

What is the Teens Stopping AIDS workshop?

Teens who have sex are at risk for HIV infection, sexually transmitted diseases (STDs), and unwanted pregnancy. The Teens Stopping AIDS workshop teaches teens to refuse sex or, if they are already having sex, to have safer sex.

The Teens Stopping AIDS workshop is based on another workshop called *Be Proud! Be Responsible! Strategies to Empower Youth to Reduce their Risk for AIDS*. This workshop was developed by a team from Princeton and the University of Pennsylvania, using the most up-to-date theories of health education. *Be Proud! Be Responsible!* has been shown to help teens know more about AIDS and other diseases, have less sex, and use condoms more often if they do have sex. The U.S. Centers for Disease Control and Prevention has named *Be Proud! Be Responsible!* as a program that works to reduce risky behavior.

The workshop has clear goals

The workshop will help youth:

- Have correct information about HIV, AIDS, and other STDs
- Value abstinence and safer sex
- Be able to refuse sex, to delay having sex, or to practice safer sex
- Take pride in making responsible choices.

The workshop teaches important topics

- Basic facts about HIV
- Youth's beliefs about 1) their risk of HIV and STD infection, 2) abstinence, 3) the use of condoms to reduce the risk of infection, and 4) a partner accepting alternatives to unsafe sex
- Communication, such as refusing sex and talking about safer sex and condoms
- Confidence to use the skills taught.

The workshop makes learning fun

Learning through group presentations, videos, discussions, games, and play acting make the workshop fun for youth.

The workshop was adapted to meet the needs of Sacramento teens

The authors of *Be Proud! Be Responsible!* gave Teens Stopping AIDS permission to revise the workshop. Teens Stopping AIDS changed the original workshop in the following ways:

- Shortened activities about HIV facts, because Sacramento teens already know a lot.
- Made the examples and activities more multi-cultural, to match the diversity of Sacramento teens.

- Added a video about youth living with HIV, to show teens that they are at risk for HIV and other diseases if they have sex.
- Provide information that teens can share with their friends, because teens learn from each other.

Local teens and experts reviewed the workshop

Community leaders, health workers, and teens in Sacramento and Yolo counties helped plan, develop, and review the workshop.

For more information, call: 1-800-968-TEEN

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