

{ It's About More } than Just Sex }

*Curricula and Educational Materials to
Help Young People Achieve Better Sexual
and Reproductive Health*



USAID
FROM THE AMERICAN PEOPLE



PREVENTIVE
TECHNOLOGIES
AGREEMENT

Interagency
Youth
Working
Group

fhi360
THE SCIENCE OF IMPROVING LIVES

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{ Overview }

An Overview of Curricula and Other Educational Materials on Youth Sexual and Reproductive Health

In order to make good decisions about their sexual and reproductive health (SRH), young people need reliable information, an opportunity to develop healthy values and attitudes, and the skills to behave consistently with their knowledge and values.

Research has confirmed that high-quality education on SRH can have a positive impact on young people's knowledge and attitudes, and some behaviors.^{1,2}

Why Is Sex Education Important?

Sexuality is an important part of a young person's identity. Learning about sexuality and achieving sexual health begins during childhood and continues throughout our lives. Questions about sexuality tend to increase during adolescence and, ideally, sex education should begin before a

young person's sexual initiation. Although parents and caregivers are often the primary sex educators of their children, young people also learn about sexuality from many other sources. For example, schools and community- and faith-based organizations can be important partners in providing young people with accurate and developmentally appropriate sex education. However, young people may also receive harmful and inaccurate messages about sex from friends, the media, and others. Sex education can help young people correct misconceptions and untruths they might have learned from unreliable sources.

What Is Comprehensive Sex Education?

Comprehensive SRH education is grounded in evidence-based, peer-reviewed science. Although many people believe that "sex ed" refers only to sexual behavior, comprehensive sex education takes a much broader approach to sexuality. Topics covered in a comprehensive course or curriculum might include abstinence, body image, contraception, gender, human growth and development, human reproduction, pregnancy, relationships, safer sex, prevention of HIV and other sexually transmitted infections (STIs), attitudes and values, anatomy and physiology, sexual orientation, and sexual pleasure.

Many sex education curricula are limited in scope or are not designed to include a wide range of young people. In particular, many do

“Sex education can help young people correct misconceptions and untruths they might have learned from unreliable sources.”



1. Kirby D et al. *Impact of Sex and HIV Education Programs on Sexual Behaviors of Youth in Developing and Developed Countries*. [Youth Research Working Paper, No. 2] Research Triangle Park, NC: Family Health International, 2005. http://www.iywg.org/sites/iywg/files/sexedworkingpaper2_0.pdf

2. Alford S. *Science and Success, Second Edition: Programs that Work to Prevent Teen Pregnancy, HIV & Sexually Transmitted Infections*. Washington, DC: Advocates for Youth, 2008. <http://www.advocatesforyouth.org/storage/advfy/documents/sciencesuccess.pdf>

not pay meaningful attention to gender or empowerment issues. The most effective SRH curricula and programs integrate strategies to address gender inequity and change harmful gender norms. It is important to address issues such as homophobia, gender-based violence, rights, and sexual identity. For example, some successful programs have included safe single-sex spaces for both boys and girls and incorporated activities to encourage positive interaction between the two. To learn more about



the importance of gender in SRH, click on the following resources:

- [USAID Gender Equality and Female Empowerment Policy](#)
- [Interagency Gender Working Group website](#)
- [Interagency Youth Working Group website](#)

How This Toolkit Was Developed

The Interagency Youth Working Group (IYWG) has compiled a list of high-quality **adult-** and **peer-led** (or youth-led) curricula designed to improve youth SRH. To be included in this list, resources were required to meet all of the following criteria:

- ✓ *Accessible.* All materials are available in English and accessible either online or by mail at minimal cost.
- ✓ *Appropriate.* All materials are intended for group SRH education and were published in 2000 or later by internationally recognized global health or academic organizations. Although some of these guides were developed for use in the United States, they could be adapted for use in other countries.
- ✓ *User-friendly.* The curricula are specific, structured, and targeted,

while culturally adaptable and appropriate for low-resource settings.

