

HIV/STD and Sexuality Education Curricula

These resources have been reviewed and recommended by the Minnesota Sexuality Education Resource Review Panel (MSERRP) in compliance with an HIV Cooperative Agreement between the Minnesota Department of Education and the U. S. Department of Health and Human Services, Centers for Disease Control and Prevention

For more information contact Mary Thissen-Milder, PhD, Minnesota Department of Education
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- **BART: Becoming a Responsible Teen – An HIV Risk-Reduction Program for Adolescents**

Revised Edition 2005

B.A.R.T.: Becoming a Responsible Teen curriculum is an HIV-prevention program designed to help teens clarify their own values about sexual activity; make decisions that will help them avoid becoming infected with HIV, the virus that causes AIDS; and learn skills to put their decisions into action. Although originally designed for African American adolescents 14-18, the activities can be adapted to reflect the concerns and cultures of other adolescent populations.

Target Audience: 14-18 years old

Cost: \$ 49.95

Order information: ETR Associates
P.O. Box 1830
Santa Cruz, CA 95061-1830 • 800-321-4407
www.etr.org/pub

- **Be Proud! Be Responsible! 3rd Edition**
(2006)

Be Proud! Be Responsible! Strategies to Empower Youth to Reduce Their Risk for HIV/AIDS is a six module curriculum, which can be implemented in a variety of ways, from six - one hour sessions to a one day – five hour session with breaks. The curriculum provides adolescents with knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of contracting HIV and other sexually transmitted diseases.

Target Audience: Young African-American, Hispanic and White adolescents, ages 13-18

Cost: \$145 (Basic Package: 150 page facilitator manual; Activity Set (consists of interactive cards, role-plays and posters) and Video clips

Order information: Select Media, Inc.
190 Rt. 17M
New York, New York, 10926 • 845-774-7335
www.selectmedia.org

- **¡Cuidate! Facilitator Curriculum**

2009

The word ¡Cuidate! means “take care of yourself,” which is the theme of this culturally-based program designed to reduce HIV sexual risk among Latino youth. This program is an adaptation of the *Be Proud! Be Responsible!* program. The ¡Cuidate! program is divided into six one-hour modules.

Target Audience: Latino Adolescents Grade 8 - 11

Cost: \$165 (excludes Implementation Manual and Training of Facilitators Manual)

Order information: Select Media, Inc.

190 Route 17M, Harriman, NY 10926 • 800-343-5540

www.selectmedia.org

- **Draw the Line/Respect the Line: Setting Limits to Prevent HIV, STD and Pregnancy**

2003

The *Draw the Line/Respect the Line* is an evaluated curriculum consisting of 5 lessons in Grade 6 and 7 lessons in Grade 7 and 8. This series features English/Spanish worksheets and a Latino-sensitive approach; will increase knowledge and improved perceptions of peer norms about sex and delayed initiation of sex among boys; and provides practice about social pressures, challenges to personal limits and communication and refusal skills.

Target Audience: Grades 6-8

Cost: Grade 6 \$21

Grade 7 \$21

Grade 8 \$21

Full Set \$56

Order information: ETR Associates

P.O. Box 1830

Santa Cruz, CA 95061-1830 • 800-321-4407

www.etr.org/pub

- **F.L.A.S.H a Curriculum in Family Life and Sexual Health, Grades 7 and 8**

2006

The *Family Life and Sexual Health (F.L.A.S.H.)* curriculum was designed by the Public Health – Seattle & King County, Family Planning Program. It consists of nineteen lesson plans intended for the junior high classroom (grades seven and eight). There are also *F.L.A.S.H.* curricula for use in mainstream and special education classes, at the intermediate (grades 4 through 6) and high school levels.

