Project HOPE (6th Grade): Curriculum Scope and Sequence

The following is an overview of the curriculum offered by the Teen Pregnancy Prevention (TPP) program through the Alameda County Public Health Department, in partnership with Asian Health Services and Girls Incorporated of Alameda County. This program is funded by the 5-year federal Teen Pregnancy Prevention Grant from the Office of Adolescent Health, with an aim to provide health and sexuality education for all 6th grade students in the Oakland Unified School District. Making Proud Choices! is an eight-module curriculum that increases the knowledge and skills necessary to reduce the risk of unplanned pregnancy, HIV infection, and STDs. The curriculum is delivered during the school day in 8 to 10 sessions of about one hour each.

Session 1: Getting to Know You and Steps to Making Your Dreams Come True and Puberty Overview

- Establish a comforting and non-threatening learning and sharing environment that will facilitate continued participation.
- Provide basic overview on female, male and intersex development during puberty.
- Program introduction:
  - To introduce program focuses: knowledge, attitudes, prevention skills.
  - To introduce additional focuses: relationship issues, sexual behavior, decision-making, negotiation of difficult situations.
- Create group rules.
- To encourage focus on students’ goals and dreams.

Session 2: The Consequences of Sex: HIV Infection

- Provide basic knowledge of key words pertaining to HIV/AIDS.
- Encourage questions and answers relating to topics introduced in the multimedia component.
- Present risk behaviors.
- Facilitate students internalizing information about HIV risk levels.

Session 3: Attitudes and Beliefs about HIV/AIDS and Condom Use

- Reinforce information about HIV/AIDS, risk levels, and condom use.
- Facilitate group discussions.
- Utilize role-play activities to give students tools to safely resolve situations involving risky behaviors.

Session 4: Strategies for Preventing HIV Infection: Stop, Think and Act

- Utilize realistic scenarios to encourage conversations about prevention.
Increase students’ understanding of their vulnerability to HIV infection.
Empower students to STOP, THINK, and ACT in risky behavior situations.

Session 5: The Consequences of Sex: STDs and Correct Condom Use
- Provide basic knowledge of STD transmission and symptoms.
- Provide basic knowledge on condom use and STD prevention tools.
- Increase students’ motivation to practice safe sex by presenting real-world scenarios of STD transmission.
- Increase students’ comfort handling condoms to facilitate correct use and safer sex practices.
- Promote skill-building in correct condom use.

Session 6: The Consequences of Sex: Pregnancy
- Provide overview of pregnancy facts.
- Utilize multimedia to demonstrate the impact of pregnancy on the lives of youths.
- Reinforce the importance of prevention planning.

Session 7: Developing Condom Use Skills and Negotiation Skills
- Introduce various forms of birth control.
- Review and reinforce condom use skills
- Increase students’ comfort discussing condom use.

Session 8: Role-Plays: Refusal and Negotiation Skills
- Reinforce the importance of correct condom use using pros and cons.
- Introduce SWAT technique to encourage open and honest conversation in healthy relationships.
- Increase condom use confidence.
- Enhance refusal and negotiation skills.