Materials approved as of January, 2011

General Information about Health Education

Mississippi School System, McComb County
The Safety Net: The McComb County Nine-Component Coordinated School Health Mode (17 min., 2000)
Available from the HIV Review Panel Chair

National Health Education Standards: Achieving Excellence, Second Edition.
Developed by the Joint Committee on National Health Education Standards, 2007.
To order: www.cancer.org/NHES ACS product code 2027.27 $29.95 USD
This volume includes:

- Eight revised National Health Education Standard statements with supporting rationale
- Refined Performance Indicators for four grade spans: Pre-K – 2; 3-5; 6-8; 9-12.
- An overview of the roles of community partners in supporting quality health education
- An introduction to assessment and assessment systems
- Supplemental resources on teaching, skills development, and assessment
- State-of-the-art information on health education and behavioural change

Sexuality Education Within Comprehensive School Health Education, 2nd Edition
A Publication of the American School Health Association, 2003. ($15.50)
To order: http://www.ashaweb.org/i4a/ams/amsstore/category.cfm?category_id=1

A Model Survey – Healthy Schools Make Sense: Evaluating Your School Health Program
http://www.doe.virginia.gov/support/health_medical/virginia_school_health_guidelines/developing_program_infrastructure.pdf

A Resource Guide for Grades 6 through 12: Model Classroom Activities for Integrating HIV, STDs, and Pregnancy Prevention Across Curricula
Available from: Virginia Department of Education, Office of Comprehensive School Health

Sexuality Curricula - Middle School

Healthy Sexuality 4th Edition
An Abstinence-Based Curriculum for Middle Schools

www.rmc.org

Curriculum Goals:

- Promote abstinence
- Increase student-family communication about sexuality
- Assist students in developing their own support systems
- Define and promote healthy relationships
- Teach, practice skills for resisting pressure to engage in sexual intercourse
- Practice effective communication, decision-making, and goal-setting skills
- Provide factual information on sexually-transmitted infections

Curriculum Design:

- Create comfort with the study of sexuality
- Build motivation to resist pressures to become sexually active
- Model and practice resistance skills

Choosing the Best Life - 4th Edition: An Abstinence-Focused Curriculum
Bruce Cook
www.choosingthebest.org

Lesson One: Sex, Emotions, and Self-Respect Talking Points
Lesson Two: Sex, Alcohol, and Respect Talking Points
Lesson Three: Sex, STDs, and Honesty Talking Points
Lesson Four: Sex, Pregnancy, and Responsibility Talking Points
Lesson Five: Sex, HIV/AIDS, and Compassion
Lesson Six: Sex, Love, and Choices
Lesson Seven: Sex, Limits, and Self-Discipline
Lesson Eight: Sex, Saying NO, and courage
Each Lesson Plan lasts 50 minutes, created for use with eighth graders

Sexuality Education - High School

CURRICULA

BART = Becoming a Responsible Teen
Janet S. St.Lawrence, Ph.D.
ETR Associates Revised, 2005

BART is a HIV risk reduction program geared to high school students. As an evidence-based program, it is designed for use by community agencies in after-school or summer programs. While BART's length, depth, and, in some cases, content render it unsuitable for school use, the eight discrete lesson plans are consistent with many Virginia high school FLE SOLs.
Through a variety of participatory methods, students will learn:

- Essential information about HIV and AIDS;
- Ways to handle a variety of social and sexual pressures;
- Assertive communication with friends and potential sexual partners;
- Refusal and negotiation skills, to resist and avoid unhealthy behaviours;
- Condom use skills.

Most of the role-play scenarios included in BART were created by teens.

Parenthood: Are You Prepared?
Human Relations Media (2009)

Learning Objectives

- Assess the roles and responsibilities of an effective parent
- Describe ways that parenting responsibilities are shared in families
- Identify factors to consider before deciding to become parents
- Describe the myths and realities of parenthood
- Analyze the positive and negative reasons for becoming parents
- Evaluate the financial impact of rearing children
- Describe characteristics of a nurturing and protective child-rearing environment
- Determine the attitudes, characteristics that indicate one is ready to be a parent
- Identify risk factors for child abuse and neglect
- Make more informed choices about students' future and goals

Teen Challenges and Choices: Curriculum in a Box
Human Relations Media ©1999

While the copyright date is 1999, this is a comprehensive and well-executed health education resource for high school students, peer health education groups, and youth-serving community agencies, replete with opportunities for interactive learning.
Included in this "curriculum in a box":

Ten video programs, covering:

