

Reducing the Risk

Building Skills to Prevent Pregnancy, STD and HIV

Alignment with West Virginia Health Education Content Standards and Objectives of 2003

Class 1: Abstinence, Sex and Protection – Pregnancy Prevention

Emphasis

- HE.8.1.3 determine the risk factors leading to teen pregnancy, HIV/AIDS and other sexually transmitted diseases.
- HE.HS.5.1 utilize skills for effective communication in discussions concerning ATOD, nutrition, sexuality, and relationships with peers, family and others.
- HE.HS.6.2 identify and discuss health concerns that require collaborative decision-making (e.g., sexuality, STD transmission/prevention, refusal skills).

Alternate

Class 1: Abstinence, Sex and Protection – HIV Prevention

Emphasis

- HE.6.1.3 identify strategies for the prevention of communicable diseases (e.g., HIV).
- HE.7.3.1 evaluate personal health practices to avoid STDs.
- HE.8.1.3 determine the risk factors leading to teen pregnancy, HIV/AIDS and other sexually transmitted diseases.
- HE.HS.1.4 differentiate between the causes of communicable and non-communicable diseases.
- HE.HS.1.5 identify and apply skills to prevent communicable and non-communicable diseases.

Class 2: Abstinence: Not Having Sex

- HE.6.1.3 identify strategies for the prevention of communicable diseases (e.g., HIV).
- HE.6.5.2 identify communication skills to build and maintain healthy relationships.
- HE.6.6.1 use decision-making skills to protect against communicable and non-communicable diseases.
- HE.7.3.2 analyze the difference between safe and risky behaviors, including methods for preventing pregnancy and STDs (e.g., abstinence and methods of birth control).
- HE.8.3.1 identify and list ways to prevent pregnancy, emphasizing abstinence.

Class 3: Refusals

- HE.6.5.2 identify communication skills to build and maintain healthy relationships.

- HE.6.6.2 use decision-making skills to protect against communicable and non-communicable diseases.
- HE.8.5.2 demonstrate refusal skills to protect personal health against risky and harmful behaviors (e.g., pregnancy, drunk driving, STDs, ATOD, dating violence, harassment).
- HE.HS.5.1 utilize skills for effective communication in discussions concerning ATOD, nutrition, sexuality, and relationships with peers, family and others.

Class 4: Using Refusal Skills

- HE.6.5.2 identify communication skills to build and maintain healthy relationships.
- HE.6.6.2 use decision-making skills to protect against communicable and non-communicable diseases.
- HE.8.5.2 demonstrate refusal skills to protect personal health against risky and harmful behaviors (e.g., pregnancy, drunk driving, STDs, ATOD, dating violence, harassment).
- HE.HS.5.1 utilize skills for effective communication in discussions concerning ATOD, nutrition, sexuality, and relationships with peers, family and others.

Class 5: Delaying Tactics

- HE.6.5.2 identify communication skills to build and maintain healthy relationships.
- HE.6.6.2 use decision-making skills to protect against communicable and non-communicable diseases.
- HE.8.5.2 demonstrate refusal skills to protect personal health against risky and harmful behaviors (e.g., pregnancy, drunk driving, STDs, ATOD, dating violence, harassment).
- HE.HS.5.1 utilize skills for effective communication in discussions concerning ATOD, nutrition, sexuality, and relationships with peers, family and others.
- HE.HS.5.3 demonstrate a variety of communication skills (e.g., verbal, non-verbal, listening, writing, technology, workplace).

Class 6: Avoiding High-Risk Situations

- HE.6.3.1 distinguish between safe and risky or harmful behaviors (e.g., abuse, date rape, peer pressure) in relationships.
- HE.7.3.2 analyze the difference between safe and risky behaviors, including methods for preventing pregnancy and STDs (e.g., abstinence and methods for birth control).

Class 7: Getting and Using Protection I

- HE.6.1.3 identify strategies for the prevention of communicable diseases (e.g., HIV).
- HE.6.7.1 identify effective advocacy skills to use with health care providers.

- HE.7.2.1 identify the relationship of cost and effectiveness of health products.
- HE.7.2.2 identify situations that require professional health services and community resources that can provide those services.
- HE.7.2.3 identify myths, misinformation and stereotyping associated with the use of health services.
- HE.7.3.2 analyze the difference between safe and risky behaviors, including methods for preventing pregnancy and STDs (e.g., abstinence and methods for birth control).
- HE.8.4.1 recognize bias in advertising and misleading media communication about health information, products and services.
- HE.HS.7.3 promote the use of personal, family and community resource in health care situations.

Class 8: Getting and Using Protection II

- HE.6.7.1 identify effective advocacy skills to use with health care providers.
- HE.7.2.1 identify the relationship of cost and effectiveness of health products.
- HE.7.2.2 identify situations that require professional health services and community resources that can provide those services.
- HE.7.2.3 identify myths, misinformation and stereotyping associated with the use of health services.
- HE.8.2.2 investigate resources related to ATOD, dating violence, STDs and harassment.
- HE.8.3.1 identify and list ways to prevent pregnancy, emphasizing abstinence.
- HE.8.4.1 recognize bias in advertising and misleading media communication about health information, products and services.
- HE.HS.4.2 evaluate how media perspectives of health impact on personal, family and community health.
- HE.HS.7.3 promote the use of personal, family and community resource in health care situations.

