

# MAKING PROUD CHOICES! 2020/2021

Making Proud Choices!: A Safer Sex Approach to Teen Pregnancy and HIV/STI Prevention was developed to reach adolescents in a school or community-based environment. Making Proud Choices! 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.

MODULES	TOPICS AND OBJECTIVES
<b>MODULE 1</b> Getting to Know You and Steps to Making Your Dreams Come True	<ul style="list-style-type: none"> <li>● Identify the meaning and benefits of proud and responsible behavior</li> <li>● Identify reasons why teens have sex and the possible outcomes</li> <li>● Describe goals for the future and reduce barriers to achieve them</li> </ul>
<b>MODULE 2</b> A Possible Outcome of Unprotected Sex: HIV Infection	<ul style="list-style-type: none"> <li>● Basic facts vs. myths about HIV/AIDS infection, transmission, causes, and prevention</li> <li>● Safer sex behaviors to prevent HIV infection</li> </ul>
<b>MODULE 3</b> Attitudes About Sex, HIV, and Condom Use	<ul style="list-style-type: none"> <li>● Problem solving for risky sexual behavior situations</li> <li>● Identify safer sex strategies</li> </ul>
<b>MODULE 4</b> Strategies for Preventing HIV Infection: Stop, Think, and Act	<ul style="list-style-type: none"> <li>● Identify how problem-solving can avoid risky situations</li> <li>● Explain how making their own decisions can lead to achieving goals</li> </ul>
<b>MODULE 5</b> Possible Outcomes of Unprotected Sex: STIs	<ul style="list-style-type: none"> <li>● Increase knowledge of STIs and how to prevent them</li> <li>● Demonstrate steps for correct condom use</li> </ul>
<b>MODULE 6</b> A Possible Outcome of Unprotected Sex: Pregnancy	<ul style="list-style-type: none"> <li>● Identify different types of birth control</li> <li>● Increase awareness of pregnancy and perceived vulnerability</li> </ul>
<b>MODULE 7</b> Developing Condom Use and Negotiation Skills	<ul style="list-style-type: none"> <li>● Identify steps to implement condom use and learn strategies to reduce barriers</li> <li>● Review other safer sex behaviors</li> </ul>
<b>MODULE 8</b> Enhancing Refusal and Negotiation Skills	<ul style="list-style-type: none"> <li>● Demonstrate strategies to prevent unprotected sex</li> <li>● Express pride in sticking to responsible decisions</li> </ul>