- ✓ *Substantive.* These materials provide objective and scientifically and medically accurate information and meet one or more of the following goals intended to help youth:

- Understand human sexuality and puberty
- Form healthy relationships
- Prevent or delay pregnancy
- Prevent or reduce risk of HIV and other STIs
- Prevent sexual coercion, sexual violence, or transactional sex

Some practical guidelines and examples for those planning, implementing, or strengthening SRH curricula for young people are available on the [IYWG website](#). A few key guidelines include:

- [National Sexuality Education Standards: Core Content K-12 \(U.S. based\)](#)
- [Standards for Curriculum-Based Reproductive Health and HIV Education Programs](#)
- [UNESCO International Technical Guidance on Sexuality Education](#)
- [Advocates for Youth: Programs that Work](#)

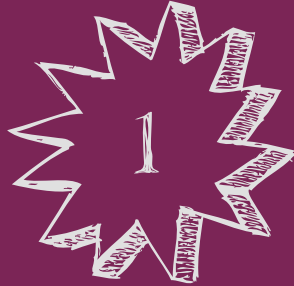


How to Use This Toolkit

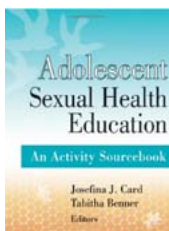
Click on one of the three sections below to see the materials listed in that section.

In Section 1, curricula are identified as having been designed to be used in either a community-based or school setting. However, many of these resources are appropriate for either setting. Also provided is information on whom the materials intend to serve or benefit, referred to in the entry as “beneficiaries.” When possible, prices for ordering materials are noted.

Section



Designed for Adult-led Education



Adolescent Sexual Health Education: An Activity Sourcebook

Springer Publishing Company, 2007

This sourcebook contains ready-to-use activities to help practitioners educate teens about SRH issues.

The sourcebook includes role plays, group discussions, homework assignments, group activities, and teacher-led

discussions that show teens how to discuss sexual issues and sexuality; how to negotiate condom use; how to protect themselves from HIV and other STIs; and how to have a greater understanding of gay, lesbian, and bisexual issues.

Beneficiaries: Youth

**School-based setting



» **Order Materials:** Activity sourcebook: \$60.00 USD
(also available as e-book for c. \$40 USD)



AIDS Badge Curriculum

World Association of Girl Guides and Girl Scouts, 2005

This curriculum has three levels for different age groups and a factsheet that provide information on HIV/AIDS and sexual health. Activities help girls and young women

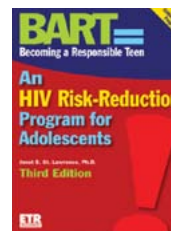
become confident on issues of sexual health, including postponing and negotiating sex. The curriculum also helps girls discover resources in their communities, explore issues of discrimination and prejudice and how these are related to HIV/AIDS, and discuss ways they can make a difference in the fight against HIV/AIDS. Although the HIV statistics are slightly outdated, the data can be updated to incorporate into a Girl Guides or Girls Scouts group programming.

Beneficiaries: Adolescent girls

**Community-based setting



» **Download the PDF (78 KB):** Curriculum and factsheet



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

ETR Associates, 2012 (3rd edition)

B.A.R.T. helps teens clarify their own values about sexual activity, make decisions that will help them avoid the risk of HIV infection, and learn skills to put their decisions into action. The curriculum is designed to reduce risky sexual

behaviors and improve safer sex skills. The eight sessions provide information on HIV, related risk behaviors, and the importance of abstinence and risk reduction. The program uses discussions, games, videos, presentations, demonstrations, role plays, and practice to help adolescents learn skills in problem solving, decision-making, communication, condom negotiation and use, and behavior management. Though BART was designed primarily for African-American adolescents, ages 14-18, it has been used in a variety of settings with youth from different cultures.

Beneficiaries: Out-of-school youth ages 14-18

**Community-based setting



» **Order Materials:** \$143.99 USD



Creating Safe Space for GLBTQ Youth: A Toolkit

Girl's Best Friend Foundation & Advocates for Youth, 2004

This three-part toolkit will help youth-serving organizations create a safe and welcoming environment for GLBTQ youth by directly addressing homophobia and transphobia among staff and youth. Part One includes background that may be useful in building support for policies and programming to create a safe space for all youth, irrespective of their sexual orientation, gender identity, or gender expression. Included in the toolkit are:

- Practical tips and strategies (Part Two) for assessing and, when necessary, changing climate in your organization;
- Lesson plans (Part Three) intended to sensitize program youth, staff, and volunteers to homophobic and transphobic sentiments and actions and to get all program youth into action, either as straight allies of GLBTQ youth or as activist GLBTQ youth

Beneficiaries: Youth-serving professionals and young people

**Community-based setting, faith-based



» **Download the PDF (703 KB):** Three-part toolkit with activities



Faith-based Family Life Education Curricula for Adults

Family Health International, 2006

These curricula, which include a participant handbook, are designed to train adults and faith-based professionals to communicate with

youth about sexuality and reproductive health and HIV. One curriculum is for a Christian audience and the other for a Muslim audience. In addition, a third curriculum is dedicated to working with youth directly, from a Christian perspective. The manuals encourage open discussion about sexuality, reproductive health, and HIV in the context of faith communities, using Bible and Quran verses. They are not designed to promote religion.

