

BE PROUD! BE RESPONSIBLE! (5th EDITION):

Alignment with NYS Health Education Standards

Be Proud! Be Responsible!: A Safer Sex Approach to HIV Prevention (BPBR) was developed to reach high school students in a school or community-based environment. BPBR is designed to help adolescents develop the knowledge, skills, and motivation necessary to change their behaviors in ways that will reduce their risk of contracting HIV and other sexually transmitted infections. To support youth in preventing unplanned pregnancies, an add-on module provides an overview of birth control methods.

This Evidence-Based Program (EBP) addresses the New York State Health Education Standards for Commencement (High School) grades in the column on the right.

Modules	Topics and Objectives	Standards and Performance Indicators: Commencement
Module 1 Introduction to HIV/AIDS	<ul style="list-style-type: none"> • Program overview and creation of group rules • Meaning of proud and responsible behavior and its benefits • Meaning of protecting oneself and one's community • Importance of HIV prevention knowledge for youth • Distinguish myths from facts regarding cause, transmission, and prevention of HIV 	<p>Addressed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Understand human growth and development throughout the life cycle • Demonstrate the necessary skills to promote healthy development into adulthood <p>Standard 2 – A Safe and Healthy Environment</p> <ul style="list-style-type: none"> • Evaluate personal and social skills which contribute to health and safety of self and others
Module 2 Building Knowledge About HIV	<ul style="list-style-type: none"> • Basic facts vs. myths about HIV/AIDS infection, transmission, causes, and prevention • Safer sex behaviors to prevent HIV infection 	<p>Addressed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Understand human growth and development throughout the life cycle • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood
Module 3 Understanding Vulnerability to HIV Infection	<ul style="list-style-type: none"> • Vulnerability to HIV infections • Identify high risk /some risk / low risk behaviors for contracting HIV • How easily HIV is transmitted and how it feels to be at risk • Responsibility for making safe sex choices 	<p>Addressed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Understand human growth and development throughout the life cycle <p>Assessed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood • Evaluate how the multiple influences which affect health decisions and

		behaviors can be altered
<p>Module 4 Attitudes and Beliefs About HIV, AIDS, and Safer Sex</p>	<ul style="list-style-type: none"> • Attitudes and beliefs about risky sexual behavior • Stereotypes about who becomes infected with HIV and how people avoid becoming infected • Problem-solving to help avoid risky situations 	<p>Assessed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Demonstrate the necessary knowledge and skills to promote healthy development into adulthood • Apply prevention and risk strategies which can delay the onset or reduce the risk of potential health problems into adulthood • Evaluate how the multiple influences which affect health decisions and behaviors can be altered <p>Standard 2 – A Safe and Healthy Environment</p> <ul style="list-style-type: none"> • Evaluate personal and social skills which contribute to health and safety of self and others
<p>Module 5 Building Condom Use Skills</p>	<ul style="list-style-type: none"> • Identify and reduce barriers to condom use • Correct condom use and the benefits of use • Pride and responsibility in correct condom use knowledge and skills 	<p>Assessed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood • Evaluate how the multiple influences which affect health decisions and behaviors can be altered
<p>Module 5A Birth Control Methods Demonstration (Add-on Session)</p>	<ul style="list-style-type: none"> • Review various birth control methods • Advantages and disadvantages of each method 	<p>Assessed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood • Evaluate how the multiple influences which affect health decisions and behaviors can be altered
<p>Module 6 Building Negotiation and Refusal Skills</p>	<ul style="list-style-type: none"> • Importance of proud and responsible sexual decision making • Barriers to condom use and safer sexual behaviors • Negotiating condom use or abstinence with partners and responding to excuses 	<p>Assessed</p> <p>Standard 1 – Personal Health and Fitness</p> <ul style="list-style-type: none"> • Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood • Evaluate how the multiple influences which affect health decisions and behaviors can be altered <p>Standard 3 – Resource Management</p> <ul style="list-style-type: none"> • Demonstrate advocacy skills in promoting individual, family and community health