### HealthSmart High School: HIV, STI & Pregnancy Prevention – Logic Model: Snapshot

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

**HIV, STI & Pregnancy Prevention**
- Lesson 1: What Do You Know About Sexuality?
- Lesson 2: Respecting Sexual Differences
- Lesson 3: Understanding Sexual Risks & Responsibilities
- Lesson 4: Understanding Affirmative Consent
- Lesson 5: Avoiding Pregnancy
- Lesson 6: STIs: The Facts
- Lesson 7: HIV: The Facts
- Lesson 8: Influences on Sexual Choices
- Lesson 9: Assessing & Avoiding STI Risks
- Lesson 10: Getting Tested for HIV, Other STIs and Pregnancy
- Lesson 11: Using Condoms
- Lesson 12: Negotiating Condom Use
- Lesson 13: Roleplay Practice: Saying NO to Unsafe Sex
- Lesson 14: My Commitment to Protect Myself
- Lesson 15: Advocating to Keep Friends Safe & Healthy

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

**KNOWLEDGE of:**
- aspects of sexuality
- negative consequences of sexual activity
- contraceptive methods
- STIs, including HIV
- methods to protect against contracting HIV and other STIs
- risks of having serial or overlapping partners
- testing for HIV and other STIs
- situations that can lead to unprotected sex
- personal challenges to condom use

**PERCEPTION OF RISK of:**
- chances of becoming pregnant
- consequences of becoming a parent as a teen
- chances of contracting HIV and other STIs
- consequences of contracting HIV and other STIs

**VALUES AND ATTITUDES toward:**
- respecting different aspects of sexuality
- sharing responsibility for protection if sexually active
- getting tested for HIV and other STIs
- using condoms and contraception

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

**SKILLS to:**
- analyze influences on sexual decision making
- access STI testing and sexual health services
- obtain and use condoms
- say no to sexual pressure or to having unprotected sex
- respect other people’s refusals
- negotiate condom use with a partner

**PARENT-CHILD COMMUNICATION about:**
- responsible sexual behavior
- attitudes about sex

**INTENTIONS to:**
- be abstinent
- use condoms if sexually active
- use contraception to avoid pregnancy if sexually active
- support self and others to protect sexual health

#### Healthy Behaviors Directly Affecting Health Goals

- Establishing and maintaining healthy relationships.
- Being sexually abstinent (either by delaying sex or returning to abstinence)
- Engaging in behaviors that prevent or reduce STI, including HIV.
- Engaging in behaviors that prevent or reduce unintended pregnancy.
- 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