

CURRICULUM RESOURCES

Information about the following curricula and curricula guides was obtained through Internet searches of resources on evidence-based curricula that promotes positive healthy behaviors and prevents or reduces sexual risk-taking. The lists have been reviewed by the Virginia HIV/STDs Resources Review Panel (Review Panel). Although the Review Panel examined this list, neither the Virginia Department of Education nor Longwood University endorses or promotes resources and materials identified here. This resources list contains information about abstinence-only sexuality resources, Family Life Education, HIV prevention education resources, parent education and Family Life Education topics, and health education instructional resources. These curricula and instructional resources may not be appropriate for all audiences. If you are not seeking such information or may be offended by such materials, please exit this web page now.

Abstinence-only; Abstinence-based Curricula related to Sexuality

Family Life Education Curricula

Health Education Curricula with Components for Family Life Education

HIV/AIDS Prevention Curricula

Parent Education Curriculum on Family Life and Sexuality Education

Supplemental Guidelines and Resources

ABSTINENCE-ONLY; ABSTINENCE-BASED CURRICULA RELATED TO SEXUALITY

Abstinence Works: A Program for Middle School, for Grades 6-9

1996; \$54.95; ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

Abstinence Pick and Choose Activities, for Grades 7-12

Michael Young, Ph.D., and Tamera Young

This program includes 40 activities for students in grades seven through 12 to help build their self-esteem, interpersonal relationships, decision-making skills, and life planning processes with the ultimate goal of sexual abstinence. It includes teacher background information as well as take-home activities for the students to complete with parents/guardians.

1996; \$35; ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

Choosing the Best, Four Part Curricula

Choosing the Best Publishing

Consistent with Title V Federal guidelines A-H for abstinence education, curricula serve school systems and community groups, including those that receive SPRANS grants.

- **Choosing the Best SOUL MATE:** Grades 11-12. A majority of young people believe it is a good idea to live together before getting married. Five lessons reveal widespread myths about cohabitation and teaches the benefits of marriage,

valuable relational skills needed to make marriage last, and the importance of abstinence.

- **Choosing the Best LIFE:** Grades 8-10. One-fourth of new STDs occur in boys and girls aged 15-19. Eight lessons emphasize the straight facts about health risks — and give students the emotional strength and self-discipline to commit to abstinence until marriage.
- **Choosing the Best PATH,** Third Edition: Grades 7-8: One in 5 Americans aged 12 and up contract genital herpes. Assertiveness training in these eight lessons engages students in learning how to say “NO” to premarital sex and “YES” to healthy relationships.
- **Choosing the Best WAY:** Grades 6-7. Nearly 1 in 10 kids reports losing virginity before age 13. Early intervention is crucial to lifelong health, and these six lessons teach abstinence as the best way to show respect for yourself and others.

2006; *Leader Kits (includes videos and Leader’s Guide)*

Class Room Set with 20 Student Manuals \$395.00 or School District Set \$295.00-

Volume purchase of Student Manuals must be ordered separately with each kit; Student manuals(1-200) \$5 each; Choosing The Best Publishing, 2625 Cumberland Parkway, Suite 200, Atlanta, GA 30339; Phone: 800-774-BEST (800-774-2378); Fax: 770- 803-3110; Website: <http://www.choosingthebest.org/>

Healthy Sexuality, Second Edition: An Abstinence-Based Curriculum for Middle Schools

Louise Miller, M.P.H., and Kay Nation, M.A.

This third edition skills-based curriculum of 11 lessons for students in grades 6-8 encourages abstinence, enhances self-efficacy, provides life-saving information on sexually transmitted diseases, including HIV/AIDS, and promotes positive peer pressure regarding healthy sexuality. The program activities help define and promote healthy relationships, increase parent-child communication about sexuality, assist students in developing their own support systems, and provide opportunities to practice communication and decision-making skills. This new edition includes Performance Assessments, as well as updated statistics and activities.

2002; \$85 for the Teacher’s Manual only; \$180 for the complete curriculum set; Rocky Mountain Center for Health Promotion and Education, 7525 West 19th Avenue, Lakewood, CO 80214-4241; Phone: 303-239-6494; fax 303-239-8428; Website: www.rmc.org

Making a Difference!

Loretta Sweet Jemmott Ph.D., R.N., F.A.A.N., John Jemmott III, Ph.D. and Konstance McCaffree, Ph.D.

Making a Difference: An Abstinence Approach to Prevention of STDs, HIV and Teen Pregnancy is an eight module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy by abstaining from sex. The curriculum has 8 hours of content divided into 8 sixty-

minute modules. It can be implemented in 8 classroom sessions of sixty minutes each or in 4 2-module sessions. In community settings, it can be implemented in a 2-day format (4 modules each day), 4-day format (2 modules each day) or 8 day format (1 module each day).

1996; *Basic Package \$145.00 and \$300.00 that includes all videos; Select Media, Inc., P.O. Box 1084, Harriman, NY 10926; Phone: 800-707-6334 or 845-774-7335; Fax: 845-774-2945;*

Website: <http://www.selectmedia.org/>

Postponing Sexual Involvement

Marion Howard, Ph.D. and Marie E. Mitchell, R.N.

This program consists of three curricula for students--Postponing Sexual Involvement for Pre Teens (10 to 12 years old) for Young Teens (12 to 14 years) and for Teens (15 to 17 years). Each age-appropriate program consists of five lessons developed to help young people learn skills to manage sexual feelings, resist pressures to become sexually involved, develop good communication skills, and build healthy relationships. Two separate educational programs for parents are available to help them understand pressures that their children may confront, know ways to talk with their children about "hard to talk about" issues, and reinforce the content and skills the children learn in class. Each curriculum includes a video (DVD) and manual.

Recently updated; \$149 for teacher materials, \$99 for parent materials; Jane Fonda Center for Adolescent Reproductive Health, Emory University School of Medicine; 1256 Briarcliff Road, NE, Emory West, Bldg A, 1st Floor, Atlanta, GA 30306; Phone 404-712-8730; Fax 404-712-8739;

Contact: Marian Apomah, 404-712-8730, mapomah@emory.edu; Website:

www.janefondacenter@emory.edu

Project Taking Charge

American Association of Family and Consumer Sciences

This curriculum six-week curriculum is designed to help young adolescents "take charge" of their future by developing positive interpersonal and family relationships, avoiding early sexual activity, focusing on positive decision-making and goal setting and childbearing and, instead, choosing educational and vocational achievement. Part job preparation and part health education, the curriculum emphasizes sexual abstinence. Targeted at seventh- and eighth-grade students, it includes five units with 27 activities and three parent-youth sessions. The curriculum has proven successful in changing adolescent knowledge of sexuality. Educators will need to update the HIV/AIDS information.

1995; \$100 curriculum, \$45 trainers manual, American Association of Family and Consumer Sciences; 1555 King Street, Alexandria, VA 22314; Phone: 703-706-4600; Fax: 703-706-4663;

Website: <http://www.aafcs.org>

SMART Moves

Boys and Girls Clubs of America

This program targets young people six to 15 years old. It includes Smart Kids to help 6 to 9 year olds develop self awareness, decision making, and interpersonal skills; Start Smart to help preteens identify and resist peer, social, and media pressures to use drugs and become sexually involved; Stay Smart to help teenagers develop social, resistance, assertiveness, problem-solving,

and decision-making skills; and Smart Parents to augment the sessions and teach parents about adolescent drug use and sexuality. All three curricula are currently being revised and updated. Call the Boys and Girls Clubs of America for pricing: 1230 Peachtree Street, N.W., Atlanta, GA 30309; Phone: 404-815-5766; Fax: 404-815-5789; Website: <http://www.bgca.org>

Will Power/Won't Power, Second Edition: A Sexuality Education Program for Girls Ages 12-14

Girls Incorporated

This curriculum is a component of Girls Incorporated's *Preventing Adolescent Pregnancy* programs. It consists of 45 lessons and five supplemental lessons on sexual development and seven supplemental lessons on contraception. They are designed to help girls learn how to say no to intercourse by recognizing, exploring, and practicing attitudes and skills to deal with health and sexuality issues. Topics include reproductive health and sexuality, assertiveness, identifying and resisting sexual pressures, values, abstinence, and STD prevention.

