

Curricula and Other Educational Materials on Youth Sexual and Reproductive Health

Curriculum-based education is defined as an organized set of educational activities or exercises. Curricula are often used in programs designed to help young people learn the information and build the skills they need to make good decisions about their sexual and reproductive health (SRH). Research has confirmed that curriculum-based reproductive health and HIV education for young people can have a positive impact on young people's SRH-related knowledge and attitudes, and some behaviors.

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

Accessible. All materials are available online or by mail in English at minimal cost.

Appropriate. All materials are intended for group 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 all aim to be 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 sexually transmitted infections (STIs)
- Prevent sexual coercion, sexual violence, or transactional sex

How to Use this Document

Click on one of the four sections below to see the materials listed in that section. In some cases, materials are listed in several sections. Each entry in the compendium includes a summary of and links to the material. Also provided is information on whom the materials intend to serve or benefit, referred to in the entry as “beneficiaries.”

[SECTION 1: Designed for *Adult-led* Education](#)

[SECTION 2: Designed for Education in Schools](#)

[SECTION 3: Designed for *Peer-led* Education](#)

[SECTION 4: Supplemental Material and Games](#)

Section 1: Designed for Adult-led Education

AIDS Badge Curriculum

World Association of Girl Guides and Girl Scouts, 2005

This curriculum, which has three levels for different age groups, and factsheet are designed to 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 materials also help 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.

Beneficiaries: Adolescent girls

[PDF:](#) Curriculum and factsheet

Abstinence and Risk Avoidance for Youth Program: A Value-Based Life Planning Skills Guide for Youth

Johns Hopkins Center for Communication Programs and World Vision, 2006

These discussion guides provide peer educators, adult mentors of youth, and parents with an array of tools and activities for addressing issues such as human development, values and behavior, sexual health, relationships, and personal skills. The guides promote positive family, religious, and societal values, motivating young people to develop and uphold healthy behaviors related to abstinence and faithfulness. Each section can be used separately or in combination with other sections.

Beneficiaries: Youth, adults who interact with youth, parents

[Order Materials:](#) ARK communication strategy
Radio discussion guide
ARK-branded discussion guides for 10- to 14-year-olds, 15- to 24-year-olds
ARK-branded parent communication guide

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

ETR Associates, 2005

This 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: Youth ages 14-18, in non-school, community-based settings

[Order Materials:](#) Manual, \$54.95 USD
Optional videos, \$65.00 USD

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

[PDF:](#)

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

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 aim to help young people differentiate “gender” from “sex” and recognize and deal with 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

[PDF:](#) Training guide and resource pack

Life Planning Skills: A Curriculum for Young People in Africa – Tanzania Version

PATH, 2004

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

[PDF:](#) Facilitator’s manual

[PDF:](#) Workbook

Life Skills Manual

Peace Corps, 2001

The Life Skills program is a comprehensive behavior change approach that concentrates on the development of skills such as communicating, making good decisions, managing emotions, acting assertively, building self-esteem, resisting peer pressure, and forming healthy relationships. The manual uses interactive learning techniques such as theatre, games, puzzles, and group discussions.

Beneficiaries: Youth

[PDF:](#) 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 up 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 up

[PDF:](#) Information and activity book

My Changing Body: Fertility Awareness for Young People

Georgetown University and Family Health International, 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.

Beneficiaries: Youth ages 10-14

[PDF:](#) Manual

My Future is My Choice

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

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

[PDF or 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

[Order Materials:](#) Book: \$40.00 USD

Positive Images – Teaching Abstinence, Contraception, and Sexual Health

Planned Parenthood of Greater Northern New Jersey, Inc., 2001

This manual features 29 lessons for helping young people to determine whether they are at risk for unplanned pregnancy or STIs and to develop the skills needed to assume responsibility for abstinence or contraception and safer sex. It focuses on young people's rights and provides information and skills-building activities on gender equality, healthy decision-making, human sexuality, and sexual orientation. Parent communication and community involvement are encouraged.

