

Be Proud! Be Responsible!

OVERVIEW OF THE CURRICULUM

To reduce the risk for HIV/AIDS through behavioral change, adolescents (13-18 years old) not only need information on their perception of personal vulnerability, but also skills and confidence in their ability to act safely. Be Proud! Be Responsible is designed to meet those needs.

Be Proud! Be Responsible! is a six-module curriculum that provides adolescents with the knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of contracting HIV and other sexually transmitted diseases. This multimedia curriculum has been evaluated and recommended by the Center for Disease Control and Prevention as a “Program That Works.”

GOAL OF THE CURRICULUM

The goal of Be Proud! Be Responsible! is to help young people change behaviors that place them at risk for becoming infected with HIV, the virus that causes AIDS. The curriculum is intended to delay initiation of sex among sexually inexperienced youth, to reduce unprotected sex among sexually active inner-city 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 HIV, AIDS and other STDs
- 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