



CoSHI

Colorado Sexual Health Initiative

Evidence Based Interventions

Curriculum	Population	Duration & Implementation	Other Considerations
<p>Power Through Choices is the first evidence-based curriculum tailored for the special needs, situations, and concerns of youth in systems of care and addresses the specific characteristics which may motivate these youth to become pregnant or engage in sexual risk-taking behavior.</p>	<p>Adolescents 13-18 in systems of out-of-home care</p>	<ul style="list-style-type: none"> ● 10 sessions over 5-10 weeks ● Small groups of 8-20 ● 90 minute sessions ● Two facilitators 	<p>Training Requirements</p> <ul style="list-style-type: none"> ● 3-day curriculum training required ● 1-day Core Skills Training of Facilitators of Sexual Health Curriculum strongly suggested
<p>Street Smart is a skills-building program designed to help groups of runaway youth reduce unprotected sex, number of sex partners, and substance use. The program is based on social learning theory, which describes the relationship between behavior change and a person's beliefs that he/she has the ability to change a behavior and that changing that behavior will produce a specific result.</p>	<p>Runaway and homeless youth ages 11-18</p>	<ul style="list-style-type: none"> ● 8 sessions over 6-8 weeks ● Groups of 10-12 youth (preferred) ● 90-120 minute sessions ● Two facilitators 	<p>Training Requirements</p> <ul style="list-style-type: none"> ● Four-day curriculum training required ● 1-day Core Skills Training of Facilitators of Sexual health Curriculum strongly suggested
<p>Be Proud! Be Responsible! program (BPBR) gives teens the information, skills and confidence to reduce their risk of HIV. It empowers young people to change their behaviors and lower their risks by abstaining from sex or by using latex condoms if they choose to have sex. BPBR uses interactive activities such as DVDs, games, brainstorming, role playing, skill building and small group discussions to engage youth and make learning fun.</p>	<p>High school youth ages 14-18</p>	<ul style="list-style-type: none"> ● 6 sessions over 1-6 weeks ● 50 minute sessions ● One facilitator 	<p>Training Requirements</p> <ul style="list-style-type: none"> ● Two and a half day curriculum training required ● 1-day Core Skills Training of Facilitators of Sexual Health Curriculum encouraged



CoSHI

Colorado Sexual Health Initiative

<p>Making Proud Choices program (MPC) gives teens the information, skills and confidence to protect themselves from unplanned pregnancy, HIV and other STDs. It empowers young people to change their behaviors and lower their risks by abstaining from sex or by using latex condoms if they choose to have sex. MPC uses DVDs, games, brainstorming, role playing, skill-building activities and small-group discussions. It helps adolescents understand how to make healthy decisions to protect themselves. There are two versions of MPC: a school version for high school settings and a community based version for youth in out-of-home-care.</p>	<p>Middle and High School youth ages 14-18 (school edition)</p> <p>Community based edition for youth ages 12-18</p>	<p>School-based:</p> <ul style="list-style-type: none"> ● 14 sessions ● 40 minute sessions ● Flexible scheduling <p>Community-based:</p> <ul style="list-style-type: none"> ● 10 session ● 75 minute sessions ● Completed over 5 weeks (preferred) 	<p>Training Requirements</p> <ul style="list-style-type: none"> ● 3-day curriculum training required
<p>Draw the Line/Respect the Line is a 3-year evidence-based curriculum that promotes abstinence by providing students in grades 6, 7 and 8 with the knowledge and skills to prevent HIV, other STD and pregnancy. Using an interactive approach, the program shows students how to set personal limits and meet challenges to those limits. Lessons also include the importance of respecting others' personal limits.</p>	<p>6th, 7th, and 8th-grade youth</p>	<ul style="list-style-type: none"> ● 3 consecutive years of curriculum (19 lessons) <ul style="list-style-type: none"> ○ Grade 6 - 5 lessons ○ Grade 7 - 7 lessons ○ Grade 8 - 7 lessons ● 45-50 minute lessons 	<p>Training Requirements</p> <ul style="list-style-type: none"> ● 2.5-day curriculum training required
<p>Get Real is a unique curriculum designed for implementation in both middle and high schools. Get Real emphasizes social and emotional skills as a key component of healthy relationships and responsible decision making. Information provided is medically accurate, age-appropriate and is shown to delay sex among middle school students who received Get Real, empower parents to be the primary sexuality educators of their children and help their kids delay sex, and reinforce family communication and improve communication skills for healthy relationships.</p>	<p>Middle school (ages 12 - 14) High school (ages 14-18)</p>	<p>Middle School</p> <ul style="list-style-type: none"> ● 3 consecutive years of curriculum (27 lessons) <ul style="list-style-type: none"> ○ Grade 6 - 9 lessons ○ Grade 7 - 9 lessons ○ Grade 8 - 9 lessons ● 45 minutes lessons <p>High School</p> <ul style="list-style-type: none"> ● 11 lessons to be taught in succession (9th grade recommended) ● 45 minute lessons 	<p>Training Requirements</p> <ul style="list-style-type: none"> ● 10-12 hour online self-paced course required ● 2-day in-person curriculum training required



CoSHI

Colorado Sexual Health Initiative

Training Menu

Beyond the Birds and the Bees: Askable Adults

As youth-serving professionals, we often field questions from young people that we may not always feel comfortable answering. The Beyond the Birds & the Bees training is a 2-hour workshop focused on answering tough questions that young people may ask regarding puberty, sexual health, risky behavior and/or other health-related questions. The training is intended to help adults develop the skills and knowledge to discuss these topics effectively and become a safe person for young people to ask these questions. Intended audience includes: case-workers, CASA volunteers, foster parents, guardians, kinship providers, and other youth-serving professionals. (2 hours)

Core Skills Training

Depending on the needs and skills of the facilitators, this can be a 1 or 2-day training, focused on providing educators with the content knowledge and unique skills needed to teach medically-accurate, inclusive, values-neutral, and research-based sexual health education. This training is intended for sub-awardees who will be facilitating the sexual health curriculum. (1 or 2 days)

LGBTQIA+-Inclusive Sex Education

LGBTQIA+ students have historically been overlooked by reproduction-focused sexual health education. This 2-hour workshop discusses how to teach about sexuality, anatomy, reproduction, and healthy relationships in a way that is respectful of diverse sexual orientations and gender identities. (2 hours)

Trauma-informed Sex Education

Whether a person is teaching sexual health education or mathematics, it is important that they understand the effects of adverse childhood experiences on students so that young people's needs are adequately met. This is a 2-hour workshop, outlining what trauma is, how it affects a person, and how to be trauma-informed in interactions with students. (2 hours)



CoSHI

Colorado Sexual Health Initiative

Sexting and Media-Usage

This is a workshop in which we use a positive youth development lens so that adults can have more strengths-based and proactive conversations rooted in critical media theory to help young people navigate the world of sexting, porn, and media usage. (1.5-2 hours)

Positive Youth Development

Positive youth development is a strengths-based view of adolescence. This approach focuses on helping youth acquire the knowledge and skills they need to become healthy and productive adults. This full day training allows professionals to develop best practices in how they organize services, opportunities and support to engage youth in reaching their full potential. Positive youth development incorporates the development of skills, opportunities and authentic relationships into programs, practices and policies. (8 hours)