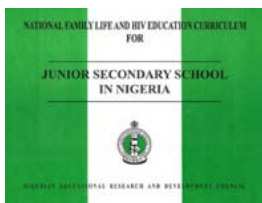
Beneficiaries: Adults from Christian or Muslim communities; youth served by Christian communities

**Community-based setting



» **Download Materials:**

- *Teaching Adults to Communicate with Youth from a Christian Perspective with Participant Handbook*
- *Teaching Adults to Communicate with Youth from a Muslim Perspective with Participant Handbook*
- *Teaching Youth about Reproductive Health and HIV/AIDS from a Christian Perspective*



Family Life and HIV Education Curriculum for Junior Secondary School

Action Health Incorporated and Nigerian Educational Research and Development Council, 2003

This curriculum cultivates young people's skills and knowledge of five key concepts: physical

and emotional changes during adolescence, setting boundaries and refusing unwanted sexual advances, HIV prevention, communication and relationships, and the influence of social and cultural environment on sexual knowledge and expression.

Beneficiaries: Junior secondary school students

**School-based setting



» [Download the PDF \(213 KB\)](#): Handbook and teachers' guide

Gender or Sex: Who Cares? Skills-Building Resource Pack on Gender and Reproductive Health for Adolescents and Youth Workers

Ipas, 2001

This workshop curriculum and set of training resources help young people differentiate "gender" from "sex" and recognize and manage gender biases that may affect their SRH. The resource pack contains comprehensive background information on preparation and planning, creative curriculum exercises, background materials for facilitators to use as handouts, follow-up activities, and an extensive listing of references and resources.

Beneficiaries: Youth ages 13-24

**Community-based setting



» [Download the PDF \(647 KB\)](#): Training guide and resource pack



It's All One Curriculum (volumes 1 and 2)

International Sexuality and HIV Curriculum Working Group

This two-book set contains flexible teaching content, an evidence-based policy introduction, fact sheets, and 54 sample activities that engage young people and foster critical

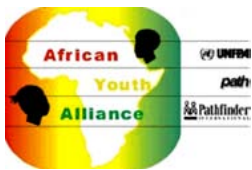
thinking skills while placing gender issues and human rights at the heart of sex and HIV education. *It's All One Curriculum* is evidence-informed; it is designed primarily for curriculum developers, schoolteachers, and community educators responsible for education in the areas of sexuality/sexual health (including AIDS), gender, and civics or social studies. Health and education policymakers and school administrators are another intended audience because the two-book set will help to ensure that their sexuality and HIV education initiatives respond to the learning needs of young people and to the policy statements of such bodies as the United Nations General Assembly (Millennium Development Goals), UNAIDS, UNESCO, the World Health Organization, and other agencies. Available in English, Spanish, French, Chinese, Bangla; Portugese & Arabic forthcoming.

Beneficiaries: Educators and Curriculum Developers

** School or community based setting



» [Download Materials](#): Book 1: Guidelines; Book 2: Activities



Life Planning Skills: A Curriculum for Young People in Africa – Versions for Uganda, Tanzania, Botswana, and Ghana

PATH, 2004 and 2005

This curriculum provides activities that facilitators can use to help young people learn how to prevent pregnancy, avoid HIV and other STIs, prepare for the world of work, and better understand their feelings about growing up. It also covers topics such as gender roles, risk-taking, sexual behavior, friendship, and more.

Beneficiaries: Youth

**Community-based setting



» [Download Materials:](#) Facilitator's manuals and workbooks



Life Skills and Leadership Manual (Formerly "Life Skills Manual")

Peace Corps, 2012

This manual contains 25 sessions that assist Peace Corps Volunteers as they lead a wide range of positive youth development activities in any sector, but the sessions would be useful to anyone who desires to integrate life and leadership skills training into their relationships and activities with youth in their communities. The sessions are divided into four units that address personal and interpersonal development, goal setting and action planning, and leadership and teamwork. Experienced Volunteers and counterparts and those with less experience facilitating participatory training activities will all benefit by using the training package and paying special attention to facilitator notes in the manual sessions.