Target Audience: Stated audience: Grades 7 & 8
Cost: \$60.00 (download free online)
Order Information: Public Health – Seattle & King County
401 5th Ave., Suite 1300
Seattle, WA 98104, • 206-296-4600
www.metrokc.gov/health/famplan/FLASH/

- **Focus on Kids: Adolescent HIV Risk Prevention New Edition**
2005

Focus on Kids is an HIV/AIDS prevention curriculum, and also covers topics and skills pertinent to teen pregnancy prevention such as: correct use of condoms; decision-making, refusal, communication and advocacy skills; abstinence; and sexual involvement and drug use pressures faced by youth.

Target Audience: high-risk urban youth ages 9-15, Grades 5-10
Cost: \$49.95 for Teacher Manual & CD-Rom with all teacher and student masters

Order information: ETR Associates
P.O. Box 1830
Santa Cruz, CA 95061-1830 • 800-321-4407
www.etr.org/pub

- **Making A Difference: An Abstinence-Based Approach to STD, Teen Pregnancy and HIV/AIDS Prevention**
2005

The *Making A Difference* curriculum has three major components focusing on goals and dreams; knowledge; beliefs and attitudes that abstinence can eliminate the risk of HIV, STDs and unintended pregnancy; and skills and self-efficacy for sexual responsibility and accountability. It covers negotiation and refusal skills, and provides time for practice, reinforcement and support.

The curriculum has eight hours of content divided into eight 60-minute modules. It can be implemented in eight classroom sessions of 60 minutes each or in four, two-module sessions.

Target Audience: 11 – 13 year olds, middle school
Cost: \$145 for teacher manual, activity kit and video clips
Order information: Select Media, Inc.
190 Rt. 17M
New York, New York, 10926 • 845-774-7335
www.selectmedia.org

- **Making Proud Choices: A Safer-Sex Approach to STD, Teen Pregnancy and HIV/AIDS Prevention**

2006

The *Making Proud Choices!* Curriculum has four major components focusing on goals and dreams; knowledge about the etiology, transmission and prevention of STDs, HIV and teenage pregnancy; beliefs and attitudes that abstinence is the most effective way to eliminate sexual risks and safer sex and condom use are essential for sexually experienced youth; and skills and self-efficacy for sexual responsibility and accountability. It covers negotiation-refusal skills and condom use skills, and provides time for practice, reinforcement and support. The curriculum has eight hours of content divided into eight one-hour modules. It can be implemented in eight sessions of 60 minutes each or in four two-module sessions.

Target Audience: 11 – 13 year olds, middle school

Cost: \$145 for teacher manual, activity kit and video clips

Order information: Select Media, Inc.

190 Rt. 17M

New York, New York, 10926 • 845-774-7335

www.selectmedia.org

- **Making Sense of Abstinence: Lessons for Comprehensive Sex Education**

2005

Making Sense of Abstinence is designed to help young people explore the complexities of sexual abstinence in their real lives in ways that respect their ability to make responsible choices when they learn accurate information, clarify their values and develop interpersonal skills. Activities in the 16 lessons include discussing what behaviors different abstinence definitions prohibit, but also might permit and factors that impact a person's ability to abstain successfully.

Target Audience: Middle School, High School, College-age

Cost: \$25

Order information: The Center for Family Life Education

196 Speedwell Avenue

Morristown, NJ 07960 • 973-539-9580 x120

www.ppgnnj.org

- **Our Whole Lives: Sexuality Education for Grades 7-9**

2000

This curriculum offers an inclusive, comprehensive format for discussing sexuality in all aspects of our lives. It includes sessions of activities and questions to demystify and talk about sexuality; gender; sexual orientation and identity; relationships; sex and body awareness; STDs; parenthood; abuse; and unintended pregnancy in a positive, non-judgmental context. It outlines abstinence until maturity and lifelong monogamy as the healthiest relationships.

Target audience: grades 7-9

Cost: \$75.00 plus \$9.00 for shipping and handling

Order information: Unitarian Universalist Association
UUA Bookstore
25 Beacon Street
Boston, MA 02108 • 800-215-9076
www.uua.org

- **Our Whole Lives: Sexuality Education for Grades 10-12**

2000

Our Whole Lives: Sexuality Education for grades 10-12 is one component of the *Our Whole Lives* lifespan series developed by the Unitarian Universalist Association. Unlike many other sexuality curricula available, this program is comprehensive and progressive. It helps senior-high youth gain the knowledge, life principles and skills they need to express their sexuality in life-enhancing ways. The creators believe that young people need sexuality education programs that model and teach caring, compassion, respect, and justice.

