome of Unprotected Sex: STIs	Strategies to Prevent HIV Infection: STOP, THINK, and ACT: Part 1	A Possible Outcome of Unprotected Sex: STIs	Strategies to Prevent HIV Infection: STOP, THINK, and ACT: Part 1
Module 6	A Possible Outcome of Unprotected Sex: Pregnancy	Strategies to Prevent HIV Infection: STOP, THINK, and ACT: Part 2	A Possible Outcome of Unprotected Sex: Pregnancy, Part 1	Strategies to Prevent HIV Infection: STOP, THINK, and ACT: Part 2
Module 7	Developing Condom Use & Negotiation Skills	A Possible Outcome of Unprotected Sex: STIs, Part 1	A Possible Outcome of Unprotected Sex: Pregnancy, Part 2	A Possible Outcome of Unprotected Sex: STIs, Part 1
Module 8	Enhancing Refusal & Negotiation Skills	A Possible Outcome of Unprotected Sex: STIs, Part 2	Developing Condom Use & Negotiation Skills	A Possible Outcome of Unprotected Sex: STIs, Part 2
Module 9		A Possible Outcome of Unprotected Sex: Pregnancy, Part 1	Enhancing Refusal & Negotiation Skills	A Possible Outcome of Unprotected Sex: Pregnancy, Part 1
Module 10		A Possible Outcome of Unprotected Sex: Pregnancy, Part 2		A Possible Outcome of Unprotected Sex: Pregnancy, Part 2
Module 11		Developing Condom Use & Negotiation Skills: Part 1		Developing Condom Use & Negotiation Skills: Part 1
Module 12		Developing Condom Use & Negotiation Skills: Part 2		Developing Condom Use & Negotiation Skills: Part 2
Module 13		Enhancing Refusal & Negotiation Skills: Part 1		Enhancing Refusal & Negotiation Skills: Part 1
Module 14		Enhancing Refusal & Negotiation Skills: Part 2		Enhancing Refusal & Negotiation Skills: Part 2

^oModule & activity titles reflect MPC & MPC-CA Fifth Edition 2020 Update curricula content.

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MPC^o Community:

How to adapt *eight 60-minute modules into fourteen 40-minute modules*

This grid is a guide for educators & agencies to adapt MPC Community for implementation settings in which class/session length is <60 minutes. These adaptations are not required or exhaustive. This guide is merely an additional supportive resource.

Eight 60-minute Modules		Fourteen 40-minute Modules	
Module 1: Getting to Know You and Steps to Making Your Dreams Come True		Module 1: Getting to Know You and Steps to Making Your Dreams Come True	
A. Welcome and Program Overview	05 Mins	A. Welcome and Program Overview	03 Mins
B. Welcome Activity	10 Mins	B. Welcome Activity	10 Mins
C. Creating Group Agreements	05 Mins	C. Creating Group Agreements	05 Mins
D. <i>Making Proud Choices! Be Proud! Be Responsible!</i> Brainstorm	05 Mins	D. <i>Making Proud Choices! Be Proud! Be Responsible!</i> Brainstorm	05 Mins
E. Brainstorming About Teens and Sex	10 Mins	E. Goals and Dreams Timeline	12 Mins
F. Goals and Dreams Timeline	15 Mins	F. Brainstorming Obstacles or Detours Along Your Timeline	05 Mins
G. Brainstorming Obstacles or Detours Along Your Timeline	10 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	
Module 2: A Possible Outcome of Unprotected Sex: HIV Infection		Module 2: A Possible Outcome of Unprotected Sex: HIV Infection, Part 1	
A. Discussing HIV and AIDS	10 Mins	A. <i>The Subject Is HIV*</i> Video and Discussion	25 Mins
B. <i>The Subject Is HIV*</i> Video and Discussion	25 Mins	B. True or False: HIV	15 Mins
C. True or False: HIV	10 Mins		
D. HIV Risk Continuum	15 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	

