

Positive Prevention PLUS: Comprehensive Sexual Health Education

Comparisons between the 2018 and 2021 editions

Positive Prevention PLUS Sexual Health Education focuses on specific protective behaviors using a variety of peer-based and interactive strategies. Follow-up lesson activities which further extend instruction and reinforce student learning are also featured in each lesson, including a daily interview assignment with a parent or trusted adult.

Features of the 2021 edition include:

- alignment with the National Health Education Standards (NHES) and the National Sexuality Education Standards (NSES) and in California the California Healthy Youth Act (CHYA) and the California Health Education Standards
- updated nationwide data and sexual health resource information
- new streamable HTML slide decks for each lesson
- newly animated stories at the beginning and ending of each lesson
- a new lesson entitled Gender and Sexual Orientation
- engaging and interactive lesson activities for asynchronous online learning
- a high school lesson supplement entitled Understanding Puberty for those classrooms which have not yet covered or need to review the topic (see online Appendix D.)
- a supplemental lesson entitled Preventing Suicide (see online Appendix D.)
- clear notation of the slide number associated with the lesson text
- a lesson-by-lesson Teacher Resource Page with updated URLs for each topic (posted on the positiveprevention.com website)
- a supplemental lesson in the AY versions that does not reference abortion

In addition, the 2021 *Positive Prevention PLUS* curriculum incorporates and enhances the five foundational **Socio-Emotional Learning (SEL) Practices** necessary for success in school and in life (source: www.casel.org):

- **Self-Awareness** (including self-confidence and self-efficacy in lesson 11)
- **Social Awareness** (including empathy, appreciating diversity, and respect for others in Getting Started and lesson 7)
- **Responsible Decision-Making** (including identifying and solving problems, and analyzing situations in lessons 5 and 11)
- **Self-Management** (including self-discipline and goal-setting in lessons 2, 11 and 13) and
- **Relationship Skills** (including communication and relationship building in lessons 3 and 11).

| | 2018 HS Lesson Content | 2021 HS Lesson Content | KEY ACTIVITY |
|----------|---|---|--|
| | <p>GETTING STARTED</p> <ul style="list-style-type: none"> • Discussing Embarrassing Topics • Group Agreements • The Sexual Health of Teens • Biological Sex, Gender, and Sexual Orientation • LGBTQ Bullying • Lesson Wrap-Up and Pre-Test | <p>GETTING STARTED</p> <ul style="list-style-type: none"> • Discussing Embarrassing Topics • Group Agreements (W) • The Sexual Health of Teens • Lesson Wrap-Up and Pre-Test (W) | <p>Part C: Group Agreements</p> |
| 1 | <p>LIFE PLANNING</p> <ul style="list-style-type: none"> • Introduction • Visualizing Your Future • Creating a Life Plan • Lesson Wrap-Up | <p>LIFE PLANNING</p> <ul style="list-style-type: none"> • Introduction • Visualizing Your Future (A) • Creating a Life Plan (W) • Lesson Wrap-Up (W) | <p>Part B: Visualization Activity</p> <p>Part C: Lifeline Worksheet</p> |
| 2 | <p>LOVE AND INTIMACY</p> <ul style="list-style-type: none"> • Love and Intimacy • Intimacy Activity • Healthy Relationships • Lesson Wrap-Up | <p>NEW: GENDER AND SEXUAL ORIENTATION</p> <ul style="list-style-type: none"> • Introduction • Gender and Sexual Orientation • LGBTQ+ Bias and Its Effects • Lesson Wrap-Up (W) | <p>Part B: Imagining a Different Gender</p> |
| 3 | <p>RELATIONSHIP ABUSE</p> <ul style="list-style-type: none"> • Relationship Violence and Abuse • Protecting Yourself (incl. consent, sexting, internet safety, sexual assault) • Lesson Wrap-Up | <p>LOVE AND INTIMACY</p> <ul style="list-style-type: none"> • Introduction • Love and Intimacy (A) • Healthy Relationships (W) • Lesson Wrap-Up (W) | <p>Part B: Intimacy Card Activity</p> <p>Part C: Healthy Relationships Inventory</p> |

| | | | |
|-----------------|--|--|---|
| <p>4</p> | <p>HUMAN TRAFFICKING</p> <ul style="list-style-type: none"> • Human Trafficking • Sex Trafficking • What would you do? • Resources and Services • Lesson Wrap-Up | <p>RELATIONSHIP ABUSE</p> <ul style="list-style-type: none"> • Introduction • Consent • Relationship Violence and Abuse • Protect Yourself (A)(W) • Lesson Wrap-Up (W) | <p>Part B: Communicate Your Boundaries!</p> <p>Part E: Protect Yourself Activity</p> |
| <p>5</p> | <p>PREVENTING AN UNPLANNED PREGNANCY</p> <ul style="list-style-type: none"> • Family Planning • Contraception and Community Services • Sexual Abstinence • Lesson Wrap-Up | <p>HUMAN TRAFFICKING</p> <ul style="list-style-type: none"> • Introduction • Human Trafficking • Sex Trafficking • What Would You Do? (W) • Resources and Services • Lesson Wrap-Up (W) | <p>Part C: What Would You Do?</p> |
| <p>6</p> | <p>TEEN PREGNANCY: CHOICES AND RESPONSIBILITIES</p> <ul style="list-style-type: none"> • Prenatal Care and Parenting • Additional Alternatives (Surrender, Adoption, Abortion) • Responsibilities • Decision-Making • Lesson Wrap-Up | <p>PREVENTING AN UNPLANNED PREGNANCY</p> <ul style="list-style-type: none"> • Introduction • Family Planning • Contraception and Community Services • Sexual Abstinence (A) • Lesson Wrap-Up (W) | <p>Part C: Locating Family Planning Services</p> <p>Part D: Reasons for Sexual Abstinence</p> |