1998; available to affiliated organizations and to licensees, non-member organizations should call for more information; Girls Incorporated National Resource Center, 441 West Michigan Street, Indianapolis, IN 46202-3287; Phone: 317-634-7546; Fax: 317-634-3024; Website: <http://www.girlsinc.org>

FAMILY LIFE EDUCATION CURRICULA

SEXUALITY EDUCATION CURRICULA

All About Life: Grades K-4 Caring About Myself, My Family, and My Community

Caren Monastersky, M.S.W., and Ellen Phillips-Angeles, M.S.

This curriculum emphasizes social skills and is designed to prepare young people to care about themselves, their family, and their community. It consists of 20 lessons for grades K through two and 20 lessons for grades three through four on such subjects as friendship, disability, feelings, families, sexual abuse prevention, anger, space, staying healthy, anatomy, babies, and pregnancy. \$55; *Seattle-King County Department of Public Health, Public Health Distribution Center; Attn: FLASH, 56 South Lucile Street, Seattle, WA 98134; Phone: 800-325-6165 ext 64902; Fax: 206-296-0185. ron.smart@metrokc.gov; Website:*

<http://www.metrokc.gov/health/famplan/flash/index.htm>

Bodies, Birth, and Babies: Sexuality Education in Early Childhood Programs

Peggy Brick, et al

This manual is designed to help educators in early childhood programs focus on sexual issues in ways that promote age-appropriate learning. It discusses ways to help children learn about sexuality and birth so that they will grow up to become sexually healthy adults. The manual also includes a sample curriculum and lesson plan as well as workshop information for teachers and parents.

1989; \$14.95; Planned Parenthood of Greater Northern New Jersey, 196 Speedwell Avenue, Morristown, NJ 07960; Phone: 973-539-9580 x120. Website:

<http://www.ppgnnj.org/manuals.htm>

F.L.A.S.H.: Family Life and Sexual Health Grades 5-6, 7-8, 9-10, And 11-12

Elizabeth Reis, M.A.

Special Education for Grades 7-12

Jane Stangle, M.Ed.

Seattle and King County Department of Public Health

This curriculum is a five-part comprehensive sexuality education program that covers grades 4-6 (19 lessons), 7-8 (24 lessons), 9-10 (30 lessons), 11-12 (19 lessons), and secondary special education (28 lessons). The curriculum (revised 2002-2006) has been adopted and widely used by school districts in King County, as well as throughout the United States and Canada, since it was first developed by Public Health - Seattle and King County between 1985 and 1992. The revisions accurately reflect advances in medicine. The FLASH curriculum is unique in several ways. It: 1) addresses such issues as physical development, promotion of sexual health, prevention of disease, affection, interpersonal relationships, body image, and gender roles; 2) spans the school-age years (grades 5-12 and secondary special education); 3) embraces an abstinence-based approach, as well as information related to the prevention of pregnancy, HIV and other sexually transmitted diseases; 4) rests on a foundation of positive and healthy sexuality across the life span; 5) focuses on the needs of public schools and diverse communities; 6)

ensures discussion about the wide spectrum of beliefs on sensitive issues; and 7) values family involvement. Some materials and lessons are downloadable from the website. 2006; \$55 for grades 5-6; \$60 for grades 7-8; \$80 grades 9-10, \$60 grades 11-12, and \$60 special education; Seattle-King County Department of Public Health, Public Health Distribution Center; Attn: FLASH, 56 South Lucile Street, Seattle, WA 98134; Phone: 800-325-6165 ext 64902; Fax: 206-296-0185. ron.smart@metrokc.gov; Website: <http://www.metrokc.gov/health/famplan/flash/index.htm>

The Family Education Program

Katherine Simpson, M.F.C.C. Planned Parenthood of Shasta-Diablo

This curriculum addresses sexuality, self-esteem, and abuse prevention for developmentally and learning disabled high school and junior high school students. It consists of 24 sessions.

1990; \$30; Planned Parenthood of Shasta-Diablo, 2185 Pacheco Street, Concord, CA 95420; Phone: 925-676-0505; Fax: 925-676-2814. Website: http://www.hadley-school.org/Web_Site/2_c_family_ed_program.asp

Filling the Gaps: Hard-to-Teach Topics in Sexuality Education

Sexuality Information and Education Council of the United States (SIECUS)

This teacher's manual covers eight topics—abstinence; condom use; diversity; pregnancy options; safer sex; sexual behavior; sexual identity and orientation; and sexuality and society—that are often missing or need strengthening in many sexuality education programs. It provides background for teachers, rationale for teaching each topic, teaching activities, and resources. It is designed to supplement an existing curriculum.

1998; \$19.95; SIECUS, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: 212-819-9770; Fax: 212-819-9776.

Growing Together, Second Edition: A Sexuality Education Program for Girls Ages 9-11 and Their Parents

Girls Incorporated

This is a component of Girls Incorporated's *Preventing Adolescent Pregnancy* program. It is a series of five workshops designed to help parents and their daughters learn new information and develop the skills they need to talk about sexuality issues. It addresses puberty; adolescent sexual development; and values and expectations for teen sexual behavior. A Spanish version is also available.

1998; available to affiliated organizations and to licensees, non-member organizations should call for more information; Girls Incorporated National Resource Center, 441 West Michigan Street, Indianapolis, IN 46202-3287; Phone: 317-634-7546; Fax: 317-634-3024; Website: <http://www.girlsinc.org>

Growing Up Caring: Exploring Values and Decision Making

Frances Schoonmaker Bolin, et al

This curriculum discusses respect, family, caring, commitment, trust, and responsibility. It consists of 20 activities incorporated within a five-day lesson plan. Topics include decision-making, eating smart, staying drug-free, and sexual choices.

1990; \$70.05, *teacher's resource binder*; \$36.39 *student textbook*; Glencoe, MacMillian/McGraw-Hill, P.O. Box 543m Blacklick, OH 43004-0543; Phone: 800- 334-7344; Fax: 614-860-1877; Website: <http://www.glencoe.com>

It Takes Two: Pregnancy Prevention Classroom/Group Program

Young Women's Resource Center

This curriculum encourages youth to accept the shared responsibility of pregnancy prevention by explaining the consequences of premature and unprotected sexual activity; urging responsible decisions about sexual intercourse; and encouraging healthy, respectful, and safe male/female relationships. It consists of 36 lessons targeted at young people in grades seven through 12. Worth the Wait is a new abstinence-only-until marriage version of this program. Be sure to ask for the original It Takes Two.

1997; *call for information*; Legacy Resource Group, P.O. Box 700, Carlisle, IA 50047-0700; Phone: 515-989-3360; Fax: 515-989-3391

Involving Males in Preventing Teen Pregnancy: A Guide for Program Planners

Freya L. Sonenstein, Kellie Stewart, Laura Duberstein Lindberg, Marta Pernas, Sean Williams

The guide, funded by a grant from The California Wellness Foundation to inform its statewide Teen Pregnancy Prevention Initiative, is intended for program planners in California and throughout the country who wish to implement programs involving males in teenage pregnancy prevention. It has three main purposes: to dispel myths about the target population by providing a description of the male partners of potential teenage mothers, to identify established pregnancy prevention programs that have successfully involved males in different settings around the country, and to distill practical lessons from the experiences of these exemplary programs for programs still at the fledgling stage.

1997; *Report, Publication ID# 307327, ISBN 0-87766-694-6, 176 pages, \$10.00. Urban Institute, 2100 M Street, N.W., Washington, DC 20037; Phone: 202-833-7200; Website:*

<http://www.urban.org/publications/307327.html>

Life Planning Education: A Youth Development Program

Advocates for Youth

This skills-based curriculum combines sexuality education and career education with the goal of motivating adolescents to delay parenthood until they achieve their educational and vocational goals. The material can be used with teens in grades seven through 12. This curriculum consists of 142 activities on such topics as values, communication, goals, decision-making, health, sexuality, sexual risks, contraception, STD prevention, and employment.

