

01 RULES OF THE GAME: Forming a respectful group

Objectives

- ◇ Review the Key Messages of *Big Decisions*
- ◇ Identify respect as a key value for the group
- ◇ Develop ground rules for the group
- ◇ Role-play showing respect for others
- ◇ Express confidence in your ability to show respect

Activities

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|-----|--------------------------------------|---------------|
| 1.1 | Introduction and Key Messages Review | 5 min |
| 1.2 | Ice-Breaker: Differences and Respect | 10 min |
| 1.3 | Setting Ground Rules | 10 min |
| 1.4 | Respecting Others | 15 min |
| 1.5 | What Respect Means to Me | 5 min |

02 GOALS AND DREAMS: My future

Objectives

- ◇ Picture your dreams for the future
- ◇ Consider how a pregnancy, or another pregnancy, or HIV/STI could affect reaching your goals and dreams
- ◇ Make a personal decision about avoiding pregnancy, or another pregnancy, and STIs
- ◇ Prepare to talk with a parent or other trusted adult about goals and dreams

Activities

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| 2.1 | My Dream Board | 30 min |
| 2.2 | How Could It Affect My Goals and Dreams? | 5 min |
| 2.3 | My Goals, My Decisions | 5 min |
| 2.4 | Homework: Talking about Goals and Dreams | 5 min |

03 RELATIONSHIPS AND ROMANCE: What is healthy?

Objectives

- ◇ Reflect on conversations with your parent or other adult about goals and dreams
- ◇ Identify characteristics of healthy and unhealthy relationships
- ◇ Learn how people in unhealthy relationships can seek help, if needed
- ◇ Personalize the importance of showing and expecting respect

Activities

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| 3.1 | Homework Review: Goals and Dreams | 5 min |
| 3.2 | Healthy or Unhealthy? | 20 min |
| 3.3 | Relationship Role-Plays | 15 min |
| 3.4 | Relationships and Me | 5 min |

04 ANATOMY AND REPRODUCTION: How it works

Objectives

- ◇ Identify the names and functions of the reproductive body parts
- ◇ Review how pregnancy happens
- ◇ Evaluate statements about reproduction to determine if they are true or false

Activities

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| 4.1 | Ice-Breaker: What Do They Call It? | 5 min |
| 4.2 | Reproductive Anatomy: The Body Parts | 20 min |
| 4.3 | The Journeys of the Sperm and the Egg | 10 min |
| 4.4 | Reproduction: True or False? | 10 min |

05 ABSTINENCE: Decisions to wait

Objectives

- ◇ Define what is meant by “abstinence”
- ◇ Identify reasons to not have sex
- ◇ Learn that choosing abstinence means setting limits
- ◇ List ways to show someone you care other than sex
- ◇ Personalize the advantages of abstinence

Activities

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|-----|------------------------------------|---------------|
| 5.1 | Reasons to Wait | 10 min |
| 5.2 | Is This Abstinence? | 15 min |
| 5.3 | Ways to Show You Care | 10 min |
| 5.4 | My Ideas about Abstinence | 5 min |
| 5.5 | Homework: Talking about Abstinence | 5 min |

06. A CLEAR “NO”: Respecting and defending limits

Objectives

- ◇ Reflect on conversations with your parent or other adult about abstinence
- ◇ Recognize the right to say “no” and the essentials of “yes”
- ◇ Consider how to defend your limits and respect others’ limits
- ◇ Practice effective ways to say “no”

Activities

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| 6.1 | Homework Review: Talking about Abstinence | 5 min |
| 6.2 | The Right to Say “No” | 20 min |
| 6.3 | Pressure Situations: A CLEAR “No” | 20 min |

07. SEXUALLY TRANSMITTED INFECTIONS, INCLUDING HIV/AIDS

Objectives

- ◇ Personalize the potential consequences of common STIs
- ◇ Identify ways to reduce the risk of getting and spreading STIs
- ◇ Identify health providers in your community that provide testing for STIs
- ◇ Identify your personal limits to reduce your risk of STIs

Activities

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| 7.1 | Index Cards | 5 min |
| 7.2 | Getting to Know about STIs | 20 min |
| 7.3 | Preventing STIs | 15 min |
| 7.4 | STIs and Me | 5 min |

08. CONTRACEPTION: Pregnancy at a Good Time for You

Objectives

- ◇ State what you would like to have in place before you have or cause a pregnancy or another pregnancy
- ◇ Evaluate commonly used contraceptive methods, including abstinence, for effectiveness
- ◇ Identify your personal limits to avoid pregnancy, or another pregnancy, until it is a good time for you
- ◇ Prepare to talk with a parent or other trusted adult about having children

Activities

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| 8.1 | When would be a Good Time for a Pregnancy or another Pregnancy? | 5 min |
| 8.2 | Effectiveness Line-Up | 15 min |
| 8.3 | Contraceptive Method Bingo | 15 min |
| 8.4 | Pregnancy in My Life | 5 min |
| 8.5 | Talking about Having Children Homework | 5 min |

09. STAYING HEALTHY AND ON TRACK: My safety and my limits

Objectives

- ◇ Reflect on the conversation with your parent or other adult about having children
- ◇ Demonstrate the ability to say “no” effectively to sex without a condom.
- ◇ Consider the risks of sexting nude photos
- ◇ Consider limits that will keep you healthy and safe

Activities

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|-----|----------------------------------|---------------|
| 9.1 | Homework Review: Having Children | 5 min |
| 9.2 | Staying Safer | 20 min |
| 9.3 | A Story | 15 min |
| 9.4 | My Safety and My Limits | 5 min |

10. MY DECISIONS: Ready for challenges

Objectives

- ◇ Reinforce the connection between your decisions and achieving your goals and dreams
- ◇ Anticipate how the adolescent brain can make healthy decisions challenging
- ◇ Personalize strategies to handle challenging situations
- ◇ Celebrate completion of *Big Decisions*

Activities

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|------|---------------------------------|---------------|
| 10.1 | My Goals and My Decisions | 5 min |
| 10.2 | Decisions and the Brain | 15 min |
| 10.3 | Ready for Challenges | 15 min |
| 10.4 | <i>Big Decisions</i> Graduation | 10 min |