- Struggling with stress
- When relationships break up
- The different signs of depression, coping with depression
- Expressing anger – healthy vs. unhealthy
- Preventing pregnancy and stds
- Avoiding HIV
- Resisting sexual pressure
- High-risk behaviors
- Alcohol and sex
- Information about binge drinking

Three teacher's resource books:

- Emotional coping choices
- Sexual choices
- Risky behavior choices

Three classroom posters

A CD-ROM with multiple printable student worksheets

Special Education - Health Education Curricula and Resources

DVD

A Girl's Guide to Growing Up (2005)

Marsh Media **www.marshmedia.com**

Puberty education for girls: 17 minutes
($149.95, including teacher's guide and 10 student booklets)
For special education students

CURRICULUM

Positive Prevention: HIV/STD Prevention Education for Special Populations www.redcross.org

Curriculum and Teacher's Guide from the American Red Cross:
For Use in Grades 7 – 12

Outcome Objectives:

- To abstain from sexual intercourse
- To abstain from drug use
- To access resources and services
- To exhibit compassion for persons with chronic illness, including those living with HIV and AIDS

General Considerations for Special Populations

- The (sub)culture of socialized vulnerability;
- Higher incidence of sexual exploitation and abuse;
- Innate impediments to learning;
- Limited opportunities for sexuality education;
- Values and attitudes of staff.

Considerations provided for Visually Impaired and Deaf/Hard of Hearing Students
Lessons at a Glance: Includes Lesson Number and Title, Content, Instructional Objectives, Teaching Strategies, and Summary.

Getting Started: Ground Rules and Vocabulary
Lesson 1: Myths and Strategies Regarding Persons Infected with HIV
Lesson 2: HIV Disease: Effects on the Human Body, Transmission Myths and Facts
Lesson 3: Sexually-Transmitted Diseases
Lesson 4: Recognizing Risk Situations/ Methods to Reduce Risk
Lesson 5: Peer and Media Pressure/ Refusing Skills Practice
Lesson 6: Community Resources/ Personal Contracts

Sexuality Education - Information for Parents

CURRICULUM:

Ready to Talk: Helping parents talk about sex

Parents Speak Up National Campaign www.4parents.gov

Includes: Parent and leader training DVD, leader's manual, workshop presentation, parent materials

Workshop Presentation Talking Points

- Icebreakers
- Workshop Goals: Introduce the Parents Speak Up campaign; show the positive influence you can have on your child by talking to them about postponing sexual activity; help you feel more comfortable talking to kids about sex and provide practical tips; and allow parents to learn from each other.

Module 1: Introduces parents to each other and the topic, highlights how much kids want to talk to parents, stresses the importance and urgency of talking to kids about sex.

Module 2: Introduces common barriers and fears parents have about discussing sex with their kids, identify ways for parents to overcome barriers.

Module 3: Gives parents specific ideas on how to start and continue the conversation with their children.

Module 4: Challenges parents to set and meet a personal goal related to the workshop.

Module information includes: overview; suggested time; equipment, materials, and supplies; special instructions (if appropriate); background information to help the facilitator; and a sample script.

Also included: Tips for Running an Effective Parent Workshop
This resource is "shovel-ready" with a very specific script and template.

ARTICLE
Parent-Adolescent Communication about Sex in Latino Families: A Guide for Practitioners- by Vincent Guilamo-Ramos (2007)
http://www.nyu.edu/socialwork/our.faculty/vincent.guilamo-ramos.html

Teacher Training Modules and Materials

MATERIALS AVAILABLE AT THE VIRGINIA DEPARTMENT OF EDUCATION
Office of the Comprehensive School Health Specialist

- Virginia Department of Education Family Life Education Mentor-Trainer Manual
- Preventing Sexual Behavior, Drug Use and Alcohol Module, Revised 2009
- Preventing Sexual Violence module, Revised 2009
- Preventing HIV Infection module, Revised 2009
- Practicing Effective Teaching Strategies module, Revised 2008
- Policy Update: The Continuing Epidemic of HIV/AIDS- Good News, Bad News, and the Role of Schools Vol. 15 No. 8 www.nasbe.org
- Preventing HIV Infection Module Resources List
- Integrating HIV, STD, and Teen Pregnancy Across the Curriculum Module Resources List
- Dealing with Teen Pregnancy: A Focus on Fathers Module Resources List
- Strengthening Parental Involvement in Family Life Education Module Resources List
- Preparing for the Future – Family Planning
- Sexual Behaviors, Drug Use and HIV Infection
- Managing Sensitive Issues
- Integrating HIV Prevention Across the Curriculum
- Focus on Fathers