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Module 3: Attitudes About Sex, HIV and Condom Use		Module 3: A Possible Outcome of Unprotected Sex: HIV Infection, Part 2	
A. <i>The Hard Way</i> * Video and Discussion	40 Mins	A. HIV Risk Continuum	25 Mins
B. Calling Koko	20 Mins	B. Understanding Messages About Sex (<i>Appendix A</i>)	15 Mins
Total Time: 60 Mins		Total Time: 40 Mins	
Module 4: Strategies for Preventing HIV Infection: STOP, THINK, and ACT		Module 4: Attitudes About Sex, HIV and Condom Use	
A. STOP, THINK, and ACT: Introduction to Problem Solving	05 Mins	A. <i>The Hard Way</i> * Video and Discussion	30 Mins
B. Sean and Morgan Case Study: Problem Solving using STOP, THINK, and ACT	15 Mins	B. Calling Koko: Part 1 <i>(Stop at step #5. Collect worksheet. Report out next module.)</i>	10 Mins
C. <i>Nicole's Choice</i> * Video and Discussion	25 Mins		
D. The HIV/AIDS Game	15 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	
Module 5: A Possible Outcome of Unprotected Sex: STIs		Module 5: Strategies for Preventing HIV Infection: STOP, THINK, and ACT: Part 1	
A. STI Facts	20 Mins	A. Calling Koko: Part 2 <i>(Start at step #6. Redistribute worksheets. Report out advice.)</i>	10 Mins
A. [(Alternate) <i>The Subject is STIs</i> * Video	20 Mins]	B. STOP, THINK, and ACT: Introduction to Problem Solving	10 Mins
B. The Transmission Game	15 Mins	C. Sean and Morgan Case Study: Problem Solving using STOP, THINK, and ACT	20 Mins
C. What I Think About HIV/STI and Safer Sex	10 Mins		
D. Condom Use Skills	15 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	

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Module 6: A Possible Outcome of Unprotected Sex: Pregnancy		Module 6: Strategies for Preventing HIV Infection: STOP, THINK, and ACT: Part 2	
A. True or False: Pregnancy Statements	10 Mins	A. <i>Nicole's Choice</i> * Video and Discussion	25 Mins
B. [(Optional) <i>Tanisha & Shay</i> * Video	25 Mins]	B. The HIV/AIDs Game	15 Mins
C. Birth Control Method Demonstration	40 Mins		
D. Agree/Disagree: Attitudes about Contraception	10 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	
Module 7: Developing Condom Use and Negotiation Skills		Module 7: A Possible Outcome of Unprotected Sex: STIs, Part 1	
A. Condom Line-Up	10 Mins	A. STI Facts	20 Mins
B. How to Make Condoms Fun and Pleasurable (High School Youth)	10 Mins	A. [(Alternate) <i>The Subject is STIs</i> * Video	20 Mins]
C. Barriers to Condom Use/Condom Pros and Cons	10 Mins	B. The Transmission Game	20 Mins
D. "What to Say If My Partner Says...": Responding to Excuses	15 Mins		
E. Introduction to SWAT and Scripted Roleplays	15 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	
Module 8: Enhancing Refusal and Negotiation Skills		Module 8: A Possible Outcome of Unprotected Sex: STIs, Part 2	
A. Safer Sex Negotiation Skills and <i>Wrap It Up</i> * Video	15 Mins	A. Discussing HIV and AIDS (<i>Module 2</i>)	10 Mins
B. Practicing and Enhancing Negotiation Skills: Unscripted Roleplays	35 Mins	B. What I Think About HIV/STI and Safer Sex	15 Mins
C. Talking to Your Partner about Condom Use: Information Review	05 Mins	C. Condom Use Skills	15 Mins
D. Closing Activity	05 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	

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Not Applicable	Module 9:	
	A Possible Outcome of Unprotected Sex: Pregnancy, Part 1	
	A. Brainstorming About Teens and Sex (<i>Module 1</i>)	05 Mins
	B. True or False: Pregnancy Statements	10 Mins
	C. <i>Tanisha & Shay*</i> Video	25 Mins
	Total Time: 40 Mins	
Not Applicable	Module 10:	
	A Possible Outcome of Unprotected Sex: Pregnancy, Part 2	
	A. Birth Control Method Demonstration	25 Mins
	B. Agree/Disagree: Attitudes about Contraception	15 Mins
	Total Time: 40 Mins	
Not Applicable	Module 11:	
	Developing Condom Use and Negotiation Skills: Part 1	
	A. Condom Line-Up	15 Mins
	B. How to Make Condoms Fun and Pleasurable (High School Youth)	10 Mins
	C. Barriers to Condom Use/Condom Pros and Cons	15 Mins
	Total Time: 40 Mins	
Not Applicable	Module 12:	
	Developing Condom Use and Negotiation Skills: Part 2	
	A. "What to Say If My Partner Says...": Responding to Excuses	20 Mins
	B. Introduction to SWAT and Scripted Roleplays	20 Mins
	Total Time: 40 Mins	

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Not Applicable	Module 13:		
	Enhancing Refusal and Negotiation Skills: Part 1		
	A. Safer Sex Negotiation Skills and <i>Wrap It Up*</i> Video	15 Mins	
	B. Practicing and Enhancing Negotiation Skills: Unscripted Roleplays, Part 1 <i>(Stop at Step #30 – Roleplay C)</i>	25 Mins	
		Total Time: 40 Mins	
Not Applicable	Module 14:		
	Enhancing Refusal and Negotiation Skills: Part 2		
	A. Practicing and Enhancing Negotiation Skills: Unscripted Roleplays, Part 2 <i>(Start at Step #31 – Roleplay D)</i>	25 Mins	
	B. Talking to Your Partner about Condom Use: Information Review	05 Mins	
	C. Closing Activity	10 Mins	
		Total Time: 40 Mins	
TOTAL TIME	480 Minutes	TOTAL TIME	560 Minutes

