

# Alternative Video Guidance

These alternative videos can be used to replace the videos that appear in the programs listed below. ETR recommends these alternative videos as a green-light adaption to ensure content is medically accurate, up to date and inclusive of the diversity in sexual orientations, gender identities and cultural backgrounds.

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| <ul style="list-style-type: none"> <li>◆ <i>Making Proud Choices!</i></li> <li>◆ <i>Making Proud Choices! –California Edition</i></li> <li>◆ <i>Making Proud Choices! – Out of Home Youth</i></li> <li>◆ <i>Be Proud! Be Responsible!</i></li> <li>◆ <i>Making a Difference!</i></li> </ul> | <ul style="list-style-type: none"> <li>◆ <i>Making a Difference for Youth with Cognitive Impairments</i></li> <li>◆ <i>Promoting Health Among Teens –Abstinence Only</i></li> <li>◆ <i>Promoting Health Among Teens – Comprehensive</i></li> </ul> |
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## KEY

All video titles are hyperlinked to the appropriate site.

\* = Potentially more appropriate for High School age youth

\*\* = Abortion presented as an option

### Additional Videos

- ◆ This is not an exhaustive list. To view more options for medically accurate and inclusive videos, visit Amaze.org and <https://www.plannedparenthood.org/learn/for-educators/digital-tools>

### Age Appropriate

- ◆ Generally, Amaze videos are more relatable to elementary and middle school age youth. However, they can be shown to high school youth. Use your best judgment.
- ◆ Generally, PPFA videos are more relatable to late middle and high school age youth. Use your best judgment.

Periodically, this document will be reviewed and updated. The most recent review date will appear here.

Last Updated 9/2020

# Alternative Video Guidance

The Subject Is HIV (18 Minutes)		
Alternative Videos & Lengths (Minutes)		Discussion Questions
What Is HIV? (Amaze)	3:30	<ul style="list-style-type: none"> <li>What did you learn about HIV?</li> <li>What were the messages about how HIV is transmitted?</li> <li>How can someone protect themselves from getting HIV?</li> </ul>
What Is PrEP? (PPFA) <u>AND</u>	1:30	<ul style="list-style-type: none"> <li>What is the difference between PrEP and PEP?</li> <li>What would be a situation where someone might consider using PEP?</li> </ul>
What Is PEP? (PPFA)	1:30	
HIV: How to Protect Yourself (Amaze)	2:30	<ul style="list-style-type: none"> <li>What would you tell a friend who was concerned about contracting HIV?</li> <li>How can you use what we learned today to better protect yourself?</li> </ul>
<b>Key Take-Aways:</b>		<ul style="list-style-type: none"> <li>HIV is a sexually transmitted infection that can be prevented.</li> <li>Not having sex, engaging in low-risk sexual activities, using condoms, and using PrEP are all strategies to reduce the risk of HIV.</li> <li>Getting tested is the only way to know if someone is living with HIV.</li> </ul>

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# Alternative Video Guidance

The Hard Way (17 Minutes)		
Alternative Videos & Lengths (Minutes)		Discussion Questions
Why Use a Condom (Bedsider)	2:35	<ul style="list-style-type: none"> <li>◆ What messages resonated with you?</li> <li>◆ Why might someone choose to use condoms?</li> <li>◆ How might someone negotiate condom use with partners in different situations (new relationship, onetime partner, long-time monogamous partner etc.)?</li> </ul>
Living with the Stigma of HIV (Terrence Higgins Trust)	6:50	<ul style="list-style-type: none"> <li>◆ What stood out from the stories shared?</li> <li>◆ How did this challenge your perception of people living with HIV?</li> <li>◆ What are some important messages you learned about getting tested?</li> <li>◆ How can you help reduce the stigma of living with HIV?</li> </ul>
<b>Key Take-Aways:</b>		<ul style="list-style-type: none"> <li>◆ Each person and each couple must make a decision that is best for them and their situation to protect themselves from unintended pregnancy and from STIs.</li> <li>◆ HIV can be a manageable illness so long as someone has access to and sticks to their medication.</li> <li>◆ Stigma or negative perceptions about people living with HIV have real and damaging impacts on people.</li> </ul>

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## Nicole's Choice (14 Minutes)

