**Module 1: Getting to Know You and Steps to Making Your Dreams Come True Cycle ID / Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| Activity | Notes |
| A: Welcome and Program Overview |  |
| B: Talking Circle |  |
| C: Creating Group Agreements |  |
| D: *Making a Difference! Be Proud! Be Responsible!* Brainstorm |  |
| E: Brainstorming About Young People and Sex |  |
| F: Goals and Dreams Timeline |  |
| G: Brainstorming Obstacles to Your Goals and Dreams |  |

**Module 2: Understanding Adolescent Sexuality and Abstinence**

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| Activity | Notes |
| A: Puberty and Adolescent Sexual Development |  |
| B: Why Some Young People Have Sex |  |
| C: How Do People Express Their Sexual Feelings? What Is Abstinence? |  |
| D: Benefits of Sex/Benefits of Abstinence |  |

**Module 3: The Consequences of Sex: HIV Infection**

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| Activity | Notes |
| A: *The Subject Is HIV* DVD and Discussion |  |
| B: HIV Risk Continuum |  |
| C: The AIDS Basketball Game |  |

**Module 4: Attitudes, Beliefs and Giving Advice about HIV/STDS and Abstinence**

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| Activity | Notes |
| A: Seeing the Positive in Yourself |  |
| B: Attitudes About Abstinence |  |
| C: Nat Next Door |  |
| D: Calling Koko |  |

**Module 5: The Consequences of Sex: STDS**

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| Activity | Notes |
| A: Sexually Transmitted Diseases Brainstorm and Discussion |  |
| B: Don’t Pass It Along: The Transmission Game |  |
| C: STOP, THINK and ACT: Introduction to Problem-Solving |  |
| D: Sean and Morgan Case Study: Problem-Solving Using STOP, THINK and ACT |  |

**Module 6: The Consequences of Sex: Pregnancy**

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| Activity | Notes |
| A: Myths and Facts About Pregnancy |  |
| B: Your Valentine’s Day Gift (Scripted Roleplay) |  |
| C: *Tanisha & Shay* DVD |  |
| D: Jamal and Keisha – A Romance |  |

**Module 7: Responding to Peer Pressure and Partner Pressure**

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| --- | --- |
| Activity | Notes |
| A: Understanding Peer Pressure |  |
| B: Responding to Peer Pressure |  |
| C: Knowing and Setting Physical Limits |  |
| D: Introduction to SWAT and Scripted Roleplays |  |

**Module 8: Roleplays: Refusal and Negotiation Skills**

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| Activity | Notes |
| A: Introduction to SWAT: Abstinence Negotiation Skills |  |
| B: Enhancing SWAT: Partner Roleplaying |  |
| C: Talking to Your Partner About Abstinence: Information Review |  |
| D: Talking Circle |  |