

Becoming a Responsible Teen (BART) Table of Contents

Session 1: Understanding HIV & AIDS

Participants are introduced to the program and participate in activities that dispel myths about HIV. They learn accurate definitions of terms related to HIV, participate in an activity that personalizes risk, and learn how to use their new knowledge about HIV to influence others in a positive way.

Session 2: Making Sexual Decisions & Understanding Your Values

Activities examine stereotypes about HIV and explore the seriousness of HIV among African Americans. A game helps review HIV risk behaviors, and a video or alternate activity helps participants personalize risk. The link between drug use and HIV is examined, and participants identify people they can turn to for support and information.

Session 3: Developing & Using Condom Skills

Participants discuss attitudes about condoms, then learn and practice steps for proper condom use. They explore ways to overcome embarrassment about buying condoms and practice responses to use when partners and friends give reasons for not using condoms.

Session 4: Learning Assertive Communication Skills

A video or alternate activity presents ways people can negotiate safer sex with partners. Participants identify communication problems and solutions and learn about different communication styles.

Session 5: Practicing Assertive Communication Skills

Building on learning from previous sessions, participants review and practice assertive communication and effective ways to say no. The session uses demonstration and roleplay.

Session 6: Personalizing the Risks

Participants hear from a speaker with HIV or, alternatively, watch a video focusing on the experience of people with HIV. They reflect on their feelings and thoughts about the speaker/video.

Session 7: Spreading the Word

Participants discuss real-life application of skills they are learning, such as assertive communication and problem solving. They explore skills for avoiding or getting out of risky situations, and use roleplays to practice ways to talk with family and friends about HIV.

Session 8: Taking BART with You

Participants review basic facts about HIV and AIDS, reflect on how the BART. sessions have changed their own behavior or attitudes, and discuss ways to share the things they know with others. Everyone participates in a “graduation” ceremony that recognizes efforts and achievements in BART.

Appendixes

Appendix A: Theory & Evidence of Effectiveness

Appendix B: Parental Consent Form

Appendix C: Resources