| | | | |
|----------|---|--|---|
| <p>7</p> | <p>MYTHS AND STEREOTYPES REGARDING PERSONS INFECTED WITH HIV</p> <ul style="list-style-type: none"> • Persons Infected/Affected by HIV • It's All Relative activity • Lesson Wrap-Up | <p>TEEN PREGNANCY: CHOICES AND RESPONSIBILITIES</p> <ul style="list-style-type: none"> • Introduction • Prenatal Care and Parenting • Alternatives (safe surrender, adoption, abortion*) • Decision-Making (W) • Lesson Wrap-Up (W) <p><i>*the topic of abortion is not discussed in AYHS Lesson 7 V.2</i></p> | <p>Part D: Decision Making</p> |
| <p>8</p> | <p>THE HIV/AIDS EPIDEMIC</p> <ul style="list-style-type: none"> • HIV/AIDS Epidemic • HIV Transmission • The Mismatch Activity • The Treatment of HIV Disease • Lesson Wrap-Up | <p>THE HIV/AIDS EPIDEMIC</p> <ul style="list-style-type: none"> • Introduction • HIV/AIDS Definitions • HIV Transmission • The Mismatch (A) • The Treatment of HIV Disease • Persons Infected/Affected by HIV • Lesson Wrap-Up (W) | <p>Part C: Mismatch Activity</p> |
| <p>9</p> | <p>PREVENTING SEXUALLY TRANSMITTED INFECTIONS</p> <ul style="list-style-type: none"> • Overview of Sexually Transmitted Infections • STIs • STI Testing • STI Gameshow (optional) • Lesson Wrap-Up | <p>PREVENTING SEXUALLY TRANSMITTED INFECTIONS</p> <ul style="list-style-type: none"> • Introduction • Overview of Sexually Transmitted Infections (W) • STI Testing • STI Game Show (A optional) • Lesson Wrap-Up (W) | <p>Part D: STI Gameshow (optional)</p> |

| | | | |
|------------------|---|---|--|
| <p>10</p> | <p>PROTECTION AND COMMUNICATION</p> <ul style="list-style-type: none"> • Using Condoms Correctly and Consistently • External and Internal Condom Use • Condom Success and Failure Rates • Condom Negotiation • Skills • Lesson Wrap-Up | <p>PROTECTION AND COMMUNICATION</p> <ul style="list-style-type: none"> • Introduction • Using Condoms Correctly and Consistently (D) • External and Internal Condom Use (A)(W) • Condom Success and Failure Rates • Condom Negotiation Skills (A) • Lesson Wrap-Up (W) | <p>Part B: Steps in Condom Use</p> <p>Part D: Condom Negotiation Skills</p> |
| <p>11</p> | <p>MEDIA AND PEER PRESSURE</p> <ul style="list-style-type: none"> • Sources and Types of • Pressures Assertiveness and Negotiation Skills • Skills Practice • Lesson Wrap-Up | <p>MEDIA AND PEER PRESSURE</p> <ul style="list-style-type: none"> • Introduction • Media and Peer Pressures • Assertiveness and Negotiation Skills (A)(W) • Lesson Wrap-Up (W) | <p>Part B: Analyzing Advertisements</p> <p>Part C: Practicing Assertiveness and Negotiation Skills</p> |
| <p>12</p> | <p>HIV/ STI TESTING AND COMMUNITY RESOURCES</p> <ul style="list-style-type: none"> • How Viruses are Spread • Window Period (review) • Overview of HV/STI Testing • Locating Community Health Services • Lesson Wrap-Up | <p>ACCESSING COMMUNITY RESOURCES</p> <ul style="list-style-type: none"> • Introduction • How Diseases are Spread (A) • Testing and Community Resources • Lesson Wrap-Up (W) | <p>Part B: How Infections Are Spread</p> <p>Part C: Identifying a Local Clinic</p> |
| <p>13</p> | <p>STEPS TO SUCCESS</p> <ul style="list-style-type: none"> • Lifeline Review • Steps to Success • Personal Contract • Lesson Wrap-Up and Post-Test | <p>STEPS TO SUCCESS</p> <ul style="list-style-type: none"> • Introduction • Lifeline Review • Steps to Success (A) • Personal Contract (W) • Lesson Wrap-Up and Post-Test | <p>Part C: Steps to Success Activity</p> |