1995; \$45; *Advocates for Youth, 1025 Vermont Avenue, N.W., Suite 200, Washington, DC 20005; Phone: 202-347-5700; Fax: 202-347-2263; Website: <http://www.advocatesforyouth.org>.*

The curriculum also can be downloaded: Website:
<http://www.advocatesforyouth.org/publications/lpe/index.htm>

Making Choices: Life Skills for Adolescents

Mary Halter and Barbara Fierro Lang

This curriculum in a workbook format has 96 secondary lessons designed to help adolescents acquire certain skills for successful life's navigation. The curriculum uses a cognitive behavioral approach to develop critical thinking, problem solving and goal setting skills. There are six parts to the workbook: 1) adolescent development and self esteem, 2) goal setting and conflict resolution, 3) sexual behavior and personal responsibility, 4) parenting and family relationship, 5) career and life planning, and 6) school to work transition.

\$325 to \$430 classroom start price for the curriculum guide and 30 student workbooks in English or Spanish; \$99.95 individual curriculum guide, \$10.95 individual student workbook; Advocacy Press, P.O. Box 236, Santa Barbara, CA 93102, Phone: 805-962.2728 or 800-676-1480; Fax: 805-963-3580; Website: <http://www.advocacypress.com/mc.html>

Making Proud Choices!

Loretta Sweet Jemmott Ph.D., R.N., F.A.A.N., John Jemmott III, Ph.D. and Konstance McCaffree, Ph.D.

Making Proud Choices!: A Safer Sex Approach to STDs, Teen Pregnancy, and HIV Prevention Curriculum is an eight module curriculum that provides young adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV and pregnancy by abstaining from sex or using condoms if they choose to have sex. It is based on cognitive-behavioral theories, focus groups and the authors' extensive experience working with youth. *Making Proud Choices!* is an adaptation and extension of the original *Be Proud! Be Responsible! Curriculum*. The curriculum integrates teen pregnancy prevention along with HIV/STD prevention. The curriculum has eight hours of content divided into eight 1hour modules. It can be implemented in eight sessions of sixty minutes each or in four two-hour modules. In community settings, it can be implemented in a two day format (4 modules each day), four day format (2 modules each day) or an eight day format (1 module each day).

Basic Package: \$145 and \$495 for the entire package including all videos; Select Media, Inc., P.O. Box 1084, Harriman, NY 10926; Phone: 800-707-6334 or 845-774-7335; Fax: 845-774-2945; Website: <http://www.selectmedia.org/>

Our Whole Lives (OWL) A Lifespan Sexuality Education Series

Eva S. Goldfarb and Elizabeth M. Casparian

This is a comprehensive lifespan sexuality education series developed jointly by the Unitarian Universalist Association and the United Church Board for Homeland Ministries. To involve parents in the sexuality education of their children, the series includes *The Parent Guide to Our Whole Lives: Grades K-1 and 4-6*. Both *The Parent Guide* and *Our Whole Lives for Grades K-1* must be purchased together for such use. Each curriculum in the series covers the six concepts outlined in SIECUS' Guidelines for Comprehensive Sexuality Education Kindergarten—12th

Grade: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture.

Components of the series include: OWL: Sexuality Education for K-1, 1999, \$40; OWL: Sexuality Education for Grades 4-6, 2000, \$40; The Parent Guide to OWL: Grades K-1 and 4-6, 2000, \$15; OWL: Sexuality Education for Grades 7-9, 1999, \$75; OWL: Sexuality Education for Grades 10-12, 2000, \$60; OWL: Sexuality Education for Adults, 2000, \$60; The Advocacy Manual for Sexuality Education, Health and Justice: Resources for Communities of Faith, 1999, \$12. Unitarian Universalist Association, UUA Bookstore, 25 Beacon Street, Boston, MA 02108; Phone: 800-215-9076; Fax: 617-723-4805, Website: <http://www.uua.org>

The New Positive Images: Teaching Abstinence, Contraception, and Sexual Health, Third Edition

Peggy Brick, Bill Taverner

This manual focuses on prevention behaviors, as well as the developmental, social, emotional, interpersonal, historical, cultural, and cross-cultural forces that shape healthy behavioral change. Intended as a supplement to existing curricula, the manual includes 27 activities for middle school, high school, and college-age groups.

1995; \$30.00; Planned Parenthood of Greater Northern New Jersey, 196 Speedwell Avenue, Morristown, NJ 07960; Phone: 973-539-9580 x120, Website: <http://www.ppgnnj.org/ordfm.htm>

Positive Encounters: Supporting Healthy Contraceptive and Safer Sex Decisions

Amy Vogelaar

"Positive encounters" are brief interactions between an advocate and a young person, which may or may not be part of an ongoing relationship. The interactions or encounters are characterized by honest and respectful communication about sexuality. These one-to-one interactions provide opportunities for an advocate to support a young person in making healthy decisions regarding: contraception, safer sex, abstinence, relationships, body image, sexual identity/orientation, puberty/development, sexual values and more.

Guidebook \$10.00, Workshop \$15.00, Set of Both \$20.00; Planned Parenthood of Greater Northern New Jersey, 196 Speedwell Avenue, Morristown, NJ 07960; Phone: 973-539-9580 x120, Website: <http://www.ppgnnj.org/ordfm.htm>

Reducing the Risk, Fourth Edition: Building Skills to Prevent Pregnancy STD and HIV

Richard P. Barth, M.S.W., Ph.D.

Targeted at grades nine and 10, this skills-based curriculum teaches students how to refuse or delay sexual intercourse as well as how to use protection against pregnancy and STDs. A student workbook is available in English and Spanish.

1996; \$42.95; ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

Streetwise to Sex-Wise: Sexuality Education for High-Risk Youth, Second Edition

Steve Brown, Bill Taverner

This manual is intended as a supplement to a sexuality education curriculum and focuses on issues of particular concern to high-risk teens. Topics include: communication and decision-making skills, developing attitudes and values, contraception, STDs, sexual orientation, and sexual abuse. It consists of 10 lessons for young teenagers nine to 13 years old and 12 lessons for older teenagers 14 to 19 years old. All lessons are simple, concrete and actively involve group members in the learning process.

1993; \$30; Planned Parenthood of Greater Northern New Jersey, 196 Speedwell Avenue, Morristown, NJ 07960; Phone: 973-539-9580 x120, Website: <http://www.ppgnnj.org/ordfm.htm>

Taking Care of Business, Second Edition

Girls Incorporated

A component of Girls Incorporated's Preventing Adolescent Pregnancy program, this curriculum for girls 15 to 18 years old consists of 44 lessons. It focuses primarily on the motivation and skills needed to avoid early pregnancy. Sessions include: "Gender-Role Stereotyping," "Examining the Risks," "Skills for Avoiding Unreasonable Risks—Being Assertive," "Making Abstinence An Option," "Decreasing Pregnancy Risk," "Resisting Sexual Pressure," "Avoiding the Risk of HIV/AIDS," "Sexual Responsibility—Communicating with Young Men," and "Get a Life for Yourself Before You Make Another Life."

1998; available to affiliated organizations and to licensees; non-member organizations should call for more information; Girls Incorporated National Resource Center, 441 West Michigan Street, Indianapolis, IN 46202-3287; Phone: 317-634-7546; Fax: 317-634-3024; Website: <http://www.girlsinc.org>

Teaching Safer Sex, revised

Peggy Brick, et al

This manual is designed as a supplement to provide the knowledge, attitudes, and skills required for safer sexual behavior. It consists of 21 skills-based lessons targeted at adolescents and young adults. It is also useful for training teachers, counselors, and parents.

2005; \$25.00; Planned Parenthood of Greater Northern New Jersey, 196 Speedwell Avenue, Morristown, NJ 07960; Phone: 973-539-9580 x120, Website: <http://www.ppgnnj.org/ordfm.htm>

Unequal Partners: Teaching about Power and Consent in Adult-Teen Relationships

Sue Montfort and Peggy Brick

This break-through manual helps professionals educate young people about making healthy decisions about relationships, especially those involving the power imbalances that can occur when there are significant age differences. These 24 interactive lessons, for use with young people ages 10-17 will help: identify characteristics of relationships which are honest, equal and responsible, rehearse skills for asserting their relationship rights, practice responding to a variety of situations regarding unhealthy relationships, examine legal issues, including "age of consent," in their own state, and know the particular risks and issues regarding adult-teen relationships.

