### Logic Model: HealthSmart Middle School: Abstinence, Puberty & Personal Health

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

**Abstinence, Puberty & Personal Health**
- **Lesson 1:** Staying Healthy for a Lifetime
- **Lesson 2:** Keeping My Body Healthy
- **Lesson 3:** Protecting My Body from Disease
- **Lesson 4:** Talking About Sexuality
- **Lesson 5:** The Reproductive System: A Body with a Vagina
- **Lesson 6:** The Reproductive System: A Body with a Penis
- **Lesson 7:** Puberty
- **Lesson 8:** The Menstrual Cycle & Pregnancy
- **Lesson 9:** Taking Care of Sexual Health
- **Lesson 10:** Feelings & Relationships
- **Lesson 11:** Benefits of Abstinence
- **Lesson 12:** Influences on Abstinence
- **Lesson 13:** Peer Power for Abstinence
- **Lesson 14:** Resisting Sexual Pressure
- **Lesson 15:** Roleplay Practice: Saying NO to Sexual Pressure
- **Lesson 16:** Protecting My Future

#### Risk & Protective Factors (Determinants)

**KNOWLEDGE of:**
- benefits of positive health behaviors
- prevention of infectious and noninfectious diseases
- puberty, reproductive systems and the menstrual cycle
- 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
- consequences of becoming a teen parent

**PERCEPTION OF RISK of:**
- negative consequences of sexual activity, including pregnancy, HIV and other STIs
- consequences of becoming a parent as a teen

**VALUES AND ATTITUDES toward:**
- protecting oneself from disease
- talking to parents and other trusted adults about sexuality
- expressing romantic feelings without having sex
- practicing abstinence

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

**SKILLS to:**
- get help for sexual health issues
- set personal limits
- analyze influences on the choice to be abstinent
- plan ahead to remain sexually abstinent
- say no to sexual pressure
- respect other people’s refusals
- set personal goals around abstinence

**PARENT-CHILD COMMUNICATION about:**
- the challenges and changes of puberty
- staying abstinent

**INTENTIONS to:**
- be abstinent
- support others in remaining abstinent

#### Healthy 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.

**Preventing unintended pregnancy**

**Preventing HIV and other STIs**