Beneficiaries: Youth

[Order Materials:](#) Manual: \$30.00 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

PDF or Order Materials: Training 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

PDF: Toolkit

Youth and AIDS Project's HIV Prevention Program

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. 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

Order Materials: Program package: \$252.00
User's guide: \$18.00

SECTION 2: Designed for Education in Schools

Adolescent Sexual Health Education: An Activity Sourcebook

Springer Publishing Company, 2007

This sourcebook contains ready-to-use, scientifically evaluated 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

Order Materials: Activity sourcebook: \$38.00 USD

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

Order Materials: Handbook
Teachers' guide

MEMA kwa Vijana

AMREF, 1997-2008

The MEMA kwa Vijana project in Tanzania provides in-school, teacher-led, peer-assisted sexual and reproductive health 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

PDF: 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

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

ETR Associates. 2003

This curriculum, implemented since 1991 and now in its fourth edition, has been rigorously evaluated in the United States. 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

Order Materials: Manual: \$42.95 USD
Workbooks: \$18.95 USD (set of five)

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

PDF: 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 take steps to improve health and learning.

Beneficiaries: Students (age range not defined)

PDF: Activity guide

Section 3: Designed For Peer-Led Education

Abstinence and Risk Avoidance for Youth Program: A Value-Based Life Planning Skills Guide for Youth

Johns Hopkins Center for Communication Programs & World Vision, 2006

These discussion guides provide youth mentors and peer educators with an array of tools and activities for addressing issues such as human development, values and behavior, sexual health, relationships, and personal skills. The guides promote positive family, religious, and societal values, motivating young people to develop and uphold healthy behaviors related to abstinence and faithfulness. Each section can be used separately or in combination with other sections.

Beneficiaries: Youth; Youth adults who interact with youth; Parents

Order Materials: ARK Communication Strategy
Radio Discussion Guide
ARK-Branded Discussion Guides for 10-14 year-olds, 15-24 year-olds
ARK-Branded Parent Communication Guide

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

PDF: 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

PDF: 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

PDF: Training guide

Sexual and Reproductive Health Training Manual for Young People

German Foundation for World Population (DSW)/ Youth-to-Youth (Y2Y), 2006

Youth to Youth is a multifaceted program designed to improve the SRH of youth by establishing or strengthening existing peer groups or youth clubs and by training young people to be peer educators.

Beneficiaries: Youth peer educators, youth ages 12-18

[PDF:](#) 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

[PDF:](#) 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

[PDF:](#) Training guide

Y-PEER: Peer Education Training of Trainers Manual

UNFPA, Y-PEER, and FHI, 2005

This curriculum prepares master-level peer education trainers to use participatory techniques based on a variety of theoretical frameworks. This tool ensures that future trainers are skilled and confident in their abilities to train peer educators and serve as informed resources for their peers.

Beneficiaries: Peer education trainers

[PDF:](#) Training guide

SECTION 4: Supplemental Material 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 aimed at helping youth learn about SRH issues and gain skills in facilitating and using interactive drama tools and techniques.

Beneficiaries: Youth

[PDF:](#) Toolkit

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

[PDF:](#) 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

[PDF:](#) 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

[PDF:](#) Information booklet

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.

Beneficiaries: Primary students, high school students, adults

[Order Materials:](#) Workbooks; user guide

Soul City posters and handbooks
Soul City HIV and AIDS training video

Y-PEER: Theater Based Techniques for Youth Peer Education: A Training Manual
Family Health International/YouthNet, 2005

This 100-page training guide provides an overview of using theater in health education. It contains four peer theater training workshops, a series of theater games and exercises that can be used in trainings, and information on developing and building a peer theater program. It is a collaboration between the United Nations Population Fund (UNFPA) and Family Health International, produced for the Youth Peer Education Network (Y-PEER), a project coordinated by UNFPA.

Beneficiaries: Youth in peer theatre programs

[PDF:](#) Training guide

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