Beneficiaries: Youth

**Community-based setting



» [Download the PDF \(3.48 MB\):](#) Manual



Life Skills Programme for Southern Sudan: HIV and AIDS Information and Activity Book for Mentors

UNICEF, 2003

This booklet contains life-skills-based education materials appropriate for children and young people who are vulnerable to sexual abuse and rape. While the materials are intended for an audience of ages 10 and older in Southern Sudan, the core content of the material is universally applicable and the materials can be adapted to a particular situation. This life skills program has two parts: an information section for mentors that provides background information on HIV and AIDS, and a learners' activity section for mentors to use with their learners.

Beneficiaries: Youth mentors; youth ages 10 and older

**Community-based setting



» [Download the PDF \(1.04 MB\):](#) Information and activity book



MEMA kwa Vijana

AMREF, 1997–2008

The MEMA kwa Vijana project in Tanzania provides in-school, teacher-led, peer-assisted SRH education, youth-friendly health services, community-based condom distribution, and community activities. The educational component focuses on delaying the initiation of sex, reducing the number of sexual partners, and increasing condom use. The curriculum covers information on HIV and other STIs, sexuality, abstinence and contraception, self-esteem, social values regarding sex, respecting individual rights, gender issues, and access to reproductive health care. Although the materials are intended for students in grades 5, 6, and 7 in Tanzania, the materials can be adapted to other settings.

Beneficiaries: Students in grades 5, 6, 7

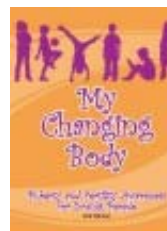
**School-based setting



» **Download Materials:** Teacher's guide: Standard 5 Teacher's guide, Standard 6 Teacher's guide, Standard 7 Teacher's resource book (the PDF ends prematurely at page 8)



» **Supplemental companion book:** \$18.00 USD



My Changing Body: Fertility Awareness for Young People

Georgetown University and Family Health International, 2011 update (original 2003)

My Changing Body provides information about puberty in objective and reassuring terms for young people. This program aims to help youth become more self-confident, practice good health habits, and gain a positive self-image. Each session includes interactive activities, role plays, games, and craft-making that not only promote the mastery of new knowledge but also stimulate sharing. The 2nd edition also includes *My Changing Body for Parents*, a companion curriculum that enables parents to be more prepared to initiate conversations and support young adolescents through the changes of puberty.

Beneficiaries: Youth ages 10-14 (and a parent guide)

**Community-based setting



» **Download Materials:** Manual



My Future is My Choice

The Youth Health and Development Programme: Government of the Republic of Namibia and UNICEF, 2001

http://www.unicef.org/lifeskills/index_14926.html

My Future is My Choice was designed to reach

young people — through young people — with sexual

health information. It also aims to strengthen young peoples' communication, negotiation, and decision-making skills so that they are able to make safe choices related to their sexual health and associated risk behaviors. Sessions are divided into different activities: Let's Play, Let's Do, Let's Talk, and Closing Circle.

Beneficiaries: Youth ages 15-18

**Community-based setting



» **Order Materials:** Handbook for AIDS awareness activities for clubs

Facilitator's manual

Booklet for parents

Trainers of trainers manual



Our Whole Lives: Sexuality Education for Young Adults

Unitarian Universalist Association and the United Church Board Homeland Ministries, 2008

Our Whole Lives helps participants make informed, responsible decisions about their sexual health and behavior. The curriculum focuses on six areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. The curriculum provides facts about anatomy and human development. It also helps participants clarify their values; build interpersonal skills; and understand the spiritual, emotional, and social aspects of sexuality.