Family Life Education Teacher Training Modules

- Understanding Human Sexuality: The Basics
- Strengthening Character-Based Abstinence Education
- Practicing Innovating Teaching Strategies
- Strengthening Parental Involvement in Sexuality Education
- Preventing STDs
- Preventing HIV
- Connecting Drug Use, Sexual Behaviors, and HIV
- Reducing Risky Behaviors
- Integrating HIV, STDs, and Teen Pregnancy Prevention Across Curricula
- Working with Diverse Populations
- Managing “Sensitive” Issues
- Dealing with Teen Pregnancy: A Focus on Fathers
- Preventing Sexual Harassment, Abuse, and Assault
- Understanding Legal and Ethical Issues Related to FLE Topics
- Planning for the Future: Contraception Before Marriage

Resource Lists for FLE Teacher Training Modules

- Understanding Human Sexuality: The Basics
- Practicing Innovating Teaching Strategies
- Strengthening Parental Involvement in Sexuality Education
- Preventing STDs
- Preventing HIV
- Connecting Drug Use, Sexual Behaviors, and HIV
- Reducing Risky Behaviors
- Integrating HIV, STDs, and Teen Pregnancy Prevention Across the Curricula
- Working with Diverse Populations
- Managing "Sensitive" Issues
- Dealing with Teen Pregnancy: A Focus on Fathers
- Preventing Sexual Harassment, Abuse, and Assault
- Understanding Legal and Ethical Issues Related to FLE Topics
- Planning for the Future: Contraception Before Marriage

A Resource Guide for Grades 6 through 12: Model Classroom Activities for Integrating HIV, STDs, and Pregnancy Prevention Across Curricula

A Model Survey – Healthy Schools Make Sense: Evaluating Your School Health Program

Lesbian and Gay Adolescents: Identity Development. Caitlin Ryan & Donna Futterman Integrated Research Services, The Prevention Researcher February 2001, Vol. 8 No. 1-**Approved for educator as a resource only**

Sexuality Education DVDs

AIDS Update: The Latest Info about HIV and AIDS (2004)
Human Relations Media www.hrmvideo.com
HIV education: 23 minutes ($139.95)
For students in grade 7 through college

Alcohol: What You Don't Know (2001)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about alcohol use: 30 minutes ($69.95)
For high school students

Bloodlines: A Few into the Lives of HIV Positive Youth (revised in 2008)
Film Ideas, Inc. **http://www.filmideas.com/**
Written by HIV-positive youth to educate about HIV: 23 minutes ($150)
For high school students

Boys on Bullying (2000)
Family Health Productions **http://wordscanwork.com/products/productsservices.html**
Education about bullying for young men: 20 minutes ($99.99)
For students in grades 5-12

Crossing the Line: Unhealthy Relationships (2004)
EAF Communications **http://www.eafcommunication.com/training.html**
Produced for the VA Department of Health

Dealing with Death (2000)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about death and dying issues: 30 minutes ($69.95)
For high school students

Depression on the Edge (2001)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about depression, mental health challenges: 30 minutes ($69.95)
For high school students

Drug Abuse: Altered States (2001)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about drug use, abuse: 30 minutes ($69.95)
For high school students

Dying to be Thin (2000)
PBS.org – NOVA Online **http://www.pbs.org/wgbh/nova/thin/**
Education about body image and eating disorders: 6o minutes (Free online)
For high school students

Ecstasy (2001)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about drug use and its effects: 30 minutes ($69.95)
For high school students

A Girl's Guide to Growing Up (2005)
Marsh Media www.marshmedia.com
Puberty education for girls: 17 minutes ($149.95, including teacher's guide and 10 student booklets)
For special education students

HIV and AIDS: Staying Safe
United Learning www.discoveryeducation.com
Education about HIV and preventing HIV: 15 minutes
For students in grades 3-5

In Our Own Words: Teens & AIDS (1995)
Blake Works Inc. www.wordscanwork.com
HIV education: 20 minutes ($99.99 with online guide)
For students in grades 5-12

Kids Next Door (1997)
Film Ideas, Inc. **http://www.filmideas.com/**
Education about the stigma of a HIV diagnosis: 15 minutes ($150)
For students in elementary school

Let's Get Real
www.groundspark.org
Education about bullying and prevention of bullying: 35 minutes ($99)
For students in grade 5-9

The Lost Children of Rockdale County (1998)
Public Broadcasting System (PBS)
http://www.shoppbs.org/product/index.jsp?productId=2174741&cp=&kw=lost+children+of+rockdale+county&origkw=Lost+Children+of+Rockdale+
Documentary about sexual activity and its consequences in a suburb of Atlanta: 90 minutes ($14.99)
For high school students

