

What is Positive Prevention *PLUS*?

Positive Prevention PLUS is an **evidence-based**, comprehensive sexual health education program designed to build young people's skills for reducing their risk for sexually transmitted infections (STIs) and unplanned pregnancy. The program seeks to teach adolescents to either delay/abstain from sexual activity or use contraception consistently and correctly when engaging in sexual activity. Skills taught throughout this curriculum can be applied to many areas of life, resulting in healthier outcomes for youth. There is a middle- and high-school version available for use with youth ages 11-13 and 14-18 in a middle-school, high-school or community setting.

Outcomes

Research shows youth who participated in the *Positive Prevention PLUS* program reported the following:

- Delayed initiation of sexual intercourse
- Increased use of contraceptives if sexually active
- Increase in parent-child communication around sexual health issues



For more information about this or any other evidence-based curriculum, contact:



OKLAHOMA
State Department
of Health

Maternal and Child Health Service
Child & Adolescent Health Division

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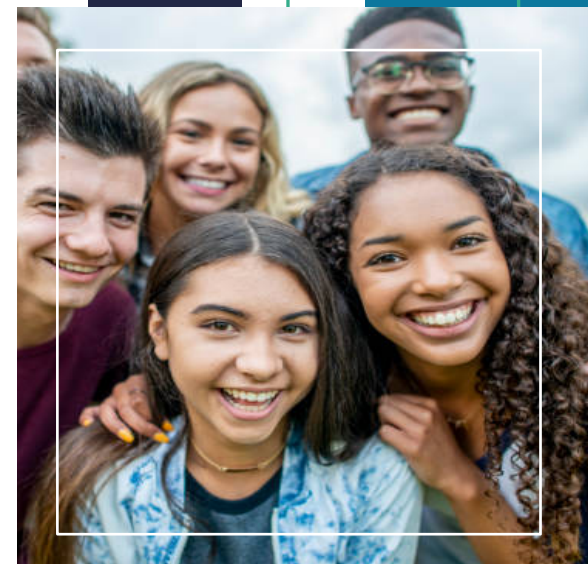
opa.hhs.gov

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factforward.org



Positive
Prevention *PLUS*
Sexual Health Education for America's Youth

Themes

Positive Prevention PLUS uses numerous strategies that have proven effective with youth. Its approach to addressing unplanned pregnancy and STIs is based on some of the following themes:

1. Protecting and promoting individual sexual and reproductive rights
2. Sexual responsibility and accountability
3. Healthy relationships, including developing intimacy in non-sexual ways
4. Encouraging parent-child communication

Learning Activities

Positive Prevention PLUS focuses on specific protective behaviors through utilization of a variety of peer-based and interactive strategies:

- Brainstorming
- Group discussions
- Videos
- Negotiation and refusal skills practice
- Worksheets
- Condom demonstration
- Role-playing
- Games and activity cards

Positive Prevention PLUS provides **650 minutes** of unplanned pregnancy prevention, STI prevention, violence prevention, and reproductive health instruction. All facilitators are trained to deliver the program with fidelity.

“A goal properly set
is halfway
reached.”

- Zig Ziglar, author

HIV/AIDS Prevention Education

Positive Prevention PLUS is in compliance with Oklahoma’s HIV/AIDS education statute ([70 O.S. § 11-103.3](#)) which requires students to receive AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade.

Consent Education

Positive Prevention PLUS is in compliance with Oklahoma’s Sex Education Curriculum and Materials statute ([70 O.S. § 11-105.1](#)), which requires all sex education curriculum, materials, classes, programs, tests, surveys/questionnaires to include information about sexual consent and meet the state’s definition for consent ([21 O.S. § 113](#)).



Oklahoma Academic Standards (OAS)

Oklahoma Academic Standards serve as expectations for what students should know and be able to do by the end of the school year. An effective health education program offers all students the opportunity to gain the needed knowledge, skills, and dispositions toward healthy lifestyles. When implemented with fidelity, *Positive Prevention PLUS* fulfills all of the Health/Safety education standards for students in 8th - 12th grade.

Health Education Standards:

Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

Standard 3: Demonstrate ability to access valid information, products, and services to enhance health.

Standard 4: Demonstrate ability to use interpersonal communication skills to enhance health and avoid/reduce health risks.

Standard 5: Demonstrate ability to use decision-making skills to enhance health.

Standard 6: Demonstrate ability to use goal-setting skills to enhance health.

Standard 7: Demonstrate ability to practice health-enhancing behaviors and avoid/reduce health risks.

Standard 8: Demonstrate ability to advocate for personal, family, and community health.