

MN ENABL Summary of Approved Curricula

NOTE: If more detailed information is needed than is provided in this summary, arrangements can be made to review the full curriculum by calling the MDH Library (612) 676-5090. Reserved copies are available on a first come first serve basis.

1. Postponing Sexual Involvement Curriculum

The Postponing Sexual Involvement (PSI) Curriculum provides direct education to students using a series of five hour-long sessions to give teens an opportunity to learn skills that will make them feel confident saying "no" to sexual involvement and finding ways other than sex to positively express their feelings. The five PSI lessons help young people examine sources of pressures to be sexually active, with the bulk of the lessons concentrated on learning and practicing refusal and assertiveness skills. The goals of this curriculum are to help young teens:

- Understand the pressures in our society which influence young people's sexual behavior.
- Understand their rights in social relationships and ways of meeting social and personal needs other than by sexual involvement.
- Deal with peer pressure situations through the use of assertive responses and actions.

Ordering Information: Emory/Grady Teen Services Program - Grady Memorial Hospital
80 Butler Street, SE
Atlanta, GA 30335-3801
Phone: (404) 616-3513
\$149.00/Each Curriculum and Video

2. Managing Pressures Curriculum (Formerly known as PSI/Corollary)

The Managing Pressures Curriculum provides direct education to students using a series of five hour-long sessions to give teens an opportunity to learn skills that will make them feel confident saying "no" to sexual involvement and finding ways other than sex to positively express their feelings. The five Managing Pressures lessons are designed to provide young people with tools to help them bridge the gap between their physical development and their cognitive ability to handle the implications of such development. The goals of this curriculum are to help young people:

- Understand the pressures in our society which influence young people's sexual behavior.
- Understand their rights in social relationships.
- Avoid situations that might lead to sexual involvement before marriage.
- Deal with pressure situations through the use of assertive responses.
- Postpone sexual involvement until marriage.

Ordering Information: PSI Curriculum
Emory/Grady Teen Services Program - Grady Memorial Hospital
80 Butler Street, SE
Atlanta, GA 30335-3801
Phone: (404) 616-3513
\$149.00/Each Curriculum and Video

3. Worth The Wait Program (Revised version of the It Takes Two program)

Worth The Wait has as its stated mission: to encourage young adolescents to share responsibility in building healthy romantic relationships which empower them to abstain from sexual intercourse of any kind thus postponing parenting and avoiding sexually transmitted diseases including the virus that causes AIDS. The Young Women's Resource Center in Des Moines, Iowa developed Worth The Wait as the abstinence-only version of its classroom/group program titled It Takes Two. Program implementation recommends offering 3 hours of programming each year to students over a three year period spanning grades 6 through 8. The program has three areas of emphasis described as follows:

- **Building Healthy Relationships** in which students learn the importance of and skills for establishing supportive, healthy relationships as a strategy for abstaining from all sexual intercourse.
- **Parenting Can Wait** in which students examine the high cost of parenting and are encouraged to think twice about the realities of teen parenthood.
- **Making Good Decisions** in which students are encouraged to postpone sex by establishing personal boundaries, communicating them effectively, and enforcing them consistently.

Ordering Information: Worth The Wait
 155 North First Street, Suite 2
 P.O. Box 700
 Carlisle, Iowa 50047
 Phone: (515) 989-3360
 FAX: (515) 989-3391

4. Making a Difference Curriculum (Adaptation and extension of the original Be Proud! Be Responsible!)

An Abstinence Based Approach to Prevention of STDs, HIV and Teen Pregnancy is an eight module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex. It is based on cognitive behavioral theories, focus groups, and the researchers extensive experience working with youth. Making A Difference! is an adaptation and extension of the original Be Proud! Be Responsible! Curriculum in that it integrates STD, HIV and pregnancy prevention. The goal of Making A Difference:

- empower young adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STDs and their risk for pregnancy.
- emphasizes that young adolescents should postpone sexual activity and that practicing abstinence is the only way to eliminate the risk for pregnancy and STDs, including HIV.

The Making A Difference! Curriculum has three major components: (1) goals and dreams and adolescent sexuality, (2) knowledge, including information about the etiology, transmission, and prevention of HIV, STDs, and teenage pregnancy, it also covers beliefs and attitudes about abstinence, HIV, STD, and pregnancy and (3) focuses on skills and self-efficacy. It covers negotiation and refusal skills, and provides time for practice, reinforcement, and support.

Ordering information: For more information: www.selectmedia.org
 22-d Hollywood Avenue
 HoHoKus, New Jersey 07423
 PHONE: 1800-707-6334

5. How to Teach the FACTS of Life Parent-Teen Curriculum:

IMPLEMENTING FACTS IN YOUR COMMUNITY - Facts may be offered in schools as part of the regular class curriculum, but it may also be presented in an after-school program or evening program sponsored by a community group, such as parent groups, youth organizations, religious organizations or community groups.

PARENTS AND TEENS TOGETHER

- This model offers four two – hour sessions.
- Part of each class is spent with family members together, and part is spent with teens and parents separately.
- This model can be presented, as an after-school or evening program, but it can also be adapted to a weekend format.
- The best group size is 12 to 20 families.

OBJECTIVES

(1) To enable parents to facilitate the sexuality education of their teens. (2) To increase teen knowledge and communication with parents. (3) To increase the postponement and discontinuation of sexual activity among participating adolescents. (4) To develop a stronger future orientation in teenagers and an awareness of the consequences of early sexual activity on their future plans and goals. (5) To increase the teenager's willingness and opportunities to interact and negotiate with their parents and to increase their receptivity to direction, standards, and parental values. (6) To increase parent and teen skill level in communication, abstinent values, negotiation, decision-making, self-respect, and standard setting.

Ordering Information: Northwest Family Services, 4805 NE Glisan Street, Portland, OR 97213
Phone: (503) 215-6377, FAX (503) 215-6940, email; nfs@teleport.com, WEB: www.facts.org.
(\$100.00 includes Lesson Plans for 4 workshop sessions, reproducible activities and handouts, and 40 color overheads).

MDH only approves ordering the How to Teach the FACTS of Life Parent –Teen Curriculum from Northwest Family Services for MN ENABL.

6. SUPPLEMENTAL CURRICULUM ACTIVITIES/IDEAS:

Abstinence Curriculum - Comprehensive Health for the Middle Grades

The Abstinence Curriculum provides direct education to students using a series of six units consisting of one or two periods, with each period approximately 45 minutes in length. These units provide practice in communication skills for use by middle school students in abstaining from sex. The activities provide students with knowledge and skills that will help them abstain from sexual behavior, respect others' decisions to abstain from sex, and establish positive social relationships. The objectives of the Abstinence Curriculum are to:

- Describe a range of behaviors that demonstrate affection.
- Analyze consequences of sexual intercourse for adolescents.
- Identify uncomfortable situations and settings that may be conducive to sexual behavior.
- Demonstrate effective assertive communication skills.
- Demonstrate refusal techniques to help them resist pressures to engage in sexual activity.

- Identify personal support systems to help them abstain from sex.

Ordering Information: ETR Associates (Education, Training and Research)
 P.O. Box 1830
 Santa Cruz, CA 95061-1830
 Phone: 1 (800) 321-4407
 \$27.00/each

Review copies are available on a first come first serve basis at the MDH Library by calling: 612-676-5090.