Alternative Videos & Lengths (Minutes)	Discussion Questions
<p>What Should You Do If You Had Unprotected Sex? (Amaze)</p> <p>3:00</p>	<ul style="list-style-type: none"> <li>◆ What messages did you notice about sex?</li> <li>◆ What are some potential outcomes of unprotected sex?</li> <li>◆ What are some things you can do after you have unprotected sex to protect yourself from pregnancy? from STIs?</li> <li>◆ What communication should happen between partners before sex? After unprotected sex?</li> <li>◆ What did you notice about the relationship between the provider (nurses/doctors) and youth and accessing healthcare?</li> </ul>
<p>Exploring All Options: Pregnancy Counseling Without Bias (Family Planning National Training Center)**</p> <p>16:41</p>	<ul style="list-style-type: none"> <li>◆ What feelings did Jessica express?</li> <li>◆ What was Jessica worried about if she chose to continue the pregnancy and parent?</li> <li>◆ What was the conversation like between the health provider and Jessica? How did the provider show support and provide medically accurate information?</li> </ul>
<p><b>Key Take-Aways:</b></p>	<ul style="list-style-type: none"> <li>◆ Sometimes people may end up having unprotected sex.</li> <li>◆ If you have unprotected sex, the responsible thing to do is to get tested for STIs. If pregnancy is a concern, get Emergency Contraception as soon as possible following unprotected sex.</li> <li>◆ Emergency Contraception is most effective when taken within 5 days of unprotected sex.</li> </ul>

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# Alternative Video Guidance

The Subject Is STDs (16 Minutes)		
Alternative Videos & Lengths (Minutes)		Discussion Questions
What are STIs? (PPFA) <u>OR</u> What Are STDs? #factcheck (Amaze)	2:00	<ul style="list-style-type: none"> <li>What is something new you learned about STIs?</li> </ul>
	2:25	
Getting tested for STDs (PPFA)	4:00	<ul style="list-style-type: none"> <li>What is one take-away about getting tested?</li> </ul>
STD Prevention Beyond Condoms (Amaze)	1:00	<ul style="list-style-type: none"> <li>What were some reasons to use abstinence that were shared in the video?</li> <li>What are some ways, besides using external condoms, to protect yourself from STIs?</li> </ul>
How to Tell Someone You Have an STD (PPFA)	8:15	<ul style="list-style-type: none"> <li>What important messages were shared about getting an STI and/or living with an STI?</li> <li>How might it feel to find out you have an STI?</li> <li>How might it feel to tell someone you have an STI?</li> <li>How might it feel to have a partner disclose an STI? Before engaging in a sexual behavior? After engaging in a sexual behavior?</li> </ul>
<b>Key Take-Aways:</b>		<ul style="list-style-type: none"> <li>STIs are common and often people who have an STI don't know it or don't have symptoms. Condoms offer protection from STIs.</li> <li>Getting tested is the only way to know if you have an STI. Some STIs can be cured and will go away with medication. Some cannot be cured but medication can help manage the symptoms.</li> </ul> <p style="text-align: right;"><i>(continued)</i></p>

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# Alternative Video Guidance

## Key Take-Aways:

*(continued)*

- ◆ Talking about STIs is an important way you can protect yourself, your partner(s) and your relationship. Talking about STIs may bring up emotions so it's important to be respectful and open during these conversations.

## Tanisha & Shay (16 Minutes)

### Alternative Videos & Lengths (Minutes)

### Discussion Questions

So You Think You're Pregnant (Amaze)

3:00

- ◆ What did this video teach you about pregnancy?
- ◆ How might you feel if you became pregnant/got someone pregnant?
- ◆ What would be easy or challenging about telling a parent that you or your partner were pregnant?
- ◆ What types of decisions would you have to make if you/your partner were pregnant?

## Key Take-Aways:

- ◆ Unprotected sex sometimes happens. If you have had unprotected sex and have access to Emergency Contraception (e.g., Plan B, ella, copper IUD), take EC as soon as possible after unprotected sex, and within 3 to 5 days.
- ◆ A person who is pregnant has options regarding their pregnancy and should consider speaking to a trained medical provider about all their options. A pregnant person has the right to make the best decision for themselves, free of judgment, regarding their pregnancy. (*Educator Note:* Parental Consent Laws regarding pregnancy options and access to services varies by state. Know your state's laws and present medically accurate/values-free information to youth.)