Planned Parenthood of Maryland, 330 N. Howard Street, Baltimore, MD 21201, phone: 410.576.1400, fax: 410.385.2762. Website: <http://plannedparenthoodmd.org/index.cfm?gid=3&id=57>

When I'm Grown: Life Planning Education

Advocates for Youth

These skills-based program provides age-appropriate health and sexuality information within a comprehensive framework—for grades K through two, grades three and four, and grades five and six. Lessons are designed to introduce the basic knowledge, attitudes, and skills that children need in order to participate successfully in adolescence and adult life. These curricula are a collection of discussions and participatory activities. Topics include: self-esteem development, problem solving, healthy peer and family communication, values development, goal achievement, growth and development, friendship, life skills, health promotion, and career awareness. Activities mix large and small groups, discussion, exercises and role playing to stimulate self-reflection and critical thinking skills. The curriculum is soft cover with perforated pages. The program for Grades K to 2 is still available (170 pp). The K through grade two curriculum consists of 50 activities, the grades three and four curriculum consists of 57 activities, and the grades five and six curriculum consists of 94 activities. 1994 (*K through two*); \$30; *Advocates for Youth, 1025 Vermont Avenue, N.W., Washington, DC 20005; Phone: 202-347-5700; Fax: 202-347-2263; Website: <http://www.advocatesforyouth.org> and specifically to the following web link: <http://www.advocatesforyouth.org/publications/catalog.htm>*

The Wise Guys: Male Responsibility Curriculum

Wise Guys

This curriculum is designed to prevent adolescent pregnancy by reaching adolescent males. The 10-chapter program acknowledges young males as "whole" individuals with a variety of needs and desires. Participatory lessons and activities focus on assisting them to ask such questions as: Who am I? Where am I going? And How do I get there? The curriculum will lead the facilitator in communicating accurately and openly with adolescent males about issues concerning self, values, future goals, and sexuality. The curriculum manual is a 250+ page guide for instructors with all of the educational material, handouts and activities needed to bring the program to a group of adolescent males.

2005, *Wise Guys, 301 Washington Street, Suite 204, Greensboro, NC 29401; phone: 336-333-8890; fax: 336-333-5891, Website: <http://www.wiseguysnc.org/curriculum.htm>*

**HEALTH EDUCATION CURRICULA
WITH COMPONENTS FOR FAMILY LIFE EDUCATION**

PRE-SCHOOL and ELEMENTARY SCHOOLS

Al's Pals: Kids Making Healthy Choices

Susan R. Geller

This evidence-based program includes 46 resiliency-based interactive lessons for students three to eight years of age. A wide range of teaching strategies (creative play, brainstorming, puppetry, original music, and movement) are used to teach children how to express feelings appropriately, use kind words, care about others, use self-control, think independently, accept differences, make friends, solve problems peacefully, cope, make safe and healthy choices, and understand that tobacco, alcohol, and illegal drugs are not for children.

1993 developed & 2004 revised; Pricing for a class, school, or school division is flexibility; Wingspan LLC, 4196-A Innslake Drive; Glen Allen, VA 23060; Phone: 804-967-9002; Fax: 804-967-9003; E-mail: mlwhite@wingspanworks.com; Website: www.wingspanworks.com

The Great Body Shop

Nancy Grace, The Children's Health Market, Inc.

The evidenced-based program is aligned to state and national standards for health education and the Healthy People 2010 initiative. Its teaching and learning strategies are based on the fields of educational psychology, neuroscience, cognitive and developmental psychology, linguistics, and neurobiology. The curriculum addresses specific areas of substance abuse prevention, social and emotional health, character education, violence prevention (including bullying), critical thinking, asset building, as well as reading, communication, technology and other learning skills. Because the program is continually updated as new research evolves, it is recommended that Teacher's Guides be replaced every three to four years. Interim updates for specific sections of the Guide may be purchased at any time for \$5.00 per section.

1990; Teacher's Guide, \$45/teacher (updates \$5/section); cost of consumable Student Issues per student are: Pre-K \$6.50, K-6 \$5.50, and middle school \$5.50; The Children's Health Market, Inc., PO Box 7294, Wilton, CT 06897; Phone: 800-782-7077; Website:

<http://www.thegreatbodyshop.net/>; or Pat Stewart, Program Consultant, Phone: 800-485-1046; PatS@TheGreatBodyShop.net

Growing Healthy®

National Center for Health Education

The basic framework for this evidence-based curriculum was first developed in the 1960s and is used through the U.S., Puerto Rico, and Canada. The program meets or exceeds the performance indicators established for the National Health Education Standards at all grade levels. The basic principle of the K-6 program is that students will resist unhealthy behaviors and promote healthy ones through the core elements of: fundamental knowledge of the human biology; principles of health and wellness; interpersonal skills and problem solving strategies; critical thinking skills; personal efficacy; and cooperative learning skills. These elements are taught in the following

content areas: mental and emotional health, family life and health, growth and development, nutrition, personal health, substance use and abuse, disease control and prevention, safety and first aid, consumer health, community and environmental health management.

For cost and ordering information, contact the Associate Program Director the National Center for Health Education; 375 Hudson Street, New York, NY 10014; Phone: 212-463-4053; Fax: 212-463-4060; E-mail: nche@nche.org; Website: www.nche.org

LifeSkills Training – Elementary School

Gilbert J. Botvin, PhD.

The *LifeSkills* curriculum is a comprehensive and developmentally appropriate evidence-based program proven effective in increasing self-esteem, developing healthy attitudes, and improving students' knowledge of essential life skills (including stress reduction, decision-making, anger management, communication skills, building relationships, and refusal skills). The elementary program is a three-level (grades 3-4, 4-5, and 5-6) curriculum with 24 class sessions. Each level has a comprehensive, easy-to-use teacher's manual and student guide.

\$95/level for 1 teacher's manual and student guide; \$235 for a curriculum set of a teacher's manual and 30 student guides; National Health Promotion Associates, Inc.; 711 Westchester Avenue; White Plains, NY 10604; Phone: 800-293-4969 or 914-421-2525; Fax: 914-683-6998; Email: LSInfo@nhpanet.com; Website: www.lifeskillstraining.com

Michigan Model for Comprehensive School Health Education® Grades K-6

John A. Frisch, MA, CHES, Director, EMC Education Materials Center

This 20+ year evidence-based curriculum is implemented in 90% of the Michigan Public Schools and 42 states. It is used in foreign countries, universities, and medical schools. The recently revised curriculum was originally designed as a K-6 curriculum and now has program components for all grades K through 12. The K-6 elementary multidisciplinary program has six phases with developmentally appropriate content and learning strategies addressing: physical growth, mental and emotional growth, personal relationships, safety and violence prevention, community helpers, resistance to negative pressures, disease prevention, environmental health, and personal wellness.

Each grade level manual is \$38.50; Central Michigan University's Educational Materials Center (EMC); 139 Combined Services Building, Central Michigan University, Mt. Pleasant, MI 48859; Phone: 989-774-3290 or 800-214-8961 x 3290; Fax: 989-774-3943 fax; Website: www.emc.cmich.edu

Skills for Growing – Grades K-5

Susan Keister, Lions Quest

This evidence-based program is one of three Lions Quest programs aimed at helping students gain positive attitudes and important life skills through easy-to-use classroom materials, solid teacher in-service experiences, and important community links. The K-5 program of six multi-disciplinary topical units is designed to enhance the development of the whole child and academic performance throughout the school year. The topical units or themes are repeated at each grade level, and appropriate skills for that grade are introduced. This curriculum focuses on

life skills, service-learning, and character education and it incorporates positive prevention strategies and an implementation process for linking the home, school, and community in teaching essential life and citizenship skills.

