

# Cuídate! (2012 version): Adjusting to classroom periods

Cuídate contains six 60-minute sessions that should be delivered fairly close together. Alternatively, the program can be delivered in longer sessions like one full day or two half day sessions.

## 40-Minute Classroom Period

### Day 1

Module 1:

- A. Conocimiento (5 min)
- B. Talking Circle (10 min)
- C. Creating Group Rules (5 min)
- D. Cúdate! Logo (5 min)
- E. Discussing Pregnancy (15 min)

### Day 2

Module 1 (cont'd):

- Add: Transition statement /overview of this session (2 min)*
- E. Discussing STDs and HIV (13 min)

Module 2:

- A. What it means to Be Latino/a Overview (5 min)
- B. Cultural Values (10 min)
- C. What Latinos Think about HIV/AIDS and Safer Sex (10 min)

### Day 3

Module 2 (cont'd):

- Add: Transition statement /overview of this session (2 min)*
- D. View DVD *Cuídate!* (15 min)
- E. Myths and Facts Game (20 min)

### Day 4

Module 3:

- A. Acknowledging the Risk of Unplanned Pregnancy, STDs and Safer Sex (5 min)
- B. View DVD *Demasiado Joven* (10 min)
- C. A Romance (15 min)
- D. Latino Cultural Attitudes and Safer Sex (10 min)

### Day 5

Module 3 (cont'd):

- Add: Transition statement /overview of this session (2 min)*
- E. La Loteria (15 min)

Module 4:

- A. Quien Es Mas Macho? Quien Es Mas Mujer? (15 min)

## **Day 6**

Module 4 (cont'd):

*Add: Transition statement /overview of this session (2 min)*

- B. Music and Discussion (13 min)
- C. Adolescent Vulnerability to Unplanned Pregnancy, STDs and HIV (15 min)
- D. La Zona Peligrosa (10 min)

## **Day 7**

Module 5:

- A. Discussing Condoms (5 min)
- B. Condom Use-Skills (20 min)
- C. Overcoming Barriers to Condom Use (15 min)

## **Day 8**

Module 5 (cont'd):

*Add: Transition statement*

- D. What Gets in the Way of Caring Behavior (5 min)
- E. Condom Line-Up (10 min)

Module 6:

- A. *No Hay Razon* (10 min)
- B. Introduction to STOP Technique and *Sofia and Miguel* DVD and Discussion (15 min)

## **Day 9**

Module 6 (cont'd):

- C. STOP Technique and Role-Plays (15 min)
- D. Safer Sex Jeopardy Game (10 min)
- E. Talking Circle (5 min)