Beneficiaries: Young adults ages 18-35

**Community-based setting, faith-based



» **Order Materials:** Book: \$40.00 USD



Positive Images - Teaching Abstinence, Contraception, and Sexual Health

Planned Parenthood of Greater Northern New Jersey, Inc., 2013

The fourth edition of *Positive Images: Teaching about Contraception and Sexual Health*, has 35 lessons for teaching these subjects in empowering and positive ways. The manual is broken into three sections:

1. "Teaching about Contraception" has 13 lessons for teaching about the many contraceptive choices available today. The lessons help participants examine basic facts, range of efficacy, risk, and decision-making, as well as gender, sexual orientation, and consumer literacy.
2. "Methods, Methods, Methods" includes lessons that zone in on particular types of contraceptives: abstinence, long acting reversible contraceptives (LARCs), condoms, insertive methods, and emergency contraception. Participants learn key information about these methods, and how to develop skills for successful use.
3. "Teaching about Sexual Health" explores the confusing and complex world in which we gain information about sexual health for ourselves, and encourages critical thinking about the world around us. Participants learn basic information about their bodies, reproductive and sexual health, how to access services.

A supplemental resource section has a number of handouts that may be used in conjunction with several different lessons, or as standalone materials.

Beneficiaries: Youth

**Community-based setting



» **Order Materials:** Manual: \$65.00 USD



Positively Informed

International Women's Health Coalition, 2004

This guide is organized by essential SRH

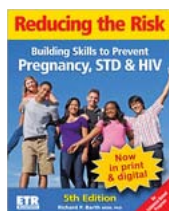
topics for youth, and each chapter includes classroom activities and education materials. Intended to serve as a source of ideas and inspiration for educators developing their own sexuality education curricula, the lesson plans use creative, interactive, learner-centered teaching strategies that can be adapted to diverse cultural settings.

Beneficiaries: Youth ages 10-19

**Community or school-based setting



» **Download Materials:** Training guide



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

ETR Associates. 2004

This curriculum, implemented since 1991 and now in its fifth edition. Exercises focus on delaying sexual initiation and refusing sexual advances. Based on social learning theory,

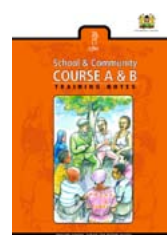
social influence theory, and cognitive behavior theory, this norms- and skill-based curriculum has resulted in a significant reduction in sexual debut over an 18-month follow-up. The curriculum can be adapted for other audiences.

Beneficiaries: U.S. high school students in grades 9-12

**School-based setting



» **Order Materials:** Manual and workbooks: price varies



School and Community Course A&B Training Notes

Primary School Action for Better Health Kenya, 2002

This program aims to promote positive behavior change among upper primary students in order to reduce the risk of HIV transmission. Within a Christian context, the program provides information on prevention, abstinence, and delaying the onset of sexual activity. The training notes serve as a reference source for trainers to implement a prevention program.

Beneficiaries: Students in grades 6-8, ages 12-14

**School-based setting



» **Download Materials:** Training manual, Templates



School Health Activity Guide

Primary School Action for Better Health Kenya, 2004

The *School Health Activity Guide* offers guidelines on establishing and maintaining school health-clubs, as well as activities and games to identify health issues in schools and improve health and learning.

Beneficiaries: Students (age range not defined)

**School-based setting



» **Download the PDF (2.8 MB):** Activity guide



Sexuality and Life Skills: Participatory Activities on Sexual and Reproductive Health with Young People

International HIV/ AIDS Alliance, 2008

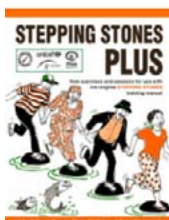
This toolkit provides participatory learning activities on 60 SRH topics for young people and is geared toward teachers, peer educators, and others serving youth. The document helps facilitators provide young people with increased awareness of theirs and others' values, accurate information, and skills for applying this new knowledge in their lives. Monitoring and evaluation tools are included as well.

Beneficiaries: Youth

**Community-based setting



» **Download the PDF (2.5 MB):** Toolkit



Stepping Stones: Training Package on Gender Communication and relationship skills

Stepping Stones, 1995 and 2007

This 240-page training manual on HIV/AIDS concentrates on gender issues, communication and relationship skills. The manual contains full, closely-guided instructions on how to run Stepping Stones workshop sessions designed

to enable women and men of all ages to explore their social, sexual and psychological needs, to analyze the communication blocks they face, and to practice different ways of behaving in their relationships.

Beneficiaries: Youth

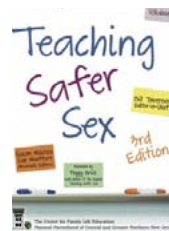
**Community-based setting



» **Order Materials:** Training Manual, VHS or DVD

» **Download the PDF (7.5 MB):** Guidance on implementing

"Stepping Stones"



Teaching Safer Sex

Planned Parenthood of Greater Northern New Jersey, Inc., 2012

This curriculum includes 50 lessons in two volumes to help participants explore the many facets of safer sex and STIs. It requires educators to think seriously about the real needs of the people they teach and to decide which of the lessons will best help their students engage in safe sexual activity.

