### Activities (Session)

- Discuss reasons why teens choose to have sex or abstain (1)
- Role-play to practice communication (1)
- Learn components of assertive communication (2)
- Role-play to practice assertive communication with sexual partners (2)
- Role-play to practice assertive communication with adults (2)
- Complete worksheets on reproductive anatomy and the menstrual cycle (3)
- Discuss contraceptive methods and watch condom demonstration (4)
- Distinguish true and false statements about STIs/HIV (5)
- Discuss common STIs/HIV transmission and prevention (5)
- Demonstrate steps to correct condom use (5)
- Discuss risks of various sexual behaviors (6)
- Practice communicating about condom use (6)
- Simulate condom use while impaired or in darkness (6)

### Determinants (Session)

- Knowledge about pregnancy and HIV/STI prevention (3,4,5,7,8,9,10)
- Attitudes toward sexual behavior, condoms, and contraception (1,2,4,5,6,7,8,9,10)
- Perceived severity of HIV/STI (5)
- Perceived severity of pregnancy (9)
- Perceived risk of pregnancy, HIV/STI (4,6)
- Locus of control (1,8,10)
- Perceived ability to communicate with partner about sexual activity, pregnancy and HIV/STI prevention (1,2,6,10)
- Self-efficacy to avoid unwanted sex (1,2)
- Self-efficacy to use condoms/other contraception (1,2,4,6,7,8,10)
- Skills to use condoms (5,6)

### Behaviors

- Increased condom and contraceptive use
- Delayed initiation of sex
- Increased use of sexual health care services
- Delay initiation of sexual activity (with future partners)
- Increase correct and consistent use of contraception
- Increase testing and treatment of STIs
- Increase vaccination against STIs
- Decrease number of sexual partners
- Decrease frequency of sex
- Decrease frequency of sex with concurrent partners

### Goals

- Reduce pregnancy/HIV/STI rates among youth ages 13-18 who are system-involved
| Communicate with a trusted adult about sexual health (6) |
| Discuss benefits to obtaining clinical care for sexual health (7) |
| Brainstorm questions to ask health care providers (7) |
| Role-play to practice calling a health care provider (7) |
| Discuss rights regarding sexual health care (7) |
| Practice choosing methods of HIV/STI/pregnancy prevention for various people based on their different life situations (8) |
| Brainstorm personal goals (8) |
| Discuss factors to consider in sexual decision-making (9) |
| Brainstorm ways to plan for HIV/STI/pregnancy prevention using various scenarios (9) |
| Develop personal plan for avoiding pregnancy/STI/HIV (10) |
| Game to review knowledge of pregnancy/STI/HIV prevention (Sex Bingo) (10) |
| Confidence in ability to access condoms/contraception (4,7) |
| Skills to communicate about sexual health with trusted adults (2,6,7) |
| Aspirations for the future (8) |
| partners or with partners who have concurrent partners |
| Increase the time gap between sexual partners |