Making Proud Choices Virtual Implementation

Module 1 Script

Getting to Know You and Steps to Making Your Dreams Come True

*\*\*DEPENDING ON YOUR PLATFORM YOU CAN DO THESE ACTIVITIES VIA ZOOM, ON PAPER, WHITEBOARD ETC*

**Slide 1: Making Proud Choices, Module 1 Getting to Know You and Steps to Making Your Dreams Come True**

Welcome to Making Proud Choices! My name is…

In this program, you will learn important tools to protect yourself and others from unplanned pregnancy, and sexually transmitted diseases-STDs- Including HIV, the virus that causes AIDS.

Before we get started let's do a short icebreaker to get comfortable being together online.

**Slide 2: Icebreaker**

*Ask the students to share their favorite upcoming holidays. Students can respond via chat, whiteboard, etc*.

**Slide 3: Activity A: Welcome and Program Overview**

Making Proud Choices is a program that focuses on Knowledge, attitudes, and prevention skills to prevent pregnancy, HIV, and other STDs, Relationship issues, Sexual behavior, Decision making and negotiating in difficult decisions. It's designed to teach specific information about ways to reduce your risk of getting pregnant or becoming infected with STDs, including HIV. Although STDs can be prevented, many young people don’t take precautions because they don't believe they are at risk of getting an STD. Anyone can get an STD, or HIV from having unprotected intercourse with a partner who is infected.

Unplanned pregnancies can be prevented too. Many teen parents have been able to create successful lives for themselves and their children, especially when they have the support of some caring adults. It's easier to reach your goals if you postpone having a child, or, if you're already a parent, postpone having another child. If you're going to have sexual intercourse, it’s critical to use birth control to prevent unplanned pregnancy and protection such as latex or polyurethane/ polyisoprene condoms and dental dams.

**Slide 4: Discussion Question**

*Ask students to brainstorm and answer the following question*

Do you think teens should be worried about unplanned pregnancy, HIV, and other STDs?

*Ask students if they have any questions before moving on.*

**Slide 5: Activity B: The Talking Circle**

The talking circle is a communication tool specific to American Indian people. It’s been used for generations to bring people together to teach, learn, listen and share with each other and to help groups discuss important issues.

*Explain what the talking circle is and model it by beginning with yourself*

**My name is \_\_\_and I am \_\_\_. When referring to me, please use pronouns \_\_\_ or \_\_\_. I like to… (share something you enjoy doing).**

**Slide 6: Activity C: Creating Group Agreements**

We’re going to be talking about sexuality, pregnancy, and STDs- topics that sometimes can cause people to feel nervous or uncomfortable. What guidelines or agreements can we put in place to help make sure that everyone in the group feels safe, comfortable and able to participate.

*Have students brainstorm a list of agreements or guidelines for the group to follow. Be sure to cover confidentiality, right to pass, and respecting diversity.*

**Slide 7: Activity D: Making Proud Choices! Be Proud! Be Responsible! Brainstorm**

The title of this program is Making Proud Choices! In this activity we are going to do brainstorming. In brainstorming, you just saw whatever comes to mind about a particular issue or question. I want you to brainstorm the answer to three questions.

What does it mean to make proud choices?

What does it mean to be “proud”?

What does it mean to be responsible?

**Slide 8: Activity D continued**

*Start another discussion and ask*

What are the benefits of making proud choices and engaging in proud and responsible behaviors? What do we gain by being proud and responsible?

**Slide 9: Activity E: Brainstorming About Teens and Sex**

*Introduce activity by saying:*

We are going to do some more brainstorming, you just say whatever comes to mind about the issue or question. The first is why do you think some teens your age are having sex?

*When they finish summarize by saying:*

As we can see, there are many reasons teens have sex. Regardless of the reasons, if they don’t use protection to prevent unplanned pregnancy or STD’s, they can face consequence that could make it harder to accomplish their hopes and dreams for the future. Let’s look at some of the possible consequences of sex.

*Now ask:* What are the consequences of sex? *Record answers*

*Summarize by saying:* As we can see by your lists, there are many reasons teens have sex. We can also see there are many consequences of having sex. Yet there are some proud and responsible strategies for preventing these consequences. You did a great job with these brainstorm. Now let’s examine our goals and dreams and see how having unprotected sex can have an impact on them.

**Slide 10: Activity F: Goals and Dreams Timeline**

Everything and everyone has a past, present, and future. This next activity will help you take a closer look at your past, present, and future. This is a timeline that will help you think about what you have already accomplished in the past year and what you want to accomplish in the future.

*Make sure students have a pen and paper to write on and ask them to divide the paper into 3 sections. Give students 1-2 minutes to complete each section*.

There are three sections. In the first section, write your age and anything you’ve already accomplished (big or small) that's meaningful to you. (playing on a soccer team, getting certain grades).

In the second section you will imagine yourself 5 years from now. That will be 20\_\_. Write down your age in 5 years. Think of at least one thing you hope to have achieved 5 years from now. Write down at least one goal in this section.

In the third section imagine yourself 10 years from now. That will be 20\_\_. Write down your age in 10 years. Think of at least one thing you hope to have achieved 10 years from now. Write down at least one goal in this section.

**Slide 11: Activity E: Continued**

*Have the students share with the class and encourage them to share one goal from the last two sections of their timelines, and ask*

Looking ahead in 5 years, what goal do you want to achieve? How about in 10 years? Share a few of your goals with your group.

*Then say*

I want you to choose one of your goals from the timeline and write it on the back of your timeline. Next to that goal, write two things you must do to achieve it.

*Instruct the students to share their goal and strategies for achieving it.*

*Be sure to provide support to anyone who seems to be struggling with the activity.*

*In round- robin fashion let each student share a goal and some strategies for how to achieve these goals.*

*Complement the students for their answers and summarize the activity by saying:*

You can achieve your goal with a little planning and organizing and by making proud and responsible decisions. Reaching your goals will make you and the people you care about proud. Remember you are capable of doing whatever you put your mind to.

**Slide 12: Activity G: Brainstorming obstacles to your goals and dreams**

*In this part have students brainstorm obstacles that can interfere with them achieving their goals and dreams.*

*Depending on your platform, use what is most useful and have students write their obstacles. Ask*

What obstacles can you think of that may get in the way of your goals?

*Give some time to brainstorm, and record all answers without repeating any.*

*Ask* How can we avoid these obstacles?

*Pick a few of the key obstacles and discuss ways to avoid, overcome, or reduce them. If there are any teen parents in the group, ask them to discuss ways they have been able to manage the additional responsibility of raising a child and still accomplish their goal.*

**Slide 13: Summarize**

For the rest of the program we will be looking at ways to overcome obstacles so you can reach your goals. If you decide to have sex, you can avoid obstacles such as unplanned pregnancy and STDs by choosing not to do anything risky and always using latex condom and other protection.