The curriculum set is \$99.00 with individual pricing available for specific supplemental resources; Lions Quest Programs; P.O. Box 304, Annapolis Junction, MD 20701-0304; Phone: 800-446-2700; Fax: 240-646-7023; Website: <http://www.lions-quest.org>

Starting Healthy©, a Comprehensive Preschool Health Education Program

National Center for Health Education

This pre-school program provides a healthy foundation for children ages 3-5 and their parents. It is modeled after the nationally recognized and evaluated K-6 Growing Healthy® curriculum and addresses the components of comprehensive health education through 74 active, engaging, age, and developmentally appropriate lessons and activities. The Starting Healthy© curriculum also includes teacher instructions and parent brochures. The Starting Healthy© content areas are: growth and development, mental and emotional health, personal health, family life and health, nutrition, disease prevention and control, safety and first aid, substance use and abuse, and community and environmental health management.

2005; For cost and ordering information, contact the Associate Program Director the National Center for Health Education; 375 Hudson Street, New York, NY 10014; Phone: 212-463-4053; Fax: 212-463-4060; E-mail: nche@nche.org; Website: www.nche.org

MIDDLE SCHOOLS

LifeSkills Training -- Middle School/Junior High School

Gilbert J. Botvin, PhD.

This curriculum is recognized by six federal agencies as a model program to help youth develop a positive self-image; make decisions without negative influence by peer group pressures; resist tobacco, alcohol, and other drugs; resist peer and media pressure; manage anxiety; build healthy relationships; and cope with the changes of adolescent life. The program (based on more than 20 years of research) is delivered in a series of classroom sessions over three years (15 the first year, 10 the second year, and five the third year). Sessions are taught using a wide range of interactive instructional strategies. This curriculum set includes a teacher's manual, student guides, smoking and biofeedback video, and a relaxation tape.

\$100/level for 1 teacher's manual and student guide; \$275 for a level 1 curriculum set of a teacher's manual and 30 student guides; \$225 for a level 2 curriculum set; and \$175 for a level 3 curriculum set; \$625 for all three middle-level curricula; National Health Promotion Associates, Inc.; 711 Westchester Avenue; White Plains, NY 10604; Phone: 800-293-4969 or 914-421-2525; Fax: 914-683-6998; Email: LSTinfo@nhpanet.com; Website: www.lifeskillstraining.com

Michigan Model for Comprehensive School Health Education® Grades 7-8

John A. Frisch, MA, CHES, Director, EMC Education Materials Center

The new interactive middle school curriculum modules were driven by the six health risk behaviors identified by the Center for Disease Control and Prevention and measured nationally by the Youth Risk Behavior Survey. These behaviors include: unintentional and intentional injury, alcohol and other drug use, sexual behaviors, tobacco use, dietary patterns, and physical inactivity. The nine areas of attention are: preventing assault and violence, HIV, AIDS, and other STDs, tobacco prevention, proper nutrition, gambling prevention, personal growth and development, and service learning.

Each grade level manual is \$38.50; Central Michigan University's Educational Materials Center (EMC); 139 Combined Services Building, Central Michigan University, Mt. Pleasant, MI 48859; Phone: 989-774-3290 or 800-214-8961 x 3290; Fax: 989-774-3943 fax; Website: www.emc.cmich.edu

Mind It! a Mental and Emotional Health Curriculum for Grades 6-8

National Center for Health Education (NCHE)

This program is a new addition to NCHE's family of health educational curricula for schools. This mental and emotional health curriculum is geared toward middle school students. It is comprised of 35-40 lessons for each grade level. The lessons are flexible and easy-to-use, and can be implemented in the classroom according to the needs of the teacher and students. The program can stand on its own or be used as a supplement to NCHE's Growing Healthy® or to complement other academic curricula. The curriculum includes teacher guidelines, student and parent brochures, and assessment tools for teachers. The program is modeled after Social and Emotional Learning (SEL) standards: self direction and regulation, self-esteem and self-image, personal safety and safe behavior, social and working relationships, responsibility and integrity, mental wellness, and mental illness.

For cost and ordering information, contact the Associate Program Director the National Center for Health Education; 375 Hudson Street, New York, NY 10014; Phone: 212-463-4053; Fax: 212-463-4060; E-mail: nche@nche.org; Website: www.nche.org

Skills for Adolescents – Grades 6-8

Susan Keister, Lions Quest

This fourth edition of the 20+ year evidence-based program is second in a series of Lions Quest curricula aimed at character development, strengthening communications, decision making, and service-learning. It includes 102 skill-building lessons, offered in flexible 3-, 2-, and 1-year, semester, nine-week, and multiple integrated formats. There are nine topical skill-building and prevention units with multidisciplinary activities; a student book, parent book, parent meeting guide, which reinforce self-discipline, respect and responsibility, improved communication skills, good judgment and critical thinking, anger management and conflict resolution, the ability to get along with others, as well as service to others. Curriculum set can only be obtained through attending a Lions Quest Training.

The curriculum set is \$120.00 with individual pricing available for specific supplemental resources; Lions Quest Programs; P.O. Box 304, Annapolis Junction, MD 20701-0304; Phone: 800-446-2700; Fax: 240-646-7023; Website: <http://www.lions-quest.org>

MIDDLE and SECONDARY SCHOOLS

My Wellness Projects

This curriculum is a web-based program and designed around five critical health issues called “projects”: Project Breathe, Project Nutrition, Project Recover, Project Fitness, and Project Safe. The standards-based, interactive, and evidence-based curriculum focuses on helping youth gain knowledge, build skills for healthy living, and develop strategies to take personal and community action to build healthier lives. Each section (project) of the curriculum is developed around interdisciplinary and outcomes-based objectives; yet, it allows flexibility for local needs.

Call or e-mail for curriculum price quotes; InnerLink, Inc.; Liberty Place, Suite 201; 313 West Liberty Street, Lancaster, PA 17603; Contact: Mark A. Vogel, Manager of Marketing & Communications mvogel@innerlinkit.com; Phone: 717-735-8105 or 866-522-5487; Fax: 717-735-8109; Website: www.innerlinkit.com

Teenage Health Teaching Modules (THTM) -- Grades 6 - 12

Education Development Center

This evidence-based curriculum, recognized by several federal agencies and national organizations, is designed to help middle school and high school students at varying developmental stages acquire the knowledge, attitudes, and skills to make decisions and act in ways that promote good health practices. The twenty-nine modules emphasize essential skills, including risk assessment, self-assessment, communication, decision-making, goal-setting, health advocacy, and healthy self-management. The modules educate students about critical health issues, including six priority adolescent health risks: intentional and unintentional injuries; drug and alcohol use; tobacco use; sexual behaviors that lead to unintended pregnancy, HIV, and other sexually transmitted diseases (STDs); poor nutrition; and inadequate physical activity. The program promotes a strong training component and varied instructional strategies, as well as reasonable pricing for use of the training module.

Pricing for the THTM modules varies by module ranging from \$24.95 to \$99.95; Education Development Center, Inc.; P.O. Box 1020, Sewickley, PA 15143-1020; Phone: 800-793-5076 or 617-969-7101 (x2737); Fax: (412) 741-0609; E-mail: edcorders@abdintl.com; Website: <http://www.thtm.org/>

SECONDARY SCHOOLS

LifeSkills Training – High School

Gibert J. Botvin, Ph.D.

The high school program is a highly interactive, skills-based design that focuses on promoting positive health and personal development for adolescents. It helps youth navigate the challenges of the high school years, and prepares them for the independence and responsibilities that they will encounter as young adults. The program helps students achieve competency in the skills that have been found to reduce and prevent substance use and violence (including decision-making, stress and anger management, building relationships, strengthening communication skills, and understanding the consequences of risk-taking and media influences). The high school program consists of 10 class sessions and can be taught as an intensive mini-series, on an extended

schedule, as a stand-alone curriculum or as a maintenance program to the *LifeSkills Training* Middle School program.

\$100 for 1 teacher's manual and student guide; \$275 for a curriculum set of a teacher's manual and 30 student guides; National Health Promotion Associates, Inc.; 711 Westchester Avenue; White Plains, NY 10604; Phone: 800-293-4969 or 914-421-2525; Fax: 914-683-6998; Email: LSTinfo@nhpanet.com; Website: www.lifeskillstraining.com

Michigan Model for Comprehensive School Health Education® Grades 9-12

John A. Frisch, MA, CHES, Director, EMC Education Materials Center

The planned, sequential program addresses the physical, mental, emotional and social dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors. It allows students to develop and demonstrate positive health-related knowledge, attitudes, skills, and practices. The secondary component of the widely acclaimed elementary and middle school modules for comprehensive health education are focused on the following instructional areas: violence prevention, developing good nutritional practices, tobacco prevention, physical activity for a lifetime, preventing substance use, character education, stress management, gambling prevention, and service learning in the community.

