

# MAKING PROUD CHOICES! (2020/2021 EDITION)

## Alignment with NYS Health Education Standards

Making Proud Choices!: A Safer Sex Approach to Teen Pregnancy and HIV/STI Prevention was developed to reach adolescents in a school or community-based environment. Making Proud Choices! is designed to help participants develop the knowledge, skills, and motivation necessary to change their behaviors in ways that will reduce their risk of contracting HIV and other sexually transmitted infections. To support youth in preventing unplanned pregnancies, Module 6 provides an overview of birth control methods.

This Evidence-Based Program (EBP) addresses the New York State Health Education standards for Commencement (High School) in the column on the right.

Modules	Topics and Objectives	Standards and Performance Indicators: Commencement
Module 1 Getting to Know You and Steps to Making Your Dreams Come True	<ul style="list-style-type: none"> <li>Identify the meaning and benefits of proud and responsible behavior</li> <li>Identify reasons why teens have sex and the possible outcomes</li> <li>Describe goals for the future and reduce barriers to achieve them</li> </ul>	<p><b>Standard 1: Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>Evaluate how the multiple influences which affect health decision and behaviors can be altered</li> </ul> <p><b>Standard 2: A Safe and Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Evaluate personal and social skills which contribute to health and safety of self and others</li> </ul>
Module 2 A Possible Outcome of Unprotected Sex: HIV Infection	<ul style="list-style-type: none"> <li>Basic facts vs. myths about HIV/AIDS infection, transmission, causes, and prevention</li> <li>Safer sex behaviors to prevent HIV infection</li> </ul>	<p><b>Standard 1: Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>Understand human growth and development throughout the life cycle</li> <li>Demonstrate the necessary knowledge and skills to promote healthy development into adulthood</li> </ul>
Module 3 Attitudes About Sex, HIV, and Condom Use	<ul style="list-style-type: none"> <li>Problem solving for risky sexual behavior situations</li> <li>Identify safer sex strategies</li> </ul>	<p><b>Standard 1: Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>Demonstrate the necessary knowledge and skills to promote healthy development into adulthood</li> <li>Apply prevention and risk strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> <li>Evaluate how the multiple influences which affect health decisions and behaviors can be altered</li> </ul> <p><b>Standard 2: A Safe and Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Evaluate personal and social skills which contribute to health and safety of self and others</li> </ul>

<p>Module 4 Strategies for Preventing HIV Infection: Stop, Think, and Act</p>	<ul style="list-style-type: none"> <li>● Identify how problem-solving can avoid risky situations</li> <li>● Explain how making their own decisions can lead to achieving goals</li> </ul>	<p><b>Standard 1:</b></p> <ul style="list-style-type: none"> <li>● Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> </ul> <p><b>Standard 2: A Safe and Healthy Environment</b></p> <ul style="list-style-type: none"> <li>● Evaluate personal and social skills which contribute to health and safety of self and others</li> </ul>
<p>Module 5 Possible Outcomes of Unprotected Sex: STIs</p>	<ul style="list-style-type: none"> <li>● Increase knowledge of STIs and how to prevent them</li> <li>● Demonstrate steps for correct condom use</li> </ul>	<p><b>Standard 1: Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>● Demonstrate the necessary knowledge and skills to promote healthy development into adulthood</li> <li>● Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> </ul>
<p>Module 6 A Possible Outcome of Unprotected Sex: Pregnancy</p>	<ul style="list-style-type: none"> <li>● Identify different types of birth control</li> <li>● Increase awareness of pregnancy and perceived vulnerability</li> </ul>	<p><b>Standard 1: Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>● Evaluate how the multiple influences which affect health decision and behaviors can be altered</li> <li>● Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> </ul>
<p>Module 7 Developing Condom Use and Negotiation Skills</p>	<ul style="list-style-type: none"> <li>● Identify steps to implement condom use and learn strategies to reduce barriers</li> <li>● Review other safer sex behaviors</li> </ul>	<p><b>Standard 1: Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>● Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> <li>● Evaluate how the multiple influences which affect health decisions and behaviors can be altered</li> </ul> <p><b>Standard 2: A Safe and Healthy Environment</b></p> <ul style="list-style-type: none"> <li>● Evaluate personal and social skills which contribute to health and safety of self and others</li> </ul>
<p>Module 8 Enhancing Refusal and Negotiation Skills</p>	<ul style="list-style-type: none"> <li>● Demonstrate strategies to prevent unprotected sex</li> <li>● Express pride in sticking to responsible decisions</li> </ul>	<p><b>Standard 1: Personal Health and Fitness</b></p> <ul style="list-style-type: none"> <li>● Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood</li> <li>● Evaluate how the multiple influences which affect health decisions and behaviors can be altered</li> </ul> <p><b>Standard 3: Resource Management</b></p> <ul style="list-style-type: none"> <li>● Demonstrate advocacy skills in promoting individual, family and community health</li> </ul>