Target Audience: Grades 10-12

Cost: \$60.00

Order information: Unitarian Universalist Association
UUA Bookstore
25 Beacon Street
Boston, MA 02108 • 800-215-9076
www.uua.org

- **Postponing Sexual Involvement. An Educational Series for Young Teens**

2007

The Postponing Sexual Involvement an Educational Series for Young Teens (PSI) explicit purpose stated by the developer is: to lead young people to conclude abstinence is the best choice for school-age youth; to help school age youth develop skills to resist pressures to become sexually involved; and to affect norms in such a way as to create an environment of support for abstinence. PSI is an experiential skill building program. The manual consist of

five sessions, as well as, additional activities intended to be used as periodic reinforcement of the abstinence message. The resource includes video segments intended to accompany each session and shows young people presenting the information and modeling its use.

Target Audience: Middle School

Cost: \$149

Order information: Emory University Jane Fonda Center
Briarcliff Campus – Bldg. A – 1st Floor, Briarcliff Rd
Atlanta, GA 30306 • 404-712-4710
<http://janefondacenter.emory.edu/resources>

- **Reducing the Risk: Building Skills to Prevent Pregnancy, STD & HIV 4th Edition**

2004

This research-based curriculum has demonstrated success in helping teens avoid unplanned pregnancy and sexually transmitted disease, including HIV. Lessons give teens critical communication skills practice and role-play opportunities. Thoroughly tested and evaluated by ETR Associates' researchers, the *Reducing the Risk* program delayed the onset of intercourse among sexually inexperienced teens by as much as 24% and increased knowledge about abstinence, contraceptives, pregnancy risk and STD prevention. The curriculum includes extensive background information, step-by-step format for instruction, numerous activities and suggestions for providing parent notification.

Target Audience: Grades 9-12

Cost: Teacher Manual: \$42.95 (also in Spanish)

Student Workbook (Set of 5): \$18.95 (also in Spanish)

Activity Kit: \$39.00

Order information: ETR Associates
P.O. Box 1830
Santa Cruz, CA 95061-1830 • 800-321-4407
www.etr.org/pub

- **Safer Choices: Preventing HIV, Other STD and Pregnancy**

Revised Edition 2007

The *Safer Choices* curriculum is taught over two consecutive years (grades 9 & 10), 10 lessons in Year One (Level One) and 10 lessons in Year Two (Level Two). The primary goal of Safer Choices is to prevent HIV infection, other STD and unintended pregnancy among participating high school students. The evidence-based curriculum incorporates teaching prevention strategies, giving clear and consistent messages, offering interactive teaching methods and spending time practicing skills. What makes *Safer Choices* unique is that the curriculum is just one part of an entire community program that includes

organizing a community HIV advisory committee and developing a core group of peer leaders that assist the classroom teacher. These peer leaders could become part of a larger school effort to keep HIV front and center in the minds of all youth.

Target Audience: Grades 9-10

Cost: Teacher's manual - Part 1: \$42

Teacher's manual - Part 2: \$42

Student Workbook (Set of 5): \$24.75

Entire program, including teacher's manuals, peer training, student workbooks and implementation guide: \$179

Order information: ETR Associates

P.O. Box 1830

Santa Cruz, CA 95061-1830 • 800-321-4407

www.etr.org/pub

- **Special Education F.L.A.S.H Curriculum in Family Life and Sexual Health for Middle and High School Students with Special Needs**
2006

The Special Education Family Life And Sexual Health (*F.L.A.S.H.*) curriculum is designed for use in special education and mainstreamed classrooms. It was written based on years of practical teaching experience in this subject area and provides functional teacher tools for students with diverse learning challenges. *Special Education F.L.A.S.H.: Secondary* has been piloted in a wide variety of classrooms. It is an adaptation of the *5/6, 7/8, and 9/10 F.L.A.S.H.* curriculum developed by the Seattle-King County Department of Public Health, Family Planning Program.