Each grade level manual is \$38.50; Central Michigan University's Educational Materials Center (EMC); 139 Combined Services Building, Central Michigan University, Mt. Pleasant, MI 48859; Phone: 989-774-3290 or 800-214-8961 x 3290; Fax: 989-774-3943 fax; Website: www.emc.cmich.edu

Skills for Action – Grades 9-12

Lions Quest International

The third Lions Quest program, aimed at secondary students, is a State-of-the-Art best practice in service-learning. It includes over 100 life skills lessons offered in 1-4 year formats, to be taught as a separate class or integrated into existing subjects, a student magazine, an Advisory Team handbook, and supplemental units on drug use prevention and service-learning. The curriculum helps students gain the knowledge and skills to make positive contributions at home, at school, in the community, and in the workplace. They learn to communicate effectively, analyze and solve problems, set and achieve goals, work successfully as part of a team, and resolve conflicts peacefully. Students further learn to resist negative peer pressure, make healthy choices, and to understand and appreciate diversity in the classroom, school, and broader community. This curriculum stimulates students' intellectual curiosity and academic growth, guiding them towards active citizenship and positive social action. Curriculum sets can only be obtained through attending a Lions Quest training workshop. Replacement curriculum can be purchased by trained educators.

The curriculum set is \$120.00 with individual pricing available for specific supplemental resources; Lions Quest Programs; P.O. Box 304, Annapolis Junction, MD 20701-0304; Phone: 800-446-2700; Fax: 240-646-7023; Website: <http://www.lions-quest.org>

COMPREHENSIVE K-12 PROGRAMS

HealthSmart

This K-12 curriculum is designed as a series of student workbooks and in four segments by grade levels: K-4, 5-6, 6-8, and 9-12. The program exceeds expectations set in the national Health Education Standards. It is based on sound educational and behavioral theory, works with the developmental levels of students, builds on the cultural strengths of youth and their families, and addresses the six risk area identified by the Centers for Disease Control and Prevention.

Resources may be purchased by individual grade levels or by book/workbook. However, the most effective pricing is by program set: grades K-6, 6-8, or 9-12. Check the website for an overview of the materials and content.

The complete kits are: grades K-6 for \$1,743.00, grades 6-8 for \$374.50; and grades 9-12 for \$375.50; ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

HealthTeacher: K-12 Curriculum

The curriculum uses the power of print and the Internet to address the eight core content areas identified by the Centers for Disease Control and Prevention (CDC) as needing attention: alcohol and other drugs, injury prevention, nutrition, physical activity, family health and sexuality, tobacco prevention, community and environmental health, personal and consumer health, and mental health. Over the K-12 span, there are hundreds of lessons teacher may choose to influence skill development, such as: accessing information and services, self management and behavior management; analyzing influences, interpersonal communications, decision-making, goal setting, and advocacy. The curriculum can be purchased as online subscriptions or as print binders. Teacher training options of one hour to two days are available.

Online subscriptions range in price from \$75 to \$300 depending on the grade level(s) selected. Binders for various grade levels are: K-1 for \$99.95, grades 2-3 are \$99.95, grades 4-5 are \$149.95, and middle school and high school grades are \$189.95; Discovery Education, 1560 Sherman Avenue, Suite 100, Evanston, IL, 60201; Phone: 800-323-9084 x 7240; Fax: 847-328-6706; Website: <http://www.healthteacher.com/>

HIV/AIDS PREVENTION CURRICULA

Act SMART: An HIV/AIDS Education Curriculum for Three Age Groups

Boys and Girls Clubs of America and the American Red Cross

This curriculum has sections that target three age groups: elementary, junior high, and high school. It addresses HIV transmission, risk behavior and prevention, alleviating fear, and creating compassion for people living with HIV/AIDS. Each section consists of six lessons that use age-appropriate messages. Act SMART was developed as a supplement to Smart Moves, a drug/alcohol and sexual activity prevention program developed by the Boys and Girls Club of America.

*1995; Call the Boys and Girls Clubs of America for pricing: 1230 Peachtree Street, N.W., Atlanta, GA 30309; Phone: 404-815-5766; Fax: 404-815-5789; Website: <http://www.bgca.org>
The local American Red Cross also can help in obtaining copies of this curriculum.*

Becoming a Responsible Teen (BART): An HIV Risk-Reduction Intervention for Adolescents

Janet S. St. Lawrence, Ph.D.

Initially pilot tested among African-American adolescents, this curriculum consists of eight skills-based lessons targeted to students in grades nine through 12. Topics include: condom use, refusal skills, and partner negotiation.

1997; \$49.95; ETR Associates; P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

Be Proud! Be Responsible! Strategies to Empower Youth to Reduce Their Risk for AIDS

Loretta Sweet Jemmott, Ph.D., R.N., F.A.A.N., John B. Jemmott III, Ph.D., and Konstance A. McCaffree, Ph.D.

This six-session curriculum is targeted to young people 13 to 18 years old. The skills-based lessons focus on participants' needs to adopt responsible and safer sexual behaviors to prevent the sexual transmission of HIV. It includes a video.

1996; Basic Package \$145.00 and \$358.00 that includes all videos ; Select Media, Inc., P.O. Box 1084, Harriman, NY 10926; Phone: 800-707-6334 or 845-774-7335; Fax: 845-774-2945; Website: <http://www.selectmedia.org/>

Focus on Kids (Gr. 5-10) Adolescent HIV Risk Prevention

This evidence-based curriculum includes a teacher's guide and a CD with all teacher and student masters. It is a highly interactive program that includes games, role plays, discussion, and community projects. Throughout the lessons, the focus is on good decision-making, strengthening communication skills, developing refusal skills, and understanding when and how to use advocacy skills.

\$49.95; ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

Guide to Implementing TAP (Teens for AIDS Prevention): A Peer Education Program to Prevent HIV and STI

Advocates for Youth's *Guide to Implementing TAP (Teens for AIDS Prevention): A Peer Education Program to Prevent HIV and STI* (second edition) is a step by step guide to implementing an HIV/STI prevention peer education program in the school system, faith community, AIDS service organization, and/or community-based organization. The *Guide to Implementing TAP* is available online in PDF format. 2002; Advocates for Youth; 1025 Vermont Avenue, N.W., Suite 200, Washington, DC 20005; Phone: 202-347-5700; Fax: 202-347-2263; Website: <http://www.advocatesforyouth.org>. The curriculum also can be downloaded: <http://www.advocatesforyouth.org/publications/tap.htm>

Get Real About AIDS, Second Edition Grades 4-6, 6-9, And 9-12

Comprehensive Health Education Foundation (C.H.E.F.)

All Get Real About AIDS curricula--grades four through six (10 lessons), grades six through nine (10 lessons), and grades nine through 12 (14 lessons)--are detailed and fact-based with age-appropriate messages. Their primary purpose is to reduce the risk of HIV transmission.

1995 (*Upper Elementary and Middle School*), 1994 (*High School*); \$495, each kit; United Learning, 1560 Sherman Avenue, Suite 100, Evanston, IL 60201; Phone: 800-323-9084; Fax: 847-328-6706; Website: www.unitedlearning.com

POWER Moves: A Situational Approach to HIV Prevention for High-Risk Youth

Pam Petersen Buckingham, M.A., Mary A. Doyen, M.A, and Deborah S. Main, Ph.D.

This HIV-prevention curriculum was developed for adolescents who do not participate in traditional secondary school settings but regularly attend organized treatment or alternative education environments. It consists of 12 lessons that are designed to decrease the percentage of youth currently engaging in high-risk sexual and drug behaviors. Students are asked to set their personal limits and are taught negotiation and communication skills to keep those limits in difficult situations.

