



In support of the Tulsa Public Schools District School Board's regulations, **Tulsa Health Department or Youth Services of Tulsa** will be providing the *Positive Prevention PLUS* curriculum to **7th grade** students. This 12-module, evidence-based program provides students with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted infections (STIs), the Human Immunodeficiency Virus (HIV), and teen pregnancy. This curriculum has been thoroughly reviewed by the U.S. Department of Health and Human Services. All lessons are medically accurate, age-appropriate, and inclusive of all students. The curriculum will be taught by trained educators from **Tulsa Health Department or Youth Services of Tulsa**.

Positive Prevention PLUS Middle School covers the following information:

- Adolescent growth and development
- Goal setting for future plans
- Anatomy, gender identity and expression, and sexual orientation
- Abstinence, the only certain way to prevent unplanned pregnancy, and STI's, like HIV
- Local resources such as the Tulsa Health Department, Community Health Connection, and other area health centers that provide reproductive health care
- Recognizing and reducing the risk of unplanned pregnancy, and transmission of STIs, like HIV
- Social views on HIV and AIDS, Myths and Stereotypes about HIV Infection
- How HIV and other STIs are transmitted, approved methods to prevent HIV and STI's, such as abstinence and condoms
- How HIV and other STIs are treated
- How pregnancy occurs, including prevention methods
- Healthy relationships and avoiding unhealthy behaviors and situations

The goal of *Positive Prevention PLUS!* is to empower teens to make choices that will reduce their risk of an unplanned pregnancy or becoming infected with HIV and other STIs.

Student participation is voluntary and confidential. Whether or not the student participates in the *Positive Prevention PLUS!* Middle school curriculum, is the choice of their parent or guardian. Your student's course grade will not be affected if they do not wish to participate in the program. You can elect to remove your child from this program at any time.

Students will be surveyed to evaluate the effectiveness of the program and to gather demographic information. Participating in the survey is voluntary and confidential. The program evaluation survey is anonymous. Any reports from the collected survey responses will be in summary. Reports will not identify program participants.

The school will host a Parent Preview Night where you will receive a curriculum overview of the *Positive Prevention PLUS!* curriculum. Check with your school site for exact date and time.

If you are unable to attend Parent Preview Night, scan the QR code for more information:



Please return this form to the designated Positive Prevention PLUS site coordinator at your student's school.

If you would **NOT** like your child to participate either in the program or in the program surveys, please check one of the boxes below, sign, and return this form.

My student, _____ (student's name), **CANNOT** participate in the program surveys, but **CAN** participate in the program.

My child, _____ (student's name), **CANNOT** participate in the program.

Parent/Guardian Signature

Date



Positive Prevention *Plus*: Middle School Curriculum Overview

The Positive Prevention *Plus* (“P3”) Middle School curriculum is a high-quality, evidence-based sexual health education curriculum. Peer-reviewed findings published in 2016 demonstrated a statistically significant delay in the onset of sexual activity, plus statistically significant increases in student-parent communication around sexual health issues. The curriculum strongly encourages parent/guardian involvement. Certain worksheets may be sent home with students to encourage student-parent discussion of sexual health topics.

- **Getting Started**
 - Students will identify and follow class guidelines for appropriate behavior; complete a self-assessment of pre-existing knowledge (pre-test) related to interpersonal relationships and sexual health; identify facts related to teen sexual health; identify ways to improve teen sexual health.

- **Lesson 1: Understanding Change**
 - Students will describe the typical physical and psycho-social changes that occur during puberty; define and discuss terms related to anatomy, gender identity and expression, and sexual orientation.

- **Lesson 2: Exploring Friendships**
 - Students will assess the degree to which they have the traits and skills required for quality-committed friendships; identify and describe opportunities for building friendships; differentiate between “liking” or “loving” something or someone; plan a safe and healthy activity to engage in with a friend.

- **Lesson 3: Bullying and Abuse**
 - Students will commit to end bullying and inappropriate sexual behavior in self and others; identify risky sex-related behaviors such as sexting and making sexual advances without permission; identify a variety of ways to protect themselves; demonstrate how to respond to inappropriate sexual behaviors.

- **Lesson 4: Human Trafficking**
 - Students will define human trafficking, including sex trafficking; Describe how common human trafficking is in the U.S.; identify common victims of human trafficking; identify the warning signs of human trafficking; identify resources for reporting and escaping human trafficking.

- **Lesson 5: Preventing an Unplanned Pregnancy**
 - Students will identify reasons for family planning; identify reasons for sexual abstinence; describe a range of contraceptive methods, including their effectiveness in preventing pregnancy and sexually transmitted infections; identify community family planning and contraception services.



- **Lesson 6: Teen Pregnancy: Choices & Responsibilities**
 - Lesson omitted for TPS Implementation

- **Lesson 7: Myths and Stereotypes about HIV Infection**
 - Students will identify myths or stereotypes regarding persons infected with HIV; describe the impact of HIV/AIDS on individuals and their family life; express concern for persons with disabilities or illness, including those infected with HIV.

- **Lesson 8: The HIV/AIDS Epidemic**
 - Students will describe the AIDS epidemic; identify the fluids and body routes for HIV transmission; identify behaviors that will and will not put a person at risk for HIV transmission; describe how ART, PEP, and PrEP are used in the prevention and treatment of an HIV infection.

- **Lesson 9: Preventing Sexually Transmitted Infections**
 - Students will identify and describe common STIs and their symptoms; describe ways that STIs can be transmitted; identify community resources for STI testing and treatment.

- **Lesson 10: Recognizing and Reducing Risks**
 - Students will identify situations that put people at risk for HIV; identify abstinence as the only 100% effective method to avoid an unplanned pregnancy, HIV, and STIs; identify abstinence from alcohol and drug use, including needle sharing, as an effective method for avoiding HIV and STIs; describe the use of Universal Precautions to reduce HIV/STI transmission; identify things that weaken a latex condom's ability to prevent HIV/STI transmission.

- **Lesson 11: Media and Peer Pressures**
 - Students will identify pressures from peers, media, or society to engage in high-risk behaviors; recognize that not all students participate in high-risk behaviors; demonstrate skills to refuse/avoid the pressure to engage in high-risk behaviors.

- **Lesson 12: HIV/STI Testing and Community Resources**
 - Students will describe how an HIV infection can spread through a population; identify resources for HIV/STI testing, counseling, and information.

- **Lesson 13: Goal-Setting**
 - Students will identify personal goals, including steps for achieving these goals; describe how an unplanned pregnancy or HIV infection would change personal goals and life plans, including measure on how to avoid an unplanned pregnancy and HIV infection; identify ways to protect their sexual health; complete a self-assessment of current knowledge (post-test) related to interpersonal relationships and sexual health.