HealthSmart High School: Abstinence, Puberty & Personal Health - Logic Model: Snapshot						
HealthSmart Lessons Designed to Change Risk & Protective Factors	⇒	Risk & Protective Factors (Determinants) Affecting Sexual Behaviors Addressed in HealthSmart	⇒	Behaviors Directly Affecting Health Goals	₽	HealthSmart Health Goals
Abstinence, Personal & Sexual Health Lesson 1: Living a Healthy Life Lesson 2: Preventing Infectious Disease Lesson 3: Preventing Chronic Disease Lesson 4: Getting Appropriate Health Care Lesson 5: Researching Health Habits Lesson 6: Setting a Goal to Improve My Personal Health Lesson 7: Understanding Sexuality Lesson 8: Review of the Reproductive Systems Lesson 9: Taking Care of Your Sexual Health Lesson 10: Abstinence: What's in It for Me? Lesson 11: Influences on Sexual Choices Lesson 12: Countering Media Pressure Lesson 13: Setting Limits to Support Abstinence Lesson 14: Making Decisions to Support Abstinence Lesson 15: Resisting Sexual Pressure Lesson 16: Roleplay Practice: Saying NO to Sexual Activity		<ul> <li>KNOWLEDGE of:</li> <li>behaviors that reduce or prevent health risks</li> <li>prevention of infectious and chronic diseases</li> <li>aspects of sexuality</li> <li>reproductive systems and how pregnancy happens</li> <li>practices to protect sexual health</li> <li>benefits of abstinence</li> <li>negative consequences of having sex</li> <li>situations that lead to sexual activity</li> <li>effective words and actions to resist sexual pressure</li> <li>PERCEPTION OF RISK of:</li> <li>chronic disease due to negative behavior/lifestyle choices</li> <li>negative consequences of sexual activity, including pregnancy, HIV and other STIs</li> <li>VALUES AND ATTITUDES toward:</li> <li>protecting oneself from disease</li> <li>talking to parents/other trusted adults about sexual health</li> <li>expressing feelings of attraction without having sex</li> <li>practicing abstinence</li> <li>PERCEPTION OF PEER NORMS about:</li> <li>abstinence (versus having sex)</li> <li>SKILLS to:</li> <li>evaluate online health resources</li> <li>get help for sexual health issues</li> <li>analyze influences on choices about sexual activity, including media pressures and perceived norms</li> <li>set personal limits to remain sexually abstinent</li> <li>make decisions that will protect an abstinence choice</li> <li>say no to sexual pressure</li> <li>respect other people's refusals</li> <li>set a personal goal to remain abstinent/protect sexual health</li> <li>supporting abstinence</li> <li>INTENTIONS to:</li> <li>be abstinent</li> <li>protect sexual health</li> </ul>		Establishing and maintaining healthy relationships. Being sexually abstinent (either by delaying sex or returning to abstinence) Avoiding pressuring others to engage in sexual behaviors. Supporting others to avoid or reduce sexual risk behaviors. Treating others with courtesy and respect without regard to their sexuality. Using appropriate health services to promote sexual health.		Preventing unintended pregnancy Preventing HIV and other STIs

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