1995; \$60 for the basic manual; \$345 for the complete kit; Rocky Mountain Center for Health Promotion and Education, 7525 West 10th Avenue, Lakewood, CO 80215-5141; Phone: 303-239-6494; Fax: 303-239-8428; Website: <http://www.rmc.org>

Safer Choices

University of Texas at Houston and ETR Associates

This curriculum was developed to create environments at school, in the community, and at home that support students' decisions to abstain from intercourse or to protect themselves from HIV infection and other STDs if they do decide to have intercourse. It includes activities that facilitate peer leadership, community involvement, and parent participation. Complete program includes: Two 10-lesson Curricula, plus 2 Workbooks; Peer Leader Training Guide, plus 2 Workbooks; Implementation Manual

Safer Choices Activity Kit \$179 ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

Teaching Kids About How AIDS Works: K-3 and 4-6

David Schonfeld, M.D., and Marcia Quackenbush, M.S., M.F.C.C.

These two curricula—for grades K through three and grades four through six—include information and skill-building exercises to help young people prevent HIV/AIDS. The curricula include parents in the learning process; stress that young children have the capacity to understand complex issues if the message is delivered in a "clear, age-appropriate manner," and provide the teacher with background information. The K-through-grade three curriculum contains 21 lessons, five evaluation activities, and six family activities; the grade four-through-six curriculum contains 28 lessons, seven evaluation activities, and seven family activities.

1996; \$25 each; ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830; Phone: 800-321-4407; Fax: 800-435-8433; Website: <http://www.etr.org>

**PARENT EDUCATION CURRICULA
ON FAMILY LIFE AND SEXUALITY EDUCATION**

Can We Talk? Helping Families Talk about Self-Esteem, Sex and Peer Pressure

National Education Association Health Information Network

This program helps parents of children in grades 4 through 8 enhance their role as sexuality educators of their children. It is a four-part workshop series that helps families talk about self-esteem, puberty, sexuality, mixed messages, and peer pressure. Each class contains content for a one-hour interactive discussion, home activities between parent and child, and videos that focus on communication. The planning and training manual, family activity book and video are included. The Spanish version ¿Conversamos? also is available.

1998; \$75; NEA Professional Library, P.O. Box 2035, Annapolis Junction, MD 20701; Phone: 800-229-4200; Fax: 301-206-9789; Website: <http://www.canwetalk.org>

Can We Talk? Helping Families Talk about Self-Esteem, Sex and Peer Pressure

National Education Association Health Information Network

Primary audience: Middle school students and their parents

Methods & Format: Designed to help parents talk with middle school children about difficult topics, including puberty and sexuality. There are four two-hour parenting training and several parent teaching activities.

1998, National Education Association Health Information Network, 1201 16th Street, NW, Suite 216, Washington, DC 20036; Phone: 202-822-7570 or 800-718-8387; E-mail: info@neahin.org; Website: <http://www.neahealthinfo.org/contact.html>

Life Skills Training – A Parent Program

Gilbert J. Botvin, Ph.D.

The *LifeSkills Training* Parent Program is designed to help parents strengthen communication with their children and prevent them from using drugs and participating in other risky health practices. This powerful prevention tool is ideal for parenting workshops or individual use at home. The program includes (in English and Spanish) a comprehensive leader guide, workshop guide, video, and tools to help parents prepare their children for a successful transition from adolescence into early adulthood. The program addresses factual information, suggestions for serving as good role models, ways to convey clear messages to children, strategies for effective communication, activities to help children develop personal self-management and social skills, and a list of comprehensive resources for parents seeking additional information.

\$99 for a parent guide and video; \$395 for a workshop set of a leader's guide, video, and 20 workshop guides; National Health Promotion Associates, Inc.; 711 Westchester Avenue; White Plains, NY 10604; Phone: 800-293-4969 or 914-421-2525; Fax: 914-683-6998; Email: LSTinfo@nhpanet.com; Website: www.lifskillstraining.com

Our Whole Lives (OWL) A Lifespan Sexuality Education Series

Unitarian Universalist Association and United Church Board For Homeland Ministries

This is a comprehensive lifespan sexuality education series developed jointly by the Unitarian Universalist Association and the United Church Board for Homeland Ministries. To involve parents in the sexuality education of their children, the series includes *The Parent Guide to Our Whole Lives: Grades K-1 and 4-6*. Both *The Parent Guide* and *Our Whole Lives for Grades K-1* must be purchased together for such use. Components of the series include: *OWL: Sexuality Education for K-1*, 1999, \$40; *OWL: Sexuality Education for Grades 4-6*, 2000, \$40; *The Parent Guide to OWL: Grades K-1 and 4-6*, 2000, \$15; *OWL: Sexuality Education for Grades 7-9*, 1999, \$75; *OWL: Sexuality Education for Grades 10-12*, 2000, \$60; *OWL: Sexuality Education for Adults*, 2000, \$60; *The Advocacy Manual for Sexuality Education, Health and Justice: Resources for Communities of Faith*, 1999, \$12. Each curriculum in the series covers the six concepts outlined in SIECUS' Guidelines for Comprehensive Sexuality Education Kindergarten—12th Grade: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture.

Unitarian Universalist Association, UUA Bookstore, 25 Beacon Street, Boston, MA 02108; Phone: 800-215-9076; Fax: 617-723-4805; Website: <http://www.uua.org>

Plain Talk For Parents Training Package

Dominic Cappello

This four-part series utilizes innovative approaches to assist parents in developing communication skills to talk openly and honestly to their children about sexuality issues. It focuses on character education and helps parents talk nonjudgmentally with their children about assuming adult responsibility. Topics include: "Setting Personal Boundaries," "TV and Sex," "Decision-Making," and "Healthy Neighborhoods." This package also includes "Plain Talk about Community Organizing," "Plain Talk Promo Kit," "Plain Talk Trainer's Guide," and a "Patty Plain Talk Video."

1997; \$165; Plain Talk, Neighborhood House, 10041 6th Avenue, S.W., Seattle, WA 98146; Phone: 206-940-1984; Fax: 206-767-7671; Website: <http://www.speakeasy.org/plaintalk>

Postponing Sexual Involvement

Marion Howard, Ph.D.

This program consists of two educational programs for parents to help them understand pressures that their children may confront, know ways to talk with their children about "hard to talk about" issues, and reinforce the content and skills the children learn in class. Each curriculum includes a video (DVD) and manual.

Recently updated; \$99 for parent materials; Jane Fonda Center for Adolescent Reproductive Health, Emory University School of Medicine; 1256 Briarcliff Road, NE, Emory West, Bldg A, 1st Floor, Atlanta, GA 30306; Phone 404-712-8730; Fax 404-712-8739; Contact: Marian Apomah, 404-712-8730, mapomah@emory.edu; Website: www.janefondacenter@emory.edu

There's No Place Like Home... For Sex Education
No Hay Lugar Como El Hogar... Para La Education Sexual

Mary Gossart, MS

Spanish Translation by Bojana Stefanovska

These reproducible parent newsletters in both English and Spanish that can be distributed in a variety of settings. It consists of five newsletters for each grade level, pre-school through twelve, that are intended to assist families in communicating more openly about sexuality. Each issue contains sexuality information relevant to a particular developmental stage, useful communication strategies, and resources to support parents in their role as primary educators of their children.

1999; \$55; Planned Parenthood Health Services of Southwestern Oregon, 1670 High Street, Eugene, OR 97401; Phone: 541-344-1611 x 13; Fax: 541-342-6088; Website:

<http://www.pphsso.org/education/parents.htm>

SUPPLEMENTAL GUIDELINES AND RESOURCES

GUIDELINES FOR SEXUALITY EDUCATION PROGRAMS

Community Action Kit

Sexuality Information and Education Council of the United States (SIECUS)

This newly updated kit is designed to help advocates of comprehensive sexuality education in communities across the nation. It includes strategies for organizing support; information for handouts; overheads or posters; reviews of fear-based, abstinence-only curricula; and related information.

1997; \$19.95; SIECUS, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: 212-819-9770; Fax: 212-819-9776.

Comprehensive Sex Education

Advocates for Youth

Substantial evidence of the effectiveness of comprehensive sex education has recently emerged. Comprehensive sex education stresses abstinence and includes age-appropriate, medically accurate information about contraception. Comprehensive sex education is also developmentally appropriate, introducing information on relationships, decision-making, assertiveness, and skill building to resist social/peer pressure, depending on grade-level.