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# Alternative Video Guidance

Wrap It Up: Condom Negotiation (6 Minutes)		
Alternative Videos & Lengths (Minutes)	Discussion Questions	
Are You Ready to Have Sex? (Amaze)	4:40	<ul style="list-style-type: none"> <li>What factors into a person's decision about when and with whom to have sex?</li> <li>What are some of the factors people might consider when deciding when and with whom to have sex?</li> </ul>
How to Talk About Safer Sex (PPFA)	3:20	<ul style="list-style-type: none"> <li>How did the couples in the video negotiate safer sex?</li> <li>What strategies could you use to negotiate safer sex?</li> <li>How might someone react if their partner asked them to use condoms? Dental dams? Internal condoms? Lube?</li> <li>How could and when would you start the conversation about using condoms with a partner? Other safer sex methods like dental dams or lube?</li> </ul>
Optional: When Someone Doesn't Want to Have Sex (PPFA)	3:40	<ul style="list-style-type: none"> <li>What were the messages about consent?</li> <li>How might it feel to have someone you like tell you that they do not want to have sex?</li> <li>How might it feel to tell someone you like that you don't want to have sex?</li> </ul>
Optional: When Someone Definitely Wants to Have Sex*	3:05	<ul style="list-style-type: none"> <li>What did consent look like?</li> <li>What do you think it feels like to get consent from a partner?</li> <li>What do you think it feels like to give consent to a partner?</li> <li>How might seeking consent strengthen the relationship?</li> </ul>
<b>Key Take-Aways:</b>		<ul style="list-style-type: none"> <li>It is important to talk about using condoms with a sexual partner and to use condoms to protect yourself and your partner from pregnancy and STI.</li> <li>It is never OK to pressure your partner to have any kind of sex.</li> <li>It is never OK to pressure your partner to not use condoms/protection during sex.</li> </ul> <p style="text-align: right;"><i>(continued)</i></p>

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## Key Take-Aways:

*(continued)*

- ◆ Everyone has the right to express and decide how, when and with whom they want to engage in vaginal, anal or oral sex.
- ◆ Everyone has the right to give and withdraw consent at any time.
- ◆ Emergency Contraception is most effective when taken within 5 days of unprotected sex.

## Condom Animation Video (2 Minutes)

Alternative Videos & Lengths (Minutes)	Discussion Questions
Option 1: Animation Condom Video (Amaze) 2:45	<ul style="list-style-type: none"> <li>◆ What are the steps to using a condom correctly?</li> <li>◆ Where can you buy or get condoms?</li> </ul>
Option 2: Animation Condom Video (PPFA) 0:45	
Option 3: Educator Condom Demo (Alberta Health Services) 3:26	
<h2>Key Take-Aways:</h2>	<ul style="list-style-type: none"> <li>◆ Condoms are effective at protecting against pregnancy and HIV/STIs.</li> <li>◆ It is important to use a condom each time you have sex or engage in a new sex act.</li> <li>◆ Condoms are widely available to people of all ages. People can get condoms from stores, online or a health center.</li> </ul>

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Additional Videos	
The Subject Is Puberty (14 Minutes)	General Discussion Questions
For videos on puberty visit <a href="#">Amaze.org</a> AND <a href="#">PPFA</a>	<ul style="list-style-type: none"> <li>◆ What did you learn about puberty?</li> <li>◆ What was the message about what is normal?</li> </ul>
The Subject Is Pregnancy (21 Minutes)	General Discussion Questions
For videos on pregnancy visit <a href="#">PPFA</a> AND <a href="#">Amaze.org</a>	<ul style="list-style-type: none"> <li>◆ What is something new that you learned about pregnancy and reproduction?</li> <li>◆ What is something that you want to learn more about after seeing the video(s)?</li> </ul>
The Subject Is Birth Control (8 Minutes)	General Discussion Questions
For videos on birth control & how to use a condom visit <a href="#">Amaze.org</a>	<ul style="list-style-type: none"> <li>◆ What did you learn about birth control methods?</li> <li>◆ What are long acting reversible contraceptive methods (LARCs)?</li> <li>◆ Why might different people choose different birth control methods?</li> <li>◆ What factors do you think impact someone's birth control choice?</li> </ul>
The Subject Is Healthy Relationships (10 Minutes)	General Discussion Questions
For videos on healthy relationships visit <a href="#">Amaze.org</a>	<ul style="list-style-type: none"> <li>◆ What are some behaviors that are emotionally or verbally abusive?</li> <li>◆ What can you do if you think a friend is in an abusive relationship?</li> <li>◆ What does a healthy relationship feel like?</li> <li>◆ What does healthy communication look like?</li> <li>◆ How can you talk to a partner about establishing healthy boundaries and communication?</li> <li>◆ How can you apply what you learned to your relationships?</li> </ul>

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