This third edition expands the definition of sexual safety and addresses new technologies, relationships, and other issues that have profoundly altered the sexual milieu.

Beneficiaries: Youth

**Community-based setting



» **Order Materials:** Volumes 1 & 2 = \$95 USD

Volume 1 = \$55 USD

Volume 2 = \$55 USD



Youth and AIDS Project's HIV Prevention Program

Sociometrics: The Program Archive on Sexuality, Health & Adolescence (PASHA)

This program provides education, peer support, counseling, and case management to gay and bisexual adolescent males at high risk for HIV/AIDS infection. The program begins with an initial interview for risk assessment and risk reduction counseling, followed by a 90-minute interactive peer education program that is reinforced in an educational video. Optional peer support groups meet weekly, and there is a one-hour follow-up visit for reassessment and referrals, as needed, to medical and social services. Those interested in implementing this program may purchase a package that includes a PASHA user's guide, materials for leading the peer education session, informational brochures for program participants, evaluation instruments, and other resources.

Beneficiaries: Gay and bisexual adolescent males ages 13-21

**Community-based setting



» **Order Materials:** Program package: \$230.00 USD

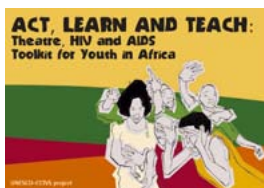
» **User's guide:** \$18.00 USD



Section



Designed for Peer-led Education



Act, Learn and Teach: Theatre, HIV and AIDS Toolkit for Youth in Africa

UNESCO-CCIVS, 2006

This guide trains young people to be peer educators who teach classmates and friends about various health issues, including HIV/

AIDS and other STIs. The guide covers goals and objectives, methodology, sustainability, step-by-step implementation, and detailed resources such as “real-life stories,” performance ideas, evaluation forms, and health knowledge surveys.

Beneficiaries: Peer educators for youth groups and amateur theater groups in English-speaking Africa

 [» Download the PDF \(3 MB\):](#) Toolkit



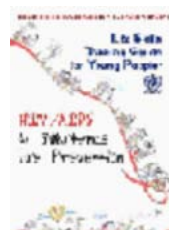
HIV/AIDS and Human Rights

UNESCO and UNAIDS, 2001

This kit presents ideas for youth action on human rights and HIV/AIDS and has a section on education and communication. It contains components that help groups get started, use peer education, act as advocates, and care for and support people living with HIV/AIDS.

Beneficiaries: Youth peer educators and advocates

 [» Download the PDF \(1.1 MB\):](#) Toolkit



Life Skills Training Guide for Young People: HIV/AIDS and Substance Use Prevention

United Nations Economic and Social Commission for Asia and the Pacific, 2003

This training guide supports the efforts of governments and civil society institutions that are engaged in training young people on development issues. It provides them with training materials for guiding young people to be peer educators on HIV/AIDS and substance use.

Beneficiaries: Youth peer educators

 [» Download the PDF \(1.3 MB\):](#) Training guide



School Health Activity Guide

Primary School Action for Better Health Kenya, 2004

The School Health Activity Guide offers guidelines on establishing and maintaining school health clubs, as well as activities and games to identify health issues in schools and take steps to improve health and learning.

Beneficiaries: Youth

 [» Download the PDF \(2.8 MB\):](#) Activity guide



Training Guide for Peer Health Education Programs in Africa

Guidance, Counseling and Youth Development Centre for Africa, 2007

This guide trains young people to be peer educators. It aims to empower youth to take responsibility for their own health; to establish well-informed teams of peer health educators in secondary schools in Africa who will conduct presentations on health issues affecting youth; to build capacity and motivation of participating communities to sustain the programs; and to develop an effective model for addressing youth health issues that can be used throughout Africa.

Beneficiaries: School-based youth peer educators



» [Download the PDF \(561 KB\):](#) Training guide



Y-PEER: Peer Education Training of Trainers Toolkit

UNFPA, Y-PEER, and FHI 360, 2006

This toolkit consists of a group of resources designed to help program managers and master trainers of peer educators. Collectively, these

tools should help develop and maintain more effective peer education programs. The five parts of the toolkit are based on research and evidence from the field as well as local examples and experiences. They are designed to be adapted locally as needed. The toolkit resulted from a collaboration between the United Nations Population Fund (UNFPA) and Family Health International. It was produced for the Youth Peer Education Network (Y-PEER), a project coordinated by UNFPA.

