### HealthSmart Lessons Designed to Change Risk & Protective Factors

**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

### Risk & Protective Factors (Determinants) Affecting Sexual Behaviors Addressed in HealthSmart

**KNOWLEDGE of:**
- behaviors that reduce or prevent health risks
- prevention of infectious and chronic diseases
- aspects of sexuality
- reproductive systems and how pregnancy happens
- practices to protect sexual health
- benefits of abstinence
- negative consequences of having sex
- situations that lead to sexual activity
- effective words and actions to resist sexual pressure

**PERCEPTION OF RISK of:**
- chronic disease due to negative behavior/lifestyle choices
- negative consequences of sexual activity, including pregnancy, HIV and other STIs

**VALUES AND ATTITUDES toward:**
- protecting oneself from disease
- talking to parents/other trusted adults about sexual health
- expressing feelings of attraction without having sex
- practicing abstinence

**PERCEPTION OF PEER NORMS about:**
- abstinence (versus having sex)

**SKILLS to:**
- evaluate online health resources
- get help for sexual health issues
- analyze influences on choices about sexual activity, including media pressures and perceived norms
- set personal limits to remain sexually abstinent
- make decisions that will protect an abstinence choice
- say no to sexual pressure
- respect other people’s refusals
- set a personal goal to remain abstinent/protect sexual health

**PARENT-CHILD COMMUNICATION about:**
- taking care of sexual health
- supporting abstinence

**INTENTIONS to:**
- be abstinent
- protect sexual health

### Behaviors Directly Affecting Health Goals

- 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.

### HealthSmart Health Goals

- Preventing unintended pregnancy
- Preventing HIV and other STIs