

BE PROUD! BE RESPONSIBLE! (5TH EDITION)

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.

MODULES	TOPICS AND OBJECTIVES
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
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
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
MODULE 4 Attitudes and Beliefs About HIV, AIDS, and Safer Sex	<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
MODULE 5 Building Condom Use Skills	<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
MODULE 5A Birth Control Methods Demonstration (Add-on Session)	<ul style="list-style-type: none"> ● Review various birth control methods ● Advantages and disadvantages of each method
MODULE 6 Building Negotiation and Refusal Skills	<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