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MPC-CA^o Community:

How to adapt **ten** 60-minute modules into **fifteen** 40-minute modules

This grid is a guide for educators & agencies to adapt MPC-CA Community for implementation settings in which class/session length is <60 minutes. These adaptations are not required or exhaustive. This guide is merely an additional supportive resource.

Ten 60-minute Modules	Fifteen 40-minute Modules
↓	↓
Pre-Module: Setting the Stage: Sexual Diversity & Healthy Relationships	Pre-Module: Setting the Stage: Sexual Diversity & Healthy Relationships
A. Group Agreements and Understanding Sexual Diversity 35 Mins	A. Group Agreements and Understanding Sexual Diversity 20 Mins <i>(Remove Steps # 22-24 for time purposes)</i>
B. Healthy Relationships 25 Mins	B. Healthy Relationships 20 Mins
Total Time: 60 Mins	Total Time: 40 Mins
Module 1: Getting to Know You and Steps to Making Your Dreams Come True	Module 1: Getting to Know You and Steps to Making Your Dreams Come True
A. Welcome and Program Overview 05 Mins	A. Welcome and Program Overview 03 Mins
B. Welcome Activity 10 Mins	B. Welcome Activity 10 Mins
C. [Creating Group Agreements <i>(Skip if completed in Pre-module)</i>] 05 Mins	C. [Creating Group Agreements <i>(Skip if completed in Pre-module)</i>] 05 Mins
D. <i>Making Proud Choices! Be Proud! Be Responsible!</i> Brainstorm 05 Mins	D. <i>Making Proud Choices! Be Proud! Be Responsible!</i> Brainstorm 05 Mins
E. Brainstorming About Teens and Sex 10 Mins	E. Goals and Dreams Timeline 12 Mins
F. Goals and Dreams Timeline 15 Mins	F. Brainstorming Obstacles or Detours Along Your Timeline 05 Mins
G. Brainstorming Obstacles or Detours Along Your Timeline 10 Mins	
Total Time: 60 Mins	Total Time: 40 Mins

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Module 2: A Possible Outcome of Unprotected Sex: HIV Infection	Module 2: A Possible Outcome of Unprotected Sex: HIV Infection, Part 1
A. Discussing HIV and AIDS 10 Mins	A. <i>The Subject Is HIV*</i> Video and Discussion 25 Mins
B. <i>The Subject Is HIV*</i> Video and Discussion 25 Mins	B. True or False: HIV 15 Mins
C. True or False: HIV 10 Mins	
D. HIV Risk Continuum 15 Mins	
Total Time: 60 Mins	Total Time: 40 Mins
Module 3: Attitudes About Sex, HIV, and Condom Use	Module 3: A Possible Outcome of Unprotected Sex: HIV Infection, Part 2
A. <i>The Hard Way*</i> Video and Discussion 40 Mins	A. HIV Risk Continuum 25 Mins
B. Calling Koko 20 Mins	B. Understanding Messages About Sex (<i>Appendix A</i>) 15 Mins
Total Time: 60 Mins	Total Time: 40 Mins
Module 4: Strategies for Preventing HIV Infection: STOP, THINK, and ACT	Module 4: Attitudes About Sex, HIV, and Condom Use
A. Only Yes Means Yes: Affirmative Consent 10 Mins	A. <i>The Hard Way*</i> Video and Discussion 30 Mins
B. STOP, THINK, and ACT: Introduction to Problem Solving 05 Mins	B. Calling Koko: Part 1 10 Mins
C. Sean & Morgan Case Study: Problem Solving using STOP, THINK, and ACT 15 Mins	<i>(Stop at step #5. Collect worksheet. Report out next module.)</i>
D. <i>Nicole's Choice*</i> Video and Discussion 25 Mins	
Total Time: 60 Mins	Total Time: 40 Mins