Target Audience: Middle and High School Students with Special Needs

Cost: \$60.00 (download free online)

Order Information: Public Health – Seattle & King County

401 5th Ave., Suite 1300

Seattle, WA 98104, • 206-296-4600

www.metrokc.gov/health/famplan/FLASH/

HIV/STD and Sexuality Education DVD/Videos

- **A Tale of Two Teens**

2006

34 minutes, closed captioned

Video and DVD

A Tale of Two Teens is an engaging and informative documentary about the AIDS pandemic in Africa as seen through the eyes of two girls, an American and South African teenager. The teens have vastly different stories, but find a major connection through music (Dave Matthews Band and U2). It is a journey of discovery both for the two teens as well as the audience. ***A Tale of Two Teens brings to the forefront how*** girls represent the new face of AIDS and how young people in South Africa are not speaking out, but singing out about the disease killing their parents, teachers, neighbors, workers and friends.

Target Audience: Grades 6th – 12th

Cost: \$79.95

Distributor: Cinema Guild

130 Madison Avenue

New York, NY 10016-7038 • 212-685-6242

www.cinemaguild.com

- **Blood Lines: A View Into the Souls of HIV+ Youth**

Revised 2005

22 minutes, close captioned

Video and DVD

First person look at twenty diverse youth who are HIV positive or have AIDS. It provides statistics and a creative interview approach. For more detail on the project, access www.blood-lines.org/

Target Audience: Grades 9-12+

Cost: \$149

Order information: ETR Associates

P.O. Box 1830

Santa Cruz, CA 95061-1830 • 800-321-4407

www.etr.org/pub

- **HIV Positive Voices: An Inside Look at the AIDS Epidemic**

2002

28 minutes, close captioned

Video and DVD

The *HIV Positive Voices* video presents an inside look at the AIDS epidemic through the personal stories of four HIV-positive individuals. Each individual represents a different form of HIV transmission. The film is set in Baltimore, where it is estimated that someone is infected with HIV every eight hours. HIV Positive Voices highlights four different people and their struggles with HIV infection

Target Audience: High School, College, and Adults

Cost: Free (As long as funding is available.)

Order Information: John Hopkins University,
Bloomberg School of Public Health
Center for Communication Programs
<http://www.hivpositivevoices.org>

- **Nicole's Choice**

2003

14 minutes, close captioned

Video and DVD

Nicole's Choice portrays an African-American teen as she finds out that she has contracted a sexually transmitted disease (STD) by having unprotected sex. As the story progresses Nicole struggles to decide whether or not to abstain from sex or use condoms to prevent herself from contracting STDs in the future. In the end, Nicole and her boyfriend choose to abstain from sex, while her best friend makes a choice to always practice safer sex by using condoms. This film is currently used in the *Making Proud Choices!* Curriculum.

Target Audience: Grades 7-12

Cost: \$80.00 plus shipping

Order Information: Select Media, Inc.
375 Greenwich Street, Suite 828,
New York, NY 10013 • 800-707-6334
www.selectmedia.org

- **Peer to Peer: Stop, Think, Be Safe: An STD Prevention Program**

2003

24 minutes, close captioned

Video and DVD

Peer to Peer: Stop, Think, Be Safe: An STD Prevention Program is a video designed to educate youth about STDs and risk behavior reduction. It is intended for African American youth, but adolescents from all backgrounds can benefit from the video and guide.

