



## Positive Prevention *Plus*: Middle School Curriculum

### Overview

The Positive Prevention *Plus* (“P3”) Middle School curriculum is a high-quality, evidence-based sexual health education curriculum. Peer-reviewed findings published in 2016 demonstrated a statistically significant delay in the onset of sexual activity, plus statistically significant increases in student-parent communication around sexual health issues. The curriculum strongly encourages parental involvement. Certain worksheets may be sent home with students to encourage student-parent discussion of sexual health topics.

- **Getting Started**
  - Students will: identify and follow class guidelines for appropriate behavior; complete a self-assessment of pre-existing knowledge (pre-test) related to interpersonal relationships and sexual health; identify facts related to teen sexual health; identify ways to improve teen sexual health.
- **Lesson 1: Understanding Change**
  - Students will: describe the typical physical and psycho-social changes that occur during puberty; define and discuss terms related to anatomy, gender identity and expression, and sexual orientation.
- **Lesson 2: Exploring Friendships**
  - Students will: assess the degree to which they have the traits and skills required for quality-committed friendships; identify and describe opportunities for building friendships; differentiate between “liking” or “loving” something or someone; plan a safe and healthy activity to engage in with a friend.
- **Lesson 3: Bullying and Abuse**
  - Students will: commit to end bullying and inappropriate sexual behavior in self and others; identify risky sex-related behaviors such as sexting, and making sexual advances without permission; identify a variety of ways to protect themselves; demonstrate how to respond to inappropriate sexual behaviors.
- **Lesson 4: Human Trafficking**
  - Students will: define human trafficking, including sex trafficking; Describe how common human trafficking is in the U.S.; identify common victims of human trafficking; identify the warning signs of human trafficking; identify resources for reporting and escaping human trafficking.
- **Lesson 5: Preventing an Unplanned Pregnancy**
  - Students will: identify reasons for family planning; identify reasons for sexual abstinence; describe a range of contraceptive methods, including their effectiveness in preventing pregnancy and sexually transmitted infections; identify community family planning and contraception services.



- **Lesson 6: Teen Pregnancy: Choices & Responsibilities**
  - Lesson omitted for TPS Implementation
- **Lesson 7: Myths and Stereotypes about HIV Infection**
  - Students will: identify myths or stereotypes regarding persons infected with HIV; describe the impact of HIV/AIDS on individuals and their family life; express concern for persons with disabilities or illness, including those infected with HIV.
- **Lesson 8: The HIV/AIDS Epidemic**
  - Students will: describe the AIDS epidemic; identify the fluids and body routes for HIV transmission; identify behaviors that will and will not put a person at risk for HIV transmission; describe how ART, PEP, and PrEP are used in the prevention and treatment of an HIV infection.
- **Lesson 9: Preventing Sexually Transmitted Infections**
  - Students will: identify and describe common STIs and their symptoms; describe ways that STIs can be transmitted; identify community resources for STI testing and treatment.
- **Lesson 10: Recognizing and Reducing Risks**
  - Students will: identify situations that put people at risk for HIV; identify abstinence as the only 100% effective method to avoid an unplanned pregnancy, HIV, and STIs; identify abstinence from alcohol and drug use, including needle sharing, as an effective method for avoiding HIV and STIs; describe the use of Universal Precautions to reduce HIV/STI transmission; identify things that weaken a latex condom's ability to prevent HIV/STI transmission.
- **Lesson 11: Media and Peer Pressures**
  - Students will: identify pressures from peers, media, or society to engage in high-risk behaviors; recognize that not all students participate in high-risk behaviors; demonstrate skills to refuse/avoid the pressure to engage in high-risk behaviors.
- **Lesson 12: HIV/STI Testing and Community Resources**
  - Students will: describe how an HIV infection can spread through a population; identify resources for HIV/STI testing, counseling, and information.
- **Lesson 13: Goal-Setting**
  - Students will: identify personal goals, including steps for achieving these goals; describe how an unplanned pregnancy or HIV infection would change personal goals and life plans, including measure on how to avoid an unplanned pregnancy and HIV infection; identify ways to protect their sexual health; complete a self-assessment of current knowledge (post-test) related to interpersonal relationships and sexual health.