Advocates for Youth; 1025 Vermont Avenue, N.W., Suite 200, Washington, DC 20005; Phone: 202-347-5700; Fax: 202-347-2263; Website: <http://www.advocatesforyouth.org>. The curriculum also can be located at <http://www.advocatesforyouth.org/sexeducation.htm>.

Guia Para Una Educacion Sexual Integral Para La Juventud Hispana/Latina: Kindergarten-12 Grado

Sexuality Information and Education Council of the United States (SIECUS)

This Spanish-language adaptation of SIECUS' Guidelines (See below for more details.) was developed specifically for Spanish-speaking communities in the United States. It includes a resource section on materials for Hispanic-Latino youth.

1995; \$7.95 each/1-4 copies; \$6.95 each/5-99 copies; \$4.95 each/100+ copies; SIECUS, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: 212-819-9770; Fax: 212-819-9776.

Guidelines for Comprehensive Sexuality Education: Kindergarten—12th Grade Second Edition

Sexuality Information and Education Council of the United States (SIECUS)

The Guidelines are designed as a framework to assist local communities in designing new curricula or assessing existing programs. They are organized into six concepts that represent the most general knowledge about human sexuality and family living. They include human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. The Guidelines contain 36 topics with 778 developmental messages for early childhood (ages five through eight); preadolescence (ages nine to 12); early adolescence (ages 12 to 15),

and adolescence (ages 15 to 18).

1996; \$7.95; *SIECUS*, 130 West 42nd Street, Suite 350, New York, NY 10036-7802; Phone: 212-819-9770; Fax: 212-819-9776.

Family Life Education Curriculum Guidelines, Second Edition

David J. Bredehoft, Ph.D., Editor

This publication is designed to assist family life educators. It offers guidelines for developing or assessing family life education programs.

1995; \$17.95; *National Council on Family Relations*, 3989 Central Avenue, N.E., Suite 550, Minneapolis, MN 55421; Phone: 888-781-9331; Fax: 612-781-9348, Website:

<http://www.ncfr.com>

Family Life Education: Integrating Theory and Practice

National Council on Family Relations

Family Life Education: Integrating Theory and Practice is perfect as a supplemental textbook or as a professional resource. It contains relevant and cutting edge information on leadership and community involvement, assessment and evaluation in family life education, professional program development, and diversity in family life education. Section One focuses on *Current Themes in Family Life Education*. Section Two, *Family Life Content Areas*, integrates the original Curriculum Guidelines and Life Span Framework into ten specific articles. Section Three includes *Family Life Education Teaching and Practice Resources*.

2003; \$23.95; *National Council on Family Relations*, 3989 Central Avenue, N.E., Suite 550, Minneapolis, MN 55421; Phone: 888-781-9331; Fax: 612-781-9348, Website:

<http://www.ncfr.com>

HIV/AIDS Fact Book

American Red Cross

This easy-to-use, 268-page book provides basic information about HIV and AIDS in a question-and-answer format suitable for laypersons and health professionals. Topics include HIV transmission and prevention; testing; the blood supply; the social impact of HIV infection; first aid, CPR, and aquatics; and children with HIV. This is a great resource for classrooms, clinics, and other settings. It is available in English and Spanish.

For ordering information, contact the local office of the American Red Cross.

Sexuality Education within Comprehensive School Health Education

American School Health Association

This updated guide is designed to provide positive concepts and content for sexuality education to assist students, parents, teachers, administrators, and school board members in planning and implementing a successful sexuality education program. Part One of the 120-page publication addresses issues surrounding sexuality education: Steps for Implementation, Evaluation for Sexuality Education; Effective Communication; and Controversy Regarding Sexuality Education. Part Two offers information about students' characteristics, general teaching

suggestions, suggested concepts and content, sample activities, possible responses to student question and resources appropriate for specific grade levels (preschool to grade 12). In keeping with the theme of a comprehensive program, the content for each grade level includes biological, psychological and sociological considerations.

2003; \$15.50; American School Health Association, P.O. Box 708, Kent, OH 44240; Phone: 330-678-1601; Fax: 330-678-4526. The document can be obtained through the Website:

<http://www.ashaweb.org>

Teaching Family Life Education -- A Syllabus Collection

Edited by Michael Walcheski, Ph.D., CFLE. Concordia University, and Nancy Gonzalez, M.Ed., CFLE.

For those teaching Family Life Education or designing FLE curricula, this publication is a collection of over 40 syllabi covering all of National Council on Family Relations' 10 content areas for the CFLE, plus syllabi for relating family courses and electives. A rich resource, full of content ideas, class activities, suggested readings, grading criteria and more.

\$23.95; \$17.95; National Council on Family Relations, 3989 Central Avenue, N.E., Suite 550, Minneapolis, MN 55421; Phone: 888-781-9331; Fax: 612-781-9348, Website:

<http://www.ncfr.com>

BOOKS ABOUT AND FOR YOUTH IN HIGH-RISK SITUATIONS

Sexuality, Gender and Schooling: Shifting Agendas in Social Learning

Mary Jane Kehily

This book offers educationalists new ways of understanding the significance of sexuality and gender in young people's lives and suggests ways in which this knowledge is useful in practice. Drawing on interviews with students and teachers, the author provides innovative analysis of the links between gender and sexuality and their engagement with school processes, popular culture and the world of work and leisure.

2002; paperback £23.74; hard cover £80.00; Website:

<http://www.amazon.co.uk/s?ie=UTF8&search-type=ss&index=books-uk&field-keywords=Mary%20Jane%20Kehily&page=1>

Pregnant Bodies, Fertile Minds: Gender, Race, and the Schooling of Pregnant Teens

Wendy Luttrell

Focusing on fifty girls enrolled in a model public school program for pregnant teens, Luttrell explores how pregnant girls experience society's view of them and also considers how these girls view themselves and the choices they've made. She pays particular attention to how schools react to pregnant teens and what they are doing to help these vulnerable young women to achieve their education. Readers learn the real problems that pregnant teens are dealing with, and how society's racial and class stereotypes continue to stigmatize and scapegoat them. These individual stories are accompanied by personal self-portraits that present a carefully detailed and powerfully moving picture of the issues these girls face everyday. Also includes an 8-page color insert.

2003; \$29.95; Taylor & Francis Books Inc., Dept: Textbook Customer Service, 7625 Empire Drive, Florence, KY 41042, Phone: 800-634-7064, Fax Toll Free: 800-248-4724; Website: <http://www.routledge-ny.com/>

Unfit Subjects Educational Policy and the Teen Mother

Wanda S. Pillow

Wanda Pillow presents a critical analysis of federal law and policy towards pregnant teens, representations of teen pregnancy in popular culture and the educational opportunities schools provide for school-aged mothers. Through in-depth analysis of specific policies and programs, both past and present, this book traces our successes and failures in educating pregnant teens. Unfit Subjects uses feminist, race, and post-structural theories to inform a satisfactory educational policy.

2004; \$32.95; Taylor & Francis Books Inc., Dept: Textbook Customer Service, 7625 Empire Drive, Florence, KY 41042, Phone: 800-634-7064, Fax Toll Free: 800-248-4724; Website: <http://www.routledge-ny.com/>

Girls, Boys and Junior Sexualities Exploring Children's Gender and Sexual Relations in the Primary School

Emma Renold

This book takes an unrelenting look at the hidden worlds of young children's sexualities. Based upon extensive group interviews and observation, this book taps into and conceptualizes the significance of young children's understandings of their own sexualities. The author illustrates how sexuality and gender are embedded in children's cultures; peer relations and identity formations: how being a "good" boy or girl involves investing in a heterosexual identity and how girls are central to the formation of boys' sexual cultures and identities.

Grounded in children's real-life experiences, the book traces their struggles, anxieties, and pleasures as they make sense of their emerging sexualities. It also includes discussions about the pressures of compulsory heterosexuality, the boyfriend/girlfriend culture, misogyny, and sexual harassment.

2005; \$34.95; Taylor & Francis Books Inc., Dept: Textbook Customer Service, 7625 Empire Drive, Florence, KY 41042, Phone: 800-634-7064, Fax Toll Free: 800-248-4724; Website: <http://www.routledge-ny.com/>