

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 MS Lesson Content	2021 MS Lesson Content	KEY ACTIVITY
	<p>GETTING STARTED</p> <ul style="list-style-type: none"> • Introduction • Discussing Embarrassing Topics • Group Agreements (W) • The Sexual Health of Teens • Lesson Wrap-Up and Pre-Test (worksheets) 	<p>GETTING STARTED</p> <ul style="list-style-type: none"> • Introduction • Discussing Embarrassing Topics • Group Agreements (W) • The Sexual Health of Teens • Lesson Wrap-Up , Pre-Test (W) 	<p>Part C: Group Agreements</p>
1	<p>UNDERSTANDING CHANGE</p> <ul style="list-style-type: none"> • Introduction • Sexual Development (W) • Gender Role and Sexual Orientation (A) • Lesson Wrap-Up (W) 	<p>UNDERSTANDING YOUR BODY</p> <ul style="list-style-type: none"> • Introduction • Reproductive Anatomy (W) • Sexual Development (W) • Lesson Wrap-Up (W) 	<p>Part E. Am I normal?</p>
2	<p>EXPLORING FRIENDSHIPS</p> <ul style="list-style-type: none"> • Introduction • Friendship (W) • Liking vs. Loving (W) • Planning an Activity (W)(A) • Lesson Wrap-Up (W) 	<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>Entire lesson: <i>Understanding and accepting diverse sexual orientations and gender roles.</i></p>
3	<p>BULLYING AND ABUSE</p> <ul style="list-style-type: none"> • Introduction • Bullying • Consent • Protecting Yourself (W)(A) • Lesson Wrap-up (W) 	<p>EXPLORING FRIENDSHIPS</p> <ul style="list-style-type: none"> • Introduction • Friendship (W) • Liking vs. Loving (W) • Planning an Activity (W) • Lesson Wrap-Up (W) 	<p>Part B: Friendship Inventory</p> <p>Part D: Planning an Activity</p>

<p>4</p>	<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>BULLYING AND ABUSE</p> <ul style="list-style-type: none"> • Introduction • Bullying • Consent • Protecting Yourself (W)(A) • Lesson Wrap-up (W) 	<p>Part C: Yes Means Yes and Protect Yourself</p>
<p>5</p>	<p>PREVENTING AN UNPLANNED PREGNANCY</p> <ul style="list-style-type: none"> • Introduction • Family Planning • Accessing Contraception (A) • How do you DO abstinence? (W) • Lesson Wrap-Up (W) 	<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"> • Introduction • Prenatal Care and Parenting • Additional Alternatives (Surrender, Adoption, Abortion) • Decision-Making (W) • Lesson Wrap-Up (W) 	<p>PREVENTING AN UNPLANNED PREGNANCY</p> <ul style="list-style-type: none"> • Introduction • Family Planning • Accessing Contraception (A) • How do you DO Abstinence (W) • Lesson Wrap-Up (W) 	<p>Part C: Accessing Contraception</p> <p>Part D: How do you DO abstinence?</p>

<p>7</p>	<p>MYTHS AND STEREOTYPES REGARDING PERSONS INFECTED WITH HIV</p> <ul style="list-style-type: none"> • Introduction • Persons Infected/Affected by HIV • Imagining Loss (A) • Lesson Wrap-Up (W) 	<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 AYMS 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"> • Introduction • HIV/AIDS Epidemic (W) • HIV Transmission • Stop and Think (A) • The Treatment of HIV Disease • Lesson Wrap-Up (W) 	<p>THE HIV/AIDS EPIDEMIC</p> <ul style="list-style-type: none"> • Introduction • HIV/AIDS Definitions (W) • HIV Transmission • Stop and Think (A) • The Treatment of HIV Disease • Persons Infected/Affected by HIV • Lesson Wrap-Up (W) 	<p>Part C: Stop and Think Activity</p>
<p>9</p>	<p>PREVENTING SEXUALLY TRANSMITTED INFECTIONS</p> <ul style="list-style-type: none"> • Introduction • Overview of Sexually Transmitted Infections • STIs (W) • STI Testing • Lesson Wrap-Up (W) 	<p>PREVENTING SEXUALLY TRANSMITTED INFECTIONS</p> <ul style="list-style-type: none"> • Introduction • Overview of Sexually Transmitted Infections (W) • STI Testing • Lesson Wrap-Up (W) 	<p>Part C: Locating Testing Services</p>

<p>10</p>	<p>RECOGNIZING AND REDUCING RISKS</p> <ul style="list-style-type: none"> • Introduction • Red Light Green Light (A)(W) • Universal Precautions (D) • Latex Condoms • Lesson Wrap-Up (W) 	<p>RECOGNIZING AND REDUCING RISKS</p> <ul style="list-style-type: none"> • Introduction • HIV Red Light Green Light (W)(A) • Universal Precautions (D) • Latex Condoms • Lesson Wrap-Up (W) 	<p>Part B: HIV Red Light Green Light Part C: Universal Precautions Demonstration</p>
<p>11</p>	<p>MEDIA AND PEER PRESSURE</p> <ul style="list-style-type: none"> • Introduction • Media and Peer Pressures • Assertiveness Skills (W) (A) • Personal Escape Plans (W) • Lesson Wrap-Up (W) 	<p>MEDIA AND PEER PRESSURE</p> <ul style="list-style-type: none"> • Introduction • Media and Peer Pressures • Assertiveness Skills Practice (W)(A) • Escape Plans (W) • Lesson Wrap-Up (W) 	<p>Part B: Analyzing Advertisements 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"> • Introduction • How Viruses are Spread (A) • Testing and Community Resources • Lesson Wrap-Up (W) 	<p>HIV/STI TESTING AND COMMUNITY RESOURCES</p> <ul style="list-style-type: none"> • Introduction • How Viruses are Spread (A) • Testing and Community Resources • Lesson Wrap-Up (W) 	<p>Part B: How Viruses Are Spread Part C: Identifying a Local Clinic</p>
<p>13</p>	<p>GOAL-SETTING</p> <ul style="list-style-type: none"> • Introduction • The Path to Personal Goals • Setting Goals for the Future (W) • Personal Contracts (W) • Lesson Wrap-Up, Post-Test (W) 	<p>GOAL-SETTING</p> <ul style="list-style-type: none"> • Introduction • The Path to Personal Goals • Setting Goals for the Future (W) • Personal Contracts (W) • Lesson Wrap-Up, Post-Test (W) 	<p>Part C: Setting Goals for the Future</p>

	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><i>NEW:</i> 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>

7	<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>
8	<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>
9	<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>

