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The TAG program works to help youth develop positive attitudes and behaviors to promote personal responsibility for their health and safety. We work with parents, educators and the community organizations in Warren and Washington counties to reduce teen pregnancy rates, STI and HIV/AIDS rates, and to improve health outcomes through education and improved access to reproductive healthcare and family planning services.

#### Teen Pregnancy in the U.S.

- The U.S. has the highest teen pregnancy rate in the industrialized world – twice as high as in England or Canada.
- An estimated 750,000 teens will become pregnant this year.
- A sexually active teen that does not use contraceptives has a 90% chance of becoming pregnant within a year.
- It affects education - only a third of teen mothers earn their high school diploma. And only 1.5% have a college degree by age 30.
- 8 in 10 girls and 6 in 10 boys say they wish they had waited until they were older to have sex.

This program is made possible through a NYS Dept. of Health Comprehensive Adolescent Pregnancy Prevention grant and Hudson Headwaters Health Network

# Be Proud! Be Responsible! Fourth Edition

Authors: Loretta Sweet Jemmott, Ph.D., R.N., F.A.A.N., John B. Jemmott III, Ph.D., and Konstance A. McCaffree, Ph.D

Evidence Based Multimedia Curriculum to Reduce the Risk of Pregnancy and Sexually Transmitted Diseases in Adolescents Available to use at No Cost to Your School

## CURRICULUM OVERVIEW

*Be Proud! Be Responsible!* is a six-part curriculum that provides adolescents with the knowledge, motivation, and skills necessary to change their behaviors in ways that will reduce their risk of pregnancy or contracting HIV and other sexually transmitted diseases. To change behavior, adolescents need not only information and a perception of personal vulnerability, but also the skills and the confidence in their ability to act safely. The curriculum consists of six sessions and has been evaluated and recommended by the Center for Disease Control and Prevention as a “Program That Works.”

## CURRICULUM GOAL

The curriculum is intended to delay initiation of sex among sexually inexperienced youth, to reduce unprotected sex among sexually active youth, and to help young people make proud and responsible decisions about their sexual behaviors.

## CURRICULUM OBJECTIVES

At the completion of this program, students will:

- Have increased their knowledge about pregnancy, STDs and HIV/AIDS
- Believe in the value of safer sex, including abstinence
- Have confidence in their ability to negotiate safer sex & to use condoms correctly
- Be able to use condoms and negotiate sexual situations
- Intend to practice safer sex
- Reduce sexual risk behaviors
- Take pride in and responsibility for choosing responsible sexual behaviors

## TYPES OF ACTIVITIES

Be Proud! Be Responsible! is comprised of a series of fun and interactive learning experiences designed to increase participation and enhance learning. Activities include educational videos, trigger films, role plays, condom demonstrations and other exercises. Most activities are brief, lasting no more than 20 minutes.

## CONTENT OUTLINE

- Module 1: Introduction to HIV, STDs and Pregnancy
- Module 2: Building Knowledge About HIV, STDs and Pregnancy
- Module 3: Understanding Vulnerability to HIV, STDs and Teen Pregnancy
- Module 4: Attitudes and Beliefs about HIV, AIDS and Safer Sex
- Module 5: Building Condom Use Skills
- Module 6: Building Negotiation and Refusal Skills

## FACILITATOR’S CURRICULUM COMPONENTS

- Facilitator Manual
- Activity Set (consisting of interactive cards, role-plays and posters)
- DVDs: The Subject is HIV, The Subject is STDs, The Hard Way, Tanisha and Shay, Wrap It Up



# Becoming a Responsible Teen

Author: Janet S. St. Lawrence, PhD

Evidence Based Multimedia Curriculum to Reduce the Risk of Pregnancy and Sexually Transmitted Diseases in Adolescents Available to use at No Cost to Your School

## In New York State:

- Teen pregnancy rate ranks 12th highest in the U.S.
- Teen abortion rate ranks 1st in the U.S.
- In 2009 38% of female & 46% of male high school students reported having had sexual intercourse in their lifetime and 8% of the females and 18% of the males reporting having had four or more lifetime sexual partners.
- Youth ages 15-19 contract almost half of the nation's 19 million STIs every year. The Chlamydia rate for New York State ranks 16th in the U.S.
- In 2007 the state ranked 1st in number of reported AIDS cases in the U.S. among ages 13-19.  
From Sexuality Information and Education Council of the United States  
[www.siecus.org/index.cfm](http://www.siecus.org/index.cfm)

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**HUDSON HEADWATERS**  
Health Network

## CURRICULUM OVERVIEW

(B.A.R.T.) consists of eight sessions, 1.5 to 2 hours each, and includes interactive group discussions and role plays that have been created by teens. Although the focus of *Becoming a Responsible Teen* is HIV/AIDS prevention, the curriculum includes topics and activities relevant to teen pregnancy prevention. Teens learn to clarify their own values about sexual decisions and pressures as well as practice skills to reduce sexual risk-taking. These include correct condom use, assertive communication, refusal techniques, self-management, and problem solving. Also, abstinence is woven throughout the curriculum and is discussed as the best way to prevent HIV infection and pregnancy.

## CURRICULUM OBJECTIVES

At the conclusion of this program, youth will be able to:

- State accurate information about HIV and AIDS, including means of transmission, prevention, and current community impact.
- Clarify their own values about sexual decisions and pressures.
- Demonstrate skills in correct condom use, assertive communication, refusal, information provision, self-management, problem-solving, and risk reduction.

## CONTENT OUTLINE

Becoming a Responsible Teen includes the following eight sessions:

- Session 1: Understanding HIV and AIDS
- Session 2: Making Sexual Decisions and Understanding Your Values
- Session 3: Developing and Using Condom Skills
- Session 4: Learning Assertive Communication Skills
- Session 5: Practicing Assertive Communication Skills
- Session 6: Personalizing the Risks
- Session 7: Spreading the Word

## Additional Information

Curriculum, implementation training and support are available free of charge to selected schools in Warren and Washington counties. Materials can be reviewed by contacting the Teen Awareness Group at (518) 761-0300.

Additional resource and curriculum evaluation information is available on line at the following sites:

[www.etr.org](http://www.etr.org)  
[www.selectmedia.org](http://www.selectmedia.org)  
[www.actforyouth.net/health\\_sexuality/sexual\\_health/programming/](http://www.actforyouth.net/health_sexuality/sexual_health/programming/)  
[www.cdc.gov/hiv/topics/research/prs/best-evidence-intervention.htm](http://www.cdc.gov/hiv/topics/research/prs/best-evidence-intervention.htm)