big decisions

Curriculum Outline

01 RULES OF THE GAME: Forming a respectful group

Objectives
◊ Review the Key Messages of Big Decisions
◊ Identify respect as a key value for the group
◊ Develop ground rules for the group
◊ Role-play showing respect for others
◊ Express confidence in your ability to show respect

Activities
1.1 Introduction and Key Messages Review 5 min
1.2 Ice-Breaker: Differences and Respect 10 min
1.3 Setting Ground Rules 10 min
1.4 Respecting Others 15 min
1.5 What Respect Means to Me 5 min

02 GOALS AND DREAMS: My future

Objectives
◊ Picture your dreams for the future
◊ Consider how a pregnancy, or another pregnancy, or HIV/STI could affect reaching your goals and dreams
◊ Make a personal decision about avoiding pregnancy, or another pregnancy, and STIs
◊ Prepare to talk with a parent or other trusted adult about goals and dreams

Activities
2.1 My Dream Board 30 min
2.2 How Could It Affect My Goals and Dreams? 5 min
2.3 My Goals, My Decisions 5 min
2.4 Homework: Talking about Goals and Dreams 5 min

03 RELATIONSHIPS AND ROMANCE: What is healthy?

Objectives
◊ Reflect on conversations with your parent or other adult about goals and dreams
◊ Identify characteristics of healthy and unhealthy relationships
◊ Learn how people in unhealthy relationships can seek help, if needed
◊ Personalize the importance of showing and expecting respect

Activities
3.1 Homework Review: Goals and Dreams 5 min
3.2 Healthy or Unhealthy? 20 min
3.3 Relationship Role-Plays 15 min
3.4 Relationships and Me 5 min

04 ANATOMY AND REPRODUCTION: How it works

Objectives
◊ Identify the names and functions of the reproductive body parts
◊ Review how pregnancy happens
◊ Evaluate statements about reproduction to determine if they are true or false

Activities
4.1 Ice-Breaker: What Do They Call It? 5 min
4.2 Reproductive Anatomy: The Body Parts 20 min
4.3 The Journeys of the Sperm and the Egg 10 min
4.4 Reproduction: True or False? 10 min

05 ABSTINENCE: Decisions to wait

Objectives
◊ Define what is meant by “abstinence”
◊ Identify reasons to not have sex
◊ Learn that choosing abstinence means setting limits
◊ List ways to show someone you care other than sex
◊ Personalize the advantages of abstinence

Activities
5.1 Reasons to Wait 10 min
5.2 Is This Abstinence? 15 min
5.3 Ways to Show You Care 10 min
5.4 My Ideas about Abstinence 5 min
5.5 Homework: Talking about Abstinence 5 min
06. A CLEAR “NO”: Respecting and defending limits

Objectives
◊ Reflect on conversations with your parent or other adult about abstinence
◊ Recognize the right to say ‘no’ and the essentials of ‘yes’
◊ Consider how to defend your limits and respect others’ limits
◊ Practice effective ways to say ‘no’

Activities
6.1 Homework Review: Talking about Abstinence 5 min
6.2 The Right to Say “No” 20 min
6.3 Pressure Situations: A CLEAR ‘No’ 20 min

07. SEXUALLY TRANSMITTED INFECTIONS, INCLUDING HIV/AIDS

Objectives
◊ Personalize the potential consequences of common STIs
◊ Identify ways to reduce the risk of getting and spreading STIs
◊ Identify health providers in your community that provide testing for STIs
◊ Identify your personal limits to reduce your risk of STIs

Activities
7.1 Index Cards 5 min
7.2 Getting to Know about STIs 20 min
7.3 Preventing STIs 15 min
7.4 STIs and Me 5 min

08. CONTRACEPTION: Pregnancy at a Good Time for You

Objectives
◊ State what you would like to have in place before you have or cause a pregnancy or another pregnancy
◊ Evaluate commonly used contraceptive methods, including abstinence, for effectiveness
◊ Identify your personal limits to avoid pregnancy, or another pregnancy, until it is a good time for you
◊ Prepare to talk with a parent or other trusted adult about having children

Activities
8.1 When would be a Good Time for a Pregnancy or another Pregnancy? 5 min
8.2 Effectiveness Line-Up 15 min
8.3 Contraceptive Method Bingo 15 min
8.4 Pregnancy in My Life 5 min
8.5 Talking about Having Children Homework 5 min

09. STAYING HEALTHY AND ON TRACK: My safety and my limits

Objectives
◊ Reflect on the conversation with your parent or other adult about having children
◊ Demonstrate the ability to say ‘no’ effectively to sex without a condom.
◊ Consider the risks of sexting nude photos
◊ Consider limits that will keep you healthy and safe

Activities
9.1 Homework Review: Having Children 5 min
9.2 Staying Safer 20 min
9.3 A Story 15 min
9.4 My Safety and My Limits 5 min

10. MY DECISIONS: Ready for challenges

Objectives
◊ Reinforce the connection between your decisions and achieving your goals and dreams
◊ Anticipate how the adolescent brain can make healthy decisions challenging
◊ Personalize strategies to handle challenging situations
◊ Celebrate completion of Big Decisions

Activities
10.1 My Goals and My Decisions 5 min
10.2 Decisions and the Brain 15 min
10.3 Ready for Challenges 15 min
10.4 Big Decisions Graduation 10 min