Target Audience: Grades 7-12

Cost: \$189.00

Order Information: Human Relations Media
41 Kensico Drive
Mount Kisco, New York 10549 • 800-431-2050
www.hrmvideo.com

- **Private Lives: HIV/STI**

2003

45 minutes, close captioned

Video and DVD

Private Lives: HIV/STI Education is a surprisingly truthful and humorous animated story that follows six newly trained STI/HIV peer educators in their private lives and as they prepare for an upcoming health fair. As the story progresses they learn that no matter how much they think they know, they may not know enough. They come to understand that everyone, no exceptions, is susceptible to contracting a STI or HIV and that education, without exception, is the first tool in the line of defense.

Target Audience: ages 12-22

Cost: \$99.00

Order Information: Northwest Media, Inc.
326 West 12th Avenue
Eugene, OR 97401 • 541-343-6636
www.sociallearning.com

- **Reflections**

2005

20 minutes, close captioned

Video and DVD

The video *Reflections*, written by a 17 year old, follows “three best friends as they take the risk of HIV/AIDS seriously as they navigate romantic relationships in an urban environment mired in economic strife, drugs, and limited options. *Reflections* addresses HIV testing, self-esteem, communication, drugs, dating, commitment, and friendship.”

Target Audience: *Age Group 14-18*

Cost: \$55.00 plus shipping

Order Information: Scenarios USA
80 Hanson Place, Suite 305,
Brooklyn, NY 11217 • 718-230-5125
<http://www.scenariosusa.org>

- **Sex Smart for Teens: STI's**

2004

25 minutes, close captioned

Video and DVD

Sex Smarts for Teens: STIs is a part of a three-video series that addresses teen issues around sex. This video focuses on how STIs are transmitted, general symptoms and the consequences of STIs, the curable and incurable STIs, how to talk about STIs with your partner, testing and prevention. It produces a teacher's guide and sample student handouts to supplement the video. This video uses teen actors to talk about STIs, encouraging their peers to talk with their friends and partners about STIs, testing and treatment.

Target Audience: Ages 13-21

Cost: \$199.95

Order Information: Injoy Videos
7107 La Vista Place
Longmont, CO 80503 • 800-326-2082 ext. 2
www.injoyvideos.com

- **Teens and Sex: What You Need To Know**

2005

28 minutes, close captioned

Video and DVD

Teens and Sex: What You Need to Know video is promoted as a teaching tool to answers teen's question and concerns, debunk sexual myths and correct misconceptions without being preachy or judgmental. It includes basic facts about human reproduction, birth control and sexually transmitted infections; how to find accurate information about sexuality; sexual abstinence as the best choice; the fact that all of their peers are not having sex; and how drug and alcohol use put teens at higher risk for unwanted sex, STIs and pregnancy.

Target Audience: Grades 7-12 (MSERRP recommendation: 8-10th grade)

Cost: \$ 129.95

Order Information: The Sunburst Visual Media
1156 Four Star Drive
Mount Joy, PA 17552 • 800-431-1934
www.sunburstvm.com

- **U need 2 Kno**

2003

10 minutes, close captioned

Video and DVD

"U need 2 Kno" is a 10-minute video targeted at teens engaged in risky sexual behavior. It encourages teens to be tested for HIV and other STIs. The video features the stories of both HIV positive and negative teens, all of whom are concerned about their health. It includes interviews with a physician who specializes in treating adolescents living with HIV. The video focuses on who should get tested, what it's like to get tested, and how to get more information about where to get tested.

Target Audience: Teens

Cost: \$55.00

Order Information: Education Materials Center Central Michigan University
139 Combined Services Building,
Mt. Pleasant, MI 48859 • 800-214-8961
www.emc.cmich.edu

- **Understanding HIV & AIDS**

2006

20 minutes, close captioned

Video and DVD

Understanding HIV and AIDS explores the questions teens ask about HIV & AIDS by using a discussion group of students, a doctor who specializes in HIV education and two HIV – infected individuals. Graphics and narration are interspersed with the discussion group segments are to reinforce and expand the points made in each segment. Rapper and actor Bow Wow serves as the narrator for the program.

Target Audience: Grades 5 through 9

Cost: \$119.95

Order Information: Human Relations Media
41 Kensico Drive
Mount Kisco, NY 10549
www.hrmvideo.com

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