

Be Proud Be Responsible

Overview:

To educate the adolescents, ages 13-18, with the skills to take responsibility of their sexual health. Comprehensive sexual education has been proven to reduce the prevalence of STI/HIV transmission and pregnancy in the adolescent population. With Be Proud Be Responsible, we focus on the raw facts about the possibilities and consequences to unsafe sexual behaviors. Students will walk away with the knowledge and confidence to say no and protect themselves.

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.”

Goals:

Be Proud Be Responsible is meant to lower the risk of HIV/AIDS and other STI transmission as well as reduce the chances of pregnancy by engaging in healthier sexual behaviors.

Objectives:

- Identify and understand the functionality of the reproductive organs of those biologically born male and female
- Understand what happens during the menstrual cycle and how it affects pregnancy/periods
- Know what body fluids transmit STIs/HIV
- Increased knowledge of pregnancy prevention options available for all sexes
- Know how to say “no” and understand consent laws
- Able to identify what a healthy relationship looks like and how to communicate within a healthy relationship

Curriculum:

- Anatomy
- Menstrual Cycle
- STI Transmission
- Pregnancy Prevention
- Consent
- Communication/Healthy Relationships