Mothers Too Soon (15 min., 2000)
Channel One with National Campaign to Prevent Pregnancy
http://www.thenationalcampaign.org/media/discussion/MothersTooSoon_DiscGuide.pdf
For high school students

The Power of Girls: Inside and Out (2000)
About Health http://www.abouthealth.com/h_products.htm
http://wordscanwork.com/products/productsservices.html
Young women discuss the challenges they face: 20 minutes ($99)
For young women in grades 5 through12

Rape Is… (2002)
Cambridge Documentary Films http://www.cambridgedocumentaryfilms.org
Education about sexual assault: 30 minutes ($205)
For high school and college students

Real People: Sex too soon (2000)
Sunburst Visual Media http://www.sdteach.com/Sex_Too_Soon_p/1003847.htm
Education about the impact, consequences of early sexual activity: 25 minutes ($119.99)
For students in grades 3-8

Reflections
ETR Associates www.etr.org
Education about HIV testing and communication: 19.35 minutes
For high school students

Relationships: Love Me Love Me Not (2001)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about healthy and unhealthy relationships: 30 minutes ($69.95)

School Violence: Answers from the Inside (1999)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about school safety and school violence: 30 minutes ($69.95)
For high school students

Self-Image (2001)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about body image issues: 30 minutes ($69.95)
For high school students

Sex: Everyone's Doin' It…..Not (2000)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about teen sexual attitudes ands activity: 30 minutes ($69.95)
For high school students

Smoking: The Unfiltered Truth (2001)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about tobacco use, health impact: 30 minutes ($69.95)
For middle and high school students

STDs: Risky Business (2000)
Aquarius Health Care Videos
http://www.aquariusproductions.com/Cart/subcat.php?subcat_id=378&num_results=10&currentPosition=10&session_id=2011022311411867.76.171.156&pid=
STD education: 30 minutes ($145)
For high school students

The Strength to Resist: Media's Impact on Women and Girls (formerly titled **Beyond Killing Us Softly: The Strength to Resist**) (2000)
Cambridge Documentary Films http://www.cambridgedocumentaryfilms.org
Education about media messages and media literacy: 33 minutes ($200)
For high school and college students

Tale of Two Teens (2005)
CinemaGuild
http://www.cinemaguild.com/catalog/index.html?http://www.cinemaguild.com/catalog/AIDS.htm
HIV education: 52 minutes ($250) or 34 minutes ($195)
For high school students

Talking About Sex with Your Kids (2008)
http://www.msnbc.msn.com/id/21134540/vp/24790287#24790287

Teens, Body Image & Self-Esteem (2004)
Educational Video Network https://www.evndirect.com/index.php?id=250
Education about body changes, body image: 18 minutes ($69.95)
For middle and high school students

Teen Pregnancy: What are the consequences?
Aquarius Health Care Media (2006) www.aquariusproductions.com
Education about teen pregnancy and parenting: 26 minutes
For high school students

Teen Prosecuted for Sexting (2009)
http://today.msnbc.msn.com/id/26184891/vp/29613004#29613004
For teens, parents of teens, and youth-serving professionals: 7 minutes, 14 seconds

Teens Talk Sex, Drugs, Alcohol (2009)
http://today.msnbc.msn.com/id/26184891/vp/29527106#29527106
For parents of teens and youth-serving professionals: 7 minutes

Teens & Sex in Europe: A Story of Right, Respect & Responsibility (2008)
Advocates for Youth
http://www.advocatesforyouth.org/publications/719?task=view ($79.95)
Education about sexuality education in Europe, how this differs from the U.S. approach: 25 min.
For high school students

Three Girls I Know (2004)
Media Library/No Excuses Productions http://www.3girlsiknow.com/ordering.php
Sexual decision-making for three young women: 54 minutes ($195)
For high school and college students

True Life Series: I Can't Breathe (17 min., 2001)
MTV online viewing http://www.mtv.com/shows/truelife/video.jhtml#videoModuleListing
For high school students

Twisted Love: Dating Violence Exposed (1996)
Castleworks Productions (In the Mix Video Series from PBS)
http://www.pbs.org/inthemix/
Education about relationship violence: 30 minutes ($69.95)

Pamphlets and Brochures

Materials available from the following organizations have received HIV Panel approval:

- Alan Guttmacher Institute (www.guttmacher.org)
- American Red Cross (www.redcross.org
- Channing Bete (www.channing-bete.com)
- ETR (www.etr.org)
- Journey Works (www.journeyworks.org)
- National Campaign to Prevent Teen Pregnancy (www.teenpregnancy.org)
- From the Virginia Department of Health (www.vdh.virginia.gov)