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Module 5: A Possible Outcome of Unprotected Sex: STIs		Module 5: Strategies for Preventing HIV Infection: STOP, THINK, and ACT, Part 1	
A. The HIV/AIDs Game	15 Mins	A. Calling Koko: Part 2 <i>(Start at step #6. Redistribute worksheets. Report out advice.)</i>	10 Mins
B. STI Facts	20 Mins	B. Only Yes Means Yes: Affirmative Consent	05 Mins
B. [(Alternative) The Subject is STIs* Video	20 Mins]	C. STOP, THINK, and ACT: Introduction to Problem Solving	07 Mins
C. The Transmission Game	15 Mins	D. Sean and Morgan Case Study: Problem Solving using STOP, THINK, and ACT	18 Mins
D. What I Think About HIV/STI and Safer Sex	10 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	
Module 6: A Possible Outcome of Unprotected Sex: Pregnancy, Part 1		Module 6: Strategies for Preventing HIV Infection: STOP, THINK, and ACT, Part 2	
A. Condom Use Skills	15 Mins	A. <i>Nicole's Choice</i> * Video and Discussion	25 Mins
B. True or False: Pregnancy Statements	15 Mins	B. The HIV/AIDs Game	15 Mins
C. <i>Tanisha & Shay</i> * Video	30 Mins		
Total Time: 60 Mins		Total Time: 40 Mins	
Module 7: A Possible Outcome of Unprotected Sex: Pregnancy, Part 2		Module 7: A Possible Outcome of Unprotected Sex: STIs, Part 1	
A. Birth Control Methods Demonstration	50 Mins	A. STI Facts	20 Mins
B. Agree/Disagree – Attitudes About Contraception	10 Mins	A. [(Alternate) <i>The Subject is STIs</i> * Video	20 Mins]
		B. The Transmission Game	20 Mins
Total Time: 60 Mins		Total Time: 40 Mins	

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Module 8: Developing Condom Use and Negotiation Skills	Module 8: A Possible Outcome of Unprotected Sex: STIs, Part 2
A. Condom Line-up 10 Mins	A. Discussing HIV and AIDS (<i>Module 2</i>) 10 Mins
B. How to Make Condoms Fun and Pleasurable (High School Youth) 10 Mins	B. What I Think About HIV/STI and Safer Sex 15 Mins
C. Barriers to Condom Use/Condom Pros and Cons 10 Mins	C. Condom Use Skills 15 Mins
D. “What to Say if my Partner Says...”: Responding to Excuses 15 Mins	
E. Introduction to SWAT and Scripted Roleplay 15 Mins	
Total Time: 60 Mins	Total Time: 40 Mins
Module 9: Enhancing Refusal and Negotiation Skills	Module 9: A Possible Outcome of Unprotected Sex: Pregnancy, Part 1
A. Safer Sex Negotiation Skills and <i>Wrap it Up</i> * Video 15 Mins	A. Brainstorming About Teens and Sex (<i>Module 1</i>) 05 Mins
B. Practicing and Enhancing Negotiation Skills: Unscripted Roleplays 35 Mins	B. True or False: Pregnancy Statements 10 Mins
C. Talking to Your Partner about Condom Use – Information Review 05 Mins	C. <i>Tanisha & Shay</i> * Video 25 Mins
D. Closing Activity 05 Mins	
Total Time: 60 Mins	Total Time: 40 Mins
Not Applicable	Module 10: A Possible Outcome of Unprotected Sex: Pregnancy, Part 2
	A. Birth Control Method Demonstration 25 Mins
	B. Agree/Disagree: Attitudes about Contraception 15 Mins
	Total Time: 40 Mins
Not Applicable	Module 11: Developing Condom Use and Negotiation Skills: Part 1
	A. Condom Line-Up 15 Mins
	B. How to Make Condoms Fun and Pleasurable (High School Youth) 10 Mins
	C. Barriers to Condom Use/Condom Pros and Cons 15 Mins
	Total Time: 40 Mins

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Not Applicable	Module 12:		
	Developing Condom Use and Negotiation Skills: Part 2		
	A. "What to Say If My Partner Says...": Responding to Excuses	20 Mins	
	B. Introduction to SWAT and Scripted Roleplays	20 Mins	
	Total Time: 40 Mins		
Not Applicable	Module 13:		
	Enhancing Refusal and Negotiation Skills: Part 1		
	A. Safer Sex Negotiation Skills and <i>Wrap It Up*</i> Video	15 Mins	
	C. Practicing and Enhancing Negotiation Skills: Unscripted Roleplays, Part 1 <i>(Stop at Step #30 – Roleplay C)</i>	25 Mins	
	Total Time: 40 Mins		
Not Applicable	Module 14:		
	Enhancing Refusal and Negotiation Skills: Part 2		
	A. Practicing and Enhancing Negotiation Skills: Unscripted Roleplays, Part 2	25 Mins	
	B. <i>(Start at Step #31 – Roleplay D)</i>		
	C. Talking to Your Partner about Condom Use: Information Review	05 Mins	
	D. Closing Activity	10 Mins	
	Total Time: 40 Mins		
TOTAL TIME	600 Minutes	TOTAL TIME	600 Minutes

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