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	The teacher follows parent/guardian notification and permission procedures, has students nominate Peer Leaders, establishes classroom groundrules and sets up an anonymous question box. Students are given a brief overview of the upcoming classes.	
Class 1	Making SAFER Choices	31
	After a review of UNSAFE, SAFER and SAFEST choices, student groups identify positive and negative consequences resulting from various actions. Discussion focuses on the benefits of choosing not to have sex or to use latex condoms correctly every time one has sex.	
Class 2	The Safer Choices Challenge	55
	A game reviews the Level 1 <i>Safer Choices</i> lessons. Students are given a homework assignment to call or visit a nearby clinic to obtain information about available services, and complete a worksheet in preparation for the guest speaker in Class 3.	
Class 3	Talking with a Person with HIV	81
	A guest speaker talks about living with HIV, followed by a question-and-answer period. As homework, students examine how their feelings and attitudes have changed as a result of the presentation.	
Class 4	Personalizing the Risk for Pregnancy	89
	Homework review focuses on students' attitudes toward people living with HIV. Students participate in a pregnancy risk activity to personalize their vulnerability to pregnancy. A worksheet examines the impact a pregnancy would have on their lives.	

Class 5	Avoiding UNSAFE Choices 105
	Students discuss what can make it difficult to talk with parents about sensitive issues. They review 3 steps for avoiding UNSAFE choices, then work in small groups to identify challenges to personal limits and ways to stick with limits.
Class 6	Sticking with Your Decision 127
	Students review and practice using refusal skills, including clear NO statements, alternative actions and delay tactics, using half-scripted and unscripted roleplays.
Class 7	Using Condoms Consistently and Correctly 157
	Students discuss which methods of protection are effective for preventing HIV, other STD and pregnancy. The teacher and Peer Leaders demonstrate proper use of condoms, and students work in pairs to practice. In small groups, students identify challenges to condom use and come up with solutions.
Class 8	Resources 175
	Small groups examine issues around HIV, other STD and pregnancy testing. Students list resources and discuss how to use these resources to locate selected health services. The homework to visit or call a clinic is reviewed.
Class 9	Media Influences 203
	After discussing media influences, students work in small groups to develop media messages that promote ways teens can protect themselves from HIV, other STD and pregnancy.
Class 10	Making a Commitment 217
	Homework on talking with parents is reviewed. Student groups present their media messages from Class 9. To conclude, students make a commitment to protect themselves from HIV, other STD and pregnancy, using colored dots to represent their choices.

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