Fidelity/Adaptation Guidelines: Be Proud! Be Responsible! (BPBR)

S=Synchronous (platform: zoom etc.)

A= Asynchronous (platform: google classroom, etc.)

E= Either

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| **Module** | **Learning Objectives** | **Content** | **Activities plus teaching strategies** | **Implementation Recommendations** |
| 1  Introduction to HIV and AIDS  (50 minutes) | * Formulate a list of group rules that will facilitate discussion of HIV and sexual behaviors. * Identify why it is important for youth to learn about HIV prevention strategies. * Identify what it means to be proud and responsible. * Identify what it means to protect oneself and one’s community. * Identify and distinguish myth from fact regarding the causes, transmission and prevention of HIV infection. | This module:   * Informs about program * Helps participants become comfortable, cohesive and productive in groups * Generates enthusiasm about being proud and responsible decision makers * Promotes goal of protecting themselves and community * Gives factual information about HIV and AIDS | A. Program Introduction and Overview (Mini-lecture)    B. Group Introduction      C. Creating Group Agreements      D. Discussing HIV and AIDS   (Game show e.g. jeopardy)    E. What I Think about HIV, AIDS and Safer Sex. (Agree/Disagree using index cards) | **Brainstorming**  - Whiteboard (S)  - Word cloud generator (S)  - Chat (S)  - Open comment box (A)  - Handout/worksheet (A)  **Modeling and Demonstrating**  -See ETR Tip Sheet  **Short Lecture**  - Pre-Recorded Video (A)  - In-person via video (S)  - PowerPoint slides (A)  - Assignments with quizzes (E)  **Group Processing**  --Polls (E)  - Breakout Rooms (S)  - Chat (S)  - Blog/ Post with required # of responses to teacher and peers (A)  - Slides and handout (A)  **Video Processing**  - Shorter videos with discussion questions (S)  - Shorter videos with reflection questions (A)  **Interactive Games**  - Kahoot (S)  - Breakout rooms (S)  **Role Play**  -See ETR tip sheet  **Additionally:**  -Have different virtual/digital ice breakers and “getting to know you” ideas on hand (S) |
| 2  Building Knowledge About HIV  (50 minutes) | * Identify why it is important to learn about HIV prevention strategies * Differentiate myths from facts about HIV and AIDS * Identify the correct information regarding the transmission, causes and prevention of HIV infection | This module:   * Clarifies myths about causes, transmission and prevention of HIV and provide correct information * Reinforces knowledge about safer sex behaviors | 1. Introduction and Overview 2. The Subject is : HIV” (DVD viewing, group discussion) 3. Myths and Facts about HIV and AIDS (Myths and Facts Game) |  |
| 3  Understanding Vulnerability to HIV Infection (50 minutes) | * Identify which of their behaviors increases their vulnerability and risk for HIV * Identify how easily HIV is transmitted and how it feels to be at risk for HIV infection and other STDs * Correctly identify which behaviors are some risk, high risk and no risk for contracting HIV * Recall correct information concerning HIV/AIDS * Identify their responsibility in making safe sex choices | This module:   * Helps participants realize that they are vulnerable to HIV infection * Examines who is responsible for safer sex behavior * Examines various opinions about HIV and safer sex behaviors * Clarifies the risk level for a variety of behaviors * Helps identify personal level of risk for HIV infection | 1. Acknowledging the Threat of HIV & AIDS 2. Nicole’s Choice DVD and Discussion (DVD viewing, group discussion) 3. “The Transmission Game” 4. HIV Risk Continuum (small group exercise) |  |
| 4  Attitudes and Beliefs about HIV, AIDS, and Safer Sex  (50 minutes) | * Identify attitudes toward risky sexual behavior * Describe the impact of problematic attitudes on risky sexual behavior * Problem solve for risky sexual behavior situations * Recall correct information concerning HIV | This module:   * Highlights impact of attitudes and beliefs on risky sexual behavior * Weakens negative beliefs and attitudes that foster risky behavior * Builds sense of responsibility for reducing the risk of HIV infection * Reinforces knowledge about safer sex behaviors | 1. “The Hard Way” DVD and Discussion (DVD viewing, group discussion) 2. Calling KoKo (Information hotline activity) |  |
| 5  Building Condom Use Skills (50 minutes) | * Explain the importance of proud and responsible sexual decision making * Identify barriers to using condoms and other safer sex behaviors * Identify strategies for practicing safer sex behaviors * Identify ways to make condoms a more pleasurable part of the sexual experience * Explain how condoms can prevent HIV, STDs, and unplanned pregnancy * List the correct steps to using a condom and demonstrate those steps | This module:   * Reinforces pride and responsibility in avoiding HIV risk associated behaviors * Assesses barriers to condom use while providing strategies to reduce these barriers * Examines relationship of attitudes and condom use behaviors * Reinforces knowledge, comfort and skills on how to use condoms correctly and how to make them fun and pleasurable * Reinforces understanding of the consequences of unprotected sex | 1. Introduction and Overview 2. Discussing Condoms and Condom Use Skills (condom use demonstration video) 3. How to Make Condoms Fun and Pleasurable (problem solving brainstorm) 4. What Gets in the Way of Proud and Responsible Sexual Behavior? (problem solving brainstorm) 5. Barriers to Condom Use (brainstorm) 6. Condom Line-up (*Animation video optional*) |  |
| 5A  Birth Control Methods Demonstration (50 min) | * Explain the differences between different contraceptive methods * Describe the advantages and disadvantages of each method | This module:   * Empowers participants to make informed choices about most suitable method to use | *Required Add-On Session Page 209*  Birth Control Methods Demonstration  (lecture) |  |
| 6  Building Negotiation and Refusal Skills (50 min) | * Explain the importance of proud and responsible sexual decision making * Identify barriers to using condoms and other safe behaviors * Negotiate condom use or abstinence in sexual relationships   Describe strategies for reducing barriers to safer sex behaviors | This module:   * Increases motivation to practice safer sex, including abstinence * Builds skills to negotiate safe sex, including abstinence * Rehearses skills and receive performance feedback * Builds skills and self-efficacy regarding safer sex practices * Gives opportunities to review factual information * Reinforces sense of pride in making safer sex decisions | 1. Introduction and Overview 2. “What to Say if My Partner Says…” (Problem-solving strategies). *"Wrap it up" DVD and Discussion is optional* 3. Using the SWAT Technique (SWAT technique practice) 4. Practicing Negotiation & Refusal Skills Through Roleplaying (role plays) 5. Talking with Partners about Condom Use or Abstinence (mini-lecture) 6. The AIDS Basketball Game (game) |  |