The five resources listed below were designed for program managers and trainers of youth peer educators, based on research, evidence, and field experiences.

- Training of Trainers Manual
- Standards for Youth Peer Education Programmes
- Assessing the Quality of Youth Peer Education Programmes
- Performance Improvement: A Resource for Peer Education Managers
- Theatre-Based Techniques for Youth Peer Education

Beneficiaries: Peer education trainers



» [Download Materials:](#) Toolkit

Section



Supplemental Materials and Games



Feel! Think! Act! A Guide to Interactive Drama for Sexual and Reproductive Health with Young People

International HIV/AIDS Alliance, 2008

This toolkit contains drama and discussion activities that help youth learn about SRH issues and gain skills in facilitating and using interactive drama tools and techniques.

Beneficiaries: Youth



» [Download the PDF \(3.3 MB\):](#) Toolkit



GAME ON! The Ultimate Sexuality Education Gaming Guide

Planned Parenthood of Greater Northern New Jersey, Inc., 2012

This teaching manual takes a holistic approach to sexuality education with game strategies to engage learners in topics such as anatomy, body image, communication, healthy relationships, puberty, contraception, safer sex, sexually

transmitted infections, sexual health, and more. It features simple step-by-step instructions to prepare and implement each game.

Beneficiaries: Youth



» [Order Materials:](#) Manual \$55.00 USD



Games for Adolescent Reproductive Health

PATH, 2002

This manual provides games that can be used to teach about reproductive health and sexuality in a fun but challenging way. These simple but effective games include icebreakers, cards, game

shows, board games, whole body and action games, stories, drama, and arts and crafts games. The manual also includes an extensive list of useful resources and a section designed to help readers create their own games.

Beneficiaries: Youth



» [Download the PDF \(598 KB\):](#) Manual



Gender and Relationships: A Practical Action Kit for Young People

Commonwealth Secretariat and Healthlink

Worldwide, 2003

This kit will help peer educators and adults working with young people to integrate gender issues into SRH programs. It includes basic fact sheets, information on planning programs, activities for peer educators and facilitators, activities for young people, and a resource list.

Beneficiaries: Youth



» [Download the PDF \(606 KB\):](#) Toolkit



Health Information for Peer Educators in Africa

Guidance, Counseling and Youth Development Centre for Africa, 2007

A source of SRH-related information for peer health educators, this booklet contains detailed information and illustrations about human reproduction, STIs, HIV/AIDS, tuberculosis, addiction, and healthy relationships.

Beneficiaries: African young people



» **Download the PDF (747 KB):** Information booklet



Promoting Partner Reduction: Helping Young People Understand and Avoid HIV Risks from Multiple Partnerships

FHI 360 and ETR Associates, 2012

Promoting Partner Reduction contains a set of evidence-informed and participatory units designed to positively affect young peoples' knowledge, attitudes, values, refusal skills and intention to reduce their number of sexual partners and avoid concurrent partnerships.

Although the units are stand-alone, each unit builds on the one prior. The goal of the curriculum is to effect behavior change among youth. *Promoting Partner Reduction* was designed for use by educators or program implementers in conjunction with a broader youth SRH curriculum to improve the focus on partner reduction as a way to avoid HIV risks.

Beneficiaries: 15-24 year old, in-school or out-of-school youth; currently participating in programs on SRH or HIV prevention



» **Download the PDF (21.46 MB):** Curriculum supplement

(includes a set of interactive activities)



The Soul City Education Materials, South Africa

Soul City Institute

These flexible and easy-to-use learning materials are aimed at a broad range of learners and trainers who are involved in education or training on HIV and related issues. These materials expand and sustain the impact of Soul City's mass media work through high-quality training and materials, creating a deeper impact at the community level. The materials are distributed primarily in South Africa and the region, but are available globally. The materials are based on stories that engage the trainees and link the materials to the Soul City television and radio series.

Beneficiaries: Primary students, high school students, adults in Southern Africa



» **Order Materials:** Workbooks; user guide

Soul City posters and handbooks

Soul City HIV and AIDS training video

If you would prefer to download a word version of this resource for printing, please [click here](#).