Class 9: Knowing and Talking About Protection: Skills Integration I

Class 10: Skills Integration II

Class 11: Skills Integration III

These 3 classes are review and skill building based upon the first 8 lessons.

Class 12: Prevention HIV and Other STD

- HE.6.1.3 identify strategies for the prevention of communicable diseases (e.g., HIV).
- HE.7.1.3 identify general symptoms and potential long-term consequences of STDs.
- HE.7.3.1 evaluate personal health practices to avoid STDs.
- HE.7.3.3 analyze the difference between safe and risky behaviors, including

- methods for preventing pregnancy and STD's (e.g., abstinence and methods of birth control).
- HE.8.1.3 determine the risk factors leading to teen pregnancy, HIV/AIDS and other sexually transmitted diseases.
- HE.8.5.2 demonstrate refusal skills to protect personal health against risky and harmful behaviors (e.g., pregnancy, drunk driving, STDs, ATOD, dating violence, harassment).
- HE.8.6.2 explain the effects that different choices, regarding sexual behaviors, can have on their personal future.
- HE.HS.1.5 identify and apply skills to prevent communicable and non-communicable diseases.
- HE.HS.6.3 analyze the effects of potentially harmful decisions that impact health and the effect these decisions have on their family, community and self (ATOD use, STD transmission, pregnancy prevention, teen parenting).

Class 13: HIV Risk Behaviors

- HE.6.1.2 identify the negative effects of alcohol, drugs and tobacco.
- HE.6.1.3 identify strategies for the prevention of communicable diseases (e.g., HIV).
- HE.6.3.1 distinguish between safe and risky or harmful behaviors (e.g., abuse, date rape, peer pressure) in relationships.
- HE.6.6.1 use decision-making skills to protect against communicable and non-communicable diseases.
- HE.7.3.1 evaluate personal health practices to avoid STDs.
- HE.7.3.2 analyze the difference between safe and risky behaviors, including methods for preventing pregnancy and STDs (e.g., abstinence and methods of birth control).
- HE.8.1.3 determine the risk factors leading to teen pregnancy, HIV/AIDS and other sexually transmitted diseases.
- HE.8.6.2 identify personal health goals and choose strategies regarding nutrition and alcohol, tobacco, drug use and personal safety to achieve optimal personal health.
- HE.HS.1.5 identify and apply skills to prevent communicable and non-communicable diseases.
- HE.HS.3.1 complete a personal health assessment and detail behavioral changes and strategies to enhance health and reduce risk.
- HE.HS.3.3 list examples and explain short and long term impacts of health decisions on the individual, family and community (smoking/lung cancer/heart disease, good diet, wearing seat belts, SDTs).
- HE.HS.6.3 analyze the effects of potentially harmful decisions that impact health and the effect these decisions have on their family, community and self (ATOD use, STD transmission, pregnancy prevention, teen parenting).

Class 14: Implementing Protection From STD and Pregnancy

- HE.6.1.3 identify strategies for the prevention of communicable diseases (e.g., HIV).
- HE.7.3.1 evaluate personal health practices to avoid STDs.
- HE.7.3.2 analyze the difference between safe and risky behaviors, including methods for preventing pregnancy and STDs (e.g., abstinence and methods of birth control).
- HE.8.3.1 identify and list ways to prevent pregnancy, emphasizing abstinence.
- HE.HS.1.5 identify and apply skills to prevent communicable and non-communicable diseases.

Class 15: Sticking with Abstinence and Protection

- HE.6.1.3 identify strategies for the prevention of communicable diseases (e.g., HIV).
- HE.6.3.2 identify protective behaviors used to avoid and reduce threatening situations (e.g., anger, bullying, harassment).
- HE.6.5.1 identify positive and socially appropriate ways to express needs, wants and feelings.
- HE.6.5.2 identify communication skills to build and maintain healthy relationships.
- HE.6.6.1 use decision-making skills to protect against communicable and non-communicable diseases.
- HE.6.6.2 explain how the goal setting and decision making processes are important in designing strategies to quit using tobacco and other risk taking behaviors.
- HE.7.3.2 analyze the difference between safe and risky behaviors, including methods for preventing pregnancy and STDs (e.g., abstinence and methods of birth control).
- HE.8.3.1 identify and list ways to prevent pregnancy, emphasizing abstinence.
- HE.8.5.2 demonstrate refusal skills to protect personal health against risky and harmful behaviors (e.g., pregnancy, drunk driving, STDs, ATOD, dating violence, harassment).
- HE.HS.5.1 utilize skills for effective communication in discussions concerning ATOD, nutrition, sexuality and relationships with peers, family and others.
- HE.HS.6.2 identify and discuss health concerns that require collaborative decision-making (e.g., sexuality, STD transmission/prevention, refusal skills).

Class 16: Skills Integration IV

This class reviews and practices skill building based upon previous lessons.