

Table of Contents

Acknowledgments	vii
FACILITATOR'S GUIDE	
Introduction	1
Definition of Abstinence-Based Curricula	3
Overview of the Curriculum	4
• Curriculum Components and Format	8
• Theoretical Framework	11
• Unique Features of the Curriculum	13
• Evaluation of the Curriculum	14
Facilitator Information	16
• Curriculum Teaching Strategies	16
• General Tips for Preparing to Implement the Curriculum	24
CURRICULUM	
Module 1: Getting to Know You and Steps to Making Your Dreams Come True	31
Module 2: Understanding Adolescent Sexuality	49
Module 3: Understanding Abstinence	59
Module 4: The Consequences of Sex: HIV Infection	77
Module 5: Giving Advice About Abstinence	89
Module 6: Attitudes About Abstinence and Using Problem Solving to Stay Abstinent	101
Module 7: The Consequences of Sex: STDS	113
Module 8: The Consequences of Sex: Pregnancy: Part 1	127
Module 9: The Consequences of Sex: Pregnancy: Part 2	139
Module 10: Responding to Peer Pressure and Partner Pressure: Part 1	147
Module 11: Responding to Peer Pressure and Partner Pressure: Part 2	165

Module 12: Roleplays: Refusal and Negotiation Skills: Part 1	181
--	-----

Module 13: Roleplays: Refusal and Negotiation Skills: Part 2	201
--	-----

APPENDIXES

Appendix A: Additional Games/Activities	221
---	-----

• Additional Roleplay Situations/Abstinence	222
---	-----

• AIDS Basketball Game	226
------------------------	-----

• HIV/STD Jeopardy	231
--------------------	-----

• HIV/STD Survivor	238
--------------------	-----

• Healthy Relationships	245
-------------------------	-----

• Birth Control Methods Demonstration	250
---------------------------------------	-----

Appendix B: Supplemental Background Information	261
---	-----

• Information About HIV	262
-------------------------	-----

• Sexually Transmitted Diseases (STD)	270
---------------------------------------	-----

• Contraceptive Methods	280
-------------------------	-----

• Drugs and Their Effect on Sexual Responsibility	291
---	-----

Appendix C: Group Management Problems and Strategies	301
--	-----

Appendix D: Supporting a Trauma-Informed Approach to Sexuality Education	307
--	-----

Appendix E: FAQ/Glossary	311
--------------------------	-----