

Grayling High School Reproductive Health Curriculum

We have chosen to follow the Safer Choices Curriculum. These lessons teach that having unprotected sex is an unsafe choice, using protection is a safer choice, but that NOT having sex is the safest choice.

Pre Lesson	<p>Anatomy</p> <p>The teacher will go over male and female anatomy so students know the correct terminology.</p>
Lesson 1	<p>Not Everybody's Having Sex!</p> <p>Students brainstorm reasons young people choose not to have or to have sex. They generate a list of possible influences on personal decisions and identify ways to show love and affection without having sex.</p>
Lesson 2	<p>The Safest Choice: Deciding not to have sex</p> <p>The concept of "norm" and student perceptions of the number of students their age who have not had sex are discussed. Refusal skills are introduced and demonstrated through scripted role play. Discussion and role play practice helps students distinguish</p>
Lesson 3	<p>Saying No to having Sex</p> <p>Characteristics of clear "no statements" are reviewed, and alternative actions and delay tactics are introduced and modeled. Students practice refusal skills in small groups using a half-scripted role play. (Appendix D)</p>
Lesson 4	<p>Understanding STD and HIV</p> <p>Students work in small groups to create posters about specific STD's including HIV. They discuss commonalities among STDs, brainstorm reasons teens might not get tested, identify ways to address these barriers, and watch a STD PowerPoint presentation. (Ap</p>
Lesson 5	<p>Examining the risk of unsafe choices</p> <p>An HIV risk activity personalizes students' vulnerability to HIV infection and helps identify behaviors that put them at risk. A worksheet examines the impact a pregnancy would have on their lives.</p>
Lesson 6	<p>Teens with HIV: A reality</p> <p>A video is shown that discusses the origin and impact of HIV. Discussion focuses on the physical, social, and emotional impact of HIV infection on the characters' daily lives and future goals. HIV transmission is clarified.</p>
Lesson 7	<p>Practicing the safest choice</p> <p>After a review of refusal skills, student groups write refusals for pressure lines. They practice ways to say no and still maintain relationships, using a half-scripted role play. A worksheet personalizes the advantages of not having sex and the use of r</p>

Lesson 8 Safer Choices: Using Protection
Methods of STD and/or pregnancy prevention commonly used by teens are presented and discussed. A small group activity helps students evaluate the level of protection offered by different methods. (Appendix B, E)

Lesson 9 Knowing what you can do

Students complete a worksheet about what they would say or do if they were in a situation where they wanted to delay having sex or keep from having unprotected sex.

Appendices
A: More information about HIV and AIDS
B: Effective and ineffective methods of protection
C: How to use Roleplays
D: Refusal skills overview
E: Condom effectiveness: Questions and Answers

Fetro, J, Barth, R, and Coyle, K. (1998). Safer Choices.I Santa Cruz, CA: ETR Associates.