AMPLIFY
YOUTH HEALTH COLLECTIVE

Positive Prevention *Plus*: High School Curriculum Overview

The Positive Prevention *Plus* ("P3") High School curriculum is a high-quality, evidence-based sexual health education curriculum. Final, peer-reviewed findings published in 2016 demonstrate a statistically-significant delay in the onset of sexual activity, plus statistically-significant increases in student-parent communication around sexual health issues. The curriculum includes 13 lessons to be delivered over a specific implementation scheduled based on individual school needs. 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: Class Ground Rules and Teen Sexual Health**
  - Students will: complete a self-assessment of pre-existing knowledge (pre-test) related to interpersonal relationships and sexual health; identify and follow class guidelines for appropriate behavior; identify facts about teen sexual health.

- **Lesson 1: Life Planning**
  - Students will: identify their personal life plans and goals; visualize themselves achieving their life plans and goals; identify several steps they need to take now to reach their goals.

- **Lesson 2: Gender and Sexual Orientation**
  - Students will: define and discuss gender-related terms related to anatomy, gender identity and expression, and sexual orientation; identify the importance of acknowledging and accepting diverse gender presentations and sexual orientations.

- **Lesson 3: Healthy Relationships**
  - Students will: identify three components of love; identify eight types of intimacy; identify non-sexual ways to achieve intimacy; identify the qualities of a healthy relationship; assess their own relationship skills.

- **Lesson 4: Relationship Abuse**
  - Students will: explain why consent is an important aspect of healthy relationships; describe effective ways to communicate personal boundaries and consent; commit to end inappropriate sexual behavior in self and others; identify risky sex-related behaviors such as sex trafficking, sexting, and meeting strangers online; demonstrate a variety of ways to protect themselves; identify how to respond to inappropriate sexual behaviors.

- **Lesson 5: Human Trafficking**
  - Students will: define human trafficking, including sex trafficking; describe how common human trafficking is in the U.S.; identify populations that are vulnerable to human trafficking; identify the warning signs of human trafficking; identify resources for reporting and escaping human trafficking.

- **Lesson 6: Preventing an Unplanned Pregnancy**
  - Students will: identify reasons for planning a family; describe a range of contraceptive methods, including their effectiveness in preventing pregnancy and sexually transmitted infections; identify sexual abstinence as the only certain way to prevent unintended pregnancy or sexually transmitted infections;

identify community family planning and contraceptive services; identify the benefits of delaying or abstaining from sex; identify the critical steps in making the decision to whether become sexually active.

- **Lesson 7: Teen Pregnancy : Choices & Responsibilities**
  - This lesson is not taught in Tulsa area schools.

- **Lesson 8: HIV/AIDS Epidemic**
  - Students will: describe the HIV/AIDS epidemic; identify the fluids and body openings for HIV transmission; identify behaviors that will and will not put a person at risk for HIV transmission; describe how ART, PrEP, PEP, are used in the prevention and treatment of an HIV infection; 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 infected with HIV.

- **Lesson 9: Preventing Sexually Transmitted Infections (STIs)**
  - Students will: identify and describe common STIs and their symptoms; describe the ways that STIs can be transmitted; identify community resources for STI testing and treatment.

- **Lesson 10: Protection and Communication**
  - Students will: identify abstinence as the only 100% effective method to avoid an unplanned pregnancy, HIV, and STIs; identify the success and failure rate of latex condoms in preventing pregnancy and the spread of HIV/STIs; describe the proper use of a latex condom; demonstrate condom negotiation skills. This lesson includes a condom demonstration.

- **Lesson 11: Media and Peer Pressure**
  - 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: Accessing 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: Steps to Success**
  - Students will: identify behaviors and choices that move them closer to, or further away from, their life plans and goals; specify several next steps they need to take toward accomplishing their life plans and goals; create and sign a Personal Contract affirming their commitment to avoiding HIV/STI infection or an unplanned pregnancy; assess what they learned throughout the curriculum; complete a self-assessment(s) of current knowledge (